



## **Rules & Regulations**

**Amendments Dated April 2019**

Copyright

## International

W.K.B.F. the sanctioning body moving towards the 21<sup>st</sup> Century into the future.

We care about the safety of the sport of Kick Boxing, MMA, K1 Rules, Mod Kickboxing, Full Thai Rules, Mod Thai Rules, the fighter, the trainers, promoters and all supporters of the sport.

## Contents

Officials	4
Judging	5
Timekeeping	5
Trainer and Corner person	5
Contestants	6
Suspension	6
Promoter	7
Doctor	7
Kickboxing Rules	8
K1 Rules	9
Mod Thai/Muay Thai/ Full Thai Rules	10
MMA – Mixed Martial Arts Rules	11
Unauthorised Techniques	12
Fouls	12
Approved Techniques	13
Mod Kickboxing Rules	14
Weight Classes	15
MMA: 4oz Gloves MMA look at weights for MMA	16
The Ring/The Cage	17
Contestants Classification	18

Amendment Pages 4, 6, 7, 9, 11, 13 & 14.

## Officials

Before event takes place, the Referee must ensure that the following are in order:

- 1) The safety of the ring or cage must be in order.
- 2) The contestants must be wearing protective mouth guard, groin guard and clean shorts.
- 3) Contestant must be wearing right size boxing gloves or MMA gloves. (approved by International WKBFB Rep)
- 4) All contestants must compete at the agreed weight.
- 5) Amateur fighters shin pads/ head gear optional. Depending on how many fights each fighter has had and the age of the fighter.
- 6) Make sure all Officials are in place at commencement of the event/ promotion.
- 7) Make sure the qualified Doctor is present.
- 8) Ensure all contestants are aware of the rules.
- 9) Protect the safety of the fighters at all times whilst in the ring.
- 10) Show respect to all contestants/ officials.
- 11) Make sure Fighters touch gloves prior to first and final round.
- 12) Make sure 3 verbal commands are recognized. Stop when fighting. Break when ordering fighter to separate. Fight when ordering fighter to continue to fight.
- 13) Make sure fighter goes to neutral corner when an eight count is applied.
- 14) Collect score cards from each judge after each round of fight and pass them to the head Judge.
- 15) Make sure there are only 3 persons in each corner – trainer and 2 corner persons.

### Contest being stopped due to injury:

In the case that a contest has to be stopped due to an injury, the referee will decide whether the injury was due to a foul technique or legitimate technique. The referee has to consult with the 3 Judges as to the above matter before a final decision is made. If it is the decision that the technique was a foul the injured party will be the loser. In the case the person has committed the offence will be disqualified. The referee can stop a contest at any time if he feels that the contestant is in danger and in his opinion safeguarding the contestant from fatal danger. The contestant will be scored as RSC (Referee stopped contest).

Doctor can stop fight and anytime if he feels the contestant is in any danger. Contest will be scored as (Doctor Stopped Contest.)

**(Amendment)** NSW CSA Inspector can stop fight at any time if he feels contestant is in any danger. Contest will be scored as (CSA Inspector stopped contest.) This only applies in NSW.

#### Judging:

- 1) It is the responsibility of the 3 judges to judge the contest fairly and without prejudice. The score sheet must be marked correctly and clearly.
- 2) The 10 must apply to all styles. Kickboxing, K1, Mod Thai Rules, Full Thai Rules, MMA (Mixed Martial Arts) and Mod kickboxing.
- 3) Each judge must sit at 3 different sides of the ring in the centre of each side.
- 4) Scoring: 10-9, 10-9, 10-9 is a Unanimous decision to the RED corner.
- 5) Scoring: 10-10 Blue, 10-10 Red, 10-9 Blue Majority points decision to BLUE corner.
- 6) Scoring: 10-9 Red, 10-9 Blue, 10-10 draw. Decision DRAW.
- 7) Scoring 10-9 Blue, 10-9 Blue, 10-9 Red, Split decision to the BLUE corner.
- 8) When a fighter has been knocked down and the referee applies a standing 8 count, a 10-8 is scored on score card. Judge may score the round 10-9 at their own discretion if they see it as a slip, or fighter has lost balance and there was no real damage to fighter who got the 8 count. A fighter may also win back a point over the course of the round.
- 9) Must not Judge, Referee or Time Keep under the influence of alcohol or drugs whatsoever. You will be fined and have to leave premises.

#### Timekeeping:

- 1) Time keeper must have 2 timers. 1 for minutes per round and second timer for rest between rounds.
- 2) Timekeeper must indicate to referee when it is 10 seconds to go at rest period so the referee can call corner persons to get out of the ring.
- 3) Make sure the times for each round are correct.
- 4) Have Bell or Horn or Whistle to indicate fight has ended the round.

#### Trainer and Corner Persons:

- 1) Must be registered with The Combat Sports Authority & International WKBF.
- 2) Making sure their fighter is gloved up to fight. Have right size gloves on.
- 3) Fighter has all protective mouth guard, groin guard. Women breast Protector (optional).
- 4) Clean attire when entering ring.
- 5) Only 3 persons in corner.
- 6) No swearing at officials or opponent. Anytime.
- 7) Must not be under any influence of Alcohol or Drugs (while your fighters are fighting).
- 8) Respect to everyone attending promotions.

#### Contestants:

- 1) Must be registered with International WKBF.
- 2) Must have medical report up to date signed by your doctor.
- 3) Blood test for HIV, HEP C, HEP B, and Current within 6 months.
- 4) Protective mouth guard and groin guard (male). Breast protector & pregnancy test for women (optional).
- 5) Hand wraps must be checked by International WKBF rep.
- 6) Shin Guards/ Head gear (optional) for Professional Fighters & MMA.
- 7) Clean attire shorts, anklets, etc.
- 8) Fingernails/ Toenails cut short.
- 9) Long hair must be tied back or plaited to keep away from eyes.
- 10) If under age must have signed registration form by parental or guardian permission.
- 11) Must not fight under the influence whatsoever of alcohol or drugs.
- 12) Respect all Officials and Trainer/ Corner persons and opponent.

#### Suspension:( **Amendment**)

In the case of the contestant has been knocked out or Technical knockout (not including Tapout or submission in MMA) while competing; he or she will be suspended for a 30 day period, any loss pending on the doctor's decision. The incident will be noted by the International WKBF Representative. It is the duty of the International WKBF Representative to ensure the suspension is upheld. A knockout occurring in an international bout must be reported to the International WKBF Headquarters.

[combatsports.nsw.gov.au](http://combatsports.nsw.gov.au)

1. **Approved Rule:** Rule Combatants lay-off periods and medical suspensions.

Promoter:

- 1) Promoter must be of good character.
- 2) Must have a good credit rating.
- 3) Insurance cover liability for event.
- 4) Pay Officials/ Sanctioning body on the night (before main event).
- 5) Pay Fighters purse (if Professional/Work Cover Optional) immediately after their fight. Or if made other arrangements with manager/trainer.
- 6) Make sure all expenses are paid on the night (Unless made other arrangements).
- 7) Have knowledge and support of the Martial Arts Industry (Kickboxing, Muay Thai, K1, Mixed Martial Arts (MMA), Mod kickboxing).
- 8) Must have excellent backstage workers.
- 9) Gloves recognized by International WKBF representative & The Combat Sport Authority on the night. 3 sets – 10 oz or 1 set 8 oz lace up.
- 10) Fight card of minimum 6 fights – maximum 28 fights.(Day/Night) **(Amendment)**
- 11) All contestants weighed in 24 hours before event.
- 12) All contestants to have medicals/ blood test & must be registered by NSW CSA & IWKBF..
- 13) Make sure fights are evenly matched by the Promoter or recommended Matchmaker.
- 14) Make sure there is a registered Doctor on the night.
- 15) M.C. on the night.
- 16) Video cameraman on the night.
- 17) Contracts for event, etc. Fighters, Venue (optional).
- 18) Must have sufficient SECURITY on the night for the safety of the people e.g. Metal detectors, extra security guards (6 minimum), police presence (optional) depending on location of event and number of attendees.
- 19) Be registered with International WKBF/Amateur or Combat Sports Authority/ Professional.
- 20) Supply trophies.
- 21) Pay for any airfares/food/accommodational/petrol if travelling outside 60km radius.  
(Optional) **(Amendment)**
- 22) Must have a contingency plan in place for the safety of contestants, Officials & Public at venue. **(Amendment)** Check CSA website further Legislations for Promoters in Combat Sports.

Doctor:

- 1) Perform a physical check to all fighters competing on the night before the event.
- 2) Doctor must also check fighters after each fight.
- 3) Must always be at ringside whilst the fight is on.
- 4) Must be a registered General Practitioner in Australia or country where the event takes place.
- 5) Make sure of the safety of all fighters.
- 6) Be able to attend fighters with deep lacerations to body parts.
- 7) Must write in contestants medical book win or loss/opponent fought/date/place. Any injuries fighter occurs, or knockouts and time fighter can resume fighting.

## Kickboxing Rules

### Permitted Fighting Techniques:

- 1) All Western style boxing techniques.
- 2) All Western and Eastern techniques with the use of foot and shins.
- 3) Kicking inside outside leg kicks.
- 4) Kicking to head and body.
- 5) With both opponents agreeing with fighting in cage, Mod Thai, mod kickboxing, Full Thai Rules and BJJ.

### Forbidden Fighting Techniques:

- 1) Hammer Punch.
- 2) Hitting with the inside of gloves.
- 3) Punching opponent's kidneys or neck.
- 4) Punching or kicking to opponent's groin.
- 5) Kneeing or elbow techniques.
- 6) Clinching the opponent.
- 7) Throwing the opponent.
- 8) Holding the opponent's leg after he has kicked.
- 9) Holding the opponent's arm.
- 10) Strikes to the spine or joints.
- 11) Kicking or punching to opponent's back.
- 12) Kicking and punching after the referee has instructed the contestant to stop.
- 13) Kicking and punching while on the floor.
- 14) Speaking during fight.
- 15) Head butting.
- 16) Biting.

### Amateur Kickboxing Rounds:

- Can be fought over 3 x 1.5/2 mins with 1 min rest (first timers 0-4 fights).
- Can be fought over 3 x 2-minute rounds with 1 min rest, 4 x 2 mins NSW/East Coast Titles.



- Can be fought over 5 x 2 mins with 1 min rest Australia Title, South Pacific, Commonwealth Title.
- Intercontinental 6 x 2mins 1-minute rest.
- World Amateur 7 x 2mins 1-minute rest.

#### Professional Kickboxing Rounds **(Amendment)**

- 4x2mins 1 min rest. Optional 3 x 3, 1 min.
- 6 x 2mins 1 min rest. Optional 5 x 3, 1min.
- 8 x 2mins 1 min rest. Optional 5 x 3, 1 min.
- 10 x 2mins 1 min rest. Optional 5 x 3, 1 min.
- 12 x 2mins 1 min rest. Optional 5 x 3, 1 min.

#### K1 Rules:

- 1) All Western Style boxing techniques.
- 2) Spinning back fist.
- 3) All eastern and western kickboxing techniques with use of foot and knee.
- 4) Kicking inside outside leg kicks.
- 5) Flying and Step up knees.
- 6) When fighter attempts to throw body kick, opponent can counter by grabbing leg. Must release on impact when coming through with punch to head or body.
- 7) Flying knees to the head and body.
- 8) With both opponents agreeing with fighting in cage, Mod Thai, mod kickboxing, Full Thai Rules and BJJ.

#### Forbidden Fighting Techniques:

- 1) Clinging opponent with 2 hands – grabbing with opponent hand.
- 2) Hammer punch.
- 3) Hitting with inside of glove.
- 4) Punching or striking to opponent's groin.
- 5) Punching to opponent's kidney or neck.
- 6) Elbows to head and body.
- 7) Kicking and punching to opponent's back.
- 8) Kicking and punching while on floor.
- 9) Speaking during fight.
- 10) Biting/Holding opponent's arm.
- 11) Headbutting or throwing the opponent.
- 12) Strikes to joints or spine.
- 13) Kicking and punching after the referee has instructed the contestants to stop.

#### International W.K.B.F. Amateur K1 Rounds

- 3 x 2 mins 1 min rest
- 4 x 2 mins 1 min rest     State/East Coast Title

- 5 x 2 mins 1 min rest Australian/ South Pacific Title
- 6 x 2 mins 1 min rest Commonwealth – Intercontinental
- 7 x 2 mins 1 min rest World Amateur Title

International W.K.B.F. Professional K1 Rounds and Mod Thai and Kickboxing and Full Thai Rules

- 3 x 3 mins 1 min rest. If draw go into extra rounds (can only go to 2 extra rounds, then winner must be decided).
- 5 x 3 mins 1 min rest. Cannot do extra rounds. Open.
- 5 x 3 mins 1 min rest. World Professional Title.

Mod Thai/ Muay Thai/ Full Thai Rules:

- 1) 3 second Grapple with both hands behind neck
- 2) Knee to head and body/Flying knee to head and body
- 3) Throwing from the waist to ground
- 4) Front kicks/ High kicks to head/ Body kicks to waist
- 5) Inside/outside leg kicks
- 6) Kicks to thighs/calf
- 7) Sweep kick front leg
- 8) Grabbing leg when kicked to body and sweeping back leg to ground
- 9) Spinning back fist allowed
- 10) With both opponents agreeing with fighting in cage, Mod Thai, mod kickboxing, Full Thai Rules and BJJ

Full Thai Rules:

*Permitted Techniques all of the above plus:*

- 11) Elbows to Body and Head.

*Techniques Not Allowed:*

- 1) Kick to knee joints/ Spine or any parts of the back of the body
- 2) Bite/Spit at opponent
- 3) Swear or Talk to opponent
- 4) Disrespect to opponent
- 5) Headlock opponent
- 6) Hold ropes while punching or kicking
- 7) Throw opponent out of ring
- 8) Choke opponent

W.K.B.F Amateur Muay Thai Rounds: refer to K1 Amateur rounds

#### W.K.B.F. Professional Muay Thai/Full Thai Rounds:

- 3 x 3 min rounds 1 min rest (Muay Thai)
- 5 x 3 min rounds 1 min rest (Muay Thai)
- 5 x 3 min rounds 2 min rest or 1 min rest optional (Full Thai Rules)
- Title bout will be 2 min rest unless agreed by sanctioning body representative and trainers, 24 hours prior to fight.

#### MMA – Mixed Martial Arts Rules

MMA allowed Ring & Cage.

IMMAF Rules are recognised by IWKBF for Amateur bouts Find link to rules on **[internationalwkb.com](http://internationalwkb.com)** (**Amendment**)

Unified MMA Rules & UFC MMA Rules will be recognised for Professional bouts. Links to rules on **[internationalwkb.com](http://internationalwkb.com)** (**Amendment**)

#### Compulsory Equipment:

- a) Competition gloves: 6oz or 8oz MMA gloves
- b) Competition shin guards (Optional)
- c) Competition shorts made in a durable material and designed in such a way that they can't inflict injury on either one of the contestants
- d) Mouthpiece
- e) Competition top or rash guard (women/men optional)
- f) Protective groin cup (optional for women, compulsory for men)
- g) Protective chest gear (optional for women, not applicable for men)
- h) Knee protection (optional)
- i) Ankle protection (optional)
- j) All pieces of equipment used by the contestants, compulsory as well as optional, shall be checked by the referee before the match.

#### Gauze & Tape:

Hands and knuckles shall be wrapped in gauze.

Tape may be used for fastening as well as strengthening the gauze. The tape may however not cover the knuckles..

The gauze and tap is restricted to 10 meters x 5cm of gauze and 2 metres x 2.5cm of tape per hand.

The fastening on the gloves and the shin guards shall be taped so that they don't come undone and injure either one of the contestants.

All taping shall be checked by IWKBF Inspector before the match.

#### Unauthorized Techniques:

- Strikes against the spine or back of the head.
- Knees against the head.
- Heel-hooks.
- Elbow and forearm attacks.
- Throws where the opponent is intended to land solely on his/her head and/or neck, so called spiking.
- Locks on fingers and toes, so called small joint manipulation.
- Stomps against the opponent's feet.
- Stomps against the opponent when he/she is in active ground position.
- Kicks and knees against the head when the opponent is in an active ground position.
- Heel kicks against the kidneys.
- Kicks and knees from an active ground position against the head of the opponent when he/she is standing.

#### Fouls:

- 1) Butting with head
- 2) Eye gouging
- 3) Biting
- 4) Hair pulling
- 5) Fish hooking
- 6) Groin attack of any kind
- 7) Poking finger into orifice or into any cut or laceration on an opponent
- 8) Small joint manipulation
- 9) Striking to spine or back
- 10) Striking downward using the point of the elbow
- 11) Throat strikes of any kind, including without limitation, grabbing the crutch
- 12) Clawing, punching or twisting the flesh
- 13) Grabbing the clavicle
- 14) Kicking or kneeing the head of a grounded opponent
- 15) Stomping to a grounded opponent
- 16) Kicking to the kidney with the heel
- 17) Spiking an opponent to the canvas on his head or neck
- 18) Throwing opponent out of ring or cage
- 19) Holding shorts or gloves of opponent
- 20) Spitting at opponent
- 21) Engaging in an unsportsmanlike like conduct that causes injury to opponent
- 22) Holding ropes or cage
- 23) Using abusive language in the ring or Cage area
- 24) Attacking opponent on or during break
- 25) Attacking an opponent under the care of the referee
- 26) Attacking an opponent after the bell has sounded the end of the period of unarmed combat

- 27) Disregarding the instructions of the referee
- 28) Timidity, including without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouth piece or faking injury

#### Approved Techniques:

Strikes against head, body and legs in stand-up position.  
Strikes against head, body and legs when the opponent is in an active ground position.  
Ground position applies when a contestant touches the floor with another body part in addition to the feet (the so called three-point rule).  
Kicks against head, body and legs in stand-up position.  
Knees against body and legs in stand-up position.  
Kicks and knees against body and legs when the opponent is in an active ground position.  
Throws and takedowns. Submission techniques.

#### Bout Duration: **(Amendments)**

- All non-championship Amateur bouts shall be 2 x 3 mins or 3 x 3 mins. 1min rest
- Amateur titles 4x3min State Title – 1 min rest
- Exhibition bouts 2x3mins 3x3mins 1min rest (no score recorded)
- Jiu Jitsu Gi or No Gi (Shorts & Rashgy) in Cage 2x5mins 3x3mins (Ways to win: Submission only in any round or a draw will be awarded.) **Rules attached Page 14.**
- Australian titles above 5x3mins 1min rest.
- Professional bouts 3x5mins or 5x5mins 1min rest.

#### Length of the Match:

A match shall contain two (2) rounds. If the match is judged a draw after the first and second round, one (1) third extra round is added to determine the winner.

A round shall last Three (3) minutes. **(Amendment)**

The round break shall last sixty (60) seconds between the first and second round.

The round break shall last ninety (90) seconds between the second and the third round.

The collection and summation of score sheets after the second round may take longer, but both contestants shall be standing up in their corner, ready to start again, and coaches must have left the competition area after sixty (60) seconds.

Rounds shall be 2x3mins or 3 x 3 minutes with a 1 minute break

#### Ways to Win:

- Submission by physical tap out or verbal tap out.
- Technical Knockout by the referee stopping the event.
- Decision via the score cards.
- Scoring by using the 10 must system with 3 judges.
- CSA Inspector Can stop bout if contestant is in any danger.(Amendment)
- Doctor Can stop bout if contestant is in any danger.

Allowable Techniques: Jiu Jitsu in Cage: (Amendment)

TECHNIQUE	UNDER 18 YEARS OLD	NOGI BEGINNER MASTERS PURPLE & UNDER	NOGI INTERMEDIATE	NOGI ADVANCED & ABSOLUTES
STRAIGHT ARM LOCK	🛡️	🛡️	🛡️	🛡️
CHOKES WITH KIMONO	🛡️	🛡️	🛡️	🛡️
KIMURA/AMERICANA	🛡️	🛡️	🛡️	🛡️
REAR NAKED CHOKE	🛡️	🛡️	🛡️	🛡️
JUMPING FULL CLOSED GUARD	🛡️	🛡️	🛡️	🛡️
GUILLOTINE CHOKE (ON GROUND)	🛡️	🛡️	🛡️	🛡️
EZEQUIEL CHOKE	🛡️	🛡️	🛡️	🛡️
OMOPATA	🛡️	🛡️	🛡️	🛡️
TRIANGLE (PULLING HEAD)	🛡️	🛡️	🛡️	🛡️
ARM TRIANGLE	🛡️	🛡️	🛡️	🛡️
STRAIGHT FOOT LOCK	❌	🛡️	🛡️	🛡️
GUILLOTINE CHOKE (STANDING)	❌	🛡️	🛡️	🛡️
WRIST LOCK	❌	🛡️	🛡️	🛡️
GROIN STRETCH	❌	🛡️	🛡️	🛡️
KNEE BAR	❌	❌	🛡️	🛡️
TOE HOLD (INSIDE/OUTSIDE)	❌	❌	🛡️	🛡️
KNEE REAP	❌	❌	🛡️	🛡️
BICEP/CALF SLICER	❌	❌	🛡️	🛡️
SCISSOR TAKEDOWN	❌	❌	🛡️	🛡️
NECK CRANK	❌	❌	❌	🛡️
TWISTER	❌	❌	❌	🛡️
HEEL HOOK	❌	❌	❌	🛡️
SLAM (OUT OF GUARD/SUBMISSION)	❌	❌	❌	❌
ADVANTAGES	❌	❌	❌	❌

Mod Kickboxing Rules:

- 1) Kicks (optional 1-2 kicks per round front kick or leg kick)
- 2) Fighters fight Western Style boxing
- 3) With both opponents agreeing with fighting in cage, Mod Thai mod kickboxing, Full Thai Rules and BJJ (Optional)

Fight Apparel for: K1 Rules/kickboxing/Mod Thai/Full Thai/Mod Kickboxing

- Ankle guards
- Groin guards
- Mouth guards
- Head gear (Optional different States & Countries) **Amendment**
- Shorts long above knee or shorts i.e. Thai shorts or long pants optional

Fights approved by International WKBF in ring or cage, styles of fights in-cage:

- 1) Kickboxing with 10oz or 8oz gloves
- 2) K1 rules with 10oz or 8oz gloves
- 3) With both opponents agreeing with fighting in cage, Mod Thai, mod kickboxing, Full Thai Rules and BJJ(Optional)

Amateur Round Times: Kickboxing, K1, FullThai, ModThai, Mod Kickboxing & BJJ

- 3x 11/2mins rounds
- 3 x 2min rounds
- 4 x 2 min rounds
- 5 x 2 min rounds

Professional Round Times: Kickboxing, K1, FullThai, Mod Thai, Mod Kickboxing.

- 3 x 3 min rounds
- 5 x 3 min rounds

Weight Classes Kickboxing, K1, Modthai & FullThai

10oz gloves to be used:

Super heavy	95kg and above
Heavyweight	91.9 – 95.0kg
Super Cruiser	88.3 - 91.8kg
Cruiserweight	84.5 – 88.2kg
Light Cruiser	81.5 – 84.4kg
Light Heavy	78.2 – 81.4kg
Super Middle	75.1 – 78.1kg
Middleweight	72.4 – 75.0kg
Light Middle	69.6 – 72.3.kg
Super welter	66.9 – 69.5kg

8oz gloves to be used:

Welterweight	64.6 – 66.8kg
Light Welter	62.4 – 64.5kg
Super Light	60.1 – 62.3kg
Lightweight	58.3 – 60.0kg
Featherweight	56.5 – 58.2kg
Flyweight	52.0 – 54.5kg
Atom weight	49.0 – 51.9kg
Straw weight	43.0 – 45.9kg
Light straw	40.1 – 42.9kg
Paperweight	38.0 – 40.0kg

MMA: **4oz,6oz,8oz** MMA Gloves.

**MMA Weights:**

Straw weight	115lbs. <b>(52.2kg)</b>
Flyweight over 115 lb	<b>(52.2kg)</b> to 125lbs. <b>(56.7kg)</b>
Bantamweight	125 lb <b>(56.7kg)</b> to 135 lbs <b>(61.2kg)</b>
Featherweight	135 lb <b>(61.2kg)</b> to 145 lbs <b>(65.8kg)</b>
Light Weight	145 lb <b>(65.8kg)</b> to 155 lbs <b>(70.3kg)</b>
Welterweight	155 lb <b>(70.3kg)</b> to 170 lbs <b>(77.1kg)</b>
Middleweight	170 lb <b>(77.1kg)</b> to 185 lb <b>(83.9 kg)</b>
Light Heavyweight	185 lb <b>(83.9kg)</b> to 205 lb <b>(93.0kg)</b>
Heavyweight	205lb <b>(93kg)</b> to 265 lb <b>(120.2kg)</b>
Super Heavy Weight Over	265 lb <b>(120.2kg)</b>



#### Weigh In:

- 1) International WKBF Representative must be present
- 2) Managers/Trainers to be present
- 3) All contestants fighting on event must be at weigh in \*unless arranged changes of time with Promoter)
- 4) Contestants who fight each other can only weigh no more than 2.5kg over their weight or a compromise can be agreed upon
- 5) 24-hour weigh in applies
- 6) When contestant fights for titles and does not make agreed weight, they have 3 hours to lose weight or contest can still continue as a non-title or a compromise can be agreed upon
- 7) All contestants must have medical book and current blood results HEP B, HEP C, HIV

International WKBF medical form supplied by The Combat Sport Authority, from the Doctor saying you are fit to fight on the night. Other sanctioning body medical forms and blood results will be accepted by International WKBF Rep as long as they are current within the last 6 months.

#### The Ring/The Cage

- a) All approved IWKBF contest rings must not be less than four ropes. All national fights will be held in a 5 x 5 (minimum) ring and international fights will be held in a 6 x 6m ring.
- b) The ring, ropes and corners must be well padded. The ring floor must have 2 cm of padding material so as to protect the fighters from any major injuries in the event. The ring must be checked by the referee to ensure its safety.
- c) The contestant is allowed to be accompanied by his coach and two corner men. No other person is permitted to be in the corner at the start of the contest.
- d) *The Ring/The Cage Area*

The competition area shall offer a high level of safety for the contestants. It shall be well enclosed so that the contestants don't stand the risk of falling out during competition and thus suffering injuries. The competition area shall consist of an MMA ring. If no MMA ring is

available a boxing ring with surrounding shock absorbing floor or padding is accepted. In the case of Intercontinental or World Championships an MMA ring shall be used at all times.

- e) With both opponents agreeing with fighting in cage, Mod Thai, mod kickboxing, full Thai Rules and BJJ

An MMA ring is a safety fenced ring constructed for the purpose of ensuring the highest level of safety for the contestants as well as enable proper practice of the sport of MMA. An MMA ring used for MMA competitions shall meet the following requirements:

- The ring shall have a shock absorbing floor minimum 2.5cm thick
- The ring shall be no larger than ten (10) meters and no smaller than six (6) meters in diameter
- The safety fence shall consist of sturdy plastic covered net expanded in even sections between at least six (6) poles. The safety fence shall be no lower than one meter and sixty (1.60) centimetres and no higher than two (2) meters in height.

A boxing ring used for MMA competitions shall meet the following requirements:

- The ring shall have a shock absorbing floor minimum 2.5cm thick.
- Measures shall be taken to ensure that the contestants are not injured if falling out of the ring. This includes a shock absorbing floor or padding outside and all around the ring area.
- The ring shall be no less than six (6) meters and no more than ten (10) meters from one side to the other within the ropes.
- The ring shall have no less than four (4) three (3) cm padded ring ropes expanded between four (4) poles.
- The ring poles shall be made of metal and properly padded.

### Contestant Classification

Every contestant will be classified according to experience and weight

0-3 fights = N/D Class	3x1 ½ mins	1 min rest
4-8 fights = C Class	3x2 mins	1 min rest
9-16 fights = B Class	5 x 2 mins	1 min rest
Over 17 fights = A Class	5 x 2 mins	1 min rest
National Title Fights	5 x 3 mins	1 min rest
International Title Fights like All American or European Title		
World Title Fights	5 x 3 mins	1 min rest

### Contestant Classification Australian Kickboxing Amateur

0-3 fights	3 x 1 ½ mins	1 min rest
3-5 fights	3 x 2 mins	1 min rest
4-6 fights	4 x 2 mins. State Title	1 min rest
6-8 fights	5 x 2 mins South Pacific Title	1 min rest
9-11 fights	5x2 mins Commonwealth Title	1 min rest
15-17 fights	6x2 mins Intercontinental Title	1 min rest
18-20 fights	7x2mins World Title Amateur	1 min rest

### Australian Kickboxing Professional

0-6 fights	4x2 mins	1 min rest
6-11 fights	5x3mins State Title optional	1 min rest
11-14 fights	5x3mins Australian Title Optional	1 min rest
14-16 fights	5x3mins South Pacific Title optional	1 min rest
16-20 fights	5x3mins Intercontinental Title	1 min rest
20-25 fights	5x3 mins World Title optional	1 min rest