

**WPKA**  
**WORLD PAN-AMATEUR**  
**KICKBOXING ASSOCIATION**

**OFFICIAL AMATEUR RULES AND**  
**REGULATIONS FOR**  
**FULL CONTACT - LOW KICK - ORIENTAL**

Attended to  
**Fighters and Coaches**

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WORLD PAN-AMATEUR KICKBOXING ASSOCIATION

## STANDARD RULES WHICH APPLY TO ALL STYLES

### **WPKA ATHLETES PASSPORT**

Every athlete must have in his possession the WPKA Athletes Passport. The athlete's passport cost 25 Euro. It is valid for one year and renewing the passport will be charged also with 15 Euro.

### **MEDICAL EXAMINATIONS**

Prior to the fight the fighters are obligated to be examined by the Tournament Doctor. The athletes must go to the doctor with their WPKA Athletes Passport, and the Doctor is obligated to stamp it to prove that the examination took place. This examination is free of charge. Athletes that go to the Ring without a WPKA Athletes Passport or no medical examination stamp on it will be excluded from the Tournament.

### **FIGHTERS CALL TO THE RING**

When a fight number appears on the sign next to the ring, a time limit of 1 minute will be given to the athletes, in order to step into the Ring, with complete safety equipments. A Yellow Card will be given to the fighter who will not be into the ring until the time limit of 1 minute.

A Second Yellow Card will be given at 2 minutes. The fighter who is not on the ring after 3 minutes, will be given a Red Card and lose the fight.

### **DURATION OF THE STYLES**

The duration of all Fights: 3 rounds x 1, 5 minutes with 45 seconds brakes between rounds.

### **SWEEP**

All kinds of foot-to-foot sweeps are acceptable but from a short distance.

A successful sweep counts as one (1) point. A sweep counts as successful when a fighter falls down and any part of his body touches the canvas.

### **POINTS**

All strong strikes that pass the opponents' defense count as one (1) point with an exception to kicks on the head, which count as two (2) points. Also as two (2) points counts the knee strike to the head in the style of Oriental.

### **KNOCKDOWN**

A Knock Down that causes the fall of the fighter on the canvas is awarded with one (1) extra point. Such a K.D is when any part of the body touches the canvas.

The Knock Downs cannot determine the result of the round, but count just as points.

Three Knock Downs during a fight imply a T.K.O.

### **YELLOW AND RED CARDS**

In case of a yellow card points are added to the opponent score:

Please advise the following table

|                 |                           |
|-----------------|---------------------------|
| 1st Yellow Card | +1 point to the opponent  |
| 2nd Yellow Card | +2 points to the opponent |
| Red Card        | Disqualification          |

### **TEMPORARY PAUSE DUE TO INJURY**

When an athlete is injured, the referee gives a time-out exceeding no more than two minutes.

### **SCORING**

The judges count the points and deliver the score after each round.

The fighter that wins the most rounds is the winner.

### **RESULT TYPES**

UNANIMOUS DECISION: When all judges decide on the same athlete as the winner (3-0).

SPLIT DECISION: When the judges disagree on the winner (2-1) or (2-0).

DRAW DECISION: When all judges or two of them give equal score (0-0) or (1-0).

In case of a draw during a tournament, the fighters go for an extra round.

In the extra round the judges must give a winner.

### **PROTESTS**

Only Representatives can make protests. To make it, the Representative must fill out the specified form that can be found on the protest table, pay the fee of 50 Euros. The fee will be returned only in case the complaining party is right.

### **MEDAL AWARDS**

All Medal Awards will take place right after the Final Fight of the Weight Division. All Medalists shall be present wearing their Athletic Form. In case a fighter will not be present - or will not be dressed as mentioned above - then the athlete will loose the medal.

**SECONDS**

Only up to two seconds can be in each corner, and must remain sited during the fight and provide directions decently and quietly. Bad attitude of the seconds is possible to affect the fighter by warnings or disqualification.

**FIGHTERS ATTITUDE DISQUALIFICATION**

The fighters with inappropriate attitude get disqualified. If they have won a medal they do not receive it. Their place gets covered by the next fighter according to the fighting tree. In that case the disqualified fighter will be reported to the WPKA Discipline Committee which has the right to suspend the fighter for several months up to years, or even with a lifetime suspension from all WPKA events.

**PROHIBITED STRIKES**

Spinning back fist, head but, punches with the inner part of the glove, strikes to the throat, the groin, the knees area and the backside.

**WEIGHT DIVISIONS**

| Division | Age   | Weight |     |     |     |     |     |     |     |     |
|----------|-------|--------|-----|-----|-----|-----|-----|-----|-----|-----|
| Men      | 18-35 | -55    | -60 | -65 | -70 | -75 | -80 | -85 | -90 | +90 |
| Women    | 18-35 | -50    | -55 | -60 | -65 | +65 |     |     |     |     |

**SPECIAL RULES FOR FULL-LOW-ORIENTAL**

**FULL CONTACT**

- i. Fighters must do 4 touching kicks per round. A judge from the Head desk will be counting the kicks. If the fighters have not the necessary number of kicks in each round, they receive a Yellow Card at the end of the round.
- ii. Blocking an opponent’s kicks with the shin or the knee is not allowed.

**LOW KICK**

- i. Kicks are allowed in any part of the thigh but not at the knee.
- ii. Kicks below the knee are not permitted.

**ORIENTAL**

- i. Kicks are allowed at any part of the thigh but not at the knee.
- ii. Kicks below the knee are not permitted.
- iii. Knee strikes are allowed on the body and at the head.
- iv. Holding the head is only allowed when the fighter is trying to strike with his knee. No other kind of holding is allowed.
- v. No more than one (1) knee strike is allowed while holding the opponents head. After the strike the opponents head must be released immediately.
- vi. Holding the opponent’s leg while he is kicking it’s not allowed.

**FIGHTERS’ EQUIPMENT**

|                 | FULL | LOW | ORIENTAL | <b>Notice on the fighters equipment :</b><br>i. Females are obligated to wear breast protector.<br>ii.Headgear must be open-faced and cover the top of the head<br>iii. Groin protectors must ne worn inside the trousers or shorts<br>iv.Shin protectors must be worn in Full Contact inside the trousers.<br>v.Safety boots must cover the toes and the heels. |
|-----------------|------|-----|----------|--|
| Headgear        | ✓    | ✓   | ✓        |  |
| Mouthguard      | ✓    | ✓   | ✓        |  |
| Gloves 10 oz    | ✓    | ✓   | ✓        |  |
| Bandage         | ✓    | ✓   | ✓        |  |
| Groin protector | ✓    | ✓   | ✓        |  |
| Shin Protector  | ✓    | ✓   | ✓        |  |
| Safety Boots    | ✓    | ✓   | ✓        |  |
| Long Trousers   | ✓    |     |          |  |
| Shorts          |      | ✓   | ✓        |  |