

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

**OFFICIAL AMATEUR RULES AND**  
**REGULATIONS FOR**  
**LIGHT CONTACT**

**Attended to**  
**Fighters and Coaches**

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WORLD PAN-AMATEUR KICKBOXING ASSOCIATION

### **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 tatami without a WPKA Athletes Passport or no medical examination stamp on it will be excluded from the Tournament.

### **FIGHTING AREA**

Tatami 8x8

### **FIGHTERS CALL TO THE TATAMI**

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

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

### **DURATION OF THE FIGHTS**

In the Preliminary Fights the duration is 1 round x 2 minutes.

In the Final Fights the duration is 2 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 tatami.

### **POINTS**

All touching 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.

### **KNOCKDOWN**

In Light Contact there is no knock down except if the fighter is under bad physical condition and denies fighting. If the fighter recovers till the count of eight the fight continues, otherwise the fighter loses by Abandon. The same happens in case the fighter is pretending to be injured.

### **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.

### **NON CONTROL STRIKES**

Non Control Strikes are not permitted. In case of a non control strike advise the situations below

- Powerful strikes: The referee gives attention to the fighter.
- Extremely powerful strikes: The referee gives a yellow card to the fighter. If the opponent needs to recover a time out can be called with duration of maximum 2 minutes.
- Dangerous powerful strike: The referee has the right to disqualify immediately the fighter without any prior yellow cards.

### **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 the fighters go for an extra round of 1 minute.

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 lose the medal.

**SECONDS**

Only up to two seconds can be in each corner, and must remain sitted 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**

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

**WEIGHT DIVISIONS**

Division	Age	Weight							
Men	18-40	-60	-65	-70	-75	-80	-85	-90	+90
Women	18-40	-55	-60	-65	+65				
Veterans / M	+40	-75	-85	+85					
Veterans / F	+40	-60	+60						
Junior A' Class/M	15-17	-60	-65	-70	-75	-80	+80		
Junior A' Class/F	15-17	-50	-55	-60	+60				
Junior B' Class/M	12-14	-40	-45	-50	-55	-60	+60		
Junior B' Class/F	12-14	-40	-45	-50	+50				
Junior C' Class M'	9-11	-30	-35	-40	-45	+45			
Junior C' Class F	9-11	-35	-40	+40					
Junior D' Class M	6-8	-25	-30	-35	+35				
Junior D' Class F	6-8	-30	-35	+35					

**FIGHTERS' EQUIPMENT**

	<b>Notice on the fighters equipment :</b>
Headgear	i. Females are obligated to wear breast protector.
Mouthguard	ii. Headgear must be open-faced and cover the top of the head
Groin protector	iii. Groin protectors must ne worn inside the trousers
Shin Protector	iv. Shin protectors must be worn inside the trousers.
Safety Boots	v. Safety boots must cover the toes and the heels.
Long Trousers	
T-Shirt	
Bandage	
10 oz Gloves	

**Important Notice:**

Fighters shall wear t-shirts in different color of the pants. In case the fighter wears clothes of the same color a belt is necessary