

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

**OFFICIAL AMATEUR RULES AND**  
**REGULATIONS FOR**  
**SEMI 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

### **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

### **EXTRA TIME**

If the fight ends as a draw then there is one (1) minute extra round. If the extra round ends again as a draw then the fighters start again and whoever gains the first point wins.

### **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

If the difference of the score reaches the 10 points, then the fight ends.

All points are provided with the majority judges system. Off Balance Techniques are not awarded with points. After the scoring the fighter must remain on his feet.

### **ACCEPTABLE PUNCHES**

Direct, Back fist and Ridge Hand Strikes

### **ACCEPTABLE KICKS**

All kind of kicks above the belt are allowed, as soon as the fighter don't use the heel or shin.

### **KNOCKDOWN**

In Semi 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, else 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

**EXITS**

In case the fighter exits the tatami by his responsibility, then the exits must be noticed and the penalties are as follow:

1st Exit	Yellow Card	+1 point to the opponent
2nd Exit	Yellow Card	+2 points to the opponents
3rd Exit	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

- a) Powerful strikes: The referee gives attention to the fighter.
- b) 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.
- c) Dangerous powerful strike: The referee has the right to disqualify immediately the fighter without any prior yellow cards.

**TEAM SEMI COMPETITION**

For Men: 5 vs. 5 persons

For Women: 3 vs. 3 persons

For juniors (M/F): 3 vs. 3 persons

Winning Team is the Team with the most wins. In Case of Draw, points will be considerate.

If the points are even the last couple competes again for 1 minute. If the extra fight ends draw then the fighters start again and whoever gains the first point wins.

**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.

**PROTESTS**

In case of a Protest in Semi Contact, the Fight shall be stopped, and the protest will be examined immediately. The protest Fee will be given to the Supervisor who will inform the Semi Contact Director who is also the person in charge that will examine the protest. The Final Decision will be given immediately by the Semi Contact Director

**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, kicks below the belt, kicks with the heel or the shin, Spinning back fist, head but, punches with the inner part of the glove and 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**

	<p><b>Notice on the fighters equipment :</b></p> <p>i. Females are obligated to wear breast protector.</p> <p>ii. Headgear must be open-faced and cover the top of the head</p> <p>iii. Groin &amp; Shin protectors must be worn inside the trousers</p> <p>iv. Safety boots must cover the toes and the heels.</p> <p>v. Gloves must cover the fingers</p>
Headgear	
Mouthguard	
Groin protector	
Shin Protector	
Safety Boots	
Long Trousers	
T-Shirt or Kimono	
Semi type Gloves	
Belt*	

\*Optional equipment

**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