

**WKUWORLD RULES**  
**Under the Registration of GCO**



**WKUWORLD Kick Light RULES**

*\*\*\*THE EIGHT STARS OF WKU\*\*\**

Concentration

Discipline

Courage

Loyalty

Control

Fighting Spirit

Strength

Respect

# Contents

- 1. Competitors uniform**
- 2. Duration of a bout**
- 3. Start of a boat**
- 4. Judging and evaluation**
- 5. End of a bout**
- 6. What is a point**
- 7. Techniques**
  - 7.1. Legal techniques
- 8. Referee responsibilities**
- 9. Scoring rules**
  - 9.1. Victory on points (P)
  - 9.2. Victory on different grounds
  - 9.3. Centre referee hand signals for warnings
- 10. Weight categories**
- 11. Team competition**
  - 11.1. General rules
  - 11.2. Team weight classes
  - 11.3. Team, scoring and duration of the bouts

## **1. Competitors uniform**

- 1.1. The competitors must be wearing a clean and proper uniform
- 1.2. The competitors top must have sleeves covering at least to the mid area of the upper (optionally, it can be reaching the elbow or down to the wrist)
- 1.3. The competitors pants must extend to the feet; no zipper fasteners, pockets, or buttons are allowed
- 1.4. Traditional uniforms are permitted
- 1.5. The wasteland must always be visible, even if the competitor chooses not to wear their belt; ideally with different coloured top and bottom. If the waist line is difficult to identify, the centre referee may instruct the corner to use a belt.
- 1.6. In the absence of a belt, the uniform top needs to be tucked into the pants
- 1.7. Competitors are not allowed to wear any metal objects that may cause injury to their opponent; piercing, chains, watches or earrings are not allowed
- 1.8. Badges of the respective club, associations or sponsors along with names, slogans are permitted if they do not offend public decency
- 1.9. Headbands, hair nets, durags and scarves are optional
- 1.10. Long hair must be tied back with an elastic band. Hair grips are not allowed.
- 1.11. Fingernails and toenails must be trimmed and clean

## **2. Duration of a bout**

- 2.1. Kids and juniors
  - 2.1.1. Eliminations - One round / two minutes
  - 2.1.2. Finals - Two rounds / two minutes
- 2.2. Adults
  - 2.2.1. Eliminations and finals - Two rounds / two minutes each
- 2.3. Veterans
  - 2.3.1. Eliminations - One round / two minutes
  - 2.3.2. Finals - Two rounds / two minutes each
- 2.4. Executives
  - 2.4.1. Eliminations and finals - One round / two minutes each

## **3. Start of a bout**

- 3.1. The centre referee shall stand in the centre of the fighting area or Matt facing the timekeeper table
- 3.2. Three (3) referees are mandatory to act as scoring judges to determine the winner of a bout
- 3.3. The three (3) referees/judges shall be seated in the centre of each perimeter of the matted fighting square facing the timekeeping table
- 3.4. Once the competitors have been approved by the centre or corner referees on their safety equipment. The bout is ready to begin.

- 3.5. The centre referee shall check that the coaches and the referees are seated in their respective positions and that the timekeeper is ready to start
- 3.6. The centre referee shall ask that the competitors touch gloves and go back to their starting position
- 3.7. The centre referee shall demand to start time and immediately order the competitors to “fight”
- 3.8. The clock must continue to run throughout the match until the centre referee requests that the timekeeper “ stop time”. (in case the competitor needs to fix their gear or when a warning is being)
- 3.9. Only the centre referee has the authority to stop the fight

#### **4. Judging and evaluation**

- 4.1. Number of points scored
- 4.2. Number of minus
- 4.3. Only in the situation of a draw after the previous points of evaluation, may the judges consider the following two criteria to determine the winner
  - 4.3.1. fighting spirit and initiative
  - 4.3.2. Effective Perry's and counter attacks
- 4.4. To score points, all effective legal kicks or punches must hit directly on any legal area without being blocked or period
- 4.5. For punches, the technique must be issued with the striking area of the closed glove
- 4.6. The winning fighter around gets 10 points, the opponent gets 9 points 10:9
- 4.7. In Light Contact, deliberate knockouts are prohibited. Exceptions will be made with clashes of (i.e. the knocked out competitor moves into the technique of the opponent, hence multiplying the force)

#### **5. End of a bout**

- 5.1. The match is over only if the centre referee says” stop time” due to:
  - 5.1.1. Elapsed time
  - 5.1.2. Injury of a competitor and a doctor's decision(DoD) or withdrawal
  - 5.1.3. Surrender of a competitor
  - 5.1.4. Disqualification of a competitor
- 5.2. The timekeeper can also throw in a beanbag close to the competitors feet when the time expires
- 5.3. When the match is over, the centre referee will take the hand of each competitor and raise the hand of the winner after the ring inspector has announced the victor

#### **6. What is a point?**

- 6.1. A point is a martial art technique executed by a competitor
  - 6.1.1. Dynamically

- 6.1.2. With control and recoil
- 6.1.3. With accuracy (targeting illegal area while having that area in clear vision)
- 6.1.4. With the correct attacking tool
  - 6.1.4.1. Fist (for fist/ front of fist only)
  - 6.1.4.2. Foot (in step, heel, sole, ball of foot)
- 6.1.5. With speed
- 6.1.6. With balance (if a competitor is pushed, they can still score if executing a correct technique while losing their balance)
- 6.1.7. With appropriate power, according to the age and weight categories
- 6.1.8. Scoring area
  - 6.1.8.1. The entire head and face (including the face)
  - 6.1.8.2. The front and sides of the body above the waist
  - 6.1.8.3. Sweeps below the ankle
- 6.2. Every point equals (1) click on the handheld clicker or electronic scoring device
- 6.3. Any hand techniques score (1) point
- 6.4. A foot sweep scores (1) point (a foot sweep or spinning sweep must be made in an upright position and make contact to their opponent's leg below the ankle, and only to the inside of the foot or heel to heel. The opponent is swept if their balance is broken and at least three parts of their body touch the mat.
- 6.5. A kick to the body scores (1) point
- 6.6. A kick to the head score (2) points
- 6.7. A jump kick to the body (2) points
- 6.8. A jump kick to the head (3) points

## **7. Techniques**

- 7.1. Legal techniques
  - 7.1.1. Jab, cross/ reverse punch, hook, uppercut, back fist, front, kick, sidekick, spinning, back, kick, round house/ turning kick, hook, kick, crescent, kick, ax, kick, sweep, spinning sweep, and all previously listed kicks while jumping or spinning
  - 7.1.2. Low roundhouse/ turning kick with the in step to the opponents thigh (LC Kick Light divisions only)
- 7.2. Illegal techniques
- 7.3. Palm hand, ridge hand, spinning back fist, knife, hand, elbow, and knee strikes, throws, push, pushing with arms or gloves, low kicks (an exception is the previously mentioned roundhouse kick in Kick Light divisions) and punches below the waist and back of the body, head butts, using thighs, scratching, biting, spitting, verbal abuse to the referees, or their opponent, excessive contact, clenching, aggressive behavior, running out of the ring, strikes with shins and foot sweeps above the ankle

## **8. Referees responsibilities**

- 8.1. The centre referee should be the most experienced referee on the Matt and is thoroughly versed on all the rules and order of competition. The centre referee promotes the safety of the competitors, enforces the rules and ensures fair play.
- 8.2. The centre referee starts and stops the match, issues, warnings, and minus points and communicates clearly with the corner referees and timekeeper
- 8.3. The centre referee shall ask the doctor to inspect a competitors injury, even if they seem minor and try to monitor the injury throughout the competition
- 8.4. The centre referee is not to determine the seriousness of an injury. The judgement of the injury will always lie with the doctor./ physician
- 8.5. In the case of an injured competitor, the competitor themselves, the doctor or the coach can request the centre referee stop the bout
- 8.6. For reasons other than the injury, only the centre referee and the supervisor can stop the bout
- 8.7. Added powers of the centre referee
  - 8.7.1. The bout starts and ends only with the centre referees command (not the command of the timekeeper)
  - 8.7.2. The centre referee has the power to automatically disqualify a competitor who receives (4) warning point
  - 8.7.3. The centre referee has the power to issue timeouts. A competitor can ask for a timeout. (to fix safety gear or a possible injury) but it is the decision of the centre referee to issue one
- 8.8. Once the centre referee calls a competitor and they are not at Matt side or ready for competition, the four minute rule applies
- 8.9. Once the centre referee calls a competitor that is not ready, is missing or does not have the proper equipment, the four minute rule applies
- 8.10. The four minute rule shall be applied as follows
  - 8.10.1. After the first minute, the competitor receives the first
  - 8.10.2. After the second minute, the competitor receives a second warning
  - 8.10.3. After the third minute, the competitor receives a minus point
  - 8.10.4. After the fourth minute, the competitor shall be disqualified
- 8.11. If one of the competitors is injured and the fight is over because of a foul, the innocent competitor is declared the winner
- 8.12. In the case of an accident, the competitor with the highest number of points is declared the winner. If the score is a draw, the uninjured competitor is declared the winner.
- 8.13. If a competitor is out of condition, they will receive a warning. Upon the second warning for the same thing, the centre referee shall stop the clock and consult the umpire. The centre referee then has the option to stop the competition with a RSC (referee Stopping Contest)
  - 8.13.1. This rule also applies for continued crying in the Kids Divisions
- 8.14. If a competitor voluntarily steps out of bounds or is refusing to engage in the match, the centre referee will issue a warning
- 8.15. A centre or corner referee must check the competitor safety equipment from head to toe

- 8.16. Competitors who don't allow the referee to check their equipment will be disqualified
- 8.17. The wearing of breast and groin protection will be checked verbally
- 8.18. If an injury occurs, and it is discovered that the competitor was not wearing the correct safety equipment, they will be disqualified

## 9. Scoring rules

- 9.1. Victory on point(P)
  - 9.1.1. If a round is even due to equal clicker scores, the result shall be 10 points for each (10:10)
  - 9.1.2. The competitor with the highest clicker score shall receive 10 points, while their opponent receives nine (10:9)
  - 9.1.3. If one competitor dominates the round by a clicker score difference of 10 or more their opponent will only be awarded eight points (10:8)
  - 9.1.4. A score with less than eight points can only result if the judge gives a 10:8 score for the round and points were deducted afterwards
  - 9.1.5. Every official first and second warning given to a competitor, caused by a "foul", shall be marked with the letter W (for warning) under "Fouls" on the scorecard to indicate that the competitor has received said warning
  - 9.1.6. If an official minus point was given because of a "foul" by a clear and brutal strike, and this is not merely a warning, or this warning is the third warning, each judge must deduct (1) point from the scorecard of the involved competitor immediately when the round is over (i.e. 10:9) the judges, shall always mark these points with the letter M (four minus point) under "Fouls" on the scorecard to indicate that the competitor has received said minus point
  - 9.1.7. If a second official minus point was given then the fighter is immediately disqualified
- 9.2. Victory on different grounds
  - 9.2.1. Decisions by the following in Light Contact and Kick Light are the same as in all other disciplines
    - 9.2.1.1. DOD
    - 9.2.1.2. SUR
    - 9.2.1.3. RSC
    - 9.2.1.4. NC
    - 9.2.1.5. WO
- 9.3. Centre referee hand signals for warnings
  - 9.3.1. The centre referee must tell the time keep "stop" to inform the offending competitor why they are being warned
  - 9.3.2. The referee will show the competitor the warning, hand signals and then whip their fingers and "no"
    - 9.3.2.1. Contact too Strong - Punch the palm.
    - 9.3.2.2. Striking an illegal area - show the illegal area

- 9.3.2.3. Blind - turn the body and strike a punch or kick
- 9.3.2.4. Holding or grappling - hold your arm and pull
- 9.3.2.5. Turning the body or running away - similar
- 9.3.2.6. Speaking during the fight - fingers and thumb open and close

## 10. Weight categories

Kids Female 8-12 yrs.	Kids Male 8-12 yrs.	Teens Female 13-14 yrs.	Teens Male 13-14 yrs.
25 kg	-25 kg	-45 kg	-45 kg
30 kg	-30 kg	-50 kg	-50 kg
35 kg	-35 kg	-55 kg	-55kg
40 kg	-40 kg	-60 kg	-60 kg
45 kg	-45 kg	+60 kg	-65 kg
50 kg	-50 kg		+65 kg
+50 kg	+50 kg		

Juniors Female 15-17 yrs.	Juniors Male 15-17 yrs.	Adults Female 18-34 yrs.	Adults Male 18-34 yrs.
-50 kg	-55 kg	-50 kg	-60 kg
-55 kg	-60 kg	-55 kg	-65 kg
-60 kg	-65 kg	-60 kg	-70 kg
-65 kg	-70 kg	-65 kg	-75 kg
+65 kg	-75 kg	-70 kg	-80 kg
	-75 kg	+70 kg	-85 kg
	-80 kg		-90 kg
	-85 kg		-95 kg
	+85 kg		+95 kg



Veterans Female 35-44 yrs.	Veterans Male 35-44 yrs.	Executives Female 45-54 yrs.	Executives Male 45-54 yrs.	Seniors Female 55+ yrs.	Seniors Male 55+ yrs.
-65 kg	-75 kg	-70 kg	-75 kg		
-70 kg	-85 kg	+70 kg	-85 kg		
+70 kg	+85 KG		+85 kg		

## 11. Team competition

### 11.1. General rules

- 11.1.1. Female (kids/ teen/ juniors/ adult adults) consist of (3) competitors
- 11.1.2. Male teams (juniors/adults) consist of (5+1) competitors
- 11.1.3. Kids and teens teams (mail only) consist of (3) competitors
- 11.1.4. Each team (with the exception of kids team) can nominate (+1) substitute
- 11.1.5. The substitute fighter can only be used in the case of an injured team member
- 11.1.6. The centre referee will toss a coin between the two coaches of the respective teams
- 11.1.7. The winning coach can choose to send the first fighter or op Ott to have the opposing team nominate their first fighter
- 11.1.8. The consecutive fighters will be sent out on alternate turns thereafter
- 11.1.9. After the first match, the team coaches must take turns sending out their next competitors

### 11.2. Team weight classes:

Kids Female	-25 kg or -30 kg	-35 kg or -40 kg	-45 kg or -50 kg
Kids Male	-30 kg or -35 kg	-40 kg or -45 kg	-50 kg
Teen Female	-45 kg or -50 kg	-55 kg or -60 kg	+60 kg
Teen Male	-50 kg or -55 kg	-60 kg or -65 kg	+65 kg
Junior Female/Male	Open Weights		
Adult Female/Male	Open Weights		

Note: team coaches do not have to follow a specific order when sending out the kids and teen competitors, but the responding coach needs to match the same weight

- 11.3. Team scoring and duration of the bouts
- 11.4. Each team member will fight (1) round (2) minutes
- 11.5. All warnings are for the individual match only and will not be carried over to the next match
- 11.6. The winning team will be decided by the number bouts one i.e.
  - 11.6.1. for team of (3) - 2 bouts one will result in the team win
  - 11.6.2. Four teams of (5) - 3 bouts one will result in the team win