

World Kickboxing Association
World Karate Association



WKA USA
Official Rulebook
Professional Combat Sports
2008

TABLE OF CONTENTS

SECTION I: ADMINISTRATIVE REGULATIONS AND PROCEDURES

- RULE 1: WKA**
- RULE 2: DOPING**
- RULE 3: REGISTRATION AND LICENSING**
- RULE 4: BANNING PERIODS AFTER A HEAD KNOCKOUT**
- RULE 5: AGE CATEGORIES**
- RULE 6: IN THE CASE OF THE ASSOCIATION ACTING IN LIEU OF A STATE COMMISSION**

SECTION II: FULL CONTACT, KICKBOXING, AND THAIBOXING

- RULE 1: RING**
- RULE 2: HEIGHT OF RING**
- RULE 3: RING ROPES**
- RULE 4: RING EQUIPMENT AND HAND PROTECTION**
- RULE 5: BELL**
- RULE 6: ROUNDS**
- RULE 7: CONTESTANTS' EQUIPMENT**
- RULE 8: WEIGHT DIVISIONS**
- RULE 9: WEIGH-IN**
- RULE 10: OFFICIALS**
- RULE 11: REFEREE**
- RULE 12: JUDGES**
- RULE 13: PHYSICIAN AND PARAMEDICS**
- RULE 14: BOUTS**
- RULE 15: FOULS**
- RULE 16: PERMITTED STRIKES**
- RULE 17: NO MINIMUM KICK REQUIREMENT**
- RULE 18: STALLING**
- RULE 19: ACCIDENTAL FOULS**
- RULE 20: STOPPING THE CONTEST**
- RULE 21: FAILURE TO COMPETE**
- RULE 22: FAILURE TO RESUME CONTEST**
- RULE 23: KNOCK DOWNS**
- RULE 24: COUNTING**
- RULE 25: STANDING EIGHT-COUNT**
- RULE 26: COMMUNICATING THE COUNT**
- RULE 27: FALLING FROM THE RING**
- RULE 28: WIPING THE GLOVES**
- RULE 29: CONSULTING THE PHYSICIAN**
- RULE 30: SCORING**
- RULE 31: CHANGING THE DECISION**

SECTION III: K-1 AND K-1 STYLE MATCHES (AMENDMENT 1 – 33)

- RULE 1: GENERAL REGULATIONS**
- RULE 2: BOUT AND ROUND LENGTHS AND NUMBERS**
- RULE 3: ILLEGAL TECHNIQUES**
- RULE 4: PERMITTED STRIKES**

SECTION IV: MIXED MARTIAL ARTS (ADDENDUM 1 – 33)

RULE 1: WEIGHT CLASSES OF MIXED MARTIAL ARTISTS

RULE 2: FIGHTING AREA

RULE 3: STOOLS

RULE 4: EQUIPMENT

RULE 5: SPECIFICATIONS FOR BANDAGES ON MIXED MARTIAL ARTISTS' HANDS

RULE 6: CORNER EQUIPMENT

RULE 7: MOUTH PIECES

RULE 8: PROTECTIVE EQUIPMENT

RULE 9: GLOVES

RULE 10: APPAREL

RULE 11: APPEARANCE

RULE 12: ROUND LENGTH

RULE 13: STOPPING A CONTEST

RULE 14: JUDGING

RULE 15: WARNINGS

RULE 16: FOULS

RULE 17: INJURIES SUSTAINED DURING COMPETITION

RULE 18: TYPES OF BOUT RESULTS

ADDITIONAL MIXED MARTIAL ARTS RULES

RULE 1: LICENSING

RULE 2: BOND PROCEDURE

RULE 3: INSPECTORS

RULE 4: HEALTH AND SAFETY RULES

RULE 5: WEIGHING OF MIXED MARTIAL ARTISTS

RULE 6: WKA USA STANDARD FOR CLASSES

PROFESSIONAL RULES AND REGULATIONS

SECTION I: ADMINISTRATIVE REGULATIONS AND PROCEDURES

RULE 1 WKA

WKA stands for the World Kickboxing and Karate Association with its seat in England. The affiliated National Federations are members of WKA.

RULE 2 DOPING

01 It is prohibited to use any substance to boost one's performance, if such substance is banned by State Commission or such substance is listed in the 2007 Prohibited List World Anti-Doping Code. In addition to performance-enhancing substances, Association reserves the right to test for banned substances, including, but not limited to, the following: amphetamines, barbiturates, benzodiazepines, cocaine, marijuana, methodone, methaqualone, opiates, phencyclidine, propoxyphene, and ephedra.

02 WKA supervisor, tournament promoters, and the official doctor can and may perform tests. Other qualified and authorized organizations or persons may also perform such tests when dictated by local law.

03 Competitors who intentionally avoid or evade such controls, or try to obstruct or manipulate the testers in any way, can be disqualified and banned for a period of time, to be determined by the Association.

04 Privacy, especially for children and female competitors, must be respected. Doping tests must be made by a qualified person of the same gender. Whenever this is not available, WKA supervisor of the same gender shall supervise the collection of the test samples.

RULE 3 REGISTRATION AND LICENSING

01 Competitors who wish to be registered and licensed by the Association should fulfill the following conditions:

(1) Provide documentation of amateur fight history or letter from coach to verify qualification to be licensed as a professional.

(2) Complete WKA Registration/Licensing form.

(3) Complete Association Liability Waiver.

(4) Show proof of identity (i.e., valid driver's license, state identification, or passport).

(5) Pay annual license fee of \$25.00. Each license shall expire on December 31st of the year it was issued.

(6) Provide completed annual physical (on Association form) as well as a NEGATIVE HIV, HEPC, AND HEPB exam at the time of licensing. Exams cannot be

more than 6 months old. Competitors are also required to pass a pre-fight physical prior to each bout conducted by an approved and licensed physician (other exams may also be required, particularly for those competitors over the age of 36, at Association's discretion).

(7) Have no medical or any other reasons preventing them from participating in the event.

(8) Show a medical proof of EEG examination in case of having experienced three head knockouts within a period of less than 12 months; the EEG must be made after the banned period.

(9) Female participants must not be pregnant.

RULE 4 BANNING PERIODS AFTER A HEAD KNOCKOUT

01 1 month after the first head knockout within 12 months.

02 3 months after the second head knockout within 12 months.

03 12 months after the third head knockout within 12 months (EEG required). After being banned for 12 months due to three head knockouts within 12 months, the competitor must submit a medical attest with a negative EEG examination result before he/she can be admitted to any competition again.

RULE 5 AGE CATEGORIES

01 Cut off date is always one day after the last day of the competition.

02 An adult, who is 18 years or older, can start on the cut off day, but not older than 35 years old for Full-Contact, Kickboxing with Low Kicks, Thai-Boxing, Original WKA kickboxing rules (K-1), and MMA.

03 A veteran, who is 35 years or older, can start on the cut off day and must have prior Association approval and additional medical testing.

RULE 6 IN THE CASE OF THE ASSOCIATION ACTING IN LIEU OF A STATE COMMISSION

01 In the instance where the Association is acting in lieu of a State Commission, the following additional requirements and fees may apply:

02 All applicants must complete an Association-approved form.

03 All applicants must provide documentation of qualifications (i.e., previous license from other associations or commissions) or provide a letter of recommendation approved by Association.

04 All applicants must pay annual license fee (see chart below). Each license shall expire on December 31st of the year it was issued.

Competitor	25.00
Cornerman/Second	20.00
Manager	50.00
Promoter	100.00
Matchmaker	50.00
Judge	25.00
Referee	25.00
Timekeeper	25.00
Physician	25.00
Athletic Agent (individual)	100.00
Athletic Agent (corporation)	200.00

05 Promoter must provide to Association certificate for state minimum requisite event insurance. Where no minimum exists, Association requires one million dollar liability plus one million dollar aggregate.

06 Promoter must also provide to Association certificate for state minimum requisite for competitor medical and AD & D insurance coverage. Where no minimum exists, Association requires twenty thousand dollars in medical and twenty thousand dollars in AD & D insurance coverage. Policy may be issued on an "excess benefits" policy basis.

07 Promoter must execute and file a surety bond or an alternate security source with Association of not less than twenty thousand dollars.

SECTION II: FULL CONTACT, KICKBOXING, AND THAIBOXING

01 The regulations contained within this document constitute the official rules of the World Kickboxing Association and must govern all World Kickboxing Association sanctioned events where competitors fight for the knockout. Enforcement of these rules shall be charged to officially designated representatives of the World Kickboxing Association. All events must comply with all state and federal regulations.

02 Use of these rules does not necessarily carry the sanctioning of the World Kickboxing Association (hereafter referred to as the Association).

RULE 1 RING

01 The ring shall be not less than 17 feet square within the ropes. In world and national title bouts, the Association recommends and may require that the ring be not less than 20 feet square.

02 The ring floor shall extend beyond the ropes not less than 18 inches. The ring floor shall be padded in a manner approved by the Association. Padding must extend beyond the ring ropes and over the edge of the platform.

RULE 2 HEIGHT OF RING

01 The ring platform shall not be more than four feet above the floor of the building and shall be provided with suitable steps for use of the contestants. Ring posts shall be of metal, not more than four inches in diameter, extending from the floor of the building to a height of 58 inches above the ring floor and shall be properly padded.

RULE 3 RING ROPES

01 Ring ropes shall be four in number and not less than one inch in diameter. The lowest rope must be positioned 13 inches above the ring floor. The highest rope must be 52 inches above the floor.

02 The circumference of the lowest rope must be wrapped with a padding of not less than one-half inch and of a type and construction approved by the Association. The Association recommends that the other ring ropes be similarly wrapped.

RULE 4 RING EQUIPMENT & HAND PROTECTION

01 Promoters shall provide all necessary non-personal equipment (subject to approval by the Association) for use by seconds and contestants in all Association sanctioned bouts. This necessary non-personal equipment shall include the ring and corner posts.

02 Promoters shall also provide the padded protection equipment to be worn on the hands of each contestant to ensure that matched contestants wear equipment of the same size, shape, style and manufacture.

RULE 5 BELL

01 There shall be a bell or gong positioned at ringside no higher than the floor level of the ring. The bell or gong must carry a clear tone so that its sound may be easily heard by the contestants.

RULE 6 ROUNDS

01 Full Contact and Kickboxing - World title bouts shall consist of twelve (12) two minute rounds for men and ten (10) two minute rounds for women. European and National title bouts shall consist no more than ten (10) two minute rounds for men, no more than eight (8) two minute rounds for women. Area, regional and state title bouts shall not exceed eight (8) two minute rounds for men and six (6) two minute rounds for women. All bouts shall consist of one (1) minute rest periods between rounds.

02 Thaiboxing – Professional bouts shall consist of three (3) or five (5) three (3) minute rounds for men and three (3) or five (5) two (2) minute rounds for women. Regional title bouts shall consist of five (5) three (3) minute rounds for men and five (5) two (2) minute rounds for women. All bouts shall consist of one (1) minute rest periods between rounds.

RULE 7 CONTESTANTS' EQUIPMENT

01 Contestants shall provide all necessary personal equipment (subject to approval by the Association) for use by themselves and their seconds in all Association sanctioned bouts. This necessary personal equipment shall include appropriate shorts or trousers, tape and bandages to be wrapped around the hands to prevent sprains and knuckle separations, padded protective equipment to be worn on the feet (Full Contact division and Kickboxing), a groin protector for men and a breast protector for women (recommended), two Association-approved mouth pieces, and water bottles.

02 Contestants shall wear contrasting colored uniforms. In bouts involving a champion currently recognized by the Association, the champion shall choose whether he or she will wear the light-colored uniform or the dark-colored uniform. In all other bouts, the referee or the Association representative in charge will designate which contestant will wear the light-colored uniform and which contestant will wear the dark-colored uniform.

03 Bandaging of each competitor's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape

may be used between the fingers to hold down the bandages, not to cover the knuckles. Bandages shall be adjusted in the locker room in the presence of an Association official. Cloth hand-bandages, maximum length of 3.5 meters, may be used.

04 The weight and type of padded protective equipment to be worn on the contestant's hands and feet shall be determined by the Association in advance of the event. Matched contestants must wear padded protective equipment on the hands of an identical size, shape, and style and manufacture as provided by the promoter.

05 Male contestants must wear a foul-proof groin protector. A plastic or aluminum cup with an athletic supporter is adequate. Abdominal guards are also acceptable. Female contestants must wear a sports or athletic bra. In addition, foul-proof breast protectors or plastic breast covers are recommended. The Association recommends that female contestants also wear pelvic protection.

06 All contestants must wear an Association approved individually fitted mouthpiece.

07 Female contestants may wear Association approved hair stays.

08 World title bouts shall be fought with eight-ounce (8 oz) regulation gloves for men and ten-ounce (10 oz) regulation gloves for women. All other male professional bouts may be fought with eight-ounce (8 oz) or ten-ounce (10 oz) gloves by agreement between the promoter and the contestants. All women's competition shall be held with ten-ounce (10 oz) regulation gloves.

09 The use of braces, supports, or additional padding or bandages other than the type prescribed by the rules of the bout are prohibited.

10 All fighters must follow the WKA Dress Code for the Rules under which their bout is fought:

(1) Thai Boxing - Shorts, Gloves

(2) Kickboxing - Shorts, Compulsory Foot-Guards, Gloves.

(3) Full Contact - Long Trousers or Shorts, Compulsory Foot-Guards, Shin-Guards (optional), Gloves.

RULE 8 WEIGHT DIVISIONS

01 Official weight divisions shall be as per the Association's official World Champions lists for Kickboxing, Contact Karate and Thai Boxing.

02 No contest shall be scheduled and no contestants shall engage in a bout between the opposite sexes, or where the weight difference exceeds an allowance of 3.5 percent of the division weight.

	Kg	Lbs
Flyweight	Minus - 50.5 Kg	Minus - 111.1 lb
Super Flyweight	- 52.0 Kg	- 114.4 lb
Bantamweight	- 53.5 Kg	- 117.7 lb
Super Bantamweight	- 55.5 Kg	-122.1 lb
Featherweight	- 57.0 Kg	-125.4
Super Featherweight	- 59.0 Kg	- 129.8 lb
Lightweight	- 61.0 Kg	-134.2 lb
Super Lightweight	- 63.5 Kg	-139.7 lb
Welterweight	- 67.0 Kg	- 147.4 lb
Super Welterweight	- 70.0 Kg	-154 lb
Middleweight	- 72.5 Kg	-159.5 lb
Super Middleweight	- 76.0 Kg	-167.2 lb
Lt Heavyweight	- 79.0 Kg	- 173. lb
Super Lt Heavyweight	- 83.0 Kg	-182.6 lb
Cruiserweight	- 86.0 Kg	- 189.2 lb
Super Cruiserweight	- 90.0 Kg	-198 lb
Heavyweight	- 95.0 Kg	-209 lb
Super Heavyweight	+ 95.0 Kg	+ 209 lb

RULE 9 WEIGH-IN

01 Contestants shall be weighed in (and a brief review of the rules shall be conducted in the presence of an Association representative) on scales approved by the Association at such a time and place as may be formally designated by the Association in advance of all scheduled bouts. Contestants must weigh in a minimum of 24 hours before the event. All contestants must attend the designated weigh-in proceedings unless otherwise excused by the Association.

02 By special permission of the Association preliminary contestants may be allowed to weigh-in not later than one hour before the scheduled time of the first match on the card.

03 A professional contestant who fails to make the weight agreed upon in his or her contract shall forfeit 20 percent of the gross purse, with a minimum forfeiture of 100.00. However, if the contestant is less than one pound overweight in a non-title contest, either at the time of the weigh-in or within four hours thereafter, no forfeiture shall be imposed. Forfeits shall be added to the purse of the contestant's opponent.

RULE 10 OFFICIALS

01 Each bout shall be conducted by a referee (number to be determined based on bout count), three judges, a physician (the Association recommends two), a timekeeper, a scorekeeper, inspectors, an announcer, an Association representative, and a medical transport unit. The Association shall determine the qualifications and standards for all officials.

RULE 11 REFEREE

01 The referee shall be charged with the general supervision of the bout. He or she shall enforce the rules, promote safety of the contestants, and ensure fair play.

02 Before starting a contest, the referee shall ascertain from each contestant the name of his or her chief second and shall hold the named chief second responsible for the conduct of the assistant seconds during the progress of the contest. The referee shall call contestants together before each bout for final instructions at which time each contestant shall be accompanied by the chief second only.

RULE 12 JUDGES

01 The judges shall be stationed at ringside at locations designated by the Association representative in charge. The judges shall work in conjunction with the referee and are charged with scoring the outcome of each round of a bout.

RULE 13 PHYSICIAN AND PARAMEDICS

01 A licensed physician shall conduct pre-fight physicals on all contestants and referees. A licensed physician shall sit at the immediate ringside of all bouts. No bout shall be allowed to proceed unless the physician is in his or her seat. The physician shall not leave until after the decision in the final bout. He or she shall

be prepared to assist if any serious emergency arises and shall render temporary or emergency treatments for cuts and minor injuries sustained by the contestants.

02 No manager or second shall attempt to render aid to a contestant during the course of a round before the physician has had an opportunity to examine the contestant who may have been injured. Time out shall be called for such examinations.

03 No event shall take place, amateur and/or professional, without a team of equipped, qualified paramedics present at the ringside for each bout.

04 No event shall take place, amateur and/or professional, without a fully equipped paramedic ambulance on standby at the venue.

05 Promoters shall inform the nearest neuron surgical hospital giving details of their event and have the hospital telephone number to hand and the name(s) of the duty physicians.

RULE 14 BOUTS

01 A bout begins when the bell sounds to start the first round and ends when the bell sounds to conclude the final round. No persons other than the contestants and the referee may be inside the ring during the progress of a round.

02 Fighters are allowed 3 people in their corner, one chief cornerman, two seconds. All 3 must remain seated during the rounds. Only the chief cornerman may give direction to the fighter during the round. Cornermen or seconds may not place their hands on the ring apron, the ropes or any part of the ring during the rounds. Cornermen or seconds may not enter into any verbal dispute with the referee or officials during the bout. All bouts shall be governed by the rules and regulations of the WKA World Kickboxing Association.

RULE 15 FOULS

01 Any contestant guilty of foul tactics in a bout shall be given an immediate warning and points deducted from the contestant's total score as determined by the referee. The use of foul tactics also may result in disqualification of the contestant, his or her purse (if any) withheld from payment and the contestant automatically suspended. Disposition of the purse and the penalty to be imposed upon the contestant shall be determined by a written action of the Association.

02 The following tactics are considered illegal techniques (fouls):

Thaiboxing

(1) All forms of biting.

(2) All strikes, blows and punches executed with the palm side of the gloves.

(3) All kicks to the back and the back of the neck.

- (4) Any form of butting with the head.**
- (5) All attacks (strikes, punches, kicks) against the joints.**
- (6) Kicks to the groin.**
- (7) Attacking a downed opponent, or an opponent who touches the floor with his/her gloves.**
- (8) Spitting out one's mouth guard.**
- (9) Any kind of throwing above the waistline.**
- (10) Holding the opponent's leg while executing more than one striking or punching techniques.**
- (11) Holding the ropes and attacking an opponent, also in clinching situations.**

Additional in Kickboxing

- (1) Any form of throwing (excluding foot sweeps).**
- (2) Any form of clinching or holding the opponent.**
- (3) All types of strikes with the elbows.**
- (4) Any form of kicking with the knees.**

Additional in Full Contact

- (1) All kicks against the thighs or under the waistline are prohibited, excluding foot sweeps.**

RULE 16 PERMITTED STRIKES

01 Full Contact

- (1) All forms of boxing in combination with kicks above the waist to the body and the head.**
- (2) Rear (reverse) kicks to the body or the head, spinning back kicks to the body and to the head with full contact to knock out the opponent, also foot sweeps, are permitted.**

02 Additional in Kickboxing

- (1) Low kicks to the thighs, inside and outside.**

03 Additional in Thaiboxing

- (1) Kicks with the shin to the thighs, body and the head.**
- (2) Knee attacks to the body (knees to head are permitted with prior acceptance by each opponent and approval by state authority).**
- (3) Clinching and attacking at the same time with knees or any legal strikes. Clinch will be broken by referee for inactivity or if viewed as a stalling tactic.**
- (4) Elbow strikes to the body (elbows to head are permitted with prior acceptance by each opponent and approval by state authority).**
- (5) Leg catching is legal and one step or one strike. Leg must be released after one step or one strike. Driving or "plowing" the opponent across the ring is illegal.**
- (6) Flat throws below the waist line, only in clinching situations. No elevating throws, such as hip tosses or reaps.**
- (7) The use of spinning backfist only with focus on the opponent.**

RULE 17 NO MINIMUM KICK REQUIREMENT

01 In professional Kickboxing competition there is no minimum kick requirement per round by the Association. The referee may encourage the fighters to increase their activity (including kicking). Judges should take note of referees warnings and encouragements and score against the fighter who is not performing the more effective techniques.

RULE 18 STALLING

01 A contestant who intentionally refuses to engage an opponent for a prolonged period of time, or who deliberately clinches or holds onto an opponent shall receive an immediate warning from the referee. If the contestant continues to utilize such passive tactics after receiving one warning during the round, points shall be deducted from the contestant's total score as determined by the referee.

02 If the contestant repeats the passive tactics, either in the same round or in the following rounds, he or she may be considered guilty of a foul and penalized accordingly.

03 In professional bouts, the contest will not be stopped by the loss of a mouthpiece until there is a clear break from the action. Repeated losing of the mouthpiece or intentional spitting out of the mouthpiece will constitute a foul and will be penalized accordingly.

RULE 19 ACCIDENTAL FOULS

01 If a bout is stopped because of an accidental foul, the referee shall determine whether or not the contestant who has been fouled can continue. The referee may consult with the attending physician. If the contestant's chances have not been seriously jeopardized as a result of the foul, the referee may order the bout continued after a reasonable interval.

02 On the other hand, if by reason of accidental foul a contestant shall be rendered unfit to continue the contest, the bout shall be terminated. The scorekeeper shall tally all scores, subtracting all penalties. If the injured contestant is behind on points in the majority opinion of the judges, then the referee shall declare the contest to be a technical draw. But if the injured contestant has a lead in points, then the referee shall declare him or her to be the winner by technical decision.

03 Further, should an accidental foul terminate a bout during the first round, the referee shall declare the contest to be a technical draw.

RULE 20 STOPPING THE CONTEST

01 The referee shall have the power to stop a contest at any stage if he or she considers the bout too one-sided, or if either contestant is in such condition that to continue might subject him or her to serious injury. In either case, the referee shall declare the fit contestant to be the winner by technical knockout.

02 Should both contestants be in such condition that to continue might subject them to serious injury, the referee shall declare the contest to be a technical draw.

03 In cases where a contestant receives a cut eye from a fair blow, or an accidental foul, or any other injury which the referee believes may incapacitate the contestant, the referee must call the attending physician into the ring for examination of the contestant before the referee decides whether to stop the contest. Time will be called during the examination.

RULE 21 FAILURE TO COMPETE

01 In any case where the referee decides that the contestants are not honestly competing, or that the knockout or the foul has been a prearranged termination of the contest, he or she shall neither finish the knockout count nor disqualify a contestant for fouling nor render a decision. Instead, the referee shall stop the bout and declare the contest ended not later than before the end of the last round. The referee shall then order the purses of both contestants held pending investigation and disposition of funds by the Association.

RULE 22 FAILURE TO RESUME CONTEST

01 No contestant shall leave the ring during the one-minute rest period between rounds. Should a contestant fail or refuse to resume the contest when the bell sounds denoting the start of the next round, the referee shall declare the contestant's opponent to be the winner by knockout as of the round which last ended.

02 However, should the referee decide that the circumstances surrounding the bout's termination require investigation, or disciplinary action, then the referee shall not make a decision, but rather shall order the purses of both contestants held pending investigation and disposition of funds by the Association.

RULE 23 KNOCK DOWNS

01 A contestant shall be declared knocked down if any portion of the contestant's body other than the feet touch the floor, or if the contestant hangs helplessly over the ropes. "Flash" knock downs in Thai boxing will not be considered knock downs.

02 A contestant shall not be declared knocked down if he or she is punched, thrown, or accidentally slips to the floor. The determination as to whether a contestant is pushed, thrown or slips to the floor, rather than being knocked down, shall be made by the referee.

RULE 24 COUNTING

01 Whenever a contestant is knocked down, the referee shall order the contestant's opponent to retire to the farthest corner of the ring, pointing to the corner and immediately begin the count over the knocked down contestant. The referee will audibly announce the passing of each one-second interval, indicating its passage with a downward motion of the arm.

02 Any time a contestant is knocked down, the referee shall automatically begin a mandatory eight-count and then, if the contestant appears able to continue, will allow the bout to resume. The timekeeper, through effective signaling, shall give the referee the correct one-second intervals for the count. The referee's count is the only official count.

03 Should a contestant be knocked down three times in one round from blows to the head, the referee shall stop the contest and declare the contestants opponent to be the winner by technical knockout. The three knock down rule may be waived by agreement between Association, promoter, and contestants prior to the bout in championship bouts.

03a Whenever a contestant is knocked out primarily as a result of a kick, whether or not the kick occurred in combination with punches, the referee shall declare the contestant's opponent to be the winner by either kick knockout or technical kick knockout, whichever is appropriate and shall be entered into the fighter's official record as a KKO.

04 Should a contestant who is down rise before the count of ten is reached and then go down immediately without being struck, the referee shall resume the count where it was left off.

05 If the contestant taking the count is still down when the referee calls the count of ten, the referee shall wave both arms to indicate that the contestant has been knocked out and will signal that the contestant's opponent is the winner.

06 A round's ending before the referee reached the count of ten will have no bearing on the count. The contestant must still rise before the count of ten to avert a knockout.

07 Should both contestants go down at the same time, the referee shall continue to count as long as one of the contestants is down. If both contestants remain down until the count of ten, the contest will be stopped and the referee shall

declare the bout to be a technical draw. However, if one contestant rises before the count of ten and the other contestant remains down, the first contestant to rise shall be declared the winner by knockout. Should both contestants rise before the count of ten, the round will continue.

RULE 25 STANDING EIGHT-COUNT

01 The referee may, at his or her discretion, administer an eight-count to a contestant who has been stunned, but who remains standing. He or she shall direct the contestant's opponent to a neutral corner, then begin counting from one to eight, examining the stunned contestant as he or she counts. If, after completing the standing eight-count, the referee determines that the contestant is able to continue, he or she shall order the bout to resume. However, if the referee determines that the contestant is not able to continue, he or she shall stop the contest and declare the contestant's opponent to be the winner by technical knockout.

RULE 26 COMMUNICATING THE COUNT

01 As soon as a contestant has been knocked down, the timekeeper shall begin calling the count, from one to ten, while the referee directs the contestant's opponent to a neutral corner. When the referee has finished directing the opponent to a neutral corner, he or she shall return to the knocked down contestant and count over him or her, picking up the count from the timekeeper.

RULE 27 FALLING FROM THE RING

01 A contestant who has been wrestled, pushed, or who has fallen through the ropes during the contest, may be helped back by anyone except the contestant's own seconds or manager. The referee shall allow reasonable time for the return. When on the ring platform outside the ropes, the contestant must enter the ring immediately. Should the contestant stall for time outside the ropes, the referee shall start the count without waiting for the contestant to re-enter the ring.

02 Once a fallen contestant re-enters the ring, the referee may either resume the contest or start the round from the moment that the contestant is back in the ring.

03 Whenever a contestant falls through the ropes, the contestant's opponent must retire to the farthest corner, as directed by the referee and remain there until ordered to resume the contest.

04 A contestant who deliberately wrestles or throws an opponent from the ring, or who hits an opponent who is partly out of the ring and thus prevented by the ropes from assuming a position of defense, may be penalized.

RULE 28 WIPING THE GLOVES

01 Before a fallen contestant resumes competition, after having been knocked to, slipped to, or fallen to the floor, the referee shall wipe the contestant's gloves free of any foreign substance.

RULE 29 CONSULTING THE PHYSICIAN

01 The referee may, at his or her discretion, request the physician to examine a contestant during the bout. Should the examination occur during the course of a round, the clock shall be stopped until the examination is completed.

02 If after consulting with the physician, the referee decides that further contact below the belt, whether from fair or foul blow, will result in injury to a contestant's knee, he or she shall prohibit striking below the belt for the remainder of the bout.

03 Also, the physician shall have the power to order the referee to stop the bout, at any time, due to the incapacitation of one or both contestants. The referee will then render the appropriate decision.

RULE 30 SCORING

01 The judges shall score all contests and determine the winner through the use of the 10-Point Must System. In this system the winner of each round receives ten points and the opponent receives a proportionately smaller number. But in no circumstances shall a judge award the loser of each round fewer than seven points. If a round is judged even, each contestant shall receive ten points. No fraction of points may be given.

02 Judges should base their scores on the relative effectiveness of each contestant in a given round. An official knockdown always demonstrates superior effectiveness. However, a contestant who is knocked down more from instability than from an opponent's blow, may be able to return from the knockdown and dominate the round by a large enough margin to be judged the winner. Also, the weight given to an official knockdown scored by one contestant must be equal to the weight given to an official knockdown scored by the contestant's opponent.

03 Generally, sweeps should not be given the same weight as an official knockdown. Judges should watch for the technique's effectiveness in slowing down a contestant.

04 A contestant who wins the round and does so with exceptional above-the-belt kicking technique should be given a more favorable point advantage than the contestant who wins a round with a predominance of punching technique. Below-the-belt kicking technique should be given the same weight as punching techniques. An otherwise even round should be awarded to the overall most effective above-the-waist kicker.

05 Further, a contestant who aggressively presses an opponent throughout a round, but cannot land a threatening kick or punch, should not be judged as favorably as the contestant who back-pedals throughout the round but counter-attacks with visible impact.

06 More specifically, the judges shall award points to contestants on the basis of round-by-round outcomes and in accordance with the following scores:

(1) 10 points to 10 points whenever neither contestant dominates the other with superiority in effectiveness.

(2) 10 points to 9 points whenever the winning contestant dominates the losing contestant with a marginal superiority in effectiveness.

(3) 10 points to 8 points whenever the winning contestant dominates the losing contestant with exceptional above-the-belt kicking technique, or whenever the winning contestant dominates the losing contestant with a significant superiority in effectiveness as might be indicated by one knockdown.

(4) 10 points to 7 points whenever the winning contestant dominates the losing contestant with an overwhelming superiority in effectiveness as must be indicated by more than one knockdown.

06a Following each round and at the termination of the contest, the referee shall pick up the ballots of the judges. The referee shall then deliver the ballots to the scorekeeper who shall tally all scores, subtract all penalties and deliver the totals to the Association representative assigned to verify them. The majority opinion of the three judges, less penalty points, shall be conclusive. If there is no majority opinion, then the decision shall be a draw.

07 When the Association representative has completed verifying and totaling the scores, the announcer then in turn shall inform the audience of the decision over the public address system. The referee shall raise the winner's hand.

RULE 31 CHANGING THE DECISION

01 A decision rendered at the termination of any contest shall be final and cannot be changed unless the Association determines that any one of the following has occurred.

(1) There was collusion affecting the result of the contest.

(2) The review of the scorecards of the judges shows an error which would mean that the decision was given to the wrong contestant.

(3) There was a clear violation of the rules and regulations of the WORLD KICKBOXING ASSOCIATION which affected the result of the contest.

02 If the Association determines that any of the above occurred with regard to any contest, then the decision rendered shall be changed as the Association may direct.

SECTION III: K-1 AND K-1 STYLE MATCHES

Amendment 1 - 33

RULE 1 GENERAL REGULATIONS

01 General Rules and Regulations and compliance with state regulations are still in effect. The following are the Rules and Regulations that have modifications relating to K-1 or K-1 style WKA USA sanctioned events.

RULE 2 BOUT AND ROUND LENGTHS AND NUMBERS

01 Thaiboxing or K-1 and K-1 style matches - Professional bouts shall consist of three (3) or five (5) three (3) minute rounds for men and three (3) to five (5) two (2) minute rounds for women. Regional title bouts shall consist of five (5) three (3) minute rounds for men and five (5) two (2) minute rounds for women. Professional tournaments shall consist of three (3) three (3) minute rounds for men and three (3) two (2) minute rounds for women. All bouts shall consist of one (1) minute rest periods between rounds.

RULE 3 ILLEGAL TECHNIQUES

01 The following tactics are considered illegal techniques (fouls):

Thaiboxing or K-1 and K-1 style matches (#12 - K-1 Rule Modification)

- (1) All forms of biting.**
- (2) All strikes, blows and punches executed with the palm side of the gloves.**
- (3) All kicks to the back and the back of the neck.**
- (4) Any form of butting with the head.**
- (5) All attacks (strikes, punches, kicks) against the joints.**
- (6) Kicks to the groin.**
- (7) Attacking a downed opponent, or an opponent who touches the floor with his/her gloves.**
- (8) Spitting out one's mouth guard.**
- (9) Any kind of throwing above the waistline.**
- (10) Holding the opponent's leg while executing more than one striking or punching techniques.**
- (11) Holding the ropes and attacking an opponent, also in clinching situations.**

(12) Clinching is prohibited, even to execute knees.

RULE 4 PERMITTED STRIKES

01 Full Contact

(1) All forms of boxing in combination with kicks above the waist to the body and the head.

(2) Rear (reverse) kicks to the body or the head, spinning back kicks to the body and to the head with full contact to knock out the opponent, also foot sweeps, are permitted.

02 Additional in Kickboxing

(1) Low kicks to the thighs, inside and outside.

03 Additional in Thaiboxing or K-1 and K-1 style matches (#3 modified for K-1 and K-1 style matches)

(1) Kicks with the shin to the thighs, body and the head.

(2) Knee attacks to the body (knees to head are permitted with prior acceptance by each opponent and approval by state authority).

(3) Clinching and attacking at the same time with knees or any legal strikes. Clinch will be broken by referee for inactivity or if viewed as a stalling tactic. *K-1 and K-1 Style matches allow knee, but no clinch/knee techniques***.**

(4) Elbow strikes to the body (elbows to head are permitted with prior acceptance by each opponent and approval by state authority).

(5) Leg catching is legal with one step or one strike. Leg must be released after one step or one strike. Driving or "plowing" the opponent across the ring is illegal.

(6) Flat throws below the waist line, only in clinching situations. No elevating throws, such as hip tosses or reaps.

(7) The use of spinning backfist only with focus on the opponent.

SECTION IV: MIXED MARTIAL ARTS

Addendum 1 - 33

RULE 1 WEIGHT CLASSES OF MIXED MARTIAL ARTISTS

01 Mixed martial artists shall be divided into the following classes:

- 1.Flyweight up to 125 pounds;**
- 2.Bantamweight 126 lbs. to 135 pounds;**
- 3.Featherweight 136 lbs. to 145 pounds;**
- 4.Lightweight 146 lbs. to 155 pounds;**
- 5.Welterweight 156 lbs. to 170 pounds;**
- 6.Middleweight 171 lbs. to 185 pounds;**
- 7.Light Heavyweight 186 lbs. to 205 pounds;**
- 8.Heavyweight 206 lbs. to 265 pounds; and**
- 9.Super Heavyweight over 265 pounds.**

RULE 2 FIGHTING AREA

01 MMA contests may take place in either a cage or a ring that has been approved by the Association. The cage or ring should meet the requirements set forth by the Association and should be inspected prior to each event by Association representative or referee.

02 The fighting area canvas shall be no smaller than 18 feet by 18 feet and no larger than 32 feet by 32 feet. The fighting area canvas shall be padded in a manner as approved by the Association, with at least one inch layer of foam padding. Padding shall extend beyond the fighting area and over the edge of the platform. No vinyl or other plastic rubberized covering shall be permitted.

03 The fighting area canvas shall not be more than four feet above the floor of the building and shall have suitable steps or ramp for use by the competitors. Posts shall be made of metal not more than six inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the fighting area canvas and shall be properly padded in a manner approved by the Association.

04 The fighting area canvas area shall be enclosed by a fence made of such material as will not allow a fighter to fall out or break through it onto the floor or spectators, including, but not limited to, vinyl coated chain link fencing. All metal parts shall be covered and padded in a manner approved by the Association and shall not be abrasive to the contestants.

05 The fence shall provide two separate entries onto the fighting area canvas.

06 The ring shall be not less than 17 feet square within the ropes. In world and national title bouts, the Association recommends and may require that the ring be not less than 20 feet square.

07 The ring floor shall extend beyond the ropes not less than 18 inches. The ring floor shall be padded in a manner approved by the Association. Padding must extend beyond the ring ropes and over the edge of the platform.

RULE 3 STOOLS

01 A ring stool of a type approved by the Association shall be available for each contestant.

02 An appropriate number of stools or chairs, of a type approved by the Association, shall be available for each contestant's seconds. Such stools or chairs shall be located near each contestant's corner.

03 All stools and chairs used must be thoroughly cleaned or replaced after the conclusion of each bout.

RULE 4 EQUIPMENT

01 For each bout, the promoter shall provide a clean water bucket and a clean plastic water bottle in each corner.

RULE 5 SPECIFICATIONS FOR BANDAGES ON MIXED MARTIAL ARTISTS' HANDS

01 In all weight classes, the bandages on each contestant's hand shall be restricted to soft gauze cloth not more than 13 yards in length and two inches in width, held in place by not more than 10 feet of surgeon's tape, one inch in width, for each hand.

02 Surgeon's adhesive tape shall be placed directly on each hand for protection near the wrist. The tape may cross the back of the hand twice and extend to cover and protect the knuckles when the hand is clenched to make a fist.

03 The bandages shall be evenly distributed across the hand.

04 Bandages and tape shall be placed on the contestant's hands in the dressing room in the presence of the inspector and in the presence of the manager or chief second of his or her opponent.

05 Under no circumstances are gloves to be placed on the hands of a contestant until the approval of the inspector is received.

RULE 6 CORNER EQUIPMENT

01 The following substances are approved for treating competitors' cuts between rounds: Adrenaline 1:1000, Avitene, and Thrombin.

02 Petroleum jelly may be used lightly around a competitor's eyes and on a competitor's face. Petroleum jelly, lotion, or any other type of lubricant on any other part of a competitor's body is prohibited.

03 A corner may administer only water to a competitor between rounds in a bout. Any other beverage is prohibited.

RULE 7 MOUTH PIECES

01 All contestants are required to wear a mouthpiece during competition. The mouthpiece shall be subject to examination and approval by the attending physician.

02 The round cannot begin without the mouthpiece in place.

03 If the mouthpiece is involuntarily dislodged during competition, the referee shall call time, clean the mouthpiece and reinsert the mouthpiece at the first opportune moment, without interfering with the immediate action.

RULE 8 PROTECTIVE EQUIPMENT

01 Male mixed martial artists shall wear a groin protector of their own selection, of a type approved by the Association.

02 Female mixed martial artists are prohibited from wearing groin protectors.

03 Female mixed martial artists shall wear a chest protector during competition. The chest protector shall be subject to approval of the Association.

RULE 9 GLOVES

01 The gloves shall be new for all main events and in good condition or they must be replaced.

02 All contestants shall wear gloves weighing four, five, or six ounces, supplied by the promoter and approved by the Association. No contestant shall supply his or her own gloves for participation.

RULE 10 APPAREL

01 Each contestant shall wear mixed martial arts shorts, biking shorts, or kick-boxing shorts.

02 Gis or shirts are prohibited during competition.

02a Female competitors must wear a sports or athletic bra and may wear a form-fitting rashguard.

03 Shoes are prohibited during competition.

RULE 11 APPEARANCE

01 All contestants shall be cleanly shaven immediately prior to competition, except that a contestant may wear a closely cropped mustache.

02 Hair shall be trimmed or tied back in such a manner as not to interfere with the vision of either contestant or cover any part of a contestant's face.

03 Jewelry or piercing accessories are prohibited during competition.

RULE 12 ROUND LENGTH

01 Each non-championship mixed martial arts contest shall be three (3) rounds, of five (5) minutes duration, with a one (1) minute rest period between each round.

02 Each championship mixed martial arts contest shall be five (5) rounds, of five (5) minutes duration, with a one (1) minute rest period between each round.

RULE 13 STOPPING A CONTEST

01 The referee and ringside physician are the sole arbiters of a bout and are the only individuals authorized to enter the fighting area at any time during competition and to stop a contest.

RULE 14 JUDGING

01 All bouts will be evaluated and scored by three judges.

02 The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and nine points or fewer must be awarded to the loser, except for a rare even round, which is scored (10-10).

03 Judges shall evaluate mixed martial arts techniques, such as effective striking, effective grappling, control of the fighting area, effective aggressiveness and defense.

04 Evaluations shall be made in the order in which the techniques appear in (03) above, giving the most weight in scoring to effective striking, effective grappling, control of the fighting area and effective aggressiveness and defense.

05 Effective striking is judged by determining the total number of legal heavy strikes landed by a contestant.

06 Effective grappling is judged by considering the amount of successful executions of legal takedowns and reversals. Examples of factors to consider are take downs from standing position to mount position, passing the guard to mount position, and bottom position fighters using an active, threatening guard.

07 Fighting area control is judged by determining which contestant is dictating the pace, location and position of the bout. Examples of factors to consider are countering a grappler's attempt at takedown by remaining standing and legally striking, taking down an opponent to force a ground fight, creating threatening submission attempts, passing the guard to achieve mount, and creating striking opportunities.

08 Effective aggressiveness means moving forward and landing a legal strike.

09 Effective defense means avoiding being struck, taken down or reversed while countering with offensive attacks.

10 The following objective scoring criteria shall be utilized by the judges when scoring a round.

(1) A round is to be scored as a 10-10 Round when both contestants appear to be fighting evenly and neither contestant shows clear dominance in a round.

(2) A round is to be scored as a 10-9 Round when a contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers.

(3) A round is to be scored as a 10-8 Round when a contestant overwhelmingly dominates by striking or grappling in a round.

(4) A round is to be scored as a 10-7 Round when a contestant totally dominates by striking or grappling in a round.

11 Judges shall use a sliding scale and recognize the length of time the fighters are either standing or on the ground, as follows:

(1) If the mixed martial artists spent a majority of a round on the canvas, then:
i. Effective grappling is weighed first; and
ii. Effective striking is then weighed

(2) If the mixed martial artists spent a majority of a round standing, then:
i. Effective striking is weighed first; and
ii. Effective grappling is then weighed

(3) If a round ends with a relatively even amount of standing and canvas fighting, striking and grappling are weighed equally.

RULE 15 WARNINGS

01 The referee shall issue a single warning for the following infractions. After the initial warning, if the prohibited conduct persists, a penalty will be issued. The penalty may result in a deduction of points or disqualification.

(1) Holding or grabbing the fence.

(2) Holding opponent's shorts or gloves.

(3) The presence of more than one second on the fighting area perimeter.

RULE 16 FOULS

01 The following are fouls and will result in penalties if committed:

- (1) Butting with the head.**
- (2) Eye gouging of any kind.**
- (3) Biting or spitting at an opponent.**
- (4) Hair pulling.**
- (5) Fish hooking.**
- (6) Groin attacks of any kind.**
- (7) Intentionally placing a finger in any of an opponent's orifices.**
- (8) Small joint manipulation.**
- (9) Strikes to the spine or back of the head.**
- (10) Heel kicks to the kidney.**
- (11) Throat strikes of any kind.**
- (12) Downward pointing elbow strikes to the head.**
- (13) Clawing, pinching, twisting the flesh or grabbing the clavicle.**
- (14) Kicking the head of a grounded fighter.**
- (15) Kneeing to the head of a grounded fighter.**
- (16) Stomping of a grounded fighter.**
- (17) The use of abusive language in fighting area.**
- (18) Any unsportsmanlike conduct that causes an injury to opponent.**
- (19) Attacking an opponent on or during the break.**
- (20) Attacking an opponent who is under the referee's care at the time.**
- (21) Timidity (avoiding contact, consistent dropping of mouthpiece, or faking an injury).**
- (22) Interference from a mixed martial artists seconds.**
- (23) Throwing an opponent out of the fighting area.**
- (24) Flagrant disregard of the referee's instructions.**
- (25) Spiking an opponent to the canvas on his or her head or neck.**

02 Disqualification occurs after any combination of three or the fouls listed in (01) above or after a referee determines that a foul was intentional and flagrant.

03 Fouls will result in a point being deducted by the official scorekeeper from the offending mixed martial artist's score.

04 Only a referee can assess a foul. If the referee does not call the foul, judges shall not make that assessment on their own and cannot factor such into their scoring calculations.

05 A fouled fighter has up to five minutes to recuperate.

06 If a foul is committed, the referee shall:

- (1) Call time.**
- (2) Check the fouled mixed martial artist's condition and safety.**
- (3) Assess the foul to the offending contestant, deduct points, and notify each corner's seconds, judges and the official scorekeeper.**

07 If a bottom contestant commits a foul, unless the top contestant is injured, the fight shall continue, so as not to jeopardize the top contestant's superior positioning at the time.

(1) The referee shall verbally notify the bottom contestant of the foul.

(2) When the round is over, the referee shall assess the foul and notify both corners' seconds, the judges and the official scorekeeper.

(3) The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

RULE 17 INJURIES SUSTAINED DURING COMPETITION

01 If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by technical knockout.

02 If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.

03 If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.

04 If an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

05 If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.

06 If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three round bout or if stopped before three rounds have been completed in a five round bout.

07 If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the contestant who is ahead on the score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout, or three rounds of a five round bout have been completed.

08 There will be no scoring of an incomplete round. However, if the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score.

RULE 18 TYPES OF BOUT RESULTS

01 The following are the types of bout results:

(1) Submission by:

i. Tap Out: When a contestant physically uses his or her hand to indicate that he or she no longer wishes to continue.

ii. Verbal tap out: When a contestant verbally announces to the referee that he or she does not wish to continue.

(2) Technical knockout by:

i. Referee stops bout.

ii. Ringside physician stops bout.

iii. When an injury as a result of a legal maneuver is severe enough to terminate a bout.

(3) Knockout by failure to rise from the canvas.

(4) Decision via score cards:

i. Unanimous: When all three judges score the bout for the same contestant.

ii. Split Decision: When two judges score the bout for one contestant and one judge scores for the opponent.

iii. Majority Decision: When two judges score the bout for the same contestant and one judge scores a draw.

(5) Draws:

i. Unanimous: When all three judges score the bout a draw.

ii. Split: When all three judges score differently and the score total results in a draw.

iii. Majority: When two judges score the bout for the same contestant and one judge scores a draw.

(6) Disqualification: When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest.

(7) Forfeit: When a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out.

(8) Technical Draw: When an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of stoppage.

(9) Technical Decision: When the bout is prematurely stopped due to injury and a contestant is leading on the score cards.

(10). No Contest: When a contest is prematurely stopped due to accidental injury and a sufficient number of rounds have not been completed to render a decision via the score cards.

WKA USA - ADDITIONAL MIXED MARTIAL ARTS RULES

RULE 1 LICENSING

01 All mixed martial arts events shall be subject to the licensing requirements of all Ring Sports.

02 The fee for a mixed martial artist license shall be as set forth in all Ring Sports. Other license fees shall be as set forth in all Ring Sports.

RULE 2 BOND PROCEDURE

01 All mixed martial arts events shall be subject to the bond procedure requirements of all Ring Sports.

RULE 3 INSPECTORS

01 All mixed martial arts events shall be subject to the presence, duties and compensation of inspectors as required by all Ring Sports.

RULE 4 HEALTH AND SAFETY RULES

01 All mixed martial arts events shall be subject to the uniform medical requirements of all Ring Sports.

02 All mixed martial arts events shall be subject to the additional health and safety requirements of all Ring Sports.

03 All mixed martial arts events shall be subject to the emergency medical facilities and equipment requirements of all Ring Sports.

04 All mixed martial arts events shall be subject to the insurance requirements of all Ring Sports.

RULE 5 WEIGHING OF MIXED MARTIAL ARTISTS

01 Weighing of all mixed martial artists shall be conducted in accordance with the requirements for all Ring Sports fighters.

RULE 6 WKA USA STANDARD FOR CLASSES

01 Class D – Submission Grappling Division, open to all levels. (For rules, see WKA USA Official Rulebook: Amateur Division.)

02 Class C – Amateur “Novice” MMA, Rule Restrictions: no elbow or knee strikes to head grounded or standing; closed fist strikes allowed to the head while grounded. Non-championship and championship bouts of mixed martial arts contest shall be three rounds, of three minutes duration, with a one minute rest period between each round. Contestant use oversized MMA approved gloves. After 3 wins in class, progress to Class B.

03 Class B – Amateur “Open” MMA, Rule Restrictions: no elbows and knees allowed to head while standing, elbows to head while grounded (no downward strike using point of elbow), closed fist strikes to head of grounded opponent. Non-championship bouts of mixed martial arts contest shall be two rounds, of five minutes duration, with a one minute rest period between each round. Championship bouts of mixed martial arts contest shall be three rounds, of five

minutes duration, with a one minute rest period between each round. Contestant use oversized MMA approved gloves. After 5 wins in class, combatant may progress to Class A.

04 Class A – Advanced and/or Professional MMA, Full Rules; combatants who have acquired a level to be licensed as professional fighters

FOR COMPLETE AMATEUR RULES, REFER TO WKA USA OFFICIAL RULEBOOK: AMATEUR DIVISION.