



WKU RULES Under the Registration of GCO



LIGHT CONTACT Rules WKU

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

Concentration

Discipline

Courage

Loyalty

Control

Fighting Spirit

Strength

Respect



CONTENT

1. Competitor Responsibilities:
2. Competitor Uniform and Safety Equipment:
3. Mandatory Safety Equipment: See illustrations at the end of the rules
4. Optional Safety Equipment:
5. Coaches Responsibilities:
6. Age and Weigh-In:
7. Tolerance:
8. Medical Examination:
9. Protest:
11. Referee's Responsibilities:
12. Time of Match:
13. Start of Competition:
14. Awarding Points:
15. End of Competition:
16. What is a Point?
17. Scoring Areas:
18. Legal Techniques:
19. Illegal Techniques:
20. Referee Scoring:



Competitor Responsibilities:

- It is the responsibility of the Competitor to know the rules and be ready for competition when called to do so.
- All Competitors must have in their possession their ID badge on a lanyard at all times to enter access to the Venue and competition area when called on by the Center Referee. It also shows proof of who you are and the Divisions you are registered to compete in.
- If a Competitor or Coach feels that a Referee should be removed before the match for good reason, they must request it before the match begins. They must ask the Center Referee or Patricia Dalton in a proper and sportsmanlike manner.

Mandatory Safety Equipment: See illustrations on page 8

- All Competitors must supply their own mandatory and optional gear.
- All Safety equipment must be in good working order, free of rips, tears and of loose or excessive tape.
- The Competitors top must have sleeves covering anywhere from the mid area of the upper arm to the elbow.
- The Competitors pants must extend to the feet. No zipper fasteners, pockets or buttons allowed.
- The waistline must always be visible, even if the Competitor chooses or not to wear their belt. If a Competitor wears their top on the outside of their pants they must wear their belt.
- Competitors are not allowed to wear any metal objects that may cause injury to their opponent. Piercing, chains, watches or earrings are not allowed.
- Patches of your respective clubs, associations or sponsor along with names, slogans are permitted as long as they do not offend public decency.
- Headbands, hairnets and scarves are not allowed since they may slip. Long hair must be tied together with an elastic band. Hair grips are not allowed.
- Fingers nails and toe nails must be trimmed to avoid cuts.
- Excessive use of grease, Vaseline or similar substances is prohibited
- Head Guard-must cover the top and back of the head. Preferred Head Guard is a Kwon Shocklite, SAP X-Fighter or Top Ten Avant-garde. Competitors must supply one (1) red head guard and one (1) blue head guard. No foam dipped headgear will be allowed.
- Mouth Guard (mouth guard straps are not allowed).
- Breast Guard for Females 13 years old and up must be worn under the top.
- Boxing/Kickboxing style Gloves 10oz only. Hook and loop or Lace up.
- Groin Guard-Male and Female must be worn under the pants.
- Shin Guards-must be worn under the pants. No instep guards allowed.
- Kicks-must cover the sides, heel and top of the foot including the toes.

4. Optional Safety Equipment:

- Hand wraps-maximum length, 4.5 meters.
- Elbow, forearm and knee guards.
- Breast Guard-for females 12 years old and younger is highly recommended.
- Kwon or Ring star shoes designed for Point Fighting and Light Contact only.
- **Face Guards-are allowed in Kids and Juniors divisions only.**
- **Only "Sport Eyeglasses" are allowed to be worn under the Face Guard in Kids and Juniorsdivisions only.**



Coaches Responsibilities:

- Every Coach must wear a Team Warm Up suit to coordinate with their representing country. If they are not properly dressed they have two (2) minutes to be fitted with their Team Warm Up or they will be removed.
- Coaches must also wear sport shoes which must be clean.
- Flip flops, shorts, hats, sunglasses and music/phone devices are not allowed.
- He/She must be seated at all times during the match and behave in a disciplined and sportsmanlike manner.
- Any Coaches that do not follow the Referees instructions may receive a warning or even disqualify their fighter.
- Only one (1) coach is allowed in the Eliminations. Two (2) coaches are allowed in the Finals and Team Competition.
- Only Coaches are allowed to make an Official Protest. (See Protest).
- The Coach may throw in the towel for his/her Competitor when they want to retire from the competition.
- A coach who has been expelled may not coach the remaining of the tournament.
- Only the fighters and center referee may be present in the ring during the match. If any other person enters the ring, the match is immediately over.

Age and Weigh-In:

- The age of a Competitor is on June 30th of the current competition year and is their legal competition age for that year.
- Only Veterans and Executives are allowed to drop down one (1) age Division.
- No one is allowed to compete up in a Division.
- The weigh-in has to be completed at least two hours prior to the first competition.
- Whenever possible, a selection of volunteer Referees, preferably from different countries, supervises the weigh-in in the international competitions on the day before the competition.

Tolerance:

- Generally, there is no tolerance. Only Kids will be allowed a half kilo discrepancy of weight.
- Only 4 participants from each country and for each weight-division are permitted.
- No overbooking is allowed, except with written consent from HQ which could be given in electronic form (e-mail). Each representative shall apply for above mentioned HQ consent minimum 1 month prior the competition in written or electronic (e-mail) form.
- "Overbooking" in the case of above mentioned exception of a weight-class in any age-division has to be fought off in a way that the number of participants of the same country in one particular weight-division is **reduced to four (4)**.
- The corresponding National Coach or Country Representative can influence the placement of his competitors for the "fight-off" during the pool drawing.

Medical Examination:

- All Competitors must present a medical check no older than 12 months from the first day of competition undersigned by physician. Otherwise a Competitor has to undergo medical check by the present Doctor who is designated by the Promoter of the tournament. Whenever there are male and female participants, the medical examinations have to be held in separate rooms or in case of availability of one room only during different times.



2015 WKU LIGHT CONTACT RULES

World President PATRICIA DALTON



- If a Competitor does not have in possession his or her Fight-Book with the annual license stamp at the time of the physical examination and the weigh-in, he or she shall not be permitted to compete.

Protest:

- The scoring of the Judges is final.
- Protests against the decisions of a Judge can only be accepted in the event that the competition rules have not been correctly applied.
- A Judges verdict given at the conclusion of any division shall be binding and may be altered only in the event that the Center Judge and Supervisor deem that one of the following circumstances has occurred:
 1. A conspiracy has taken place or an illegal agreement has been entered into effect the result of the match.
 2. The addition of the scorecards is faulty; one judge mixed up the corners, resulting in the victory being given to the wrong competitor.
 3. A clear violation of the rules and regulations directly affecting the outcome of the match has been perpetrated.

Protest shall be directed to the Center Judge and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (video will not be accepted). The protest must be accompanied by a processing fee of Hundred (100) Euros. The fee will be returned if the protest is found to be valid.

- The protest fee will be transferred to the account of the training of future referees.
- The **ring inspector will decide on** the protest after hearing evidence from the protesting side and the judges concerned. (Video will not be accepted). His/her decision is final.
- Decisions of the official Doctor can be subject to protests if the second Doctor is present at the event. The second Doctor will make a decision about the protest.

Weight and Age Divisions:

- Kids Girls 12 years old and under /-25kg, -30kg, -35kg, -40kg, -45kg, -50kg, +50kg
- Kids Boys 12 years old and under /-25kg, -30kg, -35kg, -40kg, -45kg, -50kg, +50kg
- Junior Girls 13-17 years old / -45kg, -50kg, -55kg, -60kg, -65kg, +65kg
- Junior Boys 13-17 years old / -45kg, -50kg, -55kg, -60kg, -65kg, -70kg, -75kg+75kg
- Adult Women 18-34 years old /-50kg, -55kg, -60kg, -65kg, +65kg
- Adult Men 18-34 years old /-60kg, -65kg, -70kg, -75kg, -80kg, -85kg, -90kg, +90kg.
- Veteran Women 35-44 years old /-60kg, +60kg.
- Veteran Men 35-44 years old /-75kg, -85kg, +85kg.
- Executive Women 45 years old and up /-60kg, +60kg.
- Executive Men 45 years old and up /-80kg, +80kg.

Team Competition:



- Female Teams consist of three (3) members from the (kids, juniors and women).
- Male Teams consist of three (3) members from the (kids, juniors and men).
- Each Team is allowed One (1) competitor for an alternate, in case a member of the Team is injured during competition.
- The Team Coach that is the winner of the coin toss will have the option to decide if they want to send out their first Competitor or have the opposing Team send out their first Competitor. After the first match the Team Coaches must take turns sending out their next Competitor.

Team Weight Classes for Kids Divisions:

- The Team Coach has the option to pick from two (2) separate weight divisions to fill a spot. (For example a Girls Team Coach can pick either a -25kg or -35kg.
- Kids Girls Divisions are: 1x -25kg or -35kg/ 1x -40kg or -45kg/ 1x -50kg or +50kg.
- Kids Boys Divisions are: 1x -25kg or -30kg / 1x -35kg or -40kg/ 2x -45kg or -50kg/ 1x +50kg.
- Team Coaches do not have to follow a specific order when they decide on which weight class they want to send out. But once a Team Coach sends out their Competitor the opposing Coach must match their Competitor from the same weight Division.

Team Weight Classes for Juniors and Adults:

- There are no weight divisions in the Junior and Adult Team competition.
- The Team Coaches will choose their Competitors alternatively matching the weight Divisions from both Teams.

Team Scoring and Time:

- The Team score is based on wins.
- The length of each Team Competition is two (2) minutes.
- All warnings are for the individual match only and are not carried over to the next match.

Referee's Responsibilities:

- Center Referees should have the Doctor inspect the Competitors injuries even if they are minor and try to monitor them throughout the Competition.
- Referees cannot decide how serious a Competitor is injured.
- If a Competitor is injured. The Competitor, Doctor or Coach can stop the match.
- For instances other than injuries to the Competitor, only the Center Referee and Supervisor have the ability to stop the match.
- The Center Referee should be the most experienced Referee in the ring and is thoroughly versed on the rules and order of competition. He/she promotes the safety of the Competitors, enforces the rules and ensures fair play.
- The Center Referee starts and stops the match, makes warning decisions, administrates the voting of the other Referees, communicates **clearly with the timekeeper**, and announces the winner of each match.
- Added Powers of the Referee: 1) Match starts and ends only with his/her command (not the command of the timekeeper). 2) Has final decision on any disputes on score. 3) Has the power to issue warnings and award penalty points without a majority decision to the Competitor or Coach. 4) Automatically has power to disqualify a Competitor who receives four (4) warning points. 6) Has power to issue time-outs. A Competitor can ask for a time-out (to fix safety gear or a possible injury) but it is the determination of the Center Referee to issue one.
- Once the Center Referee calls for a Competitor and they are not at ringside and ready for competition, the four (4) minute rule applies.



2015 WKU LIGHT CONTACT RULES

World President PATRICIA DALTON



- Once the Center Referee calls for a Competitor that is not ready or is missing or not having the proper equipment, the four (4) minutes rule applies.
- **The four (4) minute rule: The Center Referee will tell the Timekeeper to start the clock and after each minute, the Competitor is not at ringside or in proper equipment they will receive one (1) warning. After the 2nd minutes will receive another warning, after the 3rd minute, one (-1) point will be awarded to him. After the four (4) minutes the Competitor will receive second (01) point and automatically will be disqualified.**
- If a Competitor is injured and the match is over because of the injury from the offender, the injured Competitor is declared the winner. 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.
- If a Competitor is out of condition, the Center Referee will stop the clock and ask the Corner Referees their opinion and may stop the competition with an RSC (Referee Stopping Contest).
- If a Competitor voluntarily steps out of bounds or is refusing to engage in the match the Center Referee has the option to add ten (10) seconds to the clock. This is separate from other violations.
- Should a competitor not be ready to continue the match because of his/her safety equipment is not working properly or for other reasons, he/she shall retreat and raise one arm.
- Should a competitor receive a warning or in any other way be incapacitated. The opposing competitor shall retreat to the nearest neutral corner and wait for the center referee to signal that the match can proceed again.
 - When a competitor receives a warning or a reprimand from the center referee he/she must bow or acknowledge indicating that he/she understood the reason why.
- At the conclusion of the match. The competitors shall stand on each side of the center referee and wait for the announcement. The referee will then raise the arm of the winner and both competitors will congratulate each other for their efforts

Referees cannot:

- Disqualify a Competitor for any reason other than those stated in the chapter above or mentioned herein.
- At any time impose, change or alter any of the rules.

Equipment Check:

- Center Referee will check the Competitors safety equipment from head to toe.
- Competitors not allowing the Center Referees to check any equipment, or for covered equipment such as a hard plastic or metal knee, ankle and wrist braces will be automatically disqualified.
- Females wearing breast and groin protection are checked by asking first.
- In case of an injury the Competitor was found not to have the correct safety equipment he/she will be disqualified.

Time of Rounds and Target Areas:

- Eliminations - Kids & Juniors: one (1), two-minute round

- Finals - Kids & Juniors: two (2), two-minute rounds
- Adults two (2) two-minute rounds (eliminations and finals)
- Target areas are; **the sides, and face**, (including the face guard). Not back of the head. Torso, sides of body and kidneys are target areas.
- Contact must be made with the end of the gloves or the foot area.

Point:

- A point(s) is a Martial Arts technique that is scored by the Competitor that is inbounds, in an upright position, with good balance, controlled technique and making eye contact at the target area.
- The Competitor may still score if the Referees feel they were thrown or pushed to the floor.
- All hand techniques = 1 point
- Foot Sweep = 1 point (a foot sweep or spinning sweep must be made in an upright position and make contact to their opponents foot below the ankle in the inside of the foot or heel to heel. The opponent is swept if his/her balance is broken and at least three (3) parts of his/her body touches the mat.
- Kick to the body = 1 point
- Kick to the head = 2 points
- Jump kick to the body = 2 points
- Jump kick to the head = 3 points

Amount of Contact:

- **Light to Moderate contact is allowed in the Scoring areas only.**

Legal Techniques:

- **Jab, reverse punch, hook, upper cut**, front kick, side kick, spinning back kick, roundhouse kick, hook kick, crescent kick, axe kick, sweep, spinning sweep **jumping kicks (sidekick, roundhouse kick, hook kick, spinning back kick).**

Illegal Techniques:

- **Palm hand, ridge hand, back fist, spinning back fist, knife hand, elbow and knee strikes, throws, pushing with arms or gloves, low kicks and punches below the waist and back of the body, head butts, using thighs, scratching, biting, spitting, verbal attacks to the Referees or his/her opponent. Excessive contact, clinching, throws, aggressive behavior, running out of the ring, strikes with shins or foot sweeps above the ankle.**

Judging and Evaluation:

The judges shall base their evaluation of the match on the following guidelines

- Number of points scored
- Effective kicks
- Defense and keeping guard up
- Best technique
- Effective parries
- Effective parries and counterattacks
- Best combinations
- Fighting spirit and initiative
- Conditioning and keeping mouth guard in
- Good sportsmanship and fair play
- Number of minus points
- Matches have 10 points max and 6 points min score per judge.
- When neither fighter dominates, following their points added to or subtracted. The winning fighter of a round gets 10 points, his/her opponent 9 points.
- In Light contact knock-outs are not allowed.

Score and point in light contact

- In Light-Contact deliberate knock-outs are not allowed.
- Decisions shall be made after the following guidelines:

Victory on points (P)

When neither competitor dominates the other and a round is even: 10:10 points.

Following this points are added to or subtracted from each competitor's score according to the number of points they have been noted for by the referee

The winning competitor of a round gets 10 pts, his/her opponent 9 pts.

If an official warning was given because of a "foul", the judges shall immediately award this competitor with "first warning". If a competitor has got a "second warning" because of a foul no point is to be deducted but the judges shall immediately award this competitor with "second warning". The judges shall always mark there warnings with the letter W (for warning) under "fouls" on the scorecard to indicate that the competitor has received a warning.

If an official minus point was given because of a "foul" by clear and brutal strike and not just a warning or simultaneously with 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 (for minus point) under "fouls" on the scorecard to indicate that the competitor has received a minus point

If a second official minus point was given than the fighter is disqualified.

In case of bad physical condition a standing count is allowed to give the competitor time to recover, but each judge must deduct 1 point from the score, immediately when the round is over. (i.e. 10:9) The judges shall always mark this counting with the letter C (for counting) under "KD" in the scorecard to indicate that the competitor has received a standing count.

If he/she gets counted because of a foul (i.e. strong hit), no point is to be deducted but in that case the opponent must get penalized with a minus point. In the event of a strike that dazes an opponent, the referee first of all has to stop the time, than he has to ask his judges " Was there a foul or not?". If the majority of judges decide for "foul", the



referee will penalize the offender. If they decide on “accident” there is no penalization and no count.

The decisions by: DOD – SUR - RSC – NC and WO in Light-Contact is similar to the other disciplines.

- In Light-Contact the referee should always keep an eye on controlled attacking!
- All techniques must be executed with good control, Light-Contact is obligatory!
- Minus points or disqualifications are given according to the following guidelines:
 - a) For all illegal techniques (fouls) or for strikes, punches or kicks executed without proper control and restraint, the referee shall give warnings and minus points.
 - b) If a competitor executes a technique which sends the opponent down for the count the referee shall give a minus point or disqualify the competitor.
 - c) If a competitor shows excessive aggression or bad conduct in the ring, the referee shall give a minus point or disqualify the competitor

Start of Competition:

- The Center Referee will take his/her place in the center of the ring facing the score table. Once the Competitors have been approved from the referee on their safety equipment the match is ready to begin.
- The Center Referee will check that the Coaches are seated and the Corner Referees and Timekeeper are making eye contact with him/her.
- The Center Referee will ask that the Competitors to touch gloves and then back up to their red or blue starting lines. The Center Referee will then say “start the time” and immediately say “fight”.
 - The clock must continue to run throughout the match until the Center Referee tells the Timekeeper to “stop the time”. (Usually for a Competitor to fix their gear or when the Center Referee is issuing a warning.)

End of Competition:

- The match is over when the time has expired and only when the Center Referee says “stop” or “time”. The Timekeeper will also throw in the bean bag close to the Competitors feet when time expires.
- The Center Referee can still award minus points or warnings after the time expired, only when there has been an exchange seconds before the time has expired.
- When the match is over the Center Referee will take one hand of each Competitor and raise the hand of the winner.

Center Referee Hand Signals for Warnings:

- The Center Referee must tell the Timekeeper to “stop the time” to inform the offending Competitor why they are being warned. Then, the Referee will show him/her by the warning hand signal and then whip their finger and say “no”.
- Contact too strong/ punch the palm.
- Striking in an illegal area/ show the illegal area.
- Blind scoring/ turn the body and strike a punch or kick.
- Holding or Grappling/ hold your own arm and pull.
- Turning the body or run away/ similar.
- Speaking during the fight/ fingers and thumb open and close.

Mandatory Safety Equipment:

- Preferred Head Guard is a Kwon Shocklite, SAP X-Fighter or Top Ten Avantgarde. No foam dipped headgear will be allowed.

Mouth guard



- Breast Guard for Females 13 years old and up must be worn under the top
- Groin Guard-Male and Female must be worn under the pants.

Female Breast Guard



Female Guard



Male Guard



- 10 OZ Boxing Gloves.
- Kicks-must cover the sides, heel and top of the foot including the toes.
- Special competition shoes strike light



- Shin Guards-must be worn under the pants. No instep guards allowed.

