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# **WKUWORLD RULES**

## **Under the Registration of GCO**



# **WKUWORLD Light Contact & Kick Light**

## **Rules**

**\*\*\*\*THE EIGHT STARS OF WKUWORLD\*\*\*\***

**Concentration**

**Discipline**

**Courage**

**Loyalty**

**Self-Control**

**Fighting Spirit**

**Strength**

**Respect**



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## 1. Competitor's Uniform

- The competitors must be wearing a clean and proper uniform
- The competitors' top must have sleeves covering at least to the mid area of the upper arm (Optionally it can be reaching the elbow or down to the wrists)
- The Competitors' pants must extend to the feet; no zipper fasteners, pockets or buttons are allowed.
- Traditional uniforms are permitted
- The waistline must always be visible, even if the Competitor chooses not to wear their belt; Ideally due to different colour top and bottom. If the waistline is difficult to identify, the Centre Referee may instruct the corner to use a belt.
- In the absence of a belt, the uniform top needs to be tucked into the pants.
- Competitors are not allowed to wear any metal objects that may cause injury to their opponent; piercing, chains, watches or earrings are not allowed.
- Badges of the respective club, associations or sponsor along with names, slogans are permitted if they do not offend public decency
- Headbands, hairnets, durags and scarves are optional
- Long hair must be tied back with an elastic band. Hairgrips are not allowed.
- Finger- and toenails must be trimmed and clean.

## 2. Duration of a Bout

- **Kids & Juniors:**  
**Eliminations** - One Round – Two Minutes  
**Finals** - Two Rounds – Two Minutes each
- **Adults:**  
**Eliminations & Finals** - Two Rounds – Two Minutes each
- **Veterans:**  
**Eliminations** - One Round – Two Minutes  
**Finals** - Two Rounds – Two Minutes each
- **Executives:**  
**Eliminations & Finals** - One Round – Two Minutes each

### 3. Start of a Bout

- The Centre Referee shall stand in the centre of the fighting area/matts facing the timekeeper table
- Three (3) umpires are mandatory to act as scoring judges to determine the winner of the bout
- The three (3) umpires/judges shall be seated in the centre of each perimeters of the matted fighting square facing the timekeeping table
- Once the Competitors have been approved by the umpires or the centre referee on their safety equipment the bout is ready to begin
- The Centre Referee shall check that the Coaches and the umpires are seated in their respective positions and the Timekeeper are ready and in focus to start
- The Centre Referee shall ask that the Competitors to touch gloves and then back up to their red or blue starting position
- The Centre Referee shall demand to start the time and immediately order the competitors to “Fight”
- The clock must continue to run throughout the match until the Centre Referee requests from the Timekeeper to “Stop the Time”. (In case the competitor needs to fix their gear or when a warning is being issued)
- Only the Centre Referee has the authority to stop the fight

### 4. Judging and Evaluation

- ✓ Number of points scored
- ✓ Number of minus points

Only in the situation of a draw after the previous points of evaluation the judges may consider the following two criteria to determine the winner to determine the winner:

- ✓ Fighting spirit and initiative
- ✓ Effective parries and counterattacks

To score points all effective legal kicks or punches must hit directly without being blocked or parried on any legal area. For punches, the technique must be issued from the striking zone of the closed glove.

- ✓ The winning fighter of a round gets 10 points, his/her opponent 9 points.
- ✓ In Light contact deliberate knockouts are prohibited – exceptions are clashes of force (i.e. the knocked out competitor moves into the technique of his/her opponent hence multiplying the knocking force)



## 5. End of a Bout

- The match is over only if the Centre Referee says “stop”/“time due to”
  - Elapsed Time
  - Injury of a competitor and doctors decision (DoD) or withdrawal
  - Surrender of a competitor
  - Disqualification of a competitor
- The Timekeeper can also throw in a bean bag close to the Competitors’ feet when the time expires
- When the match is over, the Centre Referee will take the hand of each Competitor and raise the hand of the winner after the announcement of the ring inspector

## 6. What is a Point?

A point(s) is a Martial Art technique executed by a Competitor

- Dynamically
- with control & recoil
- with accuracy (targeting a legal area while having that area in clear vision)
- with the correct attacking tool – A. Fist (Forefist/Front of Fist only)
  - B. Foot (Instep, Heel, Sole, Ball of Foot)
- Speed
- Balance (if a competitor is pushed he/she can still score if executing a correct technique while losing balance)
- Appropriate Power according to the age and weight categories

### Scoring Area:

- 1- Entire head and face (including the face guard)
- 2- Front and sides of the body above the waist
- 3- Sweeps below the ankle.

### Every POINT equals one (1) CLICK on the handheld CLICKER or electronic scoring device

- ✓ Any hand techniques scores as 1 point
- ✓ Foot Sweep scores as 1 point (a foot sweep or spinning sweep must be made in an upright position and make contact to their opponents’ leg below the ankle and ONLY to 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 touch the matts)
- ✓ Kick to the body scores as 1 point

- ✓ Kick to the head scores as 2 points
- ✓ Jump kick to the body scores as 2 points
- ✓ Jump kick to the head scores as 3 points

## 7. Techniques

### 7.1 Legal Techniques

- Jab, Cross/Reverse Punch, Hook, Uppercut, Back Fist, Front Kick, Side Kick, Spinning Back Kick, Roundhouse/Turning Kick, Hook Kick, Crescent Kick, Axe Kick, Sweep, Spinning Sweep and all previously listed kicks while jumping or spinning
- Low Roundhouse/Turning Kick with the instep to the opponents thighs (**LC Kick-Light ONLY**)

### 7.2 Illegal Techniques

- Palm Hand, Ridge Hand, Spinning Back Fist, Knife Hand, Elbow and Knee Strikes, Throws, Pushing with arms or gloves, Low Kicks (exception is the previously mentioned Roundhouse Kick in Kick Light) and Punches below the waist and back of the body, Head Butts, using thighs, Scratching, Biting, Spitting, Verbal Abuse to the Referees or his/her opponent. Excessive Contact, Clinching, Aggressive Behaviour, Running out of the ring, Strikes with Shins or Foot Sweeps above the ankle.

## 8. Referee's Responsibilities

- The Centre Referee should be the most experienced Referee at the matt 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 Centre Referee starts and stops the match, issues warnings and minus points, communicates clearly with the umpires and timekeeper
- The Centre Referee shall ask the doctor to inspect a competitors' injuries even if they seem minor and try to monitor the injury throughout the competition
- The Centre Referee is not to determine the seriousness of an injury – the judgment of the injury will always lie with the doctor/ physician
- In the case of an injured competitor, the competitor him-/herself, the doctor or the coach can request the Centre Referee to stop the bout
- For reasons other than injuries, only the Centre Referee and the supervisor can stop the bout

- Added Powers of the Centre Referee:
  - 1) The Bout starts and ends only with his/her command (not the command of the timekeeper)
  - 2) Automatically has power to disqualify a Competitor who receives four (4) warning points
  - 3) Has the 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 decision of the Centre Referee to issue one
  
- Once the Centre Referee calls a Competitor and they are not at the matt side nor ready for competition, the four (4) minute rule applies
- Once the Centre Referee calls a Competitor that is not ready or is missing or does not have the proper equipment, the four (4) minutes rule applies
  - **The four-minute rule shall be applied as per the following:**
    1. After the first minute, the competitor receives the first warning
    2. After the second minute, the competitor receives a second warning
    3. After the third minute, the competitor receives a minus point
    4. After the fourth minute, the competitor shall be disqualified
  
- If one of the competitors is injured and the fight is over because of a foul, the innocent 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 they will receive a warning, at a second time the Centre Referee shall stop the clock and consult the umpires. The Centre referee then has the option to stop the competition with an RSC (Referee Stopping Contest)
- N.B.: This rule also applies for continuing crying in the KIDS Sections
- If a Competitor voluntarily steps out of bounds or is refusing to engage in the match the Centre referee will issue a warning
- The umpires or the Centre Referee must check the Competitors' safety equipment from head to toe
- Competitors who don't allow the referee to check their equipment, will be disqualified
- The wearing of breast and groin protection will be checked verbally
- If an injury occurs and it is discovered that the competitor was not wearing the correct safety equipment, he/she will be disqualified

## 9. Scoring Rules

### 9.1 Victory on points (P)

- If a round is even due to equal clicker scores, the result shall be 10 points for each fighter **(10:10)**
- The competitor with the highest clicker score shall receives 10 points, while his/her opponent receives 9 points **(10:9)**
- If one competitor dominates the round by a clicker score difference of 10 or more his/her opponent will only be awarded 8 points on the score card (10:8)
- A score with less than 8 points can only result if the judge gives a 10:8 score for the round and points were deducted afterwards
- Every official First and Second warnings 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 a warning.
- If an official minus point was given because of a “foul” by 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 (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, then the fighter is immediately disqualified.

### 9.2 Victory on different grounds

- The decisions by DOD – SUR - RSC – NC and WO in Light-Contact & Kick-Light are the same as in all other disciplines

### 9.3 Centre Referee Hand Signals for Warnings

- The Centre 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

## 10. Weight Categories

<b>Kids Female 8-12 yrs.</b>	<b>Kids Male 8-12 yrs.</b>	<b>Teens Female 13-14 yrs.</b>	<b>Teens Male 13-14 yrs.</b>
25Kg	-25Kg	-45Kg	-45Kg
30Kg	-30Kg	-50Kg	-50Kg
35Kg	-35Kg	-55Kg	-55Kg
40Kg	-40Kg	-60Kg	-60Kg
45Kg	-45Kg	+60Kg	-65Kg
50Kg	-50Kg		+65Kg
+50Kg	+50Kg		

<b>Juniors Female 15-17 yrs.</b>	<b>Juniors Male 15-17 yrs.</b>	<b>Adults Female 18-34 yrs.</b>	<b>Adults Male 18-34 yrs.</b>
-50Kg	-55Kg	-50Kg	-60Kg
-55Kg	-60Kg	-55Kg	-65Kg
-60Kg	-65Kg	-60Kg	-70Kg
-65Kg	-70Kg	-65Kg	-75Kg
+65Kg	-75Kg	-70Kg	-80Kg
	-75Kg	+70Kg	-85Kg
	-80Kg		-90Kg
	-85Kg		-95Kg
	+85Kg		+95Kg

<b>Veterans Female 35-44 yrs.</b>	<b>Veteran Male 35-44 yrs.</b>	<b>Executives Female 45-54 yrs.</b>	<b>Executives Male 45-54 yrs.</b>	<b>Seniors Female 55+ yrs.</b>	<b>Seniors Male 55+ yrs.</b>
-65Kg	-75Kg	-70Kg	-75Kg		
-70Kg	-85Kg	+70Kg	-85Kg		
+70Kg	+85Kg		+85Kg		

## 11. Team Competition

### 11.1 General Rules

- Female Teams (Kids/Teens/Juniors/Adults) consist of three (3) competitors
- Male Teams (Juniors/Adults) consist of five (5+1) competitors
- N.B. Kids & Teens Teams MALE only consist of three (3) competitors
- Each Team (with the exception of kids teams) can nominate one (+1) substitute.  
 The substitute fighter can only be used in the case of an injured team member.
- The Centre Referee will toss a coin between the two coaches of the respective teams. The winning coach can choose to send the first fighter or opt to have the opposing team to nominate their first fighter.
- The consecutive fighters will be sent out on alternate turns thereafter.
- After the first match, the Team Coaches must take turns sending out their next Competitors

### 11.2 Team Weight Classes

<b>Kids Female</b>	-25Kg or -30kg	-35Kg or -40kg	-45 or -50Kg
<b>Kids Male</b>	-30Kg or -35kg	-40Kg or -45kg	-50Kg
<b>Teens Female</b>	-45Kg or -50Kg	-55Kg or -60Kg	+60Kg
<b>Teens Male</b>	-50Kg or -55Kg	-60Kg or -65Kg	+65Kg
<b>Junior Female/Male</b>	Open Weights		
<b>Adult Female/Male</b>	Open Weights		

- N.B.: 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

- Each team member will fight one (1) round of two (2) minutes.
- All warnings are for the individual match only and will not be carried over to the next match.
- The winning team will be decided by the number of bouts won,

i.e. for teams of three (3) – 2 bouts won will result in the Team WIN  
 for teams of five (5) – 3 bouts won will result in the Team WIN