



## GCO Ring Sport Rule

World President Abdul Raman El Rayess

Full Contact, Low Kicks, Thai Boxing, & Original WKUWORLD Kickboxing (K-1 Style) Rules



# WKUWORLD RULES 2020 Under the Registration of GCO



## WKUWORLD Ring Sport Rules

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

**Concentration**

**Discipline**

**Courage**

**Loyalty**

**Self-Control**

**Fighting Spirit**

**Strength**

**Respect**



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## 1. Competitor's Uniform

1. Full-Contact
  - Long trousers with bare upper body for Men
  - Long trousers with a T-shirt or Sports Bra for Women
2. Low kicks
  - Shorts with bare upper body for Men
  - Shorts with a T-shirt or Sports Bra for Women
3. Thai-Boxing
  - Shorts with bare upper body for Men
  - Shorts with a T-shirt or Sports Bra for Women
4. Original WKUWORLD Kickboxing K1 with low kicks and knee strikes
  - Shorts with bare upper body for Men
  - Shorts with a T-shirt or Sports Bra for Women

## 2. Duration of the Match

- Male and female divisions follow the same rules
- Preliminary matches and Final matches, in all tournaments, must not exceed 3 rounds of 2 minutes
- A break of 1-minute duration is employed between rounds.
- In galas, fights featuring amateur competitors vary between 5 rounds of 2 minutes and 3 rounds of 3 minutes
- The referee shall disqualify a competitor if he/she does not report to the ring after being repeatedly-called under the application of the four-minute-rule.

### **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

**PS:** If any competitors safety equipment is deemed improper, the referee shall ask the corner to change the safety equipment and when the competitor fails to adjust within the four minutes described above, the referee shall disqualify same competitor.

## 3. Hand Wrapping

### 3.1 Specifications

#### 3.1.1 Amateur Hand Wrapping made of gauze and adhesive tape

- The soft gauze shall not exceed 12 metres in length and 6cm width per hand
- The gauze has to be equally distributed over the competitor's hand
- **The adhesive tape shall not exceed 5 metres in length and 4cm cm width per hand.**
- The adhesive tape shall not cover any part of the knuckles when the hand is clenched to a fist
- **A knuckle pad with a maximum of 10 layers can be made of the approved amount of soft gauze.**
- Additional Material to make a knuckle pad is prohibited
- **Plaiting the gauze or sports tape is prohibited**
- Strips of adhesive tape can be used between the fingers to hold the bandages
- Strips of adhesive tape over the knuckles is prohibited

#### 3.1.2 Bandages/Wraps

- The maximum length allowed for bandages is 4.5 meters
- To hold the bandages in place, 2 meters of adhesive tape per hand is permitted
- Additional material to form a knuckle pad is prohibited.
- Padding of the knuckles with the approved length of hand-bandages and a maximum of 5 layers is permitted
- Strips of adhesive tape can be used between the fingers to hold the bandages in place
- Strips of adhesive tape over the knuckles is prohibited.

#### 3.1.3 Medical Adhesive Tape / Kinesiology Tape

- Kinesiology tape to stabilize injured parts of the Body can be used directly on the skin with a maximum of 3 layers
- Adhesive Tape to stabilize injured parts of the foot or the toes can be used directly on the skin with a maximum of 3 layers

### 3.2 Checking and approving the Hand Wrapping

- Taping can be checked and approved by the referee or supervisor at any time
- The referee must check foot wrapping and shin protection.



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### 4. Fight and A, B, C, D license at Galas

#### 4.1 The Fight

- Prior to every tournament, the head referee shall call a meeting with all the judges, referees and coaches to clear up any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting
- A match starts when the referee gives the command “fight” to begin with the first round, and it ends when the referee stops the fight in the last round.
- During the match, only the competitors and the referee are present in the ring. If any other person enters the ring, the referee can decide that the fight is immediately over and cannot resume.

#### 4.2 A, B, C, D License at Galas

- ❖ Officials shall verify that competitors compete in their proper weight classes.
- ❖ The count of victories is the result of adding the number of victories the individual competitor has had (not the number of matches, which is irrelevant) and then classifying the competitor accordingly

**Licenses are as per the following:**

A - Licensed competitors are professionals; therefore, they may not compete in amateur events

B - Licensed competitors are licensed to fight in national and international championships, European and World Championships. They are ranked as amateur competitors

C - Licensed competitors are in the Intermediary class. They get promoted to class B after 8 victories

D - Licensed competitors known also as Novice license. They get promoted to Class C after 2 victories



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## 5. Techniques

### 5.1 Legal Techniques

#### 5.1.1 Full-Contact:

- ❖ All forms of boxing in combination with kicks above the waist to the body and the head (Jab, Cross/Reverse Punch, Ridge Hand, 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)
- ❖ 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
- ❖ All types of foot sweep performed according to the definition set in the rules of Point Fighting

#### 5.1.2 Low-Kicks:

All allowed techniques in Full Contact Plus:

- ❖ Low kicks to the thighs from every angle: inside, outside, front or back
- ❖ Kicks with the shin and foot to the thighs, body and the head
- ❖ Grabbing a leg while performing only one counter technique - then the leg must be released
- ❖ **Flat throws below the waist line in clinching situations only**
- ❖ Throws are allowed out of a clinching situation without the use of hips. The throwing has to be executed over the thigh of the attacker.

#### 5.1.3 Original WKUWORLD Kickboxing (K-1 style):

All allowed techniques in Low Kicks plus:

- ❖ Knee attacks to the thighs and to the body
- ❖ Knee allowed to the head for the adults and forbidden for the Juniors
- ❖ Kicks with the shin and foot to the thighs, body and the head
- ❖ Clinching (holding) with only one knee strike, then the competitor must disengage from the clinch

#### 5.1.4 Thai Boxing:

All allowed techniques in Original WKUWORLD Kickboxing (K-1 style) plus:

- ❖ Clinching (holding) for 5 seconds and attacking at the same time with knees and elbows or any other strikes
- ❖ Elbow strikes to the body



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## 5.2 Illegal Techniques

### 5.2.1 Full Contact

- ❖ The use of spinning back fist
- ❖ Any form of throwing (excluding foot sweeps)
- ❖ Any form of clinching or holding the opponent
- ❖ All types of strikes with the elbows
- ❖ Any form of kicking with the knees
- ❖ All attacks (strikes, punches, kicks) against the joints
- ❖ Attacks to the groin

### 5.2.2 Low Kicks

- ❖ All types of clinching
- ❖ Any form of knee attacks

### 5.2.3 Original WKUWORLD Kickboxing (K-1 Style)

All illegal techniques in full contact remain illegal in Original WKUWORLD Kickboxing (K-1 Style) plus:

- ❖ Multiple attacks while holding or clinching

### 5.2.4 Thai Boxing

All illegal techniques in Original WKUWORLD Kickboxing (K-1 Style) remain illegal in Thai Boxing plus:

- ❖ Elbow strikes to the head

### 5.2.5 In Full contact, Low-Kicks, Original WKUWORLD Kickboxing (K-1 Style) and Thai Boxing

- All forms of biting or spitting
- Unsportsmanlike conduct and disrespect to the referee
- All strikes, and punches executed with the palm of the gloves
- All kicks to the back, the back of the neck and back of the head
- Any form of head butting
- Attacking a opponent on the ground or an opponent who touches the floor with his /her gloves
- Attacking after the referee calls break or stop
- Spitting out one's mouth guard
- Any kind of throwing above the waistline
- Holding the opponent's leg while executing multiple striking or punching techniques



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- Holding the ropes and attacking an opponent, including in clinching situations
- Fleeing the ring to avoid contact (running away inside the ring)

#### 5.3 Warnings and Minus-Points

- The warnings and penalty (minus) points are given for using any illegal technique or prohibited actions by the competitor as well as violations by the coach
- In case of a serious violation of the rules and regulations, the referee shall stop the fight with the command “Stop” and issue a warning
- The warning shall be issued clearly and in a manner that the competitor in question understands
- The referee shall clearly indicate which competitor has received the warning by moving the competitor towards his/her corner and pointing at the fighter
- If a competitor has received a warning caused by a foul, no point is to be deducted but the judges shall immediately mark for this competitor a “first warning”
- Nevertheless, the referee can give this competitor immediately a minus point for a clear and serious foul.
- If a competitor has received a second warning caused by a second foul, no point is to be deducted but the judges shall immediately mark this competitor a “second warning”.
- Should a competitor receive a third warning in one match, he/she shall be immediately penalized with the first minus point (penalty point) hence, one point must be deducted by the judges (mark the Foul section on score card with **M**)
- The competitor is immediately considered disqualified after the second minus point being issued
- Following every warning, the referee shall resume the match by commanding “Fight”



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### 6. WKUWORLD Amateur Division Scoring

The judges shall base their evaluation of the fight on the following guidelines:

- Number of points scored
- Number of knock downs
- Number of minus points

Only in the situation of a draw after the previous points of evaluation in order to determine the winner, the judges may consider

- Fighting spirit and initiative
- Effective parries and counterattacks

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



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## 7. Scoring Rules

### 7.1 Victory by Points

- When neither competitor dominates the other and a round is even, then the results are 10 points for each fighter
- When one competitor dominates a round, he receives 10 points, while his/her opponent receives 9 points or 8 points depending on the difference in the performance level
- 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 warning given to a competitor, caused by a “foul”, shall be marked with the letter W (for warning) under “fouls” on the scorecard to indicate that the competitor has received 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.
- If the referee counted till eight for a competitor because of a heavy punch (standing count SC) not knocked down or falling into the ropes, each judge must add ONE click to the opponents clicker score.
- If a competitor was knocked down to the floor or into the ropes, each judge must deduct 1 point from the scorecard immediately when the round is over (i.e. 10:9). The judges shall always mark this knockdown with the letter KD (for knockdown) under “KD” on the scorecard to indicate that the competitor has received a knockdown.
- The result of each round is the sum of the scoring points less the minus points
- At the end of the match, all rounds’ results are added up leading to the final score (i.e. 30:27) and the competitor with more points on the scorecards shall be declared as the winner.
- Should a judge observe a violation that has apparently escaped the notice of the referee, and if he/she subsequently imposes a reasonable sanction upon the competitor committing the violation, he/she shall indicate that he/she has done so by marking the points of the violating competitor with the letter J (for judge’s minus) and in writing state his/her reasons for the sanction.



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#### 7.2 Victory by Stopping Contest or injury (DOD)

- The attending physician has the ultimate authority in questions related to the safety of the competitors and can request stopping the fight in case of injury
- Nonetheless, the competitor or the coach may also choose to withdraw from the fight
- Should the attending physician stop a match to examine a competitor, he/she must first inform the referee. The referee then stops the match until the physician has examined the competitor for the sole purpose of determining whether the fight can continue or not.
- This examination must take place in the ring and have duration of maximum one minute. Any kind of treatment to the competitor is explicitly forbidden. Should this time not be sufficient, the referee shall stop the match.
- If one of the competitors is injured and the fight is over because of a foul, the innocent competitor is declared the winner.
- In case of an accident, the judges must finish their scorecards and the competitor with the highest number of points is declared the winner. Should this situation occur in the first round the uninjured competitor is declared the winner.
- If both competitors are knocked out (K.O.ed) simultaneously and neither is able to continue the match, the fight is over (Double Knock-Out). If this Situation occurs during a Semi-Final, both competitors will be awarded Third Place while the two remaining competitors automatically enter the final.

#### 7.3 Victory by Surrender (SUR)

- In case a competitor voluntarily surrenders because of injuries, or any other reason preventing him/her from resuming the fight after the intermission between rounds, the opponent shall immediately be declared as the winner.
- In this case, the coach shall throw a white towel into the ring as a signal that his/her fighter withdraws

#### 7.4 Victory by Referee Stopping Contest (RSC)

The referee may stop a match if a competitor is clearly outmatched or if he/she is a hazard to his/her own safety according to the following:

- If a competitor in the judgment of the centre referee is clearly facing an unbalanced competition in the ring, then the centre referee checks with the judges and when the majority agrees, the match should stop
- If a competitor, in the judgment of the referee, is unable to continue the match due to injuries or for any other physical reasons, the referee must stop the match and call the official doctor to the ring.



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No referee can decide how seriously a competitor is injured; calling a doctor is a must.

#### 7.5 Victory by Knock Out (KO)

- In the eliminations (2 Rounds), the fight is considered over when a competitor has received two (2) counts in one round or three (3) counts during the entire fight. The result will be a victory by TKO
- In the finals, the fight is considered over when a competitor has received three (3) counts in one round or four (4) counts during the entire fight. The result will be a victory by TKO
- If a competitor was knocked out, then the result will be a KO

#### 7.6 No contest (NC)

A match may be stopped immediately by the referee before the prescribed time due to circumstances beyond the control of the competitors or the referee such as:

- The safety equipment of the ring has been damaged
- The ring is unsafe for use
- The lighting over the ring is failing
- Weather conditions force the referee to stop the match

Under such circumstances, the match shall be stopped as a “no contest” without a winner being declared.

#### 7.7 Victory by walk-over (WO)

- If one competitor is present in the ring and ready to fight and his/her opponent fails to show after his/her name has been called over the loudspeaker, the referee shall apply the four-minute rule
- If the opponent has not entered the ring within a time limit of 4 minutes, the timekeeper shall strike the gong to signal that the match has been stopped.
- The referee shall then announce the competitor who was first in the ring as the winner by “walk-over”
- The judges shall note the result on their scorecards, which are then collected
- The referee shall then summon the competitor who has won by walk-over to the centre of the ring, announcing the winning decision and raise his/her hand

## 8. Weight Categories

**Note: in all world level competitions, wherever rankings are available, heats must be seeded.**

- Competitor's name, country and MAP-number must be listed
- A minimum of three competitors in each weight class is obligatory
- Less than three competitors in one division will result in moving the competitors in that division up to the next weight class
- Protest are prohibited after the draws have been approved

Teens +12 Female 12, 13, 14 yrs.	Teens +12 Male 12, 13, 14 yrs.	Juniors Female 15-17 yrs.	Juniors Male 15-17 yrs.	Adults Female 18 -34 yrs.	Adults Male 18 -34 yrs.
-45Kg	-45Kg	-50Kg	-55Kg	-50Kg	-60Kg
-50 Kg	-50 Kg	-55Kg	-60Kg	-55Kg	-65Kg
-55 Kg	-55 Kg	-60Kg	-65Kg	-60Kg	-70Kg
-60 Kg	-60 Kg	-65Kg	-70Kg	-65Kg	-75Kg
+60 Kg	-65 Kg	+65Kg	-75Kg	-70Kg	-80Kg
	+65 Kg		-80Kg	+70Kg	-85Kg
			+80Kg		-90Kg
					-95Kg
					+95Kg