



## WKC RULES AND REGULATIONS FOR POINT-FIGHTING

### Age Categories for Point Fighting

#### Kids:

If a competitor qualified in the 'Kids' section at the National Championships, he/she is entitled to compete in that same section at the World Championships of that year, even if he/she turns 13 years of age before the World Championships.

#### Cadets:

If a competitor qualified in the 'Cadets' section at the National Championships, he/she is entitled to compete in that same section at the World Championships of that year, even if he/she turns 16 years of age before the World Championships.

#### Juniors:

If a competitor qualified in the 'Junior' section at the National Championships, he/she is entitled to compete in that same section at the World Championships of that year, even if he/she turns 18 years of age before the World Championships.

#### Adults:

All competitors 18yrs of age and older are classed as adults.

#### Veterans

An adult aged 35 yrs or older is permitted to compete in both the adult and veteran sections if they so wish.

Note: in all world level championships wherever rankings are available, heats must be seeded. Each competitor's name, country and number must be listed. In the case of only one competitor in a final the gold medal cannot be awarded by default. The competitor has to fight for the world crown. No opponent (for any reason) no world Gold.

### Fighting Areas for Point Fighting:

- The fighting area has to be square. Each side must be 8m in length (8 x 8) maximum or (7 x 7) minimum.
- Around the fighting area, a safety zone strip of two meters has to be kept clear, only referee tables are allowed to be placed within this safety zone. No spectators are allowed to be within that zone. The safety strip zone can be marked.
- The Timekeeper and Scorekeeper are located at the referee-table facing the Head Referee.
- In case there is only one fighting area, sufficient space for the medics and/or emergency personnel has to be provided at the referee-table.
- The referee-table must be equipped with the following items:  
The Draw sheets, Score displays, Stop watch, Bean-Bag, Paper and pencils

### Rounds

In Point-Fighting division Eliminations in all age categories are 1 x 1.5 minute round. Finals in all age categories are 2 x 2 minute rounds unless otherwise stated before the start of the tournament. Extra time rule in case of a draw, there is no break; 1 minute extra time will be given. If there is still no decision, this is followed by sudden death the competitor to get the first point as the winner.

### The Competitor

The competitor must be dressed in a clean and appropriate outfit. The competitors should be wearing a clean T-shirt with long trousers. The trousers must reach the feet and be open on the bottom. There should be no zip fasteners, pockets or buttons. Traditional Karate GI or Tae kwon do uniforms (Dobok).

Competitors cannot wear any metal objects that may cause injuries to the opponent. Piercing, chains, watches or earrings are not allowed. Eyeglasses are forbidden; soft contact-lenses are possible but at the competitor own risk. Competitors may wear badges of their respective clubs, associations or Sponsor. Names and 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. This should be done with an elastic band. Hair grips are not allowed.

### The Competitor's Equipment

Helmet

Gum shield (mouth guard)

Open hands gloves (in USA called foam gloves) must have the fingers and thumbs enclosed;

Safety kicks; (footboot, must have toes and heels covered)

Groin protector (men and women) must be worn under the clothes;

Shin guard must be worn under the clothes; and Breast protector for female juniors, adults and veterans is compulsory.

### Competitors, additionally, may wear:

Hand -bandages, maximum length 3.5 meters; though no tape on the fist or knuckles

Elbow and knee protectors

Breast protector for female kids is recommended

### The Referees Power

- The referee, world president and doctor are the only persons that can stop the bout.
- The referee may deduct a point from a competitor leaving the fighting area 3 times in a bout.
- The referee may disqualify a competitor for leaving the area on 4 occasions during the same bout.
- The referee may deduct a point from a competitor for dissension after he has been already warned
- The referee may deduct a point from a competitor for dissension from his coach after he has been already warned.
- The referee may deduct a point from a competitor for serious unsportsmanlike behaviour, by either himself or his coach.
- The referee can disqualify a competitor if he does not turn up after he has been repeatedly called for his fight (usually one minute is allowed).
- The referee can disqualify a competitor who turns up with improper safety equipment and can not replace it in the time allotted (usually one minute is allowed).

### What a Referee cannot do

- The referee cannot disqualify a competitor for any reason other than those stated in the chapter above.
- The referee can not at anytime impose, change or alter any of the rules.
- The referee cannot overrule any score by a judge unless that score is a minority one. (However, if a rule has been broken that the judge is unaware of, then they may be overruled).

### **Beginning, Interruption and End of Fights**

A contest is refereed by a main referee and two side-judges, which are always standing opposite to him. The side-judges have to move during the fight and not stand on the same point.

#### **Equipment Check:**

The side-judges have to check the competitors' safety equipment. Each judge is responsible for the competitor at his end. He starts from the head to the toes. In the case of female competitors, the breast protector and groin protector are checked by asking only. This is also the case with the KIDS and the JUNIORS (complying with child safety laws.).

If in case of an injury the competitor was found not to have the correct protective equipment he/she will be disqualified immediately.

The judge is also responsible for the following; that the competitor has no jewellery or metal and that the nails on toes are short. No glasses (spectacles) are allowed to be worn during a competition. There are no exceptions to this rule. This includes specially made unbreakable sports spectacles. Also no face shields on helmets. Soft contact-lenses are possible but at their own risk. Groin protectors, shin guards (and breast protectors for female juniors, adults and veteran) must be worn under the clothes, breast protector for female kids is recommended.

#### **Start:**

The main referee will take his place in the middle of the competitors, facing the official table. He must check that his side-judges are ready to start, that the timekeeper and scorekeeper are ready to begin and that the match doctor is by the referee table or close by in the hall. Finally he should keep an eye on the visual score cards, that they are not showing points or warning, except in a team competition.

After the command "shake hands" or "touch gloves" or "bow" to the competitors he will start the match with the command "fight".

#### **Interruption:**

If the main referee acknowledges a point scored by one of the competitors he has to raise his hand IMMEDIATELY then he will stop the fight saying "stop" and both competitors will return to their starting position. The match time is still running!

The main referee will also quickly return to his starting position and show with his hand in the direction of the competitor who has scored. He must look for his side-judges, and in case of a majority decision he will give the points and announce the score.

After giving the point he should start the competition again with the command "fight". The main referee should always keep an eye on the referee table, to be sure that the visual scoreboard shows the correct points and warnings.

**Important note:** when the side-judges are not showing the point by raising their hands before the main referee stopped the fight the only possible decision is no score. To raise the hand or to show a point after the command "stop" is too late and illegal.

Apart from the referee, only the doctor / medic and supervisor can stop a competition. The coach may throw in the towel for his competitor, when he wants to retire from the fight. The referee has to stop the time if the competitor is outside of the area, for giving warnings, penalty points and additional 10 seconds penalty time, or when the equipment is not fitting well.

#### **End of the Match:**

The time of the fight is over when the timekeeper shouts "stop" and concurrently throws the bean bag on the fighting area. The fight is over in any case, when the main referee stops the fight finally with the command "stop" and not earlier.

The difference of 10 points in elimination fights ends a fight by TKO. i.e. -10 / 0 and 12 / 2 on international tournaments.

If there is a score in the time between the "end of time" and "end of fight" that score is valid. Main referee turns to the referee table, takes one hand of both competitors and shows the winner, announcing the final score.

### **RULES OF COMPETITION**

#### **Scoring Area:**

Front, back and side of the head

Front and side of the body

Sweeps below mid calves.

Every action must be controlled and well timed

Punch only a downed opponent within 3 seconds

The referee will count until 3 in his mind before calling stop. In the event of a competitor falling on to the floor the 3 second rule applies.

#### **Prohibited Actions**

Sweep and kick to knee and thigh (low kick).

Kick and punch to the groin

Kick and punch to the back of the body or to the top of the head

Scratching, biting, spitting, verbal attacks to the referees or his opponent

Kick and punch after stop called

Uncontrolled actions

Leaving the fighting area or falling down to waste time

It is not usual to stop the time to give points, but the referee will stop time to give a warning or minus-point. In Point-Fighting competitions only one coach is allowed and he/she is to stay seated. If the coach feels there has been an infringement of the rules, he may indicate to the centre referee using the sign "T" -for time. At no time may the coach enter the fighting area. The referee may give a penalty point.

On each fighting area the referees also acts as the "ring inspector". He is responsible, that on his fighting area all WKC rules will be correctly applied. He is also responsible that neutral referees are on duty, depending on the competitors. (E.g. they are not from the same club/country.)

### **POINTFIGHTING TECHNIQUES**

#### **Permitted Techniques**

Jab and Reverse Punch

Back Fist

Ridge Hand

Side Kick

Front Kick

Spinning Back Kick

Roundhouse Kick

Hook Kick

Crescent Kick

Axe Kick

Sweep

Spinning Sweep

#### **Illegal Techniques**

Inside Hand

Spinning Back Fist

Knife Hand

Throws

Elbow Strike

Pushing With Arms

Low Kick

Knee Butts

Head Butts

Using Thighs

## Points

The correct definition of a score is when: a legal technique hits a legal target area, with reasonable power. Also, the competitor scoring must remain on their feet. E.g. the technique must be completed to score, unless the competitor is thrown or pushed to the floor.

Every clean and well controlled technique to a permitted target area and executed with light contact scores, according to the degree of difficulty, as follows:

All punches	1 point
Foot sweep	1 point (you are swept if any other body part than your feet touch the floor and your balance is broken after opponent's attack and follow up by foot sweep is not allowed)
Sweep and punch follow up	2 points
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

## Change of Rules/Additional Rules for Senior Points fighting only

Form of sweeping technique now allowed. The attacking fighter may touch the floor with his hands as an aid to perform the legal technique, but he may not go to ground. I.e. He must stay on his feet. Ground sweeps are not allowed.

Any Sweep	1 point
Follow up technique (hand technique only)	2 points
Scissor Take Down (no follow up allowed)	2 points

## Scoring:

The referees upon scoring will now count opinions not flags.

The scoring is done by the main referee following a majority system only.

When the referee or judges see a score they must indicate IMMEDIATELY. After each acknowledged technique the fight has to be stopped and the score announced. Points are awarded only by unanimous or majority decision of the referee and the judges (Score 3:0 or 2:1). If there is no majority decision the only possible score is: no score.

The main referee must in any case show his own opinion. He can not give a score without raising his own hand to show the point before he stops the competition.

If there is no majority, for instance, if just one judge gives a point, the second judge shows "saw nothing" or "no score" and the main referee did not raise up his hand BEFORE he stopped the fight, the only possible decision is no score. **Example:** if two judges see a clash and give points for both competitors, but the third judge gives points to just one of the competitors the score is "no score" or the referee has to give score for both. We are counting the opinions of the judges but not their "arms and fingers", that said, the majority decide "clash" (2:1)

In case of a clash, where both competitors have scored, the referee gives one point to each competitor.

To raise the hand or to show a point after the command "stop" is too late and illegal.

Exit rule: Exit means the whole foot must be outside the competition area. In case of an Exit the attacking competitor must remain in the area to score. If the defender steps out of the area the score is valid. If the main referee is not sure about his judges, he has to stop time and ask his judges again, afterwards command "score" and that score is final. This situation should not be very often. BUT, if the whole of the foot exits the fighting area, but then immediately returns, the Centre Referee may allow the match to continue to allow the fight to flow and not to take the advantage away from the attacker.

## Referees and judges possible opinions which must be shown with clear hand signs:

<u>Opinion:</u>	<u>Sign:</u>
Yes, I saw the points.	Raise the hand and show the score
No, I saw nothing.	Both hands are crossed in front of the face
Yes, I saw the movement, but there was no score	Both hands are crossed in front of the legs
Competitor stepped out of the area.	Point to the area line and move the arm
Both competitors scored (clash)	Raise both hands and show all points
Illegal techniques	Raise the arm and circle the hand

## Additional possible hand signs for the main referee to use:

To give a warning or a penalty point (minus point) to a competitor he must inform the competitor why he was penalised. He has to do this clearly and in an authoritative way.

First mention the foul and show the sign, whip your finger and say loud and clear: "NO"

<u>Opinion:</u>	<u>Sign:</u>
Contact too strong	Punch the fist in his own hand
Legal technique to a forbidden area	Show the forbidden area
Blind score	Turn the body and strike a punch
Holding or grappling	Hold his own arm and pull
Turning the body or running away	Similar
Speaking during the fight	Fingers and thumb open and close
In Pointfighting is no count.	

## Possible situations:

In the event of a strike that dazes an opponent the referee first of all has to stop the time, then he has to ask his judges "what did you see, was there a foul or not?" If the majority decide for "foul" the referee will penalise the offender. If they decide on "accident" there is no penalty.

If one of the competitors is injured, it is only the doctor's decision to stop the fight or the competitor himself or his coach wants to retire from the fight.

Referee can not decide how seriously a competitor is injured. Referee must call the doctor!

If one of the competitors is injured and the fight is over because of a foul, the innocent competitor is declared as winner. In case of an accident, the competitor who can continue goes through to the next round.

If an athlete is out of condition, the referee will declare RSC, after discussion with his judges.

### **Warning and Penalty-Points**

All infringements of the rules, depending on how serious they are, may or will result in warning, penalty (minus) point or even disqualification. Warnings will be carried throughout the match. Only team fights start again without warning from the fight before. Warnings for "Exit" will be kept separate from warnings for other offences.

It is up to the referee to give a minus-point instead of a warning, when in his opinion the violation was too tough. (Always falling down or wasting time)

If a competitor voluntary steps out of a fighting area or is refusing to fight the referee has the option, to add 10 seconds to the fight time. This is separate from other violations.

It is not usual to stop the time to give points.

The warning and penalty (minus) points are given for using all illegal techniques or doing prohibited actions, as well as any illegal action from coaches.

### **The procedure for Warning is usually as follows in Pointfighting:**

First warning	
Second Foul	Means first minus point
For anything else	
Including misdemeanours	Means disqualification, the fight is over

**The procedure for voluntary Exit is usually as follows in Pointfighting:** (See above, same procedures apply)

### **Competition Safety Rules**

The attendance of 1 doctor is compulsory at national and international tournaments and 2 doctors at World Championships'. First-aid team and ambulance is compulsory as well.

Competitors may only participate if they are completely healthy. Upon suspicion of illness a competitor must be examined by the on site doctor/medical team who will decide whether that competitor may participate or not. Their decision is FINAL.

Eyeglasses are forbidden; soft contact-lenses are possible but at the competitors own risk.

No local anaesthetics may be administrated immediately before or during a contest

During any competition the doctor/medical team must remain at the fighting area near the timekeeper. Should the doctor/medical team not be present, the fight has to be discontinued until he returns.

The doctor / medical team may not leave the venue of a competition until the last contest has finished and after he has assured himself that no further medical attention is required.

Doctor / medical team decisions are in any case final decisions.

Protests and alteration of decisions in all Competitions/Tournaments is at the sole discretion of the referee and judges and is final

Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's verdict, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and WKC supervisor deem that one of the following circumstances has occurred:

- A conspiracy has taken place or an illegal agreement has been entered into to affect the result of the match.
- A clear violation of the rules and regulations of the WKC, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee 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 at this time is not accepted). The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. His/her decision is final.

Should any of the points below take place, in the interest of fairness, the centre referee, after consulting with his side judges, may add 'time on' minimum of 5 seconds.

- If a centre referee fails to stop time when he should have.
- If the time keeper did not stop time when instructed to do so.
- There was a mechanical failure in the timing system.