



AMATEUR K-1 STYLE RULES

abbreviated



1. Bouts will be scheduled for a maximum of five (5), 2-minutes rounds with one (1) minute rest period
2. The referee and/or the ringside physician are the only individuals authorized to stop the contest.
3. All bouts are evaluated and scored by three (3) judges using the 10-point-must system with the following prioritized criteria.
 1. Number of Knockdowns. 2. Cumulative effective Impact on the Opponent. 3. Number of Clean Scoring Strikes 4. Ring Control or Aggressiveness
4. In the event of a knockdown the referee shall send the standing fighter to a neutral corner and administer a Mandatory Eight (8) Count to the downed fighter.
5. The referee may issue a "Standing Eight (8) Count" which shall be scored identical to a knock-down.
6. The Three (3) Knockdown Rule is in effect only where a fighter has been knocked down 3 times in the same round by strikes to the head
7. A fighter who has been knocked down CANNOT be saved by the bell in any round, including the final round.
8. Male contestants must not wear clothing or other attire on their upper bodies. Female contestants must wear approved short sleeved (above the elbow) form fitting tops or a sports bra. All fighters are required to wear a mouthpiece during any contest. All male fighters will wear an approved groin protector. All Junior fighters and Fighters with less than three (3) approved matches will wear approved headgear and shin/instep protectors. When either fighter weighs 154 lbs. or more, both fighters will wear approved 12 oz boxing gloves. When both fighters weigh less than 154 lbs. both fighters may wear approved 10 oz boxing gloves
9. Fouls:
 - A. Head butts.
 - B. Groin strikes.
 - C. Thrusting or Linear kicks directed at the knee joint
 - D. Striking the back of the head or the spine
 - E. Attacks to the throat.
 - F. Striking a downed fighter (a fighter is considered "down" whenever they have any part of their body other than the soles of their feet touching the canvas).
 - G. Failure to obey the referee's commands.
 - H. Striking on a break.
 - I. Striking after a bell.
 - J. Holding or using the ropes while striking or clinching.
 - K. Timidity: Repeatedly, intentionally avoiding engagement or contact with the opponent.
 - L. Use of abusive language and/or gestures.
 - M. Causing intentional delays in the action: For example, repeatedly spitting out the mouth piece, falling out of the ring to cause delay.
 - N. Thumbing
 - O. **Holding the opponent's leg without executing a legal strike or while executing more than one striking technique. (A fighter may grab the opponent's kicking leg and immediately execute one legal strike while taking one step, and then they must immediately release the leg.)**
 - P. **Any effort to down a fighter by a method other than a legal strike or strikes; this includes, but is not limited to joint locks, submission attempts, sweeps, reaps, takedowns and throws.**
 - Q. Biting.
 - R. Spitting at the opponent.
 - S. Striking with the elbow, arm, wrist, or other part of the glove that is not the padded part of the glove
 - T. **Holding, which is defined as repeatedly grabbing, grasping or tying up an opponent in order to prevent the opponent from striking. Clinching is allowed in order to immediately launch a SINGLE legal knee strike (JUST ONE!) and THEN YOU MUST RELEASE THE CLINCH . If you fail to immediately release the clinch after your single knee strike you risk being cautioned, warned or penalized for holding**
 - U. Striking with the knee to the opponent's head
10. Permissible Strikes:
 - A. All boxing strikes to permissible target areas.
 - B. Spinning backhands/fists to permissible target areas
 - C. Knee strikes to permissible target areas
 - D. All kicking strikes to permissible targets above the belt line
 - E. All kicking Strikes executed with the foot or shin directed to the legs (excluding linear or thrusting kicks directed to the knee joint.

Permissible target areas: a) front and sides of the head (except for knee strikes); b) front and sides of the torso above the belt; c) entire leg, except the knee joint by thrusting or linear kicks.