



Rules of

PK-1

Professional Kickboxing

1. Duration of bouts:

- a. Each regular Kickboxing fight under UWMMA must be 3 rounds of 3 minutes. Championship Fights must be 5 rounds of 3 minutes.
- b. Rest time between rounds is 60 seconds.
- c. In case of a draw after the regular fight time, there will be one extra round to determine a winner. The winner of the last round will win the match!

2. Referee / Judging Committee:

The referee is the sole arbiter of a bout and is the only individual authorized to stop a contest. If the referee considers a disqualification or a 2-point deduction he is advised to consult the UWMMA supervisor to double check and verify before announcing his decision.

The authority of a referee begins when the inspector(s) exit the cage/ring and does not end until the inspector(s) re-enter the cage/ring, upon conclusion of the fight.

The referee committee (Officials) for one combat area on international tournaments consists of:

- 1 Referee inside the combat area
- 3 Judges scoring the fight, evenly distributed around the combat area
- 1 Technical assistant - Timekeeper
- 1 Technical assistant – Scorecardkeeper
- 1 Supervisor
- 2 Cutmen
- 2 Inspectors
- 1 Ringside Physician

2. Instant replay:

Instant replay on site must not be used to review a “Fight Ending Sequence”! This shall not preclude a video or other review of a decision under the procedure of the applicable regulatory authority if a protest is filed claiming a clear rule violation.

3. Protective gear:

All fighters are required to wear a mouthpiece during competition. The round cannot begin without the mouthpiece. If the mouthpiece is dislodged during competition, the referee will call time and have the mouthpiece replaced at the first opportune moment, without interfering with the immediate action.

All male fighters must wear a groin protection cup (plastic and metal material are legal). Female fighters may choose to wear a groin protector should they so wish.

Both fighters must wear the same model and brand boxing gloves.

The gloves must have a weight of 10oz. and must be provided by the promotor.

Real leather and artificial leather gloves are both equally accepted.

Gloves should match to the fighters' corner color (red or blue).

If no such colored equipment is available, the wrist of the gloves must be wrapped with either red or blue 50mm wide duct tape.

Gloves must be provided by the organizer and certified by UWMMA.

Female competitors may for religious reasons have an additional head / hair cover approved by the contest invitation or the officials in charge at the tournament.

4. Boxing ring:

If a UWMMA P K-1 bout is being conducted in a ring and a fighter is knocked out of the ring, the fighter must return to the ring unassisted by spectators or his/her seconds. If assisted by anyone, the fighter may lose points or be disqualified with such a decision being within the sole discretion of the referee. Once knocked from the ring, the competitor will have max. 5 minutes to return to fighting surface, like an accidental foul, but shall be examined by the ringside physician before returning to action.

5. Vaseline / Petroleum jelly:

The application of Vaseline or another similar substance before the fight is done ringside by officials from the organization. The reapplication of Vaseline or another similar substance, to the face, may be allowed between rounds and shall only be applied by approved officials. Any application of substances like cremes, Thai Oil or any other liquids will result in imminent disqualification!

6. No contest:

In instances where the fight must be concluded due to unforeseen, non-combat related issues, the fight may go to the scorecards if one-half the scheduled rounds, plus one second (1/2 +1) have been completed.

If the non-combat stoppage occurs prior to the ½ +1 mark, the fight is to be scored a "No Contest".

7. Hand Wraps:

- a. A maximum of two rolls (no more than 2" wide by 15 yards in length) of white, soft, cloth gauze is permitted per hand. The gauze may not exceed the wrist of the competitor's glove.
- b. A maximum of one roll (no more than 1.25" wide by 10' in length) of white athletic tape is permitted (for both hands in total!). The tape may not exceed the wrist of the competitor's gloves. Tape may be placed through the fingers but may not cover the knuckles.
- c. Cotton or cotton like training wraps are only allowed with max. length of 3,5m. The wraps must be made of non-elastic (non-stretch) material! If cotton hand wrap is used, there is only 30 cm medical tape per hand allowed to wrap around and secure the Velcro of the hand wraps. No additional gauze or tape is permitted!
- d. Any kind of build ups, stacking, curls on or between the knuckles are prohibited and will cause instant disqualification of the fighter.

8. Joint / Body Coverings:

- a. Other than the competitor's hands, there will be no taping, covering, or protective gear, of any kind, on the upper body. This includes, but is not limited to: joint sleeves, padding, or any form of brace/body tape.
- b. A competitor may use a soft neoprene or elastic fabric type sleeve to cover only the knee and/or ankle joints. Approved sleeves may not have: padding, Velcro, plastic, metal, ties, or any other material considered to be unsafe or that may create an unfair advantage. Tape, gauze, or any materials other than the approved sleeves are not permitted.
- c. If any medical issues need the use of medical tape to cover up and protect an injury, the ringside physician must confirm the medical reason and need. Only after this confirmation the commission can accept additional medical taping.

9. Cage/Ring Attire:

- a. All martial artists will be required to wear such protective gear as deemed necessary by the commission.
- b. Male contestants must not wear upper body clothing (shirts, rash guards etc.)
- c. Male and female martial artists shall wear the appropriate (short) trunks, mouthpiece, and gloves. Male martial artists shall also wear the appropriate groin protection.
- d. Female martial artists shall wear a short sleeved (above the elbow) or sleeveless form fitting rash guard and/or sports bra(s). No loose-fitting tops and/or breast protectors shall be allowed. Female competitors will follow the same requirements for bottom covering as the male competitors, minus the requirement for groin protection.
- e. The hem of shorts or tights may not extend below the knee.
- f. Fighting shorts/trunks/pants shall not have exposed Velcro, pockets, or zippers.
- g. Martial artists in the same match, contest, or exhibition may wear different color trunks or be designated by glove taping and/or glove coloring to the corner they are assigned.

- h. Martial artists shall not wear shoes during combat.
- i. When deemed necessary by the referee all martial artists shall have their hair secured in a manner that does not interfere with the vision and safety of either contestant. No object can be worn to secure the contestant's hair which may cause injury to either contestant.
- j. The wearing of jewelry (including tongue piercings) will be strictly prohibited during all contests.
- k. Wearing body cosmetics shall be prohibited during all contests. Wearing facial cosmetics shall be at the discretion of the commission and/or the referee.

10. Legal / Illegal actions:

- a. Generally, all Kickboxing style strikes, kicks, and knees to the legal areas of the head and body are allowed. Kicks and punches to the back and rear of the opponent are illegal. If the opponent voluntarily turns away from a punch or kick, and gets hit on the backside it is his own fault and no foul!
- b. Generally, all martial arts style throws and takedowns are not legal. The only exception are foot sweeps. Foot sweep "De Ashi Barai" stile is legal.
- c. Generally, all martial arts style submission holds are not legal!
- d. Spinning backfist is legal. All parts of the glove can be used to hit the opponent.
- e. Cartwheel or similar kicks are not legal! Generally, all strikes and kicks performed by a fighter who has voluntary grounded himself before or during the technique are illegal!
- f. Clinching:
Maximum 5 seconds of clinching are allowed when opponents permanently exchange knee strikes. If both fighters clinch for longer than one second without action, the Referee will stop the fight and break up the clinch.
Holding and pulling the neck of the opponent during the clinch is legal. Pulling down the head (for example when throwing a knee strike to the head) is not legal!
Bear hugging the body, over & underhooking the opponent in the clinch is illegal.

11. Fouls:

- a. Butting with the head;
The head may not be used as a striking instrument in any fashion. Any use of the head as a striking instrument whether head-to-head, head to body or otherwise is illegal.
- b. Eye gouging of any kind; Eye gouging by means of fingers, chin, or elbow is illegal. Legal strikes or punches that contact the fighter's eye socket are not eye gouging and shall be considered legal attacks.
- c. Biting or spitting at an opponent; Biting in any form is illegal. A fighter must recognize that a referee may not be able to physically observe some actions and must make the referee aware if they are being bit by an opponent.
- d. Throwing or wrestling down the opponent is illegal! Only foot sweep is legal.
- e. Strikes to the spine or the back of the head; The back of the head starts at the crown of the head with a one 1-inch (2,5 cm) variance to either side, running down the back of the head to the occipital junction. This area stretches out at the occipital junction (nape of the neck) to cover the entire width of the neck. It then travels down the spine with a one 1-inch (2,5 cm) variance from the spine's centerline, including the tailbone.

- f. Catching and holding the leg of the opponent for longer than one immediate counter action is illegal. The opponent cannot be pushed or pulled down by using his caught leg!
- g. Elbow strikes; All elbow and forearm strikes to any target in any position are strictly prohibited.
- h. Groin attacks of any kind; Any attack to the groin area including, striking, grabbing, pinching or twisting is illegal. It should be clear that groin attacks are the same for men and women.
- i. Kneeing, punching and/or kicking a grounded opponent is illegal; A grounded fighter is defined when any other part of the body than the soles of the feet is touching the ground.
- j. Holding or grabbing the safety fence or ropes. A fighter is not allowed to grab the ropes or wrap their arms over or under the ring ropes at any time. The fighter may not purposely step through the ropes. If a fighter is caught holding the fence, cage or ring rope material, the referee may issue a one-point deduction from the offending fighter's scorecard if the foul has caused a substantial effect in the fight.
- k. Throwing an opponent out of the ring or enclosed area; A fighter is not allowed to throw their opponent out of the ring or enclosed area.
- l. Straight directed forward or straight directed sidekicks to the knee of the opponent; All straight kicks to the knees are illegal!
- m. Regular (round motion) low kicks on and above knee height are legal. Low kicks to the calf are also legal!
- n. Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury); Timidity is defined as any fighter who purposely avoids contact with his opponent or runs away from the action of the fight. Timidity can also be called by the Referee for any attempt by a fighter to receive time by falsely claiming a foul, injury, or purposely dropping or spitting out their mouthpiece or other action designed to stall or delay the action of the fight.
- o. Use of abusive language in the fighting area; The use of abusive language is not allowed during the competition. It is the sole responsibility of the Referee to determine when language crosses over the line to abusive. It should be clear that fighters can talk during a match. The mere use of auditory language is not a violation of this rule. Examples of abusive language would be (racially motivated or derogatory language).
- p. Flagrant disregard of the referee's instructions; A fighter must follow the instructions of the referee at all times. Any deviation or non-compliance may result in the fighter's disqualification.
- q. Unsportsmanlike conduct that causes an injury to opponent; Every athlete competing in the sport of Kickboxing is expected to represent the sport in a positive light emphasizing sportsmanship and humility. Any athlete that disrespects the rules of the sport or attempts to inflict unnecessary harm on a competitor who has been either taken out of the competition by the referee or has tapped out of the competition shall be viewed as being unsportsmanlike.
- r. Attacking an opponent after the bell or break; The end of a round is signified by the sound of the bell (or horn) and the call of time by the Referee. Once the Referee has made the call of time, any offensive actions initiated by the fighter shall be considered after the bell and illegal.
- s. A fighter shall not engage their opponent in any fashion during a time-out or break of action in competition. Once the Referee has called for a stop of the action to protect a fighter who has been incapacitated or is unable to continue to compete in the fight, fighters shall cease all offensive actions against their opponent.

- t. Interference from a martial artist's corner or seconds; Interference is defined as any action or activity aimed at disrupting the fight or causing an unfair advantage to be given to a corner's combatant. Corners are not allowed to distract the referee or influence the actions of the referee in any fashion.

12. Procedure at intentional Fouls:

- a. If an intentional foul causes an injury, and the injury is severe enough to terminate the bout immediately, the fighter causing the injury shall lose by disqualification. b. If an intentional foul causes an injury and the bout is allowed to continue, the Referee shall notify the authorities and deduct two (2) points from the fighter who caused the foul. Point deductions for intentional fouls will be mandatory.
- c. If an intentional foul causes a laceration and/or swelling and the bout is allowed to continue, and the injury results in the fight being stopped in any round after $\frac{1}{2}$ of the scheduled rounds, plus one (1) second of the fight has been completed, by either another legal or illegal strike, the injured fighter will win by TECHNICAL DECISION if they are ahead on the score cards; and the bout will result in a TECHNICAL DRAW if the injured fighter is behind or even on the score cards. d. If the fighter injures himself/herself while attempting to intentionally foul their opponent, the Referee will not act in their favor, and this injury shall be the same as one produced by a fair blow.
- e. If the Referee feels that a fighter has conducted themselves in an unsportsmanlike manner, they may stop the action of the fight to deduct points or stop the bout to disqualify the fighter.

13. Procedure at accidental Fouls:

- a. If an accidental foul causes an injury severe enough for the referee to stop the bout, the bout will result in either a NO CONTEST or DISQUALIFICATION if stopped before $\frac{1}{2}$ of the scheduled rounds, plus one (1) second of the fight has been completed.
- b. If an accidental foul causes an injury severe enough for the Referee to stop the bout after $\frac{1}{2}$ of the scheduled rounds, plus one (1) second of the fight has been completed, the bout will result in a TECHNICAL DECISION awarded to the fighter who is ahead on the score cards at the time the bout is stopped.
- c. Partial or incomplete rounds will be scored. If no action has occurred, the round should be scored as an even round. This is at the discretion of the judges.
- d. If a fighter, during the course of a round, visibly loses control of bodily function (Vomit, urine, feces), the fight shall be stopped by the Referee and the fighter shall lose the contest by a Technical Knockout (TKO) due to Medical Stoppage.
- e. In the event a loss of bodily function occurs in the rest period between rounds, the ringside physician shall be called in to evaluate if the combatant can continue. If the combatant is not cleared by the ringside physician to continue, that combatant shall lose by a Technical Knockout (TKO) due to Medical Stoppage.
- f. If fecal matter becomes apparent at any time, the contest shall be halted by the Referee, and the offending combatant shall lose by a Technical Knockout (TKO) due to Medical Stoppage.

14. Foul Procedures:

If a foul is committed, the Referee shall:

1. Call Time;
2. Check the fouled martial artist's condition and safety.
3. Assess the foul for potential point(s) deductions and/or time considerations.
4. During all time out procedures, there shall be no coaching of a contestant permitted.

15. Ringside Physician:

1. During the complete bout a ringside physician must be present nearby the fighting area.
2. It is up to the referee's discretion to call or allow the ringside physician to enter the fighting area during a time out.
3. If the ringside physician is asked by the referee to inspect an injury of a fighter during the time out, he only can clean up the injured area from blood and sweat to get a better sight. At this time, he is not authorized to treat the injury or to apply any medication.
4. After inspection of the injury, the ringside physician will inform the referee whether the fighter can continue or the referee should stop the fight.
5. During the breaks and after the fight the ringside physician is always allowed to enter the fighting area to inspect the condition of the fighters. During the break he can inspect a fighter but any work on the fighter can only be done by the authorized cutman or cornerman.

16. Time Consideration:

1. If a foul to the groin occurs and the competitor is able to continue, the fouled contestant may have up to 5 minutes to recover.
2. Fighters injured severely enough by a foul to require medical consultation may be given up to 5 minutes, at the referee's discretion, for evaluation by the ringside physician before a decision to continue is rendered.
3. At no time may a Referee call a timeout to evaluate the impact of a legal strike, other than when a laceration is present.

17. Knockdown / Count Out consideration:

- a. The 3 times Knockdown-Rule is in effect. If a fighter is knocked down to the mat (standing 8 count is also considered as a knockdown!) 3 times in one round, the bout is automatically over. If a fighter is knocked down the 4th time during a bout, the fight is automatically over and lost by TKO!
- b. If a fighter is knocked down to the ring floor, he/she must get up under their own power.
- c. If a fighter is knocked down to the floor, the Referee (assisted by the supervisor outside) imminently starts to count! The fighter must get up and be ready to fight before the count to 10. If the fighter is not ready to fight at the

10-count, the Referee must stop the fight! The fighter is considered as “counted out” and loses the bout by TKO.

- d. Fighters receiving a count cannot be “saved by the bell”. If the referee is giving a fighter a count, the timekeeper must wait to signal the end of the round. As soon as the referee declares the counted fighter ready to go and restarts the fight, the timekeeper must give the end of round signal.
- e. Standing 8 Count is used in UWMMA PK-1 competition!
If a fighter looks helpless and receives several blows to the head or body but continues to stand, not move, and not defend him or herself, the referee will give the fighter a standing 8 count and, if the referee feels it is necessary, may stop the fight at that time.
- f. Any time one fighter receives a count, the other fighter must immediately and voluntarily retreat to farthest neutral corner. No coaching, no drinking or any kind of treatment is permitted! Violating this rule can cause the referee to stop the count until the fighter follows his advice and is back in the neutral corner again.

18. Judging Criteria

- a. All bouts will be evaluated and scored by 3 judges.
- b. The 10 Point Must System will be the standard of scoring a bout.
- c. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the round and nine points or less must be awarded to the loser, except for a very rare even round, which is scored (10-10).
- d. For each knockdown (with count) the fighter will get one point deducted at the end of the round. No automatic 10-8 round after a knockdown!
- e. Judges shall evaluate Kickboxing techniques, such as effective striking, kicking and the use of knee strikes (Plan A), effective aggressiveness (Plan B), and control of the fighting area (Plan C). Plans B and C are not taken into consideration unless Plan A is weighed as being even.
- f. Evaluations shall be made in the specific order in which the techniques appear in (e) above, giving the most weight in scoring to effective striking, effective aggressiveness, and control of the fighting area.
- g. Effective striking is judged by determining the impact/effect of legal strikes landed by a contestant solely based on the results of such legal strikes. Harder impact with damage caused is valued higher than many blows with low impact and lower damage!
- h. Effective aggressiveness means aggressively making attempts to finish the fight.
- i. Fighting area control is assessed by determining who is dictating the pace, place and position of the bout.

19. Scoring criteria:

- a. A round is to be scored as a 10-10 Round when both contestants have competed for whatever duration of time in the round and there is no difference or advantage between either fighter. A 10-10 Round should be a very rare exemption!
- b. A round is to be scored as a 10-9 Round when a contestant wins by a close margin; where the winning fighter lands the better, more damaging strikes.
- c. A round is to be scored as a 10-8 Round when a contestant wins the round by a large margin by damage, impact, dominance, and duration in a round.
- g. A round is to be scored as a 10-7 Round when a contestant is completely dominated and overwhelmed by damage, impact, dominance, and duration of striking in a round.
- h. Impact, a judge shall assess if a fighter impacts their opponent significantly in the round, even though they may not have dominated the action. Impact includes visible evidence such as swelling and lacerations. Impact shall also be assessed when a fighter's actions are diminishing of their opponent's energy, confidence, abilities and spirit. All of these come as a direct result of impact. When a fighter is impacted by strikes or kicks and has lack of control and/or ability, this can create defining moments in the round and shall be assessed with great value.
- i. Dominance, as Kickboxing is an offensive based sport, dominance of a round can be seen in striking when the losing fighter is forced to continually defend, with no counters or reaction taken when openings present themselves.
- j. Duration is defined by the time spent by one fighter effectively attacking, controlling, and impacting their opponent, while the opponent offers little to no offensive output. A judge shall assess duration by recognizing the relative time in a round when one fighter takes and maintains full control of the effective offense.
- k. Scoring of incomplete Rounds. There should be scoring of incomplete rounds. If the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score for the partial round.

20. Types of Decisions

- a. Technical Knockout (TKO) by;
Referee Stoppage: The referee stops the contest because the combatant is knocked down by a clean strike or kick and is not ready to fight after the count.
 1. Strikes
 2. Laceration
 3. Corner stoppage
 4. Did not answer the bell
- b. TKO due to Medical Stoppage.
 1. Laceration
 2. Doctor stoppage
 3. Loss of control of bodily function
- c. Knockout (KO) by;
Referee Stoppage: the referee stops the contest because the combatant cannot intelligently defend himself/herself or is unconscious.

- d. Disqualification;
When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest. Multiple fouls have been assessed and/or there is flagrant disregard for the rules and/or referee's commands.
- e. No Contest;
When a contestant is prematurely stopped due to accidental injury and a sufficient amount of time has not been completed to render a decision via the score cards.
- f. Decisions;
1. Unanimous Decision: When all three judges score the bout for the same contestant.
 2. Split Decision: When two judges score the bout for one contestant and one judge scores for the opponent.
 3. Majority Decision: When two judges score the bout for the same contestant and one judge scores a draw.
 4. Technical Decision: When a bout is prematurely stopped due to injury from an accidental foul and a contestant is leading on the score cards.
- g. Draws:
1. Unanimous Draw – When all three judges score the bout a draw.
 2. Majority Draw – When two judges score the bout a draw.
 3. Split Draw – When all three judges score differently and the score total results in a draw.
 4. Technical Draw – When an injury is sustained during competition because of an intentional foul and the bout was allowed to continue, then later the injury requires stoppage from either a legal or illegal strike to the affected area after ½ of the scheduled rounds, plus 1 second has been completed, if the injured contestant is even or behind on the score cards at the time of stoppage, the decision is a Technical Draw.

21. Weight Classes:

Juniors 16 - 17 years / Seniors 18 – 40 years / Veterans 41+

MALE WEIGHT CATEGORIES	FEMALE WEIGHT CATEGORIES
- 52,2 kg - 115 lbs	- 47,6 kg - 105 lbs
- 56,7 kg - 125 lbs	- 52,2 kg - 115 lbs
- 61,2 kg - 135 lbs	- 56,7 kg - 125 lbs
- 65,8 kg - 145 lbs	- 61,2 kg - 135 lbs
- 70,3 kg - 155 lbs	- 65,8 kg - 145 lbs
- 77,1 kg - 170 lbs	- 72,6 kg - 160 lbs

- 83,9 kg | - 185 lbs

+ 72,6 kg | +160 lbs

- 93,0 kg | - 205 lbs

+ 93,0 kg | + 205 lbs

Weight in kg is the superior weight

Weight in kg is the superior weight

Tolerance: Regular fight max. 0,45 kg (1 Pound). Championship fights no tolerance!

22. Cornerman

1. Every Fighter can be joined by a maximum of 3 cornerman (coaches and/or cutmen).
2. During the break one cornerman can enter the ring to coach the fighter. The other 2 cornermen can work on the fighter from the outside over and through the ropes. If the fight takes place in a cage, a second cornerman (cutman) can enter the cage to work on the fighter.
3. During the break the cornermen are only allowed to use the following items to refresh and treat their fighter: A small water bottle (max. 0,5l) for drink, max. 2 ice packs, petroleum jelly, a towel and cutman tools (answer, swaps...). The fighters must not be splashed with water on the body or head! Any excess water must be wiped of the fighter and the floor when the 10 second warning signal is given! Applying any other fluids, sprays or similar items on the fighters' body can cause point deductions or disqualification.
4. The cornerman must wear clean sportswear and sports shoes. No logos from competition to the promotion can be presented on the sportswear.
5. During the fight the cornermen must sit down at the provided chairs behind their corner.
6. The cornerman can verbally assist and motivate the athlete. The cornermen cannot stand up from the chairs, leave the chairs, touch the rope, fence and canvas. Banging on the canvas or catwalk is not accepted!

23. Medical Requirement / Anti Doping

7. All competitors must be healthy and in good physical condition.
8. Pre-fight physical tests according to the UWMMA medical rules are mandatory.
9. Female Fighters: Each female contestant, during the pre-fight physical, will be required to pass a pregnancy test administered under the direction of the examining physician, or such physician's authorized assistant. Female contestants submitting written documentation acceptable to the examining physician may be waived from the pre-fight physical pregnancy test.
10. Additional Requirements: Random drug and PED testing can be executed by the commission or the promotion any time prior and after the bout. Failed drug and/or PED testing will result in disqualification from the tournament. All drug and PED testing procedures will be held according to the guidelines of WADA.