

World Kickboxing Association
World Karate Association



Professional Combat Sports
2019

TABLE OF CONTENTS

SECTION I: ADMINISTRATIVE REGULATIONS AND PROCEDURES

- RULE 1: WKA**
- RULE 2: DOPING**
- RULE 3: REGISTRATION AND LICENSING**
- RULE 4: BANNING PERIODS AFTER A HEAD KNOCKOUT**
- RULE 5: AGE CATEGORIES**
- RULE 6: WEIGH-IN**
- RULE 7: MEDICAL EXAMINATION**
- RULE 8: FIGHTING AREAS**
- RULE 9: REFEREES**
- RULE 10: IN THE CASE OF THE ASSOCIATION ACTING IN LIEU OF A STATE COMMISSION**
- RULE 11: RULES FOR CHAMPIONS, CHALLENGERS, AND CONTESTANTS**
- RULE 12: ADMINISTRATIVE PROVISIONS**

SECTION II: FULL CONTACT KARATE, FULL CONTACT KICKBOXING, KICKBOXING (LOW KICK), ORIGINAL WKA KICKBOXING RULES (K-1), GLORY RULES, THAIBOXING (MODIFIED MUAY THAI), AND MUAY THAI (FULL RULES MUAY THAI)

- RULE 1: WEIGHT CLASSES**
- RULE 2: THE ATTENDANCE OF A PHYSICIAN**
- RULE 3: ROUND NUMBER AND LENGTH**
- RULE 4: ATTIRE**
- RULE 5: RULES OF CONDUCT INSIDE AND OUTSIDE THE RING**
- RULE 6: THE COMPETITOR**
- RULE 7: THE COMPETITOR'S EQUIPMENT**
- RULE 8: SECONDS**
- RULE 9: SCORING RULES AND BOUT RESULTS**
- RULE 10: LEGAL TECHNIQUES**
- RULE 11: ILLEGAL TECHNIQUES**
- RULE 12: WARNINGS AND MINUS POINTS**
- RULE 13: PROTESTS AND ALTERATION OF DECISIONS**

SECTION III: MIXED MARTIAL ARTS (MMA)

- RULE 1: WEIGHT CLASSES**
- RULE 2: THE ATTENDANCE OF A PHYSICIAN**
- RULE 3: FIGHTING AREA**
- RULE 4: ROUND NUMBER AND LENGTH**
- RULE 5: ATTIRE**
- RULE 6: RULES OF CONDUCT INSIDE AND OUTSIDE THE RING**
- RULE 7: THE COMPETITOR**
- RULE 8: THE COMPETITOR'S EQUIPMENT**
- RULE 9: SECONDS**
- RULE 10: SCORING RULES AND BOUT RESULTS**
- RULE 11: LEGAL TECHNIQUES**
- RULE 12: ILLEGAL TECHNIQUES**
- RULE 13: WARNINGS AND MINUS POINTS**
- RULE 14: PROTESTS AND ALTERATION OF DECISIONS**

SECTION I: ADMINISTRATIVE REGULATIONS AND PROCEDURES

01 This rulebook replaces all previously issued rules. It reflects the official WKA Competition Rules of the WKA in the United States of America.

02 These current rules are valid for members from all states, although consideration can be given to local law, in case the law requires such adjustments.

RULE 1 WKA

01 WKA (originally World Karate Association) stands for the World Kickboxing and Karate Association with its seat in New Zealand, which also does business as the World Kickboxing Association. The affiliated National Federations are members of WKA.

02 WKA WORLD HEADQUARTERS (WKA HQ) has its seat at 4A 22 Agency Lane, Silverdale, Auckland, New Zealand.

03 WKA Executive Board is defined as all WKA vice presidents.

04 WKA UNITED STATES HEADQUARTERS (WKA USA) has its seat in 9604 Southmill Dr., Glen Allen, Virginia, 23060, USA.

RULE 2 DOPING

01 It is prohibited to use any substance to boost one's performance if such substance is banned by one of the appropriate organizations as a doping substance (IOC, Anti-Doping Agency, National Olympic Committee, etc.). In addition to performance-enhancing substances, WKA reserves the right to test for banned substances including, but not limited to, the following: amphetamines, narcotic analgesics, anabolic agents, peptide hormones and analogues, growth hormones, diuretics, stimulants, barbiturates, benzodiazepines, cocaine, marijuana, methadone, methaqualone, opiates, phencyclidine, propoxyphene, and ephedra.

02 WKA supervisor, tournament promoters, and the official doctor can and may perform tests. Other qualified and authorized organizations or persons may also perform such tests where local law dictates. These tests may be requested from a fighter at any time, during training, out of season, and before or after a bout. A fighter may be given 24-hour notice of a test.

03 Competitors who intentionally avoid or evade such controls, or try to obstruct or manipulate the testers in any way, can be disqualified and banned for a period of time, to be determined by the Association. If a fighter tests positive for a banned substance, he or she will be suspended for two years from competing in any WKA-sanctioned event. If a fighter fails to give a sample upon request, he or she will automatically be suspended for two years.

04 Privacy, especially for female competitors, must be respected. Doping tests must be made by a qualified person of the same gender. Whenever this is not available, WKA supervisor of the same gender shall supervise the collection of the test samples.

RULE 3 REGISTRATION AND LICENSING

01 Competitors who wish to be registered and licensed by the Association should fulfill the following conditions:

(1) Complete WKA Registration/Licensing form.

(2) Complete Association Liability Waiver.

(3) Show proof of identity (i.e., valid driver's license, state identification, or passport).

(4) Pay annual license fee of \$35.00. Each license shall expire on December 31st of the year it was issued. In addition, each corner person shall pay an annual license fee of \$20.00, to expire on December 31st of the year in which it was issued.

(5) In order to be licensed, all competitors must present a medical examination (on approved Association form) no older than 12 months from the date of the bout, undersigned by a physician. Competitors must also furnish negative HIV, Hepatitis B Surface Antigen, and Hepatitis C Antibody blood test results no older than 6 months from the date of the bout. Additional medical testing may be required according to state or local jurisdiction. Competitors are also required to pass a pre-fight physical prior to each event conducted by an approved and licensed physician (other exams may also be required, particularly for those competitors over the age of 35, at Association's discretion).

(6) Have no medical or any other reasons preventing them from participating in the event. In addition, a competitor must have no current medical suspension issued by any state athletic commission or recognized sanctioning body. The competitor may provide documentation directly to the WKA USA Headquarters necessary to lift such a suspension with the WKA.

(7) Show a clearance from a neurologist, reviewed by the Association, after having lost consciousness due to a head knockout, or after the second head knockout within twelve months.

(8) Female participants must not be pregnant.

RULE 4 BANNING PERIODS AFTER A HEAD KNOCKOUT

01 30 days after any Technical Knockout (TKO).

02 60 days after the first head knockout within 12 months.

02a If loss of consciousness occurs resulting from the head knockout, clearance by a neurologist is required for Association to allow further competition.

03 Clearance by a neurologist is required for Association to allow further competition after the second head knockout within twelve months.

RULE 5 AGE CATEGORIES

01 The cut off date is always one day after the last day of the competition.

02 An adult, who is 18 years or older, but not older than 35 years can start on the cut off day.

03 A veteran, who is 35 years or older, can start on the cut off day and must have prior Association approval and additional medical testing.

RULE 6 WEIGH-IN

01 The weigh-in must be completed at least two hours prior to the first competition.

02 Weigh-ins should be conducted by WKA officials and performed the same day as the event, unless otherwise agreed upon. At international competitions, officials should be from different countries, and the weigh-in should take place the day before the competitions.

03 Generally, there shall be no tolerance. An adult competitor wearing light shorts or undergarments will be given a one pound allowance. An adult competitor wearing no clothing will be given no allowance. Males may only wear light fight shorts to weigh in. Females may wear only light fight shorts and a lightweight top or sports bra.

04 Competitors who do not make weight will be given one hour within the allotted weigh in session and may not cut more than two percent of their body weight in this hour time frame.

05 A professional contestant who fails to make the weight agreed upon in his or her contract shall forfeit 20 percent of the gross purse, with a minimum forfeiture of \$100.00. However, if the contestant is less than one pound overweight in a non-title contest, either at the time of the weigh-in or within four hours thereafter, no forfeiture shall be imposed. Forfeits shall be added to the purse of the contestant's opponent. If both contestants come in over weight, forfeiture money shall be given to the promoter.

RULE 7 MEDICAL EXAMINATION

01 In order to be licensed, all competitors must present a medical examination no older than 12 months on an official WKA amateur physical form, undersigned by a physician. A new exam will be required every 12 months.

02 In addition, competitors are required to furnish negative HIV, Hepatitis B Surface Antigen, and Hepatitis C Antibody blood test results no older than 180 days from the date of the bout.

03 Competitors are also required to pass a pre-fight physical prior to each event conducted by an approved and licensed physician.

04 Other exams may also be required, particularly for those competitors over the age of 35, at Association's discretion.

05 Competitors must have no medical or any other reasons preventing them from participating in the event. In addition, a competitor must have no current medical suspension issued by any state athletic commission or recognized sanctioning body. The competitor may provide documentation directly to the WKA USA Headquarters necessary to lift such a suspension with the WKA.

06 Competitors must show a clearance from a neurologist, reviewed by the Association, after having lost consciousness due to a head knockout, or after the second head knockout within twelve months.

07 Female participants must not be pregnant.

08 If a domestic competitor is not licensed by the Association for the current year at the time of the physical examination and the weigh-in, he or she shall not be permitted to compete.

RULE 8 FIGHTING AREAS

01 Full Contact Karate, Full Contact Kickboxing, Kickboxing (Low Kick), Original WKA Kickboxing Rules (K-1), GLORY Rules, Thaiboxing (Modified Muay Thai), and Muay Thai (Full Rules Muay Thai) competitions may be held in a ring or a cage, subject to WKA specifications.

02 Box Rings:

(1) competitions shall be held inside a ring with four ropes.

(2) The box ring's components, including all side protections and ropes, must be inspected for suitability and safety prior to the first competition.

(3) The ring shall be not less than 20 feet square within the ropes and not more than 24 feet square within the ropes. The ring floor shall extend beyond the ropes not less than 18 inches and shall be padded in a manner approved by the Association. Padding must extend beyond the ring ropes and over the edge of the platform.

(4) The minimum diameter of each of the four ropes shall be not less than one inch.

(5) The lowest rope must be placed 13 inches above the platform, while the top rope must be 52 inches above the platform.

(6) All ropes must be covered with soft tightly fitted materials.

(7) The four corners must be made of metal not more than four inches in diameter and must extend to a height of between 52 and 58 inches above the ring platform.

(8) All corners must be covered with commonly used cushions in order to avoid possible injuries.

(9) The platform itself may not be placed higher than four feet above the ground level. It must be covered with a shock absorbent material below the ring floor layer.

(10) Stairs shall be placed in the red and the blue corners and in one white corner.

(11) Sufficient chairs must be provided for coaches.

(12) The referee-tables must be equipped with the following items:

- Copies of the bout card**
- Score cards**
- Table stop watch and hand stop watch as a reserve**
- Acoustic signal (bell, whistle or horn)**
- Spare papers and pencils**
- PC and printer (optional)**

(13) Judges' tables and chairs shall be located along the other three sides of the ring box.

(14) If there is only one ring in use, sufficient space for medics and/or emergency personnel shall be provided at the referee-table.

(15) To avoid possible injuries, photography and video crew are required to be credentialed and given specific instructions by the Association and promotion.

03 MMA competitions may use a ring, as specified above, or caged fighting areas pre-approved by the Association. For specific requirements, refer to Section III, Rule 3.

RULE 9 REFEREES

01 All provisions in this article set forth the basic duties of referees. Referees must also fulfill other conditions, requirements, and duties set forth in other WKA official documents related to referees, which are published on the WKA web page.

(1) All referees are required to be trained and certified by the Association.

(2) All referees must meet continuing education standards to keep certification.

(3) Referees are also required to pass a pre-event physical prior to each event conducted by an approved and licensed physician.

02 Protests

(1) Decisions of the official doctor can be subject to protest if a second doctor is present at the event. The second doctor will make a decision about the protest.

(2) Protests are only possible in the following situations, and will be considered after the remission of a fee of 100 USD in cash to the Ring-Inspector or the Head Referee:

(a) There exists a proven agreement between the referees and/or judges.

(b) The mathematical addition of the scores is incorrect.

(c) An obvious confusion between the red and blue corner has occurred.

- (d) The official WKA Rules were violated.**
- (3) Video recordings cannot be used to justify a protest.**
- (4) A protest shall not hold back the competition. However, the Head Referee can interrupt the continuation of the fights for a short period of time if the result of the protest has a significant influence on the proceeding of the competition.**
- (5) After hearing the protest from both coaches as well as the referee's comments, the Head Referee shall then make the final decision.**
- (6) The protest fees shall go into the general account of the WKA HQ fund for future referee trainings and development.**
- (7) If a protest is submitted after the competition, the WKA HQ shall make the decision after hearing the protest from both coaches as well as the referee's comments. The national federation has a limit of 30 days to make a statement about a protest.**
- (8) If the decision of a protest leads to a loss of a European or World title, the final decision can only be made by the Executive Board of the WKA.**

03 Attire

- (1) Referees shall wear an Association shirt appropriate to the level of formality called for by the individual event (polo shirt or button-up shirt), black trousers, and black athletic shoes.**
- (2) To minimize injuries, it is forbidden for referees to wear any jewelry, watches, pens, large belt buckles, hard soled shoes, etc. Judges are exempted from this rule since no body contact with competitors is possible.**
- (3) The use of medical gloves is required.**

RULE 10 IN THE CASE OF THE ASSOCIATION ACTING IN LIEU OF A STATE COMMISSION

01 In the instance where the Association is acting in lieu of a State Commission, the following additional requirements and fees may apply:

- (1) All applicants must pay an annual license fee as follows: fighters - \$35.00; corners - \$20.00; promoters - \$350 (all professional) or \$400 (combined professional and amateur). Each license shall expire on December 31 of the year in which it was issued.**
- (2) Promoter must provide to Association certificate for state minimums requisite event liability insurance. Where no minimum exists, Association requires one million dollar liability plus one million dollar general aggregate.**
- (3) Promoter must provide to Association certificate for state minimum requisite for competitor accident medical and AD&D insurance coverage. Where no minimum exists, Association requires twenty thousand dollars in accident medical**

and twenty thousand dollars in AD&D coverage. Policy may be issued on an "excess benefits" policy basis.

(4) Promoter must execute and file a surety bond or an alternate security source in accordance with state minimum with Association. Where no state minimum exists, the surety bond shall be for an amount of not less than twenty thousand dollars.

(5) For bouts held in North America, the minimum purse for a professional fighter shall be \$150.00. For bouts held outside of North America, the minimum purse for a professional fighter shall be €150.00.

RULE 11 RULES FOR CHAMPIONS, CHALLENGERS, AND CONTESTANTS

01 Championship Titles

(1) World, National, and Regional championship titles shall be established by the Association to formally recognize champions on the basis of sex differences and in accordance with Association-approved weight divisions.

(2) All championship titles must be won in an Association-sanctioned contest, although a championship may be lost by default, forfeit, or inability to make weight.

02 Champions

(1) A champion shall be that contestant who has been awarded a championship title by the Association, in formal recognition of his or her supremacy in a particular division and who remains ready to contend with any qualified challenger.

(2) The Association shall only recognize those champions whose titles were won in an Association-sanctioned championship contest, of the required number of rounds, where any one of the following has occurred:

(a) The recognized champion has been defeated in a title defense.

(b) A vacant title has been filled through a divisional elimination amongst the highest qualified challengers available.

(c) A vacant title has been filled in a contest between the highest qualified challenger available and the second highest qualified challenger available.

(3) In the event of a draw in an Association-sanctioned championship contest, the champion shall retain his or her title, or if there is no champion, the title shall remain vacant.

03 Challengers

(1) A challenger shall be that contestant who has been formally recognized by the Association as being qualified to challenge a champion and who remains ready to offer such challenge.

(2) The Association shall only recognize those challengers whose challengership status was in an Association-approved contest, of the required number of rounds, where any one of the following has occurred:

(a) The challenger has been identified as a top contender on an Association-approved rating list which ranks challengers based upon their performances in contests.

(b) A national or continental champion has challenged a world champion, or a regional or area champion has challenged a national champion.

(c) A recognized challenger or champion from one division has challenged a recognized challenger in another division.

(d) A formerly recognized challenger or champion has returned from recent retirement to challenge a challenger or champion.

(e) A champion or challenger from the related sports of boxing, Kickboxing, or Savate, with the approval of the Association, has challenged a Kickboxing champion or challenger of equal stature.

04 Championship Title at Stake

(1) The title of the champion shall be at stake in all Association-sanctioned championship contests where the official weigh-in shows the challenger to be within the maximum weight limit of the division.

(2) Should the champion in an Association-sanctioned championship contest fail to make the maximum weight limit of the division within one hour before the bout, then the Association shall declare the champion's title to be vacant.

05 Non-Title Contests

(1) Champions may be allowed to engage in non-title contests by obtaining written consent of the Association.

(2) Should a champion be defeated in a non-title contest, whether or not the bout was matched in the champion's weight division, the champion must extend an offer to defend his or her title at weight against the winning contestant within six months from the date of the champion's defeat. The offer must be received in writing at the Association's world headquarters not later than two weeks after the defeat and must include a reasonable purse request based upon the current market potential of the champion. The Association may then assign responsibility for the bout to the Association promoter who submits the most favorable bid. Should the defeated champion fail to extend the written offer, then the Association shall declare the champion's title to be vacant.

06 Mandatory Title Defenses

(1) All champions must defend their titles a minimum of twice a year.

(2) A world champion must defend his or her title against the number-one contender, as determined by the Association, one time each year. The number-

one contender must accept any offer to challenge the champion for a reasonable purse amount, based upon the current market potential of the contender. Should the number-one contender fail to accept a championship offer, the Association shall declare the next highest qualified challenger available to be the number-one contender. However, a number-one contender may be exempted from the annual title challenge by the Association due to personal hardship, physical injury, or illness.

(3) At the discretion of the Association, a world champion may be required to defend his or her title against the winner of a divisional elimination, amongst the highest qualified contenders available, in place of the mandatory annual title defense against the number-one contender.

(4) Should a champion not receive a promotional offer to make a mandatory title defense, he or she must submit a written notice of availability for title defense to the Association's world headquarters no later than two weeks after the end of the defined six month periods (June 30 and December 31). The notice must include a reasonable purse request based upon the current market potential of the champion. The Association may then assign responsibility for the bout to the Association promoter who submits the most favorable bid. Should the inactive champion fail to submit the written notice, then the Association shall declare the champion's title to be vacant.

(5) A champion may be exempted from a mandatory title defense by the Association due to personal hardship, physical injury, or illness.

(6) Should the champion not defend his or her title one time in a year, the Association may declare the champion's title vacant.

07 Illness

(1) Whenever a contestant, because of injuries or illness, is unable to take part in a contest for which he or she is under contract, that contestant or the contestant's designated representative must immediately report the fact to the Association. The Association may then require the contestant to submit to an examination by a physician. The examination fee of the physician shall be paid by the contestant, or by the promoter if the latter requests the examination.

08 Absence

(1) Any contestant who fails to appear for a contest in which he or she is under contract shall be subject to disciplinary action, unless the contestant has submitted to the Association a written valid excuse or physician's certification of illness in advance of the event.

(2) The Association shall immediately declare vacant the title of any champion guilty of such misconduct.

(3) The Association will give consideration to the promoter affected by non-attendance and impose, where appropriate, a fine equal to the purse of the fighter together with out of pocket proven expenses.

09 Disability

(1) Any contestant who has been knocked out, has engaged in a hard contest, or who has sustained significant injuries, shall be suspended from all contests by the Association for 30 days (mandatory for technical knockout), 60 days (for knockout), or longer if recommended by a physician, for the contestant's own medical protection.

(2) Contestants shall not be permitted to engage in contact sparring during the period of their suspension.

10 Time Between Bouts

(1) Unless special approval has been obtained from the Association, a contestant who has engaged in a bout in excess of five rounds shall not be permitted to engage in another contest until 15 days have elapsed.

11 Mandatory Examinations

(1) Any contestant who has been contracted to engage in any contest may be ordered by the Association to appear at any time to be weighed or to be examined by any physician which the Association may designate.

RULE 12 ADMINISTRATIVE PROVISIONS

01 Special Exceptions

(1) Without disregarding the need for uniformity of rules and regulations governing contests, the Association may at its discretion authorize a special exception to the rules provided the safety and welfare of the contestants and public are not jeopardized and provided one of the following purposes is being served:

(a) The personal safety, health, and welfare of a contestant or contestants has been protected.

(b) Regional difficulties resulting from international competition have been overcome.

(c) A proposed rule change, which may later be incorporated into the official rules of the World Kickboxing Association, has been tested.

(2) All special exceptions shall be granted by the Association at least two weeks in advance of any affected contests. All affected contestants and officials must be notified.

02 Actions of the Association

(1) All official actions of the Association shall take the form of a written document signed by the President of the World Kickboxing Association or the President's designated representative.

(2) All parties affected by an official action of the Association must be given reasonable access to the written document or a copy of the document.

SECTION II: FULL CONTACT KARATE, FULL CONTACT KICKBOXING, KICKBOXING (LOW KICK), ORIGINAL WKA KICKBOXING RULES (K-1), GLORY RULES, THAIBOXING (MODIFIED MUAY THAI), AND MUAY THAI (FULL RULES MUAY THAI)

RULE 1 WEIGHT CLASSES

01 The following weight divisions shall be used:

	MEN		WOMEN	
Atomweight			-46 kg	-101.2 lb
Super Atomweight			-48 kg	-105.6 lb
Flyweight			-50 kg	-110.0 lb
Bantamweight	-54 kg	-118.8 lb	-54 kg	-118.8 lb
Featherweight	-57 kg	-125.4 lb	-57 kg	-125.4 lb
Lightweight	-60 kg	-132.0 lb	-60 kg	-132.0 lb
Super Lightweight	-63.5 kg	-139.7 lb	-63.5 kg	-139.7 lb
Welterweight	-67 kg	-147.7 lb	-67 kg	-147.7 lb
Super Welterweight	-70 kg	-154.0 lb	-70 kg	-154.0 lb
Middleweight	-72.5 kg	-159.5 lb	-72.5 kg	-159.5 lb
Super Middleweight	-76 kg	-167.2 lb	-76 kg	-167.2 lb
Light Heavyweight	-79 kg	-173.8 lb	+76 kg	+167.2 lb
Super Light Heavyweight	-83 kg	-182.6 lb		
Cruiserweight	-86 kg	-189.2 lb		
Super Cruiserweight	-90 kg	-198.0 lb		
Heavyweight	-95 kg	-209.0 lb		
Super Heavyweight	+95 kg	+209.0 lb		

02 No contest shall be scheduled and no contestants shall engage in a bout between the opposite sexes, or where the weight differential exceeds an allowance of 3.5% of the division weight or 3.5 kilograms, whichever is the lesser differential.

RULE 2 THE ATTENDANCE OF A PHYSICIAN

01 Every match must have a licensed physician in attendance at ringside. The attending physician must be licensed to practice medicine in the state in which the event in which he or she participates is held. He or she must also be familiar with and adept at performing emergency medicine such as the sort which would be needed in such athletic activity. Any and all directions and/or orders from the attending physician must be immediately obeyed. A first-aid team is compulsory as well.

02 Every match must also have Emergency Medical Transport with equipment including a backboard and neckbrace.

03 The official physician, who must attend every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

04 The attending physician must follow the rules and regulations of the appropriate national health board as well as those approved by the authorities where such rules apply.

05 No match may start or proceed before the attending physician is in place, and the physician may not leave his or her place prior to the decision in the last match.

06 The attending physician shall be ready to assist if a serious emergency arises, and to administer first aid in the event of less serious injuries.

07 The doctor has the right to interrupt or stop a contest by ringing the bell or calling "stop" to the referee, if he or she thinks a competitor is in danger and the referee has not stopped the fight. He or she is also responsible for making the decision when a referee calls him or her in case of an injury to a competitor.

08 No one, even a competitor's second, may attempt to aid a competitor during a round before the attending physician has had the opportunity to see the injured competitor. If the doctor is called to the fighting area, he or she must examine the presumed injury and then decide whether or not the fight should continue. The doctor's examination must have duration of not more than one minute. Any kind of treatment of the competitor is forbidden. Should one minute be insufficient, the referee shall stop the match and declare the injured competitor's opponent the winner. Doctors' decisions are final, although they can be protested if a second doctor is present at the event. The second doctor will make the decision about the protest.

09 The physician, first aid team, referee, and chief official must all meet to coordinate their activities and duties to be performed ringside prior to the event.

RULE 3 ROUND NUMBER AND LENGTH

01 For Full Contact Karate, World title bouts shall consist of twelve two-minute rounds for men and ten two-minute rounds for women. European and National title bouts shall consist of no more than ten two-minute rounds for men and no more than eight two-minute rounds for women. Area, regional, and state title bouts shall not exceed eight two-minute rounds for men and six two-minute rounds for women. Non-title bouts shall not exceed eight two-minute rounds for men and six two-minute rounds for women. All bouts shall consist of one-minute rest periods between rounds.

02 For Full Contact Kickboxing, Kickboxing (Low Kick), K-1, GLORY Rules, Thaiboxing (Modified Muay Thai), and Muay Thai (Full Rules Muay Thai), both men's and women's bouts shall consist of either three three-minute rounds or five three-minute rounds based on the competitors' experience.

(1) The following classification system shall be used:

Class B Professional (Fighters with seven wins in Open Class Amateur may progress to Class B Professional.) - Three three-minute rounds.

Class A Professional (After eight wins in Class B Professional, a competitor must move to Class A Professional.) - Three or five three-minute rounds.

Fighters may progress to the next class before the set number of wins; however, once a fighter progresses to a class, he or she shall not be permitted to compete in a lower class.

(2) There is a one-minute rest between rounds.

(3) Officials must ensure that fighters compete in the correct class.

(4) Classification is normally effected by each fighter's coach and such classification should be stated in the Record Book in the appropriate place.

(5) In the event of a contestant being unclassified, this must be rectified by the officials before matching takes place. This is done by ascertaining the number of wins (not the number of fights) that the fighter has obtained and classifying the fighter accordingly.

RULE 4 ATTIRE

01 For Full Contact Karate, competitors shall wear long trousers or shorts. In title bouts, the title holder shall determine whether shorts or long trousers shall be worn. Males shall not wear any upper body covering. Females must wear a sports or athletic top or bra.

02 For Full Contact, Kickboxing (Low Kick), Original WKA Kickboxing (K-1), GLORY RULES, Thaiboxing (Modified Muay Thai), and Muay Thai (Full Rules Muay Thai), competitors shall wear shorts. Males shall not wear any upper body covering. Females must wear a sports or athletic top or bra.

03 All attire shall be permitted at the discretion of the Association.

RULE 5 RULES OF CONDUCT INSIDE AND OUTSIDE THE RING

01 It is the duty of every competitor to show fair play in the ring. Should a competitor not be ready to continue the match, because his or her safety equipment is not working properly or for other reasons, he or she shall retreat one step and raise one arm.

02 Should a competitor be sent down for the count or in any other way be incapacitated, his or her opponent shall immediately retreat to the nearest neutral corner and wait for the referee to signal that the match can proceed again.

03 Should the end of the round be signaled while a competitor is receiving an eight-count, the other competitor shall remain in the neutral corner and all seconds shall stay out of the ring until the referee has concluded the count.

04 When a competitor receives a warning or a reprimand from the referee, he or she must put his or her gloves up in guard position and bow toward the referee to indicate that he or she has understood the reason for the warning or reprimand.

05 At the conclusion of the fight the competitors shall approach the referee, standing in the center of the ring, and there, with one competitor on each side of the referee, await the speaker's announcement of the decision. The referee shall then raise the arm of the winner.

06 After the fight the competitors shall salute each other and each other's seconds, after which both competitors shall bow to the referee in recognition of his or her efforts.

07 Violation of WKA rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

RULE 6 THE COMPETITOR

01 The competitors must be in good physical shape and have a good sportsmanlike attitude.

02 The competitors must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Male competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair that apply to female competitors. All competitors shall be clean and proper. It is the sole prerogative of the WKA referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match. The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net.

03 Excessive use of grease or similar substances is prohibited. Thai oil, boxing liniment, petroleum jelly, and similar substances are permitted on the body in conservative quantities.

04 The following substances are approved for treating competitors' cuts between rounds: Adrenaline 1:1000, Avitene, and Thrombin.

05 Competitors are prohibited from wearing any type of jewelry or piercing accessories during competition.

RULE 7 THE COMPETITOR'S EQUIPMENT

01 All competitors must be equipped in all divisions with approved safety equipment in the form of padded protectors:

(1) An individually fitted breast-protector for females in all disciplines is recommended, but may be required according to any State or Association regulation.

(2) An individually fitted groin-protector in all disciplines for males is required and for females is recommended.

(3) For Full Contact Karate, foot protectors shall be compulsory unless both competitors agree not to wear them. In the case of a title bout, the title holder shall be allowed to determine whether or not foot protectors are worn. Shin guards are optional for Full Contact. Foot protectors and/or shin guards shall not be worn in Full Contact Kickboxing, Kickboxing (Low Kick), Original WKA

Kickboxing Rules (K-1), GLORY Rules, Thaiboxing (Modified Muay Thai), or Muay Thai (Full Rules Muay Thai).

(4) Individually fitted tooth-protector (mouth guard) required for all competitors.

(5) Bandaging of each competitor's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles. Bandages shall be adjusted in the locker room in the presence of an Association official.

(6) 10 oz. gloves shall be used for all divisions. Competitors in weight divisions up to and including Middleweight may wear 8 oz. gloves if both competitors agree to do so. In addition, in title fights of any weight division, competitors may agree to wear 8 oz. gloves. If competitors agree to the lower weight, this must be included in the competitors' written contracts. Gloves must be new for all main events and in good condition or they must be replaced.

(7) No form of brace or support, aside from traditional Thai-style anklets, may be worn.

02 The competitors are responsible for bringing their own personal equipment and that of their seconds to all bouts. All equipment shall be subject to the approval of the Association. Competitors are responsible for bringing their own attire, groin and chest protectors, mouthpieces, and warm-up equipment.

03 The promoter shall provide all non-personal equipment for competitors, approved by the Association, unless specified by the Association in advance of the event. This equipment shall include the ring and stools, water buckets, gloves, and foot protectors and shin guards (where applicable). The promoter shall ensure that all competitors are geared alike, with gear being of the same size, shape, style, and manufacture. The promoter must also either provide handwrapping materials to all contestants or notify them in advance if he or she will not be providing these.

04 A competitor may place a layer of medical adhesive tape over the closures of his or her gloves and foot protectors in order to hold them in place.

05 All competitors with long hair may wear approved hair bands or holders without any metal and must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

RULE 8 SECONDS

01 The second may give up on behalf of his or her competitor if he or she deems it irresponsible to let the fight continue. The second may enter the fight platform, at which time the fight shall be immediately stopped by the referee. A second shall not throw in a towel.

02 Prior to every tournament the Head Referee shall call a meeting with all judges, referees, seconds, and fighters to clarify any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting. This meeting is mandatory for all participating fighters.

03 Seconds shall support and advise their competitors during the intermission between rounds. Seconds shall remain seated during rounds. Nothing, including seconds' hands, water bottles, and the like, shall rest on the ring apron during the round. Each competitor may have three seconds, only two of whom may enter the ring during the break.

04 During the rounds none of the seconds may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Seconds shall comply with any and all directions given by the referee. Prior to each round the seconds must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water. The seconds shall have at their disposal a towel, a sponge, water and grease for the competitor.

05 During the rounds the seconds may give advice (only in a proper manner), help, or encourage the competitor. Should a second violate this rule the referee can issue a warning, expel the second, or disqualify the competitor. A second who has been expelled may not function as second in the remaining part of the event.

06 A match starts when the referee gives the command "fight" to begin the first round, and it finishes when the referee stops the fight in the last round. Only the competitors and the referee may be present in the ring during the match. If any other person enters the ring, the referee can decide that the fight is immediately over and cannot continue again.

RULE 9 SCORING RULES AND BOUT RESULTS

01 The judges shall score all contests and determine the winner through the use of the 10-Point Must System. In this system the winner of each round receives ten points and the opponent receives a proportionately smaller number. But in no circumstances shall a judge award the loser of each round fewer than seven points. If a round is judged even, each contestant shall receive ten points. No fraction of points may be given.

02 Judges should base their scoring of each round on the following criteria, with each tier taking precedence over any item below it (thus, one tier's criterion must be equal in order for a judge to include the tier(s) below it in his or her evaluation):

(1) Number of eight-counts

(2) Effective striking technique, to be defined as the amount of damage legal strikes cause the opponent

(3) Effective ring control

(4) Style-specific technique

03 Scoring shall be based upon the effectiveness of any legal techniques used. The number of eight-counts shall be weighted first. If this criterion is equal, then effective striking shall be weighted second. If these two criteria are equal, effective ring control shall be weighted next. With all three criteria equal, judges shall then look to the use of style-specific techniques.

04 Generally, sweeps should not be given the same weight as an official knockdown. Judges should watch for the technique's effectiveness in slowing down a contestant.

05 Further, a contestant who aggressively presses an opponent throughout a round, but cannot land a threatening kick or punch, should not be judged as favorably as the contestant who back-pedals throughout the round but counter-attacks with visible impact.

06 There is no minimum kick requirement.

07 More specifically, the judges shall award points to contestants on the basis of round-by-round outcomes and in accordance with the following scores:

(1) A 10 points to 10 points round is strongly discouraged, and judges should look through the judging criteria for more effective techniques, more effective pressing of the action, and more style-specific technique. An even round should only occur in the case of a loss of points by a contestant.

(2) 10 points to 9 points whenever the winning contestant dominates the losing contestant with a marginal superiority in effectiveness.

(3) 10 points to 8 points whenever the winning contestant dominates the losing contestant, or whenever the winning contestant dominates the losing contestant with a significant superiority in effectiveness as might be indicated by one knockdown.

(4) 10 points to 7 points whenever the winning contestant dominates the losing contestant with an overwhelming superiority in effectiveness as must be indicated by more than one knockdown.

07a Following each round and at the termination of the contest, the referee shall pick up the ballots of the judges. The referee shall then deliver the ballots to the scorekeeper who shall tally all scores, subtract all penalties and deliver the totals to the Association representative assigned to verify them. The majority opinion of the three judges, less penalty points, shall be conclusive. If there is no majority opinion, then the decision shall be a draw.

06b The following decisions may be rendered at the completion of a bout:

(1) Decision via score cards:

i. Unanimous: When all three judges score the bout for the same contestant.

ii. Split Decision: When two judges score the bout for one contestant and one judge scores for the opponent.

iii. Majority Decision: When two judges score the bout for the same contestant and

one judge scores a draw.

(2) Draws:

- i. Unanimous: When all three judges score the bout a draw.**
- ii. Split: When all three judges score differently and the score total results in a draw.**
- iii. Majority: When two judges score the bout a draw and one judge scores for either contestant.**

08 When the Association representative has completed verifying and totaling the scores, the announcer then in turn shall inform the audience of the decision over the public address system. The referee shall raise the winner's hand.

09 Victory by attending physician stopping contest or injury:

(1) The attending physician is the supreme authority in questions relating to the safety of the competitors and may demand that the match be stopped.

(2) If one of the competitors is injured, the doctor's decision alone can stop the fight.

(3) The competitor him- or herself or his or her second may also retire from the fight.

(4) The attending physician may stop any match regardless of it being a World or European Championship or any other important match.

(5) Should the attending physician wish to stop a match to examine a competitor, he or she must first inform the referee. The referee shall then stop the match until the physician has examined the competitor, but the match shall be stopped only for the purpose of deciding whether or not the fight can continue. This examination must have duration of not more than one minute. During this time any kind of treatment of the competitor is not allowed. Should one minute be insufficient, the referee shall stop the match and declare the injured competitor's opponent the winner.

(6) If one of the competitors is injured and the fight is declared over because of a foul the fouled competitor is declared the winner. In case of an accident, the judges must tally their scorecards and the competitor with the greatest number of points shall be declared the winner. If both competitors are injured or knocked out simultaneously, and neither is able to continue the match, the result shall be a draw. Should this situation occur in the first round the match shall be declared "No Contest" and no winner shall be declared.

10 Victory by one competitor giving up:

(1) In cases where a competitor voluntarily gives up because of injuries or for any other reason, or if he or she does not resume fighting immediately after the intermission between rounds, the opponent shall be declared the winner. In these cases the second shall notify the inspector to step onto the ring apron to signal that his or her competitor gives up or, failing this, may step onto the ring apron him- or herself.

11 Victory by the referee stopping a contest:

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

(a) If the referee believes that a competitor is clearly overmatched and will face unnecessary punishment in the ring, the match should not be allowed to go on.

(b) If a referee judges that a competitor is unable to continue the match due to injuries or for any other physical reasons, the referee may consult the ringside physician or may at his or her discretion stop the match.

(2) The referee must stop a match upon the third eight-count in any single round or upon the fourth eight-count in an entire match, unless in conflict with local jurisdiction or approved by the Association. Upon the final knockdown, the referee will issue the eight-count to the fighter and then wave off the bout as a Technical Knockout (TKO).*

***A fighter may not be saved by the bell. Should the round end during an eight-count, the referee shall continue the count to its full duration. During this time, the opponent shall remain in the neutral corner and seconds shall remain seated outside the fighting area.**

12 Disqualification: When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest.

13 Forfeit: When a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out.

14 Technical Draw: When an injury sustained during competition as a result of an unintentional foul causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of stoppage.

15 Technical Decision: When an injury sustained during competition as a result of an unintentional foul causes the injured contestant to be unable to continue and the injured contestant is ahead on the score cards at the time of stoppage.

16 No contest:

(1) 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:

(a) The safety equipment of the ring has been damaged.

(b) The ring is unsafe for use.

(c) The lighting over the ring is failing.

(d) Weather conditions force the referee to stop the match.

(2) Under such circumstances the match shall be stopped and a "no contest" match shall be declared with no winner.

(3) A match shall be declared a "no contest" when an unintentional foul causes an injury and the bout cannot continue, and a sufficient number of rounds have not been completed to render a decision via the score cards (see Technical Decision and Technical Draw).

17 Victory by walk-over:

(1) If one competitor is present in the ring and ready to fight and his or her opponent fails to show after his or her name has been called over the loudspeaker, the referee shall signal the referee's table to begin the running of two minutes. If the opponent has not entered the ring within the two minute time limit, 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 and declare him or her the winner by "walk-over".

(2) The judges shall note this on their scorecards, which shall then be collected. The judges shall then summon the competitor who has won by walk-over to the center of the ring, and after the announcement of the decision, raise his or her hand and declare him or her the winner.

18 The following shall apply to injuries sustained during competition:

(1) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by technical knockout.

(2) If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.

(3) If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.

(4) If an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

(5) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.

(6) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three round bout or if stopped before three rounds have been completed in a five round bout.

(7) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the fouled contestant if he/she is ahead on the

score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout, or three rounds of a five round bout have been completed. If the fouled contestant is even or behind at this time, the bout shall be declared a technical draw.

(8) There will be no scoring of an incomplete round. However, if the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score.

RULE 10 LEGAL TECHNIQUES

01 The following techniques are legal for Full Contact Karate and Full Contact Kickboxing:

(1) All forms of boxing in combination with kicks above the waist to the body and the head

(2) Rear (reverse) kicks to the body or the head, as well as spinning back kicks to the body and to the head

(3) Foot sweeps

(4) The use of spinning back fists, provided that only the legal striking surface of the glove is used (if the fighter strikes with the forearm or elbow, he or she may be penalized at the referee's discretion). This technique is allowed where permitted by State or local jurisdiction, or by Association rules.

02 In addition to the above, the following techniques are also legal for Kickboxing (Low Kick):

(1) Low kicks to the thighs, inside and outside

03 In addition, the following techniques are also legal for GLORY Rules and Original WKA Kickboxing Rules (K-1):

(1) Knee attacks to the legs, body, and head

(2) Holding an opponent's leg. Only one legal technique or step is allowed before the fighter must let go of the leg.

(3) In GLORY Rules: Clinching for five seconds of continuous knee strikes, provided that a fighter attacks with a legal knee strike immediately upon engaging in the clinch. In Original WKA Kickboxing Rules (K-1): One knee strike from the clinch position, after which the fighter must disengage from the clinch

04 In addition, the following techniques are legal for Thaiboxing (Modified Muay Thai):

(1) Clinching/kneeing; both competitors shall be allowed to clinch for as long as they are engaged in executing effective techniques

(2) Elbow strikes to legal target areas below the neck

05 In addition, the following techniques are also legal for Muay Thai (Full Rules Muay Thai):

(1) Elbow strikes to head

(2) Knee attacks to the head where agreed upon in the written contracts of both contestants. This technique is allowed where permitted by State or local jurisdiction, or by Association rules.

RULE 11 ILLEGAL TECHNIQUES (FOULS)

01 The following techniques are illegal in all divisions:

(1) All forms of biting

(2) All strikes, blows and punches executed with the palm side of the glove

(3) All techniques to the back and the back of the head

(4) Any form of butting with the head

(5) All attacks (strikes, punches, kicks) against the joints

(6) Strikes of any kind to the groin

(7) Attacking a downed opponent or an opponent who touches the floor with his or her glove

(8) Spitting out one's tooth protector (gum-shield)

(9) Holding the ropes and attacking an opponent

02 In addition, the following techniques are illegal in Muay Thai (Full Rules Muay Thai):

(1) Any kind of throwing above the waistline

(2) Holding an opponent's leg while executing more than one striking or punching technique

03 In addition, the following techniques are illegal in Thaiboxing (Modified Muay Thai):

(1) Elbow techniques to the head

04 The following techniques are illegal in Original WKA Kickboxing Rules (K-1):

(1) Grabbing, clinching or holding for any reason other than to immediately attack with a knee strike; this includes holding to rest or grabbing an opponent in order to stop them from striking. Clinching or holding while executing more than one knee technique is illegal.

(2) Elbow strikes

05 In addition, the following techniques are illegal in GLORY Rules:

(1) Throws, leg sweeps, foot sweeps or pushing of any kind as an effort to off-balance or down an opponent

(2) Holding on to an opponent's leg without striking; a fighter may grab an opponent's leg in order to immediately execute a single legal strike that may be accompanied by a single step in any direction. The leg must be released immediately after that single legal strike.

(3) Grabbing, clinching or holding for any reason other than to immediately attack with a knee strike or strikes; this includes holding to rest or grabbing an opponent in order to stop them from striking

06 In addition, the following techniques are illegal in Kickboxing (Low Kick):

(1) Any kind of throwing, excluding foot sweeps

(2) Holding an opponent's leg while executing striking or punching techniques

(3) Any form of clinching or holding the opponent

(4) Any form of kicking with the knees

07 In addition, the following techniques are illegal in Full Contact Karate and Full Contact Kickboxing:

(1) All kicks against the thighs or under the waistline, excluding foot sweeps

RULE 12 WARNINGS AND MINUS POINTS

01 In case of a serious violation, the referee shall stop the fight with the command "Stop" and issue a warning. The warning shall be issued clearly and in such a manner that the offending competitor understands the reason for the warning. The referee shall clearly indicate which competitor has received the warning by pointing his or her hand. Following a warning the referee shall let the match proceed by commanding "Fight".

02 If a foul is committed, the referee may issue a warning, a point deduction, or disqualify the offender. He or she is under no obligation to issue any particular penalty, but will base the decision on:

(1) The safety factor.

(2) The correct application of the rules to afford both contestants a fair chance of winning.

02a There is NO specific number of warnings before a point deduction, or points deducted before disqualification.

03 The referee has the opportunity to immediately give a competitor a minus point in the case of a clear and brutal foul. After two minus points in a match, he/she

shall immediately be disqualified simultaneously with the second minus point being issued.

04 The warnings and minus points are given for the use of all illegal techniques or prohibited actions committed by the competitor. Warnings and minus points can also be given for prohibited actions committed by the competitor's coach and/or seconds.

05 At the discretion of the Association, a fighter may forfeit part or all of his or her purse. The disposition of the purse and the penalty to be imposed shall be determined by a written action of the Association.

RULE 13 PROTESTS AND ALTERATION OF DECISIONS

01 The scoring of the referee and judges is final.

02 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.

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

(1) A conspiracy has taken place or an illegal agreement has been entered into that affects the result of the match.

(2) The addition of the scorecards is faulty or one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.

(3) A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

04 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 will not be accepted). The protest must be accompanied by a processing fee of 100 USD. The fee will be returned if the protest is found to be valid. The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees, etc.

05 The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. Video will not be accepted. The Head Referee's decision is final.

06 Decisions of the official doctor can be subject to protest if a second doctor is present at the event. The second doctor will make the decision about the protest.

SECTION III: MIXED MARTIAL ARTS (MMA)

RULE 1 WEIGHT CLASSES OF MIXED MARTIAL ARTISTS

01 Mixed martial artists shall be divided into the following weight classes for males and females:

**Strawweight up to 115 pounds
Flyweight 116 lbs. to 125 pounds
Bantamweight 126 lbs. to 135 pounds
Featherweight 136 lbs. to 145 pounds
Lightweight 146 lbs. to 155 pounds
Welterweight 156 lbs. to 170 pounds
Middleweight 171 lbs. to 185 pounds
Light Heavyweight 186 lbs. to 205 pounds
Heavyweight 206 lbs. to 265 pounds
Super Heavyweight over 265 pounds**

02 For non-tournament events, there shall be allowed no greater than a ten pound differential between contestants up to -155.0 lb., no greater than a fifteen pound differential from 156.0 lb. to 185.0 lb., and a twenty pound differential from 186.0 lb. to 205.0 lb. For contestants weighing more than 205.0 pounds, the differential shall be agreed upon by the contestants' chief seconds, at the Association's discretion.

RULE 2 THE ATTENDANCE OF A PHYSICIAN

01 Every match must have a licensed physician in attendance at ringside. The attending physician must be licensed to practice medicine in the state in which the event in which he or she participates is held. He or she must also be familiar with and adept at performing emergency medicine such as the sort which would be needed in such athletic activity. Any and all directions and/or orders from the attending physician must be immediately obeyed. A first-aid team is compulsory as well.

02 Every match must also have Emergency Medical Transport with equipment including a backboard and neckbrace.

03 The official physician, who must attend every match, is the final authority in questions of the safety of the competitors, and he or she may at any time stop or terminate a match at his or her discretion.

04 The attending physician must follow the rules and regulations of the appropriate national health board as well as those approved by the authorities where such rules apply.

05 No match may start or proceed before the attending physician is in place, and the physician may not leave his or her place prior to the decision in the last match.

06 The attending physician shall be ready to assist if a serious emergency arises, and to administer first aid in the event of less serious injuries.

07 The doctor has the right to interrupt or stop a contest by ringing the bell or calling "stop" to the referee, if he or she thinks a competitor is in danger and the referee has not stopped the fight. He or she is also responsible for making the decision when a referee calls him or her in case of an injury to a competitor.

08 No one, even a competitor's second, may attempt to aid a competitor during a round before the attending physician has had the opportunity to see the injured competitor. If the doctor is called to the fighting area, he or she must examine the presumed injury and then decide whether or not the fight should continue. The doctor's examination must have duration of not more than one minute. Any kind of treatment of the competitor is forbidden. Should one minute be insufficient, the referee shall stop the match and declare the injured competitor's opponent the winner. Doctors' decisions are final, although they can be protested if a second doctor is present at the event. The second doctor will make the decision about the protest.

09 The physician, first aid team, referee, and chief official must all meet to coordinate their activities and duties to be performed ringside prior to the event.

RULE 3 FIGHTING AREA

01 MMA contests may take place in either a cage or a ring that has been approved by the Association. In the case of a ring, the ring must meet the requirements set forth by the Association for Kickboxing styles. Cage requirements are as follows:

02 The fighting area canvas shall be no smaller than 18 feet by 18 feet and no larger than 32 feet by 32 feet. The fighting area canvas shall be padded in a manner as approved by the Association, with at least one inch layer of foam padding. Padding shall extend beyond the fighting area and over the edge of the platform. No vinyl or other plastic rubberized covering shall be permitted.

03 The fighting area canvas shall not be more than four feet above the floor of the building and shall have suitable steps or ramp for use by the competitors. Posts shall be made of metal not more than six inches in diameter, extending from the floor of the building to a minimum height of 58 inches above the fighting area canvas and shall be properly padded in a manner approved by the Association.

04 The fighting area canvas area shall be enclosed by a fence made of such material as will not allow a fighter to fall out or break through it onto the floor or spectators, including, but not limited to, vinyl coated chain link fencing. All metal parts shall be covered and padded in a manner approved by the Association and shall not be abrasive to the contestants.

05 The fence shall provide two separate entries onto the fighting area canvas.

06 A ring stool of a type approved by the Association shall be available for each contestant.

07 An appropriate number of stools or chairs, of a type approved by the Association, shall be available for each contestant's seconds. Such stools or chairs shall be located near each contestant's corner.

08 The fighting area must be inspected prior to each event by Association representative or referee.

RULE 4 ROUND NUMBER AND LENGTH

01 Non-championship matches shall consist of three (3) five (5) minute rounds with a one (1) minute rest period between rounds.

02 Championship matches shall consist of five (5) five (5) minute rounds with a one (1) minute rest period between rounds.

RULE 5 ATTIRE

01 Each contestant shall wear mixed martial arts shorts, biking shorts, or kick-boxing shorts. At the Association's discretion, competitors wearing loose-fitting shorts may be required to wear spandex or bike shorts underneath fight shorts. Shorts that give any particular advantage to a competitor shall not be allowed. Shorts may not pose any danger to an opponent in the form of zippers, plastic toggles, pockets, or the like.

02 Gis or shirts are prohibited during competition.

02a Female competitors must wear a sports or athletic bra and may wear a form-fitting rashguard.

03 Shoes are prohibited during competition.

RULE 6 RULES OF CONDUCT INSIDE AND OUTSIDE THE RING

01 It is the duty of every competitor to show fair play in the ring. Should a competitor not be ready to continue the match, because his or her safety equipment is not working properly or for other reasons, he or she shall retreat one step and raise one arm.

02 A competitor shall immediately retreat to the nearest neutral corner if so directed by the referee and wait for the referee to signal that the match can proceed again.

03 When a competitor receives a warning or a reprimand from the referee, he or she must put his or her gloves up in guard position and bow toward the referee to indicate that he or she has understood the reason for the warning or reprimand.

04 At the conclusion of the fight the competitors shall approach the referee, standing in the center of the ring, and there, with one competitor on each side of the referee, await the speaker's announcement of the decision. The referee shall then raise the arm of the winner.

05 After the fight the competitors shall salute each other and each other's seconds, after which both competitors shall bow to the referee in recognition of his or her efforts.

06 Violation of WKA rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a warning or disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

RULE 7 THE COMPETITOR

01 The competitors must be in good physical shape and have a good sportsmanlike attitude.

02 The competitors must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Male competitors with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair that apply to female competitors. All competitors shall be clean and proper. It is the sole prerogative of the WKA referee to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the competitors or an obstacle to the unhindered observation of the match. The referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net.

03 Excessive use of grease or similar substances is prohibited.

04 Competitors are prohibited from wearing any type of jewelry or piercing accessories during competition.

RULE 8 THE COMPETITOR'S EQUIPMENT

01 Individually fitted tooth-protector (mouth guard) required for all competitors.

02 Bandaging of each competitor's hands shall not exceed one roll of surgeon's adhesive tape, not over 1-1/2 inches wide, placed directly on the hand to protect the part of the hand near the wrist. The tape may cover the hand but not extend within 3/4 inch of the knuckles when the hand is clenched to make a fist. Soft surgical bandage, not over two inches wide, held in place by not more than six feet of surgeon's adhesive tape for each hand shall be used. Up to one 10-yard roll of bandage may be used to complete the wrappings for each hand. Strips of tape may be used between the fingers to hold down the bandages, not to cover the knuckles. Bandages shall be adjusted in the locker room in the presence of an Association official.

03 An individually fitted breast-protector for females is recommended.

04 An individually fitted groin-protector for males is required and for females is prohibited.

05 The gloves shall be new for all main events and in good condition or they must be replaced.

06 All contestants shall wear gloves weighing four, five, or six ounces, supplied by the promoter and approved by the Association. No contestant shall supply his or her own gloves for participation.

08 The following substances are approved for treating competitors' cuts between rounds: Adrenaline 1:1000, Avitene, and Thrombin.

09 Petroleum jelly may be used lightly around a competitor's eyes and on a competitor's face. Petroleum jelly, lotion, or any other type of lubricant on any other part of a competitor's body is prohibited. Menthol-based liniments or ointments such as Thai oil, boxing liniment, Ben Gay, or IcyHot are strictly prohibited on any part of the body.

10 A corner may administer only water to a competitor between rounds in a bout. Any other beverage is prohibited.

RULE 9 SECONDS

01 The second may give up on behalf of his or her competitor if he or she deems it irresponsible to let the fight continue. The second may enter the fight platform, at which time the fight shall be immediately stopped by the referee. A second shall not throw in a towel.

02 Prior to every tournament the Head Referee shall call a meeting with all judges, referees, seconds, and fighters to clarify any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting. This meeting is mandatory for all participating fighters.

03 Seconds shall support and advise their competitors during the intermission between rounds. Each competitor may have three seconds, only two of whom may enter the ring at any time.

04 During the rounds none of the seconds may enter the ring or in any other manner hinder or disturb the proper proceeding of the fight. Seconds shall comply with any and all directions given by the referee. Prior to each round the seconds must remove buckets, stools, towels and the like from the ring, and if necessary wipe the floor clean of spilt water. The seconds shall have at their disposal a towel, a sponge, water and grease for the competitor.

05 During the rounds the seconds may give advice (only in a proper manner), help, or encourage the competitor. Should a second violate this rule the referee can issue a warning, expel the second, or disqualify the competitor. A second who has been expelled may not function as second in the remaining part of the event.

06 A match starts when the referee gives the command "fight" to begin the first round, and it finishes when the referee stops the fight in the last round. Only the competitors and the referee may be present in the ring during the match. If any other person enters the ring, the referee can decide that the fight is immediately over and cannot continue again.

RULE 10 SCORING RULES AND BOUT RESULTS

01 All bouts will be evaluated and scored by three judges.

02 The 10-Point Must System will be the standard system of scoring a bout. Under the 10-Point Must Scoring System, 10 points must be awarded to the winner of the

round and nine points or fewer must be awarded to the loser, except for a rare even round, which is scored (10-10).

03 Judges shall evaluate mixed martial arts techniques, such as effective striking, effective grappling, control of the fighting area, effective aggressiveness.

04 Evaluations shall be made in the order in which the techniques appear in (03) above, giving the most weight in scoring to effective striking and effective grappling, with control of the fighting area being taken into consideration if both of the above are equal, and effective aggressiveness last if the first three criteria are equal.

05 Effective striking is judged by determining the total number of legal heavy strikes landed by a contestant.

06 Effective grappling is judged by considering the amount of successful executions of legal takedowns and reversals. Examples of factors to consider are take downs from standing position to mount position, passing the guard to mount position, and bottom position fighters using an active, threatening guard.

07 Fighting area control is judged by determining which contestant is dictating the pace, location and position of the bout. Examples of factors to consider are countering a grappler's attempt at takedown by remaining standing and legally striking, taking down an opponent to force a ground fight, creating threatening submission attempts, passing the guard to achieve mount, and creating striking opportunities.

08 Effective aggressiveness means moving forward and landing a legal strike.

09 The following objective scoring criteria shall be utilized by the judges when scoring a round.

(1) A 10 points to 10 points round is strongly discouraged, and judges should look through the judging criteria for more effective striking and grappling, more effective control of the fighting area, and more effective aggressiveness. An even round should only occur in the case of a loss of points by a contestant.

(2) A round is to be scored as a 10-9 Round when a contestant wins by a close margin, landing the greater number of effective legal strikes, grappling and other maneuvers.

(3) A round is to be scored as a 10-8 Round when a contestant overwhelmingly dominates by striking or grappling in a round.

(4) A round is to be scored as a 10-7 Round when a contestant totally dominates by striking or grappling in a round.

11 Judges shall use a sliding scale and recognize the length of time the fighters are either standing or on the ground, as follows:

(1) If the mixed martial artists spent a majority of a round on the canvas, then:
i. Effective grappling is weighed first; and
ii. Effective striking is then weighed

(2) If the mixed martial artists spent a majority of a round standing, then:

- i. Effective striking is weighed first; and**
- ii. Effective grappling is then weighed**

(3) If a round ends with a relatively even amount of standing and canvas fighting, striking and grappling are weighed equally.

12 The following are the types of bout results:

(1) Submission by:

- i. Tap Out: When a contestant physically uses his or her hand to indicate that he or she no longer wishes to continue.**
- ii. Verbal tap out: When a contestant verbally announces to the referee that he or she does not wish to continue.**
- iii. Technical submission: When a submission is executed to its completeness, causing the referee to intervene and stop the contest.**

(2) Technical knockout by:

- i. Referee stops bout.**
- ii. Ringside physician stops bout.**
- iii. When an injury as a result of a legal maneuver is severe enough to terminate a bout.**

(3) Knockout by failure to rise from the canvas.

(4) Decision via score cards:

- i. Unanimous: When all three judges score the bout for the same contestant.**
- ii. Split Decision: When two judges score the bout for one contestant and one judge scores for the opponent.**
- iii. Majority Decision: When two judges score the bout for the same contestant and one judge scores a draw.**

(5) Draws:

- i. Unanimous: When all three judges score the bout a draw.**
- ii. Split: When all three judges score differently and the score total results in a draw.**
- iii. Majority: When two judges score the bout a draw and one judge scores for either contestant.**

(6) Disqualification: When an injury sustained during competition as a result of an intentional foul is severe enough to terminate the contest.

(7) Forfeit: When a contestant fails to begin competition or prematurely ends the contest for reasons other than injury or by indicating a tap out.

(8) Technical Draw: When an injury sustained during competition as a result of an unintentional foul causes the injured contestant to be unable to continue and the injured contestant is even or behind on the score cards at the time of stoppage.

(9) Technical Decision: When an injury sustained during competition as a result of an unintentional foul causes the injured contestant to be unable to continue and the injured contestant is ahead on the score cards at the time of stoppage.

(10). No Contest:

- i. When a contest is prematurely stopped due to injury caused by an accidental foul and a sufficient number of rounds have not been completed to render a decision via the score cards (see Technical Draw and Technical Decision).**
- ii. If the safety equipment of the ring has been damaged or the ring is otherwise unsafe for use; if the lighting over the ring is failing; or if the weather conditions force the referee to stop the match.**

(11) Walkover: If one competitor is present in the ring and ready to fight and his or her opponent fails to show after his or her name has been called over the loudspeaker, the referee shall signal the referee's table to begin the running of two minutes. If the opponent has not entered the ring within the two minute time limit, 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 and declare him or her the winner by "walk-over".

13 The following shall apply to injuries sustained during competition:

(1) If an injury sustained during competition as a result of a legal maneuver is severe enough to terminate a bout, the injured contestant loses by technical knockout.

(2) If an injury sustained during competition as a result of an intentional foul is severe enough to terminate a bout, the contestant causing the injury loses by disqualification.

(3) If an injury is sustained during competition as a result of an intentional foul and the bout is allowed to continue, the referee shall notify the scorekeeper to automatically deduct two points from the contestant who committed the foul.

(4) If an injury sustained during competition as a result of an intentional foul causes the injured contestant to be unable to continue at a subsequent point in the contest, the injured contestant shall win by technical decision, if he or she is ahead on the score cards. If the injured contestant is even or behind on the score cards at the time of stoppage, the outcome of the bout shall be declared a technical draw.

(5) If a contestant injures himself or herself while attempting to foul his or her opponent, the referee shall not take any action in his or her favor, and the injury shall be treated in the same manner as an injury produced by a fair blow.

(6) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a no contest if stopped before two rounds have been completed in a three round bout or if stopped before three rounds have been completed in a five round bout.

(7) If an injury sustained during competition as a result of an accidental foul is severe enough for the referee to stop the bout immediately, the bout shall result in a technical decision awarded to the fouled contestant if he/she is ahead on the score cards at the time the bout is stopped only when the bout is stopped after two rounds of a three round bout, or three rounds of a five round bout have been

completed. If the fouled contestant is even or behind at this time, the bout shall be declared a technical draw.

(8) There will be no scoring of an incomplete round. However, if the referee penalizes either contestant, then the appropriate points shall be deducted when the scorekeeper calculates the final score.

RULE 11 LEGAL TECHNIQUES

01 All forms of boxing in combination with kicks above the waist to the body and the head

02 Rear (reverse) kicks to the body or the head, as well as spinning back kicks to the body and to the head

03 Foot sweeps

04 Low kicks to the thighs, inside and outside

05 Knee attacks to the legal target areas, as well as kicks with the shin to the thighs, body and the head

06 Clinching (holding) and attacking at the same time with knees and elbows to the body or any other legal strikes

07 Elbow strikes to legal target areas

08 Holding an opponent's leg while attacking with legal strikes or attempting a takedown

09 The use of spinning back fists

10 All throws, sweeps, and takedowns, provided that they do not aim to land an opponent on his or her head or neck

11 All submission holds, including but not limited to chokes, armbars, keylocks, kneebars, heelhooks, neck cranks. Small joint manipulation is not permitted.

RULE 12 ILLEGAL TECHNIQUES

01 The following are fouls and will result in penalties if committed:

(1) Butting with the head

(2) Eye gouging of any kind

(3) Biting or spitting at an opponent

(4) Hair pulling

(5) Fish hooking

(6) Groin attacks of any kind

(7) Intentionally placing a finger in any of an opponent's orifices

(8) Downward pointing elbow strikes to the head

(9) Small joint manipulation

(10) Strikes to the spine or back of the head

- (11) Heel kicks to the kidney**
- (12) Throat strikes of any kind**
- (13) Strikes to any joint, including foot stomps**
- (13) Clawing, pinching, twisting the flesh or grabbing the clavicle**
- (14) Kicking the head of a grounded fighter**
- (15) Kneeing the head of a grounded opponent**
- (16) Stomping of a grounded fighter**
- (17) The use of abusive language in fighting area**
- (18) Any unsportsmanlike conduct that causes an injury to opponent**
- (19) Attacking an opponent on or during the break**
- (20) Attacking an opponent who is under the referee's care at the time**
- (21) Timidity (avoiding contact, consistent dropping of mouthpiece, or faking an injury)**
- (22) Interference from a mixed martial artists seconds**
- (23) Throwing an opponent out of the fighting area**
- (24) Flagrant disregard of the referee's instructions**
- (25) Spiking an opponent to the canvas on his or her head or neck**

RULE 13 WARNINGS AND MINUS POINTS

01 The referee shall issue a single warning for the following infractions. After the initial warning, if the prohibited conduct persists, a penalty will be issued. The penalty may result in a deduction of points or disqualification.

- (1) Holding or grabbing the fence.**
- (2) Holding opponent's or the competitor's own shorts or gloves.**
- (3) The presence of more than two seconds inside the fighting area.**

02 Disqualification occurs after any combination of three or the fouls listed in (01) above or after a referee determines that a foul was intentional and flagrant.

03 Fouls will result in a point being deducted by the official scorekeeper from the offending mixed martial artist's score.

04 Only a referee can assess a foul. If the referee does not call the foul, judges shall not make that assessment on their own and cannot factor such into their scoring calculations.

05 A fouled fighter has up to five minutes to recuperate.

06 If a foul is committed, the referee shall:

- (1) Call time.**
- (2) Check the fouled mixed martial artist's condition and safety.**
- (3) Assess the foul to the offending contestant, deduct points, and notify each corner's seconds, judges and the official scorekeeper.**

07 If a bottom contestant commits a foul, unless the top contestant is injured, the fight shall continue, so as not to jeopardize the top contestant's superior positioning at the time.

(1) The referee shall verbally notify the bottom contestant of the foul.

(2) When the round is over, the referee shall assess the foul and notify both corners' seconds, the judges and the official scorekeeper.

(3) The referee may terminate a bout based on the severity of a foul. For such a flagrant foul, a contestant shall lose by disqualification.

08 At the discretion of the Association, a fighter may forfeit part or all of his or her purse. The disposition of the purse and the penalty to be imposed shall be determined by a written action of the Association.

RULE 14 PROTESTS AND ALTERATION OF DECISIONS

01 The scoring of the referee and judges is final.

02 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.

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

(1) A conspiracy has taken place or an illegal agreement has been entered into that affects the result of the match.

(2) The addition of the scorecards is faulty or one judge has mixed up the corners, resulting in the victory being given to the wrong competitor.

(3) A clear violation of the rules and regulations of the WKA, directly affecting the outcome of the match, has been perpetrated.

04 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 will not be accepted). The protest must be accompanied by a processing fee of 100 USD. The fee will be returned if the protest is found to be valid. The protest fee will be transferred to the account of the WKA HQ for the promotion and training of future referees, etc.

05 The Head Referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. Video will not be accepted. The Head Referee's decision is final.

06 Decisions of the official doctor can be subject to protest if a second doctor is present at the event. The second doctor will make the decision about the protest.