



## **WKF RULES FOR RING SPORTS (summary)**

### **1. FULL CONTACT**

Full Contact rules permit kicks and punches above the belt only. In addition to approved boxing gloves (8 oz. for 69,5 Kg - 10 oz. for all weights over 69,5 Kg), approved foot pads and shin guards are also mandatory. A knockdown or standing 8 count, is minus one point for the fighter. Sweeps must be to the legs only from the outside in or back to front and to the boot or low calf only. Rounds are two minutes long with a one minute rest.

### **2. LOWKICK RULES**

Lowkick rules follow the Full Contact rules except for the following :

- a). roundhouse type kicks with tibia are allowed inside and outside to the legs above the knee
- b). there is no minimum kicking requirement
- c). Thai style shorts are encouraged in this division
- d). sweeps are allowed to the inside or outside of the front or reverse leg
- e). Rounds are two minutes long with a one minute rest

### **3. K-1 RULES**

K-1 rules follow the lowkick rules except for the following:

- a). roundhouse type kicks with tibia are allowed to any part of the leg except to the knee joints
- b). shin guards in amateurs compulsory, in professional fights are not allowed to be used
- c). shorts are mandatory
- d). knee strikes are permitted to the body, in A-class to the head too
- e). limited neck wrestling with only one knee attack is allowed
- f). rounds for amateurs 2 minutes, for professional are usually 3 minutes in length

### **4. THAI STYLE RULES**

Thai rules follow the K-1 rules except for the following:

- a). knee strikes are permitted to the body, in A-class to the head too
- b). elbow strikes are allowed, in A-class to the head too
- c). hook kicks and spinning hook kicks may be used to the legal targets on the legs
- d). one minute rest period between rounds may be permitted

### **5. PRO POINT FIGHTING**

Pro Point Fighting is not Semi contact. There is NO WARNING for “to strong contact” possible. Solid body contact scores, but if one fighter is bleeding of a to hard punch or kick, a minus point is compulsory. If one fighter is knocked out and the majority of judges decide for punch or kick, the guilty fighter is compulsory disqualified.

For all title fights see the “title fight minimum requests” on [www.wkfworld.com](http://www.wkfworld.com)