



SCHEDULE 2

ISKA SOUTH AUSTRALIA

KICKBOXING

Rules & Regulations

SCHEDULE 2 INTRODUCTION

1.0 Introduction

- All Kickboxing events or activities must comply with the requirements of Schedule 1 and 2 of the ISKA South Australia Official Rules.
- *Schedule 2 Section 1: describes Competitor Class Structure*
- *Schedule 2 Section 2: describes Weight Divisions*
- *Schedule 2 Section 3: describes International Rules*
- *Schedule 2 Section 4: describes Kickboxing Styles (variations to section 3)*
- All Kickboxing events or activities must comply with the requirements of Schedule 2 Section 1 and 2 of the ISKA South Australia Official Rules, and these sections will apply in the case of conflict.
- The ISKA SA will endeavour to ensure consistency between the Rules and Regulations applied to South Australian sanctioned activities and events, and South Australian Government Legislation and Regulations.
- Where ISKA SA Official Rules differ from the requirements of South Australian Government Legislation and/or Regulations, *specifically the Boxing and Martial Arts Act 2000 and supporting Regulations*, or are silent, Government requirements will be adopted by the ISKA SA in all sanctioned activities and events.

SCHEDULE 2 SECTION 1

ISKA South Australia Competitor Class Structure

1.0 General

- All Kickboxing events or activities must comply with the requirements of Schedule 1.
- All Kickboxing events or activities must comply with the requirements of Schedule 2 Section 1.
- Where any section of any requirements under Schedule 2, conflict with Schedule 2 Section 1, Section 1 will be applied as the overriding regulation (regardless of competition style as outlined in Schedule 2 Section 3 and 4).
- All protective equipment must meet ISKA standards, be approved by the ISKA SA Representative (or appointed Tournament Chief Official) and comply with South Australian Government requirements.
- All competitors competing without head-guards are required to undertake a MRI scan every three years or as specified under South Australian Government Regulations. The frequency may be increased at the discretion of the ISKA SA Representative, dependant on the competitor's history and history receiving concussion (knocked out) during competition.
- All classification upgrades are to be approved by the ISKA SA Representative and National Director.
- All styles compete under a ten-point must system.

1.1 Novice Class

- a) All rounds to be 3 x 1.5 for the first 3 fights.
- b) Novice fighters cannot fight for titles.
- c) Head-Guards must be worn of equal thickness and comply with ISKA and State Government requirements.
- d) Shin Pads must be worn of equal thickness and comply with ISKA and State Government requirements.
- e) Competition with elbows will require elbow pads of equal thickness that comply with ISKA requirements.
- f) It is recommended that novice fighters compete in Full Contact or Free Style bouts.

1.2 C Class

- a) Must have 4 wins or 6 fights with 2 wins.
- b) C class are eligible to compete for State titles.
- c) C class fighters are not eligible to fight for vacant National titles.
- d) Rounds to be 3, 4 or 5 x 1.5, 2 or 3 minutes, to be set by the ISKA SA Representative.
- e) Head-guards and shin-guards are highly encouraged in this competitor class. Permission for exemption from wearing this protective equipment must be sort from the ISKA SA Representative and State Government Compliance Officer.
- f) Shin-guards are required unless special exemption and approval has been granted. However, if one fighter chooses to wear shin pads both fighters must wear shin pads of equal thickness that comply with ISKA requirements.
- g) Head-guards are required unless special exemption and approval has been granted. If no head guards are elected, an MRI scan will be required in order to gain approval (*refer to Schedule 2 Section 3 and Government Regulations under the Boxing and Martial Arts Act 2000*). However, if one fighter chooses to wear head-guards, both fighters must wear head guards of equal thickness that comply with ISKA requirements.

1.3 B Class

- a) Must have 6 wins or 10 fights with 4 wins.
- b) B class are eligible to compete for National titles.
- c) B class fighters are not eligible to fight for vacant International titles.
- d) Optional to wear shin pads. If one fighter chooses to wear shin pads both fighters must wear shin pads of equal thickness and comply with ISKA requirements.
- e) Optional to wear head guards. If one fighter chooses to wear head guards, both fighters must wear head guards of equal thickness that comply with ISKA requirements. If no head guards are elected, an MRI scan will be required (*refer to Schedule 2 Section 3 and Government Regulations under the Boxing and Martial Arts Act 2000*).

- f) Rounds to be 3, 4 or 5 x 2 or 3 minutes.
- g) Where rounds are 3 minutes in length, a 2-minute break will apply.
- h) Variations to round length requirements can be set by the ISKA SA Representative.

1.4 A Class

- a) Must have 10 wins.
- b) A class fighters are eligible to contest any title.
- c) Rounds to be set by the Representative.
- d) MRI scans required for competitors in this class in accordance with Schedule 2 Section 3.

SCHEDULE 2 SECTION 2

ISKA South Australia Weight Divisions

2.0 General

All Kickboxing events or activities must comply with the requirements of Schedule 2 section 2 of the ISKA SA Official Rules.

2.1 Weight Divisions

Schedule 2 Section 2.2 and 2.3 provide the Male and Female weight divisions of the ISKA SA to be applied to all classes and styles.

2.2 Male Weight Divisions

- ATOM WEIGHT	53.2KG
- FLY WEIGHT	54.5KG
- BANTAM WEIGHT	56.4KG
- FEATHER WEIGHT	58.2KG
- LIGHT WEIGHT	60.0KG
- SUPERLIGHT WEIGHT	62.3KG
- LIGHTWELTER WEIGHT	64.5KG
- WELTER WEIGHT	66.8KG
- SUPERWELTER WEIGHT	69.5KG
- LIGHTMIDDLE WEIGHT	72.3KG
- MIDDLE WEIGHT	75.0KG
- SUPERMIDDLE WEIGHT	78.1KG
- LIGHTHEAVY WEIGHT	81.4KG
- LIGHTCRUISER WEIGHT	84.6KG
- CRUISER WEIGHT	88.2KG
- SUPERCRUISER WEIGHT	91.8KG
- HEAVY WEIGHT	96.4KG
- SUPERHEAVY WEIGHT	+ 96.5KG

2.3 Female Weight Divisions

-	ATOM WEIGHT	BELOW	49.1 KG
-	SUPER ATOM WEIGHT		50.5 KG
-	FLYWEIGHT		51.8 KG
-	SUPER FLYWEIGHT		53.2 KG
-	BANTAMWEIGHT		54.5 KG
-	SUPER BANTAMWEIGHT		56.4 KG
-	FEATHERWEIGHT		58.2 KG
-	LIGHTWEIGHT		60.0 KG
-	SUPER LIGHTWEIGHT		62.3 KG
-	LIGHT WELTERWEIGHT		64.5 KG
-	WELTERWEIGHT		66.6 KG
-	SUPERWELTER WEIGHT		68.5KG
-	LIGHTMIDDLE WEIGHT		71.1KG
-	MIDDLE WEIGHT		73.7KG
-	SUPERMIDDLE WEIGHT		76.3KG
-	LIGHTHEAVY WEIGHT		78.9KG
-	LIGHTCRUISER WEIGHT		81.5KG
-	CRUISER WEIGHT		84.1KG
-	SUPERCRUISER WEIGHT		86.7KG
-	HEAVY WEIGHT		89.3KG
-	SUPERHEAVY WEIGHT		+ 90.0KG

SCHEDULE 2 SECTION 3

ISKA South Australia International Kickboxing Rules

3.0 ISKA INTERNATIONAL KICKBOXING RULES

3.0.1 Schedule 2 Section 3 describes ISKA International Rules.

3.0.2 Schedule 1, Schedule 2 Sections 1, 2 and 4 describe the only acceptable variations to Schedule 2 Section 3.

3.1 THE RING

3.1.1 CONSTRUCTION OF THE RING

Overview

The ring shall be constructed as follows:

- Size: A square with each side and shall be a regulation Boxing ring not less than 17 feet (5.3m) square within the ropes.
- Floor And Corner: Must be well constructed with no obstructions and with a minimum extension outside the ring of at least 3 feet (91 cm). The minimum floor height should be 4 feet (1.22 metres) with a maximum of 5 feet (1.48 metres) from the building floor. The corner posts should have a diameter of between four (10.00 cm) to five inches (12.70cm) with a height of 58 inches (1.47 metres) from the ring floor. All four posts must be properly cushioned.
- Ring Floor: The ring floor shall be padded in a manner as approved by the ISKA. The floor must be padded by either cushioning, rubber, soft cloth, rubber mat, or similar material with a minimum thickness of 1 inch (2.50 cm) and a maximum of 1.5 inch (3.7 cm). The padding should be completely covered by a canvas cloth. No vinyl or other plastic rubberized covering will be permitted.
- Ring Steps: At least three (3) sets are required. The width of each step should be at least 3.50 feet (1.07 metres). One set is located at each corner and a third shall be positioned centrally for the doctor and other officials.
- Plastic Bin: To be located at the fighter's corner for the disposal of tissues, bandages or any other garbage.

3.1.2 HEIGHT OF THE RING

The ring platform shall not be more than four feet (4') above the floor of the building and shall be provided with suitable steps for use by fighters as per Section 3.1.1.

Ring-side tables must be no higher than ring platform level on elevated rings; no ringside tables will be permitted next to floor level on non-elevated rings.

3.1.3 RING ROPES

The ring ropes shall consist of four ropes not less than one inch (1") in diameter stretched and linked to the four corner posts.

The lower rope shall be 18 inches (.5m) above the ring floor, the middle rope 35 inches (.9m) above the floor, the upper rope 52 inches (1.3m) above the floor. The lowest rope shall have applied around it padding of a thickness not less than one-half inch (1/2") and of type and construction to be approved by the ISKA.

All rope ties will be vertical, approximately 6 feet apart, made of a soft material.

3.1.4 RING EQUIPMENT

The promoter of the event will provide all necessary ring equipment including stools, subject to the approval of the ISKA, for use by fighters and seconds at all events, except for those items to be supplied by the fighters and those items to be supplied by the seconds (see Section 3.1.6 *Ring Accessories*).

3.1.5 BELL

There will be a bell at the ring, no higher than the floor level of the ring. The bell will be clear in tone so that the fighters may easily hear it when it is sounded.

3.1.6 RING ACCESSORIES

The following equipment is required at ringside.

1. *Break area at both corners.*
2. *Two drinking water bottles and two spray bottles. No other type of bottle is allowed ringside.*
3. *Two towels.*
4. *Two bowls of water.*
5. *Tables and chairs for the officials.*
6. *Alarm bell.*
7. *Two stop clocks.*
8. *Score sheets.*
9. *Locking box for keeping the score sheets.*
10. *One set of round indicators, signs or boards.*
11. *Two pairs of spare boxing gloves.*
12. *One spare set each of red and blue boxing shorts.*
13. *Groin protector with one or two ties.*

14. *Two cloth squares to facilitate a groin protector change or adjustment.*

15. *Stretcher.*

16. *Blunt edged scissors.*

3.1.7. SANITATION

All promoters are held responsible for ensuring acceptable sanitary standards be met, with respect to dressing rooms, showers, water bottles, towels or other equipment. Physicians and ISKA Officials are to make a particular examination at every event for violations of these rules. The ring must be swept, dry-mopped, or other wise adequately cleaned before the event and prior to the fights.

3.2 FIGHTERS ELIGIBILITY

3.2.1. PRE-CONDITIONS FOR PROFESSIONAL STATUS

All fighters seeking professional status must get written approval from their ISKA Regional Director. Requirements for approval will include an accurate, current listing of all of fighter's bouts, including promoters, event dates, opponents, scheduled number of rounds, and outcomes.

In order to qualify for a professional status, fighters must have competed in at least 10 approved and verified 3 or 4 round bouts as amateurs.

3.2.2. FIGHTERS ASSOCIATION MEMBERSHIP

ISKA licensing is mandatory for all fighters and promoters.

3.2.3. SUSPENDED FIGHTERS

Any fighter who is currently under suspension by the ISKA will not be permitted to participate in any amateur or professional ISKA events for the duration of his suspension.

3.2.4. EXHIBITION BOUTS

All exhibition bouts are not to be considered as sanctioned bouts by the ISKA. In order to be included in an ISKA Sanctioned event, any exhibition type contest (point matches, exhibition boxing, exhibition kick-boxing etc.) must receive advance approval from the ISKA SA Representative.

The ISKA SA Representative or Tournament Chief Official, may deny any exhibition bouts which may be considered to be unsafe (a mis-match due to weight spread or experience, for example) or inconsistent with the general standards established by the ISKA.

3.3 PRE-FIGHT REGULATIONS

3.3.1. EXAMINATION OF APPLICANTS

Any fighter applying for eligibility to compete in an ISKA event must be examined by a physician certified by the ISKA, to establish both physical and mental fitness for competition. Such examination must be taken at such time as directed by the ISKA.

3.3.2. WEIGHT DISTRIBUTION

The current ISKA World Ratings should be consulted for current weight categories and weight spreads. Current ratings may be obtained from the ISKA Australia Headquarters.

3.3.3. WEIGH-IN TIME

Fighters will be weighed on or before the day of the match, at a time to be determined by the ISKA, on scales approved by the ISKA.

By special permission of the ISKA, preliminary fighters may be allowed to weigh in, and be examined not later than two hours before the scheduled time of the first bout of the program. All weights stripped.

3.3.4. MAKING WEIGHT - NON-TITLE BOUTS

In non-title professional bouts, if a fighter fails to make the specified weight in his contract, he/she will forfeit, according to the following schedule:

1-2lbs over = 15% penalty

3-4lbs over = 30% penalty

5-7lbs over = 40% penalty

8lbs & over = 50% penalty

The forfeited prize money will be distributed 50% to the opponent and 50% to the promoter. If both fighters are overweight, both are subject to penalties according to the above schedule, with the fighter's share of the forfeited prize money to be distributed according to the ISKA.

All professional fighters must sign an ISKA approved contract for each bout, with the promoter of that event.

In amateur bouts where a fighter fails to make weight the ISKA the SA Representative or Tournament Chief Official may permit the bout to take place if the weight spread is permissible. However, should the overweight fighter win, the bout will not be credited to his or his opponent's record.

If the overweight fighter loses, the loss will go on his record and the win will be credited to his opponent's record.

If both fighters are overweight or underweight and the weight spread falls within the permissible range, the ISKA

The ISKA SA Representative or Tournament Chief Official will permit the bout to continue and the outcome will be recorded on the records of both fighters. Amateur fighters, who repeatedly weigh in overweight or underweight, will be subject to disciplinary action by the ISKA.

3.3.5. MAKING WEIGHT - TITLE BOUTS

In title bouts, both professional and amateur, if a fighter cannot make weight at the prescribed time, he/she will be allowed to weigh a second time, two hours later, at a place designated by the ISKA SA Representative or Tournament Chief Official. If the fighter fails to make weight at this second weigh-in, and these weigh-ins occur the day before the bout, he/she may weigh again, no sooner than eight hours before the start time of the event on the day of the bout; that is, should the fighter fail to make weight at the original time, and fail to make weight two hours later, he/she may weigh again no sooner than noontime the next day, if the event is scheduled to begin at 8.00pm.

If the official weigh-in is scheduled the day of the bout, the fighter not making weight will be weighed again two hours later.

If he/she still does not make weight, then he/she may attempt a final weigh-in two hours before the start of the event. In other words, if the fighter cannot make weight at the originally scheduled time, and cannot make weight two hours later, he/she will not be weighed again until two hours before the start time of the event.

In this case, if the event is to start at 8.00pm, his final official weigh-in should be at 6.00pm.

If a fighter cannot make weight at the final "official" weigh-in and that fighter is the champion, the title will be declared vacant and

the bout will ensue. Should the challenger win the bout, he/she will become champion. In the event the former champion wins the bout, the title be declared vacant, and a run off for the title will be established, according to the rules of the ISKA. If the fighter who cannot make weight is the challenger, the bout will proceed as scheduled; however, should the challenger win the bout, the title will be declared vacant, and a run off will be established, according to the rules of the ISKA. In either case, the fighter who cannot make weight will also be subject to the purse penalties as specified in his contract and by the ISKA.

Any exception to these rules regarding weight making in professional title bouts requires the approval of the ISKA.

3.3.6. MAXIMUM ALLOWABLE WEIGHT LOSS

The maximum amount of weight a fighter will be allowed to lose, during any period of time within 32 hours before the start time of the event, is 4% of that fighters weight at his initial weigh-in. For example, if a fighter weighs-in at 150lbs., at noontime the day before the event, but is overweight according to his contract, the ISKA Representative or Tournament Chief Official will calculate his maximum allowable weight loss as 4% of 150lbs., or 6lbs. ($150 \text{ by } .04 = 6$), and that 6lbs., will be the maximum that fighter will be allowed to lose before the start time of the event.

If the maximum allowable weight loss fails to bring a fighter within the permissible weight spread, that fighter will be declared ineligible to compete in his scheduled bout, and will be subject to the penalties as described below.

3.3.7. MINIMUM AGE OF FIGHTERS

No fighter shall participate in an ISKA professional Full Contact Karate or Kickboxing event, if he/she is less than 18 years of age, unless permitted by both the fighter's country of origin, the jurisdiction where the match takes place and the ISKA Commissioner.

Fighters 16 and 17 years old may participate in amateur full contact bouts or in exhibition bouts only, and only with the signed, written consent of the parents or legal guardians, which must be delivered to the ISKA SA Representative no later than one month prior to the bout. Underage amateur fighters may be required to wear certain head and body protective gear at the discretion of the ISKA SA Representative. All fighters seeking professional status, or 16 and 17 years old fighters seeking amateur status, must provide proof of age, such as a birth certificate or legitimate driver's license.

State Government legislation / regulations should be consulted for variations to this section.

3.3.8. ADVANCE APPEARANCE OF MAIN EVENT FIGHTERS

In world and intercontinental and international title bouts, both the champion and the challenger will be present in the event locale according to the date stated in their ISKA Title Contract. This date will be no less than 3 days before the event, unless, with ISKA approval, the fighter and promoter agree otherwise.

All fighters participating in World and Intercontinental and International title bouts, and the promoter of these bouts, will enter an agreement using the ISKA Title Contract, as directed by the ISKA. Terms of the contract may be modified with ISKA approval, but no rematch clauses, agreements between the promoter and the fighter regarding officials, or clauses that interfere beyond established guidelines, with a fighter's availability to other promoters, will be allowed.

Breach of this contract by either party may lead to fines or suspension levied by the ISKA, in addition to any legal remedies.

3.3.9. APPEARANCE BONDS AND FORFEITS

All fighters, both amateur and professional, may be required to post appearance bonds with a promoter for whom they are to appear. In the event the fighter fails to appear, this bond is to be forfeited and divided 50% to the promoter and 50% to the fighter's opponent for training expenses. The amount of the forfeit money must be specified in the fighter's contract.

Appearance bonds in amateur bouts will not exceed \$25.00. In professional bouts they will not exceed 50% of the purse.

Fighters bonds will be required only with the express permission of the ISKA.

3.3.10. FIGHTERS MUST REPORT

All fighters, or representative second, must attend the pre-fight meeting held by the ISKA SA Representative or Tournament Chief Official. This meeting will typically be following the weigh-in, or during the afternoon before the event. In addition, fighters will be required to report for physicals, and to their dressing rooms, at the time specified by the ISKA. Failure to do so will result in fines as per the ISKA fine schedule, and possibly result in the fighter being dropped from the event. All fines will be retained by the ISKA.

All fighters, once they report to the ISKA SA Representative, Tournament or Government Officer in charge of dressing rooms immediately prior to the start of an event, are not to leave the facility, and are subject to urinalysis and fines, if they do not remain in approved areas.

3.3.11. FIGHTERS APPEARANCE

All fighters must be clean and present a tidy appearance. It will be at the sole discretion of the ISKA SA Representative or Tournament Chief Official to determine whether facial adornments (moustaches, goatees, excessive sideburns) and length of hair present any potential hazard to the safety of the fighter or the opponent, or will interfere with the supervision or conduct of the bout. The excessive use of grease or any foreign substance is not permitted. The Referee, Chief Official or the ISKA SA Representative, shall insist upon removal of any such excessive grease or foreign substance. Non-compliance by the contestant shall be sufficient cause for disciplinary action, such as purse deduction, or disqualification.

3.3.12. FIGHTERS DISQUALIFIED OR DECLARED INELIGIBLE DUE TO REGULATIONS

Fighters who are declared ineligible for their bouts due to excessive weight, misrepresented age, physical incapacities pre-known to the fighter, or other wilful violation of ISKA regulations, will be subject to fines and suspension by the ISKA. Unless otherwise specified in the fighters contract, the promoter will have no obligation to the ineligible fighters, and may demand reimbursement from the fighter for any expenses or purse pre-paid by the promoter. The promoter will, however, be obligated to pay the expenses of the opposing fighter who presents himself properly, plus any cancellation settlements if provided for in that fighters contract.

Fighters who are disqualified during their bout for wilful gross rule violations, or unprofessional performance, or who represent themselves improperly following their bout, may be subject to the same penalties, at the discretion of the ISKA SA Representative, with the approval of the ISKA National Director.

3.4 FIGHTERS ~ EQUIPMENT AND SECONDS

3.4.1. UNIFORM

A uniform approved the ISKA must be worn by all fighters upon entering the ring. For Full Contact Karate matches, the uniform should include long pants that reach the ankle and these should be neat, clean and not torn. The pants will be of the lace-up or

elastic type, rather than drawstring type. Appropriate approved Kickboxing shorts must be worn for all matches fought under Freestyle, Oriental, Thai and Cambodian Kickboxing rules. The ISKA SA Representative or Senior Official must approve any exception to this dress code in advance. Fighters must furnish their own uniforms.

Fighters who present themselves in improper uniforms will be fined from \$25.00 up to 10% of their purse by the ISKA SA Representative, and will not compete in their bout until they present themselves according to regulations. Prior to the start of a contest, all male fighters will remove their uniform jackets or gowns, and any other adornments that are not required equipment. Black belts may be worn at the option of the fighter in Full Contact Karate matches only, and must be tied securely around the waist.

3.4.2 OVERVIEW: PROTECTIVE EQUIPMENT

The following is required;

- *All fighters will wear regulation gloves, head-guards and foot protective equipment approved by the ISKA (as determined by competition class requirements).*
- *If the gloves and footpads have been used previously, they must be whole, clean and subject to inspection by the referee or by an ISKA Official as to condition. If found imperfect, they shall be changed before the bout starts.*
- *No breaking, roughing, or twisting of gloves or footpads shall be permitted.*
- *Shinpads (of soft substance) and headguards must be worn by all fighters in Full Contact Karate matches, and by all Novice and C Class fighters.*
- *Shinpads and headguards and are subject to the approval of the ISKA SA Representative.*
- *For B Class fighters the wearing of shinpads or headguards in any style of match is optional but encouraged. An exemption must be sort under the conditions of Schedule 2 section 1. If headguards are not used, a MRI scan is required for this class of fighter consistent with State Regulations and ISKA requirements (refer Schedule 2 Section 1).*
- *For A Class fighters the wearing of shinpads or headguards is not required. A MRI scan is required for this class of*

fighter consistent with State Regulations and ISKA requirements (refer Schedule 2 section 1).

- *No rings, jewellery, or items other than those authorized may be worn. Elbow pads and forearm pads shall not be worn.*
- *All male fighters must wear an approved groin protector. A plastic cup with an athletic supporter is adequate, but an abdominal guard is preferable. All female fighters must wear foul-proof breast protection approved by the ISKA.*
- *All fighters must wear fitted mouthpieces.*
- *Fighters must furnish their own footpads, shin pads, groin protectors (or breast protectors for women), and mouthpieces. Where a fighter cannot supply this equipment, the promoter is required to.*
- *All promoters must have several extra sets of gloves, shin pads and footpads of common sizes to be used in case gloves or footpads are broken or in any way damaged beyond use during the course of a bout.*
- *Fighters who do not present themselves properly equipped at the start time of their bout shall be subject to fines by the ISKA SA Representative, and may be penalized by the referee, including being counted out of the match, if any equipment problems cannot be solved within five (5) minutes of the referees order to correct such problems.*

3.4.3. GLOVES STANDARD SPECIFICATION

The following is required;

- *All gloves must be of a professional quality and must be approved and inspected by the ISKA SA Representative or Tournament Chief Official before the event. An ISKA Official will also inspect gloves at the event.*
- *All gloves must be made so as to fit the hands of any fighter whose hands may be unusual in size.*
- *All weight categories of 153lbs/69.5kg and lighter will use 8oz gloves in professional matches. If one fighter is above 153lbs/69.5kg and one fighter is below, 10oz gloves will be used.*
- *All weight categories heavier than 153lbs/69.5kg will use 10oz gloves, as may Novice and C Class fighters with the*

approval of the ISKA SA Representative or Tournament Chief Official.

- *The ISKA SA Representative must approve the make and type of all gloves in advance.*
- *The promoter will provide all gloves.*
- *The referee must inspect and approve any tape used on the gloves.*

3.4.4. HEADGUARD STANDARD SPECIFICATION

All headgear must be approved by the ISKA and acceptable by State Government Regulation Requirements.

A Class fighters will not wear headgear except at the direction of the ISKA.

The ISKA SA Representative must approve the make and type of all head-guards in advance.

The promoter will provide all head-guards.

The referee must inspect and approve the fit and specific suitability of all head-guards.

3.4.5 GLOVES - ADDITIONAL MAIN EVENT STIPULATIONS

Gloves for all professional title bouts shall be new and furnished by the promoter of the event. Gloves for amateur title bouts or non-title main events must be new, or approved in advance by the ISKA SA Representative. Each fighter's chief handler shall help in securing the gloves.

3.4.6 HAND AND FOOT WRAPPINGS

The following is required;

- *The wrapping of hands or feet is not mandatory. Fighters who wish to wrap their hands or feet shall be responsible for their own gauze and tape.*
- *Gauze shall be of the soft or soft-stretch type, and shall not exceed 2 inches in width. Tape shall be of the soft adhesive type and shall not exceed 1.5 inches in width. One ten-yard*

roll of gauze, and not more than two yards of tape, are the maximum allowable amounts for each hand. No other materials, including pre-made hand wraps (except as approved in amateur competition), shall be allowed; nor shall any amounts exceeding those listed be allowed under any circumstances.

- *Gauze shall be for the protection of the hand only, and the amount shall be the discretion of ISKA Officials. Tape shall be present only to hold the gauze in place, and no more than one layer of tape be allowed on the striking surface of the hand and only 1 strip between the fingers not to exceed 1/4 in width and 4" in length. Up to twelve (12) feet of tape may be used to wrap each foot and ankle.*
- *The ISKA SA Representative, Tournament Chief Official, or Referee, must inspect all hand and foot wrappings, and must sign across the knuckles of the hand wrappings before the gloves are secured on the hands.*

3.4.7 NUMBER OF SECONDS AND THEIR APPEARANCE

The following is required;

- *Each fighter may have two seconds (and a trainer) of his/her choice, and each second, while assisting in the fighter's corner, must wear an ISKA approved uniform (subject to the approval of the ISKA SA Representative or Tournament Chief Official), must present a neat and tidy appearance, provide a pail, cuspidor, tape, water bottle and other equipment necessary to perform his function, and fix a place for the fighter to wait during the rest periods.*
- *Seconds may not sit, stand on, lean on or touch the ring apron during the course of a round, nor otherwise interfere physically or verbally with the bout or the duties of the officials.*
- *The referee may, at his discretion, levy penalty points for improper and unprofessional conduct by the seconds.*
- *During the bout, the seconds are not allowed to advise, help or instruct their competitor. Any violation of the rules by the seconds or the competitor may result in the competitor's disqualification.*
- *The seconds are not allowed to signal to interested parties, the condition of his /her competitor.*

- *Prior to the start of each round seconds will remove all towels, water bottles, etc out of the ring area.*
- *During the interval, the seconds will ensure that their competitor is properly attired. In case of any problem they shall inform the referee immediately.*
- *The seconds shall ensure that the ring floor is kept dry to prevent any slipping.*
- *The seconds are forbidden to direct bad or insulting language at the competitor or injure him either during or after the fight.*
- *Prior to a championship match, an involved person will hold a meeting between the referee, judges, competitor's managers and the seconds to confirm the rules and procedures of the match and to confirm the penalties for any improper conduct or violations.*

3.4.8 THROWING WATER PROHIBITED

Any excessive or undue spraying of water on any fighter between rounds is prohibited. Seconds will wipe dry the ring canvas in their corner before the start of each round. Fighters will spit only in the pails, and not the ring.

3.4.9 THROWING IN THE TOWEL

A manager or chief second may toss a towel into the ring in token of the defeat of his principal. However, such manager or chief second must follow the towel into the ring as soon as it is possible for him to do so.

3.5 CONDUCT OF BOUTS

3.5.1 DURATION OF ROUNDS

Each round will be two minutes in duration for Full Contact and Freestyle matches, and may be three minutes under Oriental, Thai or Cambodian Rules. The time runs continuously, and may be called or stopped only by the referee in special cases, such as equipment or uniform adjustment, harmful injury or commitment of a foul.

Most amateur bouts shall be three rounds in length. Two round bouts are allowed only during the eliminations of tournament-style, amateur only, events. Amateur title bouts may be four or five rounds at the discretion of the ISKA.

Professional Full Contact and Freestyle bouts shall be five or more, to a maximum of twelve, rounds in length. Non-title bouts shall be a maximum of ten rounds.

World, Continental, International National and State title bouts shall be twelve, ten, nine and eight rounds, respectively. State title bouts shall be seven rounds. Oriental Rules bouts utilising three minute rounds will normally be of three to eight rounds in duration at the instruction of the ISKA. Oriental, Thai and Cambodian style bouts will be three to five rounds in duration.

3.5.2 REST PERIODS

Rest periods between rounds will be one minute in duration, except where approval is given by the ISKA for a two minute rest period during a Oriental, Thai and Cambodian style bout.

3.5.3 REFEREE INSTRUCTION

The referee will, before starting a bout, ascertain from each fighter the name of his chief handler and will hold said chief handler responsible for the conduct of his assistant handler(s) during the progress of a bout. The referee will call the fighters together before each bout for final instructions, at which time each fighter will be accompanied by his chief handler only.

For Full Contact Karate matches, immediately before the bout commences, the referee will call the fighters to the centre of the ring and conduct the traditional Karate bow in the following manner:

- a) *The fighters, while standing approximately four to six feet from one another, will face the referee;*
- b) *The referee will first bow to the fighters, who will return the bow and then bow to each other in customary fashion; and*
- c) *From the position in which the bow takes place, the fighters will prepare to fight as the referee signals the timekeeper that the first round will commence.*

3.5.4 PERSONS ALLOWED IN RING

No persons other than the fighters and the referee may be in the ring during the progress of a round. Judges shall not enter the ring for any reason throughout the entire event. The referee may penalize or disqualify any fighter whose corner personnel or fans break this rule.

3.5.5 AUTHORISED OFFENSIVE TECHNIQUES

All offensive Full-Contact Karate and Kickboxing punching, kicking and striking techniques are authorized, with the exception of those techniques specified as "Fouls" in Section 3.5.6 and those identified in Schedule 2 Section 4.

Permitted techniques include those techniques in various Karate, Kung Fu, Tae Kwon Do, Kickboxing and similar systems of fighting. The various offensive techniques may be executed according to the individual fighter's style or system of fighting.

3.5.6 FOULS

Refer also to Schedule 2 Section 4 for style variation rules.

Fouls may be classified at the discretion of the referee, into three categories: 1-point, 2-point and 3-point fouls. The referee will base his decision as to the severity of the penalty on the intent of the fighter committing the foul and the result of the foul.

At the time of the infraction, the referee will indicate to the scorekeeper the number of points that are to be subtracted from each scoring judge's ballot at the end of the round, or he/she may simply issue a warning to the fighter, wherein no points will be subtracted. Fouls include:

- a) *Head butting.*
- b) *Striking with the elbow or knee (except where knee strikes to the torso are allowed under Oriental, Thai and Cambodian Style Rules). Thai and Cambodian rules may permit more extensive use of elbows and knees.*
- c) *Striking or kicking to the groin. Striking or kicking any area below the waist in a Full Contact Karate match. Under Freestyle Rules, roundhouse type kicks are allowed below the waist, to four inches above the knee. Under Oriental, Thai Styles and Cambodian Style Rules, roundhouse type kicks are allowed to the entire leg, except for that area that extends for two inches above and two inches below the midpoint of the knee. Thai and Cambodian Style Rules also allow hook kicks to the target areas of the legs.*
- d) *Intentional striking or kicking to the back of the head, the neck, or to the throat.*
- e) *Special foul rules exist concerning the spinning backfist. As with all other hand strikes, this technique must be executed*

with the padded knuckle section of the glove. On the first attempt that strikes with the forearm or bottom fist (hammerfist), the referee must declare a 1-point penalty; each successive similar foul will again result in at least a 1-point penalty. The first spinning backfist attempt that lands with the elbow will result in a 2-point penalty; any successive attempts that land with the elbow will result in a 2 or 3 point penalty, or disqualification.

- f) Linear, or straight-in, striking or kicking to the spine.*
- g) Punching or kicking a fighter when he/she is down. A fighter is considered down when any part of his body other than his feet touches the floor. If a fighter is on his way to the floor, his opponent may continue to attack until he/she has touched the floor with any part of his body other than his feet.*
- h) Take downs, other than legal sweeps.*
- i) Intentionally pushing, shoving or wrestling an opponent to the canvas or out of the ring with any part of the body.*
- j) Illegal sweeping (see special notes on sweeping in Rule 9 of this section).*
- k) Attacking on the break when both fighters have been instructed to take a step back by the referee.*
- l) Attacking after the bell has sounded to end the round.*
- m) Holding and hitting; such as holding with one hand, especially behind the neck, and hitting with the other hand. Under Oriental Rules, limited "neck wrestling" is permitted for the purpose of executing knee strikes to the front or sides of the torso (lower limit the waistline, level with the navel - upper limit the chest, immediately below the line of the clavicle). Provided that a fighter is attempting legal knee strikes under Oriental Rules, a fighter may continue a "neck wrestling" strategy, until the referee determines that more than five seconds has elapsed since the last knee strike attempt, or there is other reason to break the fighters. Thai and Cambodian Style Rules place no strict time limit on "neck wrestling", leaving the referee the freedom to break the fighters at his discretion.*
- n) Grabbing or holding onto an opponents foot or leg, followed by a take down, strike or kick. Under Oriental, Thai and Cambodian Style Rules, supporting one leg for a single attempt to kick out the other is allowed, provided that the attempt is made within five seconds in the referees*

estimation. Only one such attempt is allowed and must be executed away from the illegal area around the knee joint.

- o) Holding the ropes with one hand while striking or defending with the other hand or the legs.*
- p) Leg checking in Full Contact Karate - extending the leg to check an opponent's leg to prevent him from kicking. (The fighter's kick which was checked, will be counted by the kick judge as an attempted kick). Under Freestyle, Oriental, Thai and Cambodian Style Rules leg checking is allowed within the parameters defined by the rules that govern leg kicks and strategies for blocking with the legs.*
- q) Purposely going down without being hit, which will result in referee automatically administering an 8-count, as specified in the rule on knock downs (no points will be subtracted from the score card by the scorekeeper in this case, but the judges will consider this just as any knockdown).*
- r) The use of abusive language in the ring or corner, as determined by the referee.*
- s) Hitting or flicking with an open glove or thumb, or striking with the inside, or bottom of the glove.*
- t) Intentionally evading contact.*
- u) Clinching - holding or otherwise tying-up an opponent's arm to prohibit him from punching.*
- v) Intentionally delaying the contest through improper equipment, seconds remaining in the ring after the start of the round, beginning a round without a mouthpiece or by intentionally dropping or spitting out the mouthpiece, etc.*

Clarifying Note for Interpretation of Rules

A fighter who executes a fouling technique which is deemed malicious (with the intent of causing injury above and beyond the scope reasonably expected in a bout of this nature), may be subject to bearing the medical, as well as related recovery and recuperation expenses of the fighter who is injured as a result of such a fouling technique.

If a fighter is injured from a fouling technique and the fighter is allowed to continue, and, if the fight is stopped later on in the bout due to further damage to the injury, the scorecards will be consulted. If the fighter who did the fouling is ahead, a technical draw is awarded. If the fighter who is fouled is ahead, he/she wins the bout by a technical decision.

3.5.7 SCORING THE FOULS

When the referee determines that a foul has been committed and that the fight will continue, the scorekeeper will automatically deduct the appropriate number of points on each scoring judge's scorecard.

When both fighters commit fouls, the appropriate points will be deducted from each scoring judge's scorecard for each fighter.

In the event that a fighter commits two 3-point fouls in one round, or commits the same foul two or more times during the course of the bout, the fighter may be disqualified by the referee. The referee may also let the fight continue if he/she feels that no malicious intent was involved, and instruct the scorekeeper to deduct the appropriate points for each foul.

No fighter will be scored less than zero in a round.

3.5.8 FOULING, STOPPING THE BOUT

If the referee determines that the fouled fighter needs time to recover, he/she may stop the bout (and the time) and give the injured fighter a reasonable amount of time to recover, up to a maximum of five (5) minutes under normal circumstances. At the end of this reasonable rest period the referee and the ring physician will determine if the fouled fighter can continue the bout. If he/she can, time in that round will be resumed, and the bout will continue.

The scoring of the foul will be based on the following determination by the referee.

- A. *If the referee determines that the foul was obviously committed by one of the fighters, and that the fouled fighter did not contribute to the injury (by ducking into a knee, moving into an oncoming forehead, etc.), the referee will instruct the scorekeeper to deduct the appropriate number of points from the scorecard of the fighter committing the foul.*
- B. *If the referee determines that the injured fighter was responsible for his own injury, the referee will not penalize his opponent in any manner. In this case, if the referee or ring physician determine that the injured fighter is unable to continue, he/she will lose by technical knockout.*

- C. *If the referee determines that there was no fault attributable to either fighter (that the injury was caused by both fighters), the referee will allow the injured fighter time to recover as in (A) above, but will not penalize either fighter. If, at the end of the recovery period, the referee or the ring physician determine that the fouled fighter cannot continue, the scores will be added prior to that round and the bout awarded to the fighter leading at that time. This foul is referred to as a "no fault" foul and the decision is a "technical decision". If the "no fault" foul occurs in the first round of any fight the referee will declare a "technical draw". An amateur bout must last at least one full round, a non-world title professional bout must last at least two full rounds, and a professional world title bout must last at least three full rounds for a "technical decision" to be awarded. Otherwise, a "technical draw" is awarded.*
- D. *Blind Fouls - If an injury occurs due to a suspected foul, that the referee was unable to see (blind foul), the Referee may, at his sole and final discretion, confide with any or all of the three judges, both kick judges, and the ISKA Representative, to determine where the fault may be placed. He/she may consider any, all, or none of the opinions expressed by these officials, in making his determination. In World Title bouts which are televised, the referee may, at his sole discretion, ask for a replay of the technique in question before rendering his decision. A referee's decision on fouls may be overruled at ringside only by the ISKA SA Representative, Tournament Chief Official, or the Senior World Representatives in attendance, and then, only in the instance of a clear error or misapplication of the rules.*

3.5.9 SWEEPING

Refer also to Schedule 2 Section 4 for style variation rules.

In Full Contact Karate matches, sweeps must be executed with the arch of the foot and delivered to the outside part of the leg, and only to the lower portion of the calf or ankle. The sweeping technique must be an obvious attempt to unbalance the opponent's front leg, and must clearly not be an attempt to injure the leg. Sweeps will be permitted to the inside part of the leg, front part of the leg, or to the rear leg only in matches fought under Freestyle, Oriental, Thai and Cambodian Style Rules. All forms of sweeping permitted under San Shou Rules.

It is the fighter's choice whether or not to follow-up his legal sweeping attempt. Follow-up techniques must land on the

opponent prior to any part of his body touching the floor (other than the soles of his feet). As always, striking a downed opponent is illegal.

A successful sweep is not considered a knockdown.

3.5.10 INTENTIONAL EVASION OF CONTEST

A fighter intentionally avoiding any physical contact with his opponent will receive a warning from the referee. If a fighter continues to avoid a confrontation with his opponent after receiving a warning during that round, he/she may be penalized by the referee. If the fighter continues to evade action, either in the same round or in any round, the referee may at his discretion, award more penalties, or stop the bout and declare a technical knockout.

3.5.11 THE POWER TO STOP THE CONTEST

Either the referee, the physician, the ISKA SA Representative, Tournament Chief Official or the Senior World Council member in attendance, shall have the power to stop the contest. The referee shall have the power to stop a bout at any stage during the bout, including the rest periods, if he/she considers it too one-sided, or that either fighter is in such condition that to continue might subject him to serious injury. In either case, the referee shall have the power to render a decision. Should both fighters be in such condition that to continue might subject them to serious injury, the referee will declare the match a technical draw.

In cases where a fighter receives a cut eye from a fair blow or an accidental foul, or any other injury which the referee believes may incapacitate the fighter, the referee may call the attending physician into the ring for examination of the fighter before he/she decides to stop the bout. Time will be called during the examination.

The ringside physician shall have the power to enter the ring, whether or not he/she is summoned by the referee, to ascertain the extent of any injury he/she believes may have occurred, or any serious injury he/she believes may have been suffered by a fighter. The physician shall notice his desire to enter the ring, by instructing the ISKA SA Representative or Tournament Chief Official to have the bell rung. The ringing of a bell, thus ordered mid-round, shall signal the referee to temporarily stop the bout for an examination. Time will be called during the examination.

Either the referee or the attending physician shall have the power to terminate the bout, but should the physician request termination for medical reasons, the referee will automatically terminate the bout. The referee shall have the sole power to render the decision in the event of termination.

3.5.12 MOUTHPIECES

No fighter will be permitted to begin any round without a mouthpiece. Failure to begin a round with the mouthpiece inserted shall be deemed by the referee to be "delay of bout" foul, and shall draw a warning or penalization as determined by the referee. In either professional or amateur bouts, whenever the mouthpiece is knocked out by a fair blow or a foul tactic, or however the mouthpiece is dropped or spit out by the fighter, the referee shall call time out, stop the bout, and replace the mouthpiece, allowing the fighters' seconds to clean off the mouthpiece if necessary. Willful dropping, or spitting out of the mouthpiece by a fighter, shall also be deemed as a "delay of bout" foul, and the fighter shall be penalized accordingly by the referee.

In all competitor classes and during all bouts, the mouthpiece is replaced whenever it is lost for any reason. All fighters must bring two mouthpieces to the ringside for use during their match.

3.5.13 PROCEDURE FOR FAILURE TO COMPETE

In any case where the referee decides that the fighters are not honestly competing, that a knockout is a "dive", or a foul is actually prearranged termination of the bout, he/she will not finish the knockdown count, nor disqualify a fighter for fouling, nor render a decision. He/she shall stop the bout and declare it ended, not later than before the end of the last round, and order purses of both fighters held pending investigation and disposition for the funds by ISKA. The announcer shall inform the audience that a "no decision" was rendered.

The ISKA SA Representative or Tournament Chief Official will have the final authority in rendering a decision on the match, including dispensation of purse monies.

3.5.14 FAILURE TO RESUME BOUT

No fighter shall leave the ring during the one-minute rest period between rounds. Should a fighter not come out of his corner when the bell sounds at the commencement of a round, the referee will begin counting as though the fighter were knocked

down, and the scoring judges will consider the situation as an actual knockdown when scoring the round. At the conclusion of the count, should the fighter fail or refuse to resume fighting, the referee will award a technical knockout to his opponent, unless the circumstances indicate to the referee the need for an investigation or disciplinary action, in which event the referee will not make a decision, and will order the purse or purses of either or both fighters withheld.

3.5.15 WIPING HAND PADS

Before a fallen fighter resumes fighting after having been knocked down, or having slipped or fallen to the canvas, the referee will wipe the fighter's gloves free of any dirt or moisture.

3.5.16 METHOD OF COUNTING OVER A FIGHTER WHO IS DOWN

When a fighter is knocked down, the referee will send the standing fighter to the furthest neutral corner of the ring, pointing to that corner. The timekeeper will immediately begin holding up fingers to determine how many seconds have passed. The referee will look to the timekeeper to pick up the count. He/she will audibly announce the passing of the seconds, and continue the count holding up fingers in front of the fighter who was knocked down. If a fighter is knocked down, the referee will begin a mandatory eight count. If the fighter then appears able to continue, he/she will allow the bout to resume. The referee's count is the only official count. The referee shall not count past eight if a fighter has risen to his feet.

A fighter may not be saved by the bell, even in the last round. However, if the bell sounds, ending a round sounds before a fighter begins to fall, the fighter will be allowed to return to his corner, being helped, if necessary, by only one of his seconds.

Should the opponent fail to stay in the furthest neutral corner, the referee will cease counting until he/she has returned to it, and then resume the count at the point from which it was interrupted. If the fighter does not rise before the count of ten, he/she will be declared knocked out and the bout will be awarded to his opponent.

If, in the referee's opinion, the downed fighter will not be able to rise by the count of ten, and he/she believes the fighter requires more immediate attention, he/she may signal the end of the bout before the count of ten by waving his arms in front of his face and immediately summoning the fighter's corner personnel and the ring physician to attend the down fighter.

A fighter will be declared knocked down if any portion of his body, other than his feet, touch the floor. A fighter will not be declared knocked down if he/she is pushed or accidentally slips to the floor. The decision as to whether a contestant as been pushed or slipped to the floor, rather than being knocked down, will be made by the referee.

If the fighter taking the count is still down when the referee calls the count of ten, the referee will wave both arms to indicate that he/she as been knocked out, and will signal that the opponent is the winner. A round's ending before the referee reaches the count of ten, will have no bearing of the count; there is no saving by the bell. In all bouts, the fallen fighter must rise before the count of ten to avoid being knocked out. The referee may determine during the rest period between rounds, that a fighter is unable to continue the bout safely and is thus the loser of the bout by technical knockout.

The referee may, at his discretion, request that the ringside physician examine a fighter during the bout. Should the examination occur during the course of a round, the clock shall be stopped until the examination is completed.

When a fighter has been wrestled, pushed, or has fallen through the ropes during a bout, the provision of Rule number 20 in section V shall apply. The timekeeper will begin the count pursuant to that rule.

If both fighters go down simultaneously, counting will be continued as long as one of them is down. If both fighters remain down until the count of ten, the bout will be stopped, and the decision will be a technical draw. If one fighter rises before the count of ten, and the other fighter remains down, the first fighter to rise shall be declared the winner by knockout. If both fighters rise before the count of ten, the round will continue.

3.5.17 RESUMING COUNT

Should a fighter who is knocked down rise before the count of ten is reached, and go down immediately without being struck, the referee shall resume the count where it was left off. If the fighter is standing for more than two seconds, or is in some way touched by his opponent before going down, the referee will begin a new count.

3.5.18 COUNTING FOR KNOCKDOWNS

As soon as a fighter has been knocked down, the official timekeeper begins calling the count (from one to ten) while the referee directs the opponent to the farthest neutral corner.

When the referee has finished directing the standing fighter, he/she returns to the fallen fighter and counts over him, picking up the count from the timekeeper.

In other words, if the timekeeper has reached the count of four by the time the referee returns to the fallen fighter, the referee begins counting with the number "five". He/she continues to check the timekeeper's signal to make sure his (the referee's) timing of the count is correct.

3.5.19 STANDING 8-COUNT

In all bouts, the referee may, at his discretion, administer a standing 8-count to a fighter who is in trouble, but who is still standing.

The referee shall direct the opponent to a neutral corner, then begin counting from one to eight, examining the fighter in trouble as he/she counts. If, after completing the 8-count, the referee determines the fighter is able to continue, he/she shall order the bout to resume.

If the referee determines the fighter is not able to continue, he/she shall stop the bout and declare the opponent the winner by technical knockout.

3.5.20 WHEN A FIGHTER FALLS FROM THE RING DURING A ROUND

When a fighter has been wrestled, pushed, or has fallen over or through the ropes during a bout, the referee will call time out, and, if the fallen fighter's ability to return to the ring seems at all questionable, may ask the ringside physician to examine the fighter. If, in the opinion of the physician and referee, the fallen fighter is able to continue the bout, he/she will be allowed assistance back into the ring from only one handler from his corner. The handler will do no more than assist the fallen fighter, and if found performing any other task as are normal during rest periods, i.e; stopping a cut, etc; the referee will immediately penalise or disqualify the fallen fighter.

A fighter who deliberately wrestles, pushes, or throws an opponent from the ring, or who hits him when he/she is partly out of the ring and prevented by the ropes from assuming a position of defence, will be penalized by the referee. If the tactic results in injury, the guilty fighter may be disqualified according to the appropriate ruling under Fouls.

When a fighter intentionally falls through the ropes, or was knocked from the ring by a fair blow (that is to say not wrestled,

pushed, or otherwise shoved through the ropes by his opponent), the referee will begin counting the fallen fighter as though he/she has been knocked out in the ring. The fighter's seconds, in this instance, will not be allowed to assist the fighter back into the ring.

Once standing on the ring platform outside the ropes, the fighter must enter the ring immediately, where he/she may either resume the bout, or the referee may finish the count.

When the fighter has fallen over or through the ropes, the other shall retire to the farthest neutral corner and stay there until instructed to continue the bout by the referee.

3.5.21 THREE KNOCKDOWN RULES

There will be a "three knockdown rule" in effect in any bout. The rule applies to three knock downs in one round.

The referee will in all circumstances have the authority to stop a contest or allow it to continue, except in the case where three knock downs or standing eight-counts have occurred in one round number.

Leg knockdowns will not be considered as a legitimate knockdown for the purpose of the "three knockdown rule".

Refer also to Schedule 2 Section 4 for style variation rules.

3.6 RINGSIDE OFFICIALS, PERSONNEL AND DUTIES

3.6.1. RINGSIDE OFFICIALS

The following ringside officials are required for each sanctioned bout:- A referee, three scoring judges, one timekeeper, one scorekeeper, one assistant timekeeper, one assistant scorekeeper (if required for kick-counting), Tournament Chief Official and a physician.

All officials must be approved by the ISKA SA Representative that are to be employed at all ISKA sanctioned events.

All ISKA Officials must be ISKA certified.

The ISKA SA Representative will appoint to each event a Tournament Chief Official. If no such appointment is made, the ISKA SA Representative will assume the Chief Official responsibilities.

The ISKA SA Representative will work with the promoter in the assignment of the other ringside officials, but the final authority for the selection and appointment of all ringside officials shall rest with the ISKA SA Representative. If the event falls within the jurisdiction of an athletic commission, and commission regulations require any alteration of this rule, the decision of the ISKA SA Representative shall be final with regard to changes in number and qualification of the officials.

3.6.2 THE REFEREE

A. Primary Obligation

The prime duty of the referee is to ensure the safety of the competitor's to the maximum degree.

B. Responsibilities

The referee's uniform will consist of blue trousers and shirt, bearing the logo of the ISKA and flat canvas shoes. No glasses or jewellery are allowed.

The referee shall ensure the following:

1. Fairness in the application of the rules and regulations to all parties.
2. No impoliteness in manner or speech either to the competitors or the audience.
3. Close supervision of the match.
4. Protection of a weaker fighter against serious injury.
5. Inspection of the boxing gloves and anklets.
6. Ensure both competitors shake hands prior to the first and final rounds.
7. For a championship or title defence fight, the referee must inform the competitors and their seconds of the rules and regulations governing the fight and this is to be done in the dressing room, prior to the fight itself.
8. Three verbal orders are recognised :
 - *"STOP" when ordering the competitors to stop fighting.*
 - *"BREAK" when ordering the competitors to separate.*
 - *"FIGHT" when ordering the competitors to continue the match.*

- *When the competitors are ordered to "BREAK", both must step back one step before continuing to fight.*
9. The referee shall use the correct signal to ensure a competitor's understanding of any rule infringement.
 10. At the match end, he/she will collect the score sheets from each of the three judges and indicate the winner to the audience, by raising that competitor's hand. The scoresheets will then be handed to the Chief Official for verification.
 11. For a championship match, the referee will collect the scoresheets from the judges at the end of each round, inspect and submit them to the ISKA SA Representative or Tournament Chief Official, in addition to raising the winner's hand after the result announcement.
 12. Should it be necessary to stop the match or penalise a competitor, he/she will immediately advise the reason to the committee Chief Official after making the announcement.
 13. In case of an accident to the referee, which prevents him from continuing, the senior judge will act on his behalf.
 14. The referee is forbidden to give a verbal count or warning that gives either an unfair advantage or disadvantage to any fighter.
 15. He/she is forbidden to comment or speculate on any match unless receiving prior approval from the ISKA SA Representative or Tournament Chief Official.
 16. All referees are subjected to a yearly medical inspection and certification by the doctor of the ISKA and must be physically fit at the start of any match.

C. Duties

1. To stop the match immediately if he/she considers that one competitor is significantly more skilled or stronger than the other.
2. To stop the match immediately when a competitor is in difficulties or is injured.
3. To stop the match immediately if he/she considers that one or both fighters are faking or not trying their best.
4. To stop the match or warn the competitor for committing a foul or breaking the rules.

5. To immediately disqualify a competitor who defiantly breaks the rules, injures or shows any aggression to the referee.
6. To disqualify both the competitor and his/her seconds if his/her seconds deliberately break the rules or do not follow his/her directions.
7. To disqualify any competitor who intentionally or accidentally causes a foul.
8. To stop the match if he/she considers that a competitor having received a count, is unable to effectively continue the match.
9. To disallow any advantage to a competitor who intentionally fouls in any way.

D. Rule Infringement Warnings

Prior to giving a warning for rule infringement, the referee shall stop the fight, use the correct warning signal to ensure the competitor's understanding and then indicate the offending competitor to the judges. Any competitor, who is so indicated or warned 3 times or more, may be disqualified. In the event of a serious rule infringement, the referee's decision is final.

E. The Purpose of A Warning

The purpose of warning is to advise or warn any competitor not to break the rules during the fight.

F. Count Procedure For A Competitor Falling Out of The Ring

1. If a competitor falls through the ring ropes, the referee shall order his opponent to stand in the other corner and if the competitor remains outside the ropes, the referee shall start to count. (A count to 10).
2. If a competitor falls out of the ring, the referee shall count to 20 (20 seconds).
3. When a fall-out takes place, the referee will start counting, however if the competitor returns to the ring before the count ends, he/she will not be penalised.
4. If anyone prevents the fallen competitor from returning to the ring, the referee shall warn such person or stop the fight if he/she continues his action.

5. If both competitors fall out of the ring, the referee shall start counting. If one competitor tries to prevent his opponent from returning to the ring before the count ends, he/she will be warned or disqualified.
6. If both competitors fall out of the ring, the referee shall start counting, the one that returns to the ring before the count ends, will be considered the winner. If neither competitor can, the result will be considered a draw.

G. Uniform

The judges shall wear the uniform as specified by the ISKA.

3.6.3 THE JUDGES

A. Responsibilities

1. The judges are independent and free to score as per the rules and normal practice.
2. Each judge shall sit on a different side and should be separate from the audience.
3. The judges shall remain neutral during the match, except when a rule violation is noticed, when he/she should notify the referee exclusively. This should be done during the round interval.
4. At the end of each round, the judges shall complete the score sheet for that round.
5. The judges are not allowed to leave their seat until the match ends and result has been announced.

B. Uniform

The judges shall wear the uniform as specified by the ISKA.

3.6.4 THE TOURNAMENT CHIEF OFFICIAL

The ISKA SA Representative will appoint a Tournament Chief Official for each event. In the event no Chief Official is appointed, the ISKA SA Representative will assume all Chief Official's responsibilities.

A. Responsibilities

1. To appoint the referee and judges for each match and promotion.

2. To monitor and improve the standards of the referee and judges and ensuring conformity to the rules and standard practice.
3. To verify that the referee and judges perform their duty and responsibilities and to advise the ISKA if any irregularity takes place.
4. To solve any prior problem regarding the promotion, reporting the result to the Tournament Committee (see Section 3.6.7).
5. Make the decision to the referee and the judges.
6. To verify the score sheet to ensure that:
 - a. *The score has been tallied correctly.*
 - b. *The name of the fighters are correct.*
 - c. *The correct winner has been named.*
 - d. *To authenticate the score sheet and inspect the score.*
 - e. *To announce the result of the match to the audience*
7. To make any decision in case that the referee or judges could not continue.
8. To report to the Tournament Committee and ISKA SA Representative, the name of any competitor who violates the rules or shows poor performance.

3.7.5. KICKING JUDGES

Duties

For Full Contact Karate matches (where required), there will be two kicking judges positioned at ringside, whose responsibility is to determine the legality of the kicks executed by the fighters, and to keep count of the number of kicks the determine to be legal. The kicking judge assigned to fighter A, will sit opposite fighter A's corner, and the kicking judge assigned to fighter B, will sit opposite fighter B's corner.

Both kicking judges will keep track of the number of kicks executed by their assigned fighters with hand held cards containing 8 flip cards numbered 1,2,3,4..... through to 8. When the first legal kick is thrown, the kicking judge will drop a card to show the number 7. As each subsequent legal kick is thrown, the kicking judge will hold up the appropriate number until all eight (8) kicks have been thrown. At that time the kicking judge will continue to count the kicks, and will write down the number of kicks thrown by his assigned fighter during the round on the

kicking judges tally sheet to be picked up as soon as the bout is over.

If a fighter executes less than the minimum number of required legal kicks in any one round, the kicking judge will immediately notify the referee of the number of kicks thrown. The referee will in turn notify the scorekeeper, who will record the appropriate penalty. Violations of the minimum kick requirement will not be announced to the audience, unless the ISKA SA Representative or Tournament Chief Official so directs.

The promoter of the event shall supply all flip cards for the kicking judges.

3.6.5 SCORE KEEPERS (KICK COUNTING)

Duties

In the case of kick counting- At the end of each round, the scorekeeper will take the scoring judges ballot slip from the Tournament Chief Official who will have collected them from the three scoring judges, and will take the number of kicks from the two kicking judges cards, and then he/she will tabulate the results onto his master score card.

The scorekeeper shall tally all foul points, having been instructed by the referee at the end of each round as to the amount of penalty points, deducting these appropriately from each judges score under the ten-point scoring system, and entering the results on the master scorecard. If the match should end in a knockout or a technical knockout, the scorekeeper shall enter the exact time of the KO/TKO on the master scorecard.

At that time, the scorekeeper shall make the final tallies and deliver the totals to the Tournament Chief Official, who will verify the accuracy of the scores. Where appropriate he/she will check the tiebreaker ballots. The Representative will then report the results of the bout to the referee and the announcer, making sure the scorekeeper has also tallied MKR score sheets showing the total legal kicks executed by each fighter in Full Contact Karate matches.

3.6.6 STATE GOVERNMENT COMPLIANCE OFFICER

The State Government will usually supply an on-site inspector who will assist the promoter in the operation of his event. In these cases, the ISKA SA Representative will work jointly with the inspector in the performance of his duties. An inspector authorised and licensed by the state is empowered to make final decisions on all matters falling under his jurisdiction.

3.6.7 TIME KEEPER

Seating for the timekeeper and announcer will be located next to the ring.

Duties

The timekeeper will give the appropriate signal for the starting and ending of each round. He/she will keep the time during each round, starting and stopping the official clock, for time-outs designated to him by the referee. He/she will keep the time during the rest period for each round according to the rules. Ten seconds before the beginning of each round, the timekeeper will give warning to the handlers of the fighters by suitable signal. The following procedures are to be used:

- a) A five seconds warning is to be given prior to the start of each round, to enable the seconds to clear the ring.
- b) A bell is used to signal the start and end of each round.
- c) To deduct the break time as per the referee s instructions.
- d) Ensure all timings are correct by using both a watch and stop clock.
- e) In the case of a competitor receiving the count during rounds 1-4 and the round time ends (3 minutes), the bell should be rung immediately after the referee finishes the count and orders the competitors to continue.
- f) In the final round, the bell should be rung immediately when the round timing passes 3 minutes, even if the referee is still counting.

Equipment

All necessary sounding and recording equipment will be provided to the timekeeper by the promoter.

3.6.8 ANNOUNCER

Duties

- a) To announce the competitor's names, corner and weight prior to the fight and again as the competitor's arrive in the ring.
- b) To order the seconds to leave the ring when the bell rings.
- c) To announce the round number at the start and finish of each round.

- d) To announce the winner's name and corner, when the referee raises the competitor's hand.

3.6.6. METHOD OF SCORING FOR JUDGES

The three scoring judges of a bout will select a winner of each round at the end of each round, marking their ballots accordingly. These ballots will be collected by the assistant scorekeeper, and tabulated at the end of each round by the scorekeeper and the Tournament Chief Official (or ISKA SA Representative if also acting Chief Official). Once ballots have been marked by the respective scoring judges, no changes of the ballots will be allowed except at the express direction of the ISKA SA Representative or Chief Official.

Scoring the Bout

Scoring judges score all rounds by recording a score of ten points for the winner of each round, and a score of not less than five points for the loser of each round, utilizing both whole and half points, according to the following qualifications:

- | | |
|-------|--|
| 10-10 | Indicates an even round. Neither fighter distinguished himself as being a more effective fighter than the other. In addition, the fighters appeared equal in the other areas that may be used to break an even round, such as opponent control, ring strategy, and overall conditioning and abilities as a complete Karate / Kickcompetitor (with the emphasis on kicking ability). |
| 10-9 | Indicates one fighter distinguished himself as the more effective fighter during the round, as described above. This score is used often, and indicates an obvious margin between the fighters. Should one fighter have been only slightly better than the other, a more appropriate score would be 10 - 9.5. |
| 10-8 | Used sparingly, but indicates a round in which one fighter was in constant control, and unquestionably outclassed his opponent. This fighter must also have obviously stunned his opponent, usually including at least one knockdown or standing 8-count. If there were no knockdowns or standing 8-counts, there must still have been enough damage done to indicate that at least one of these occurrences was |

imminent, and in this case a more appropriate score may be 10 - 8.5.

- 10-7 Very seldom used. Indicates total domination by one fighter to the point of the referee nearly stopping the bout. The losing fighter must have been completely dominated and controlled, generally including at least two knockdowns or standing 8-counts. A 10 - 7.5 score may be given to indicate a round that a scoring judge feels falls in between the qualifications for a 10 - 7 round and a 10 - 8 round.
- 10-6 10-6 is rarely used, and are generally seen only on National, Continental, or World Title bouts. One fighter must have been so completely dominated as to have been knocked down at least three times, and never to have really been in the fight at all. Score of 10 - 6 require these circumstances.
- 10-5 10-5 is almost never used, One fighter must have been so completely dominated as to have been knocked down at least three times, and never to have really been in the fight at all. At a score 10 - 5 the referee should be considering stopping the bout.

Points shall be totalled on each scoring judge's scorecard to determine that judge's selection of a winner. Each judge's selection will count as one vote towards determining the overall winner of the bout. If a judge's scorecard, when totalled, reflects an equal number of points for both fighters, that judge will have voted for a draw. If two judges' have an equal number of points for both fighters, the bout will be declared a draw. If one judge has an equal number of points for both fighters and the other judges' scores each favour a different fighter, the match shall be declared a draw. If two judges' scores favour one fighter, and the other judge votes for a draw, the fighter receiving two votes shall be declared the winner by majority decision. If all three judges' scores favour one fighter, that fighter will be declared the winner by unanimous decision. If one judge votes for a fighter, and the other two judges vote for the other fighter, the fighter receiving the two votes shall be declared the winner by split decision.

In all bouts of national title level and above, there will be no draws. At all such title matches, a tie-breaker ballot will have been distributed to all three judges prior to the start of the

match. All judges will indicate a winner on the tie-breaker ballot, based upon their overall perception of the match from start to finish (rather than round by round). The tie-breaker ballots will be collected along with the ballot for the final round. These tie-breaker ballots will only be used to break a tie. Where a judge's score already determines his vote, his tie-breaker ballot will be absolutely ignored.

Should it be necessary to substitute a judge during a match due to sickness, the scores will stand for the rounds already completed. A substitute judge, appointed by the Tournament Chief Official, will score the remaining rounds of the match. Should a tiebreaker be required, the Tournament Chief Official will make the tiebreaking vote on the basis of his perception of the match as a whole. This vote will only be used when the score of the substituted judge turns out to be a draw.

Scoring Practices

The standard scoring practice is as follows :

Scoring from a strike either by a punch, kick, knee or elbow:

- Points will be awarded for a correct Boxing style, combined with hard and accurate strikes.
- Points will be awarded for aggressive and dominating skill.
- Points will be awarded for a fighter actively dominating his opponent.
- Points will be awarded for the use of defence and counter-attack.
- Points will be deducted from a competitor who fouls or breaks the rules.

Non scoring strikes:

- A strike which is against the rules.
- A strike in defence against the leg or arm of an opponent.
- A weak strike.

3.6.6. THE DECISION

The three scoring judges of a bout will select a winner of each bout. This should conform to the following rules and regulations:

- a) A Knock-Out (K.O.) is awarded when the opponent is knocked down and unable to continue within the 10 second count.
- b) A Technical Knock-Out (T.K.O.) is awarded:
 - *When a competitor is seriously hurt or weakened.*
 - *When a competitor cannot continue the match after the break.*

- *On the doctor's recommendation, when the referee is unsure whether a competitor can continue the match due to injury or being seriously weakened.*
 - *Receiving a count three in the same round and unable to continue the match.*
- c) If both competitors are seriously injured and cannot continue the match;
- *If less than three rounds: a draw is declared;*
 - *If three rounds have been reached, individual score decides.*
- d) Winning due to the opponent's retirement because of injury.
- e) Winning due to the opponent's violation of the rules.
- f) Winning on points.
- g) "No decision" as a result of both parties colluding together to cheat or not fighting properly.
- h) "No contest" as a result of the ring being damaged and the match not being able to continue, or if an external event occurs during the fight, causing it to be stopped.
- i) Equal Score "Draw".
- j) When both competitors' scores are equal.
- k) When both competitors receive a count of 10.

3.6.7. TOURNAMENT COMMITTEE

Structure

The committee is appointed by the ISKA SA Representative. The match committee will comprise of at least 3 judges and one referee for the ring with the match Chief Official responsible for match supervision.

3.6.8. QUALIFICATION OF OFFICIALS

Referee's Qualification

- All referees must be trained and tested by the ISKA, and certified and registered as a referee, by the ISKA SA Representative or Australian Director.
- Not over 65 years of age unless an extension is approved by the SA Representative.

- Must resign immediately on the order of the ISKA SA Representative or when unable to perform his/her duties.
- Able to satisfy any relevant State Government requirements.

Judge's Qualification

- All referees must be trained and tested by the ISKA, and certified and registered as a judge by the ISKA SA Representative or Australian Director.
- Not over 65 years of age unless an extension is approved by the ISKA SA Representative.
- Must resign immediately on the order of the ISKA SA Representative or when unable to perform his/her duties.
- Able to satisfy any relevant State Government requirements.

Medical Practitioner

- Hold a medical certificate endorsed by the ISKA.
- Certified by the ISKA as properly qualified to be a ringside physician.
- Hold proper certification as to their work experience, health, age and occupation.
- Able to satisfy any relevant State Government requirements.

3.6.9. FINAL AUTHORITY

The Tournament Chief Official (or ISKA SA Representative if acting as Chief Official) may authorise a correction to the final result as follows:

1. If the referee makes a decision significantly contrary to the normal rules and practice.
2. If it is discovered that the judges have made a conspicuous score sheet error.

announcer will give the time at which the bout was stopped and will detail for the audience the nature of the decision.

3.6.10. CHANGE OF DECISION

A decision rendered at the termination of any bout and announced is final, and cannot be changed unless there is a protest, and the ISKA International Commissioner (in

consultation with the ISKA SA Representative and National Director), determines that any one of the following occurred:

1. There was collusion affecting the results of any bout.
2. The compilation of the score card of the judges shows an error which would indicate that the official decision had been given to the wrong fighter.
3. There was a clear violation of the rules or regulation governing ISKA bouts which affected the result of any bout.

If the ISKA Commissioner in consultation with the ISKA SA Representative and National Director, determines that any of the above occurred with regard to any bout, then the decision rendered shall be changed as the ISKA Commissioner may direct.

3.6.11. INTERPRETATION

The Tournament Chief Official (or ISKA SA Representative) will have the final decision on the interpretation or on any item not covered under these rules and regulations.

3.6.12. ANNOUNCING THE RESULT

After the Tournament Chief Official (or ISKA SA Representative) has completed verifying the accuracy of the final scores of each bout, the Representative will give the ring announcer the results on "Announcer's Final Result Sheet". The announcer shall then, inform the audience of the decision over the public address system. The referee will indicate the winner as the announcer gives the winner's name.

In the event of a draw, the announcer and the referee will make appropriate designation. In the event of a knockout, a technical knockout, disqualification or forfeit, the announcer and referee will officially designate the winner and give the time at which the bout was stopped. In the event of a technical draw, the

3.6.13. PROTESTS

All protests over the decision of a match shall be verbally registered only by the protesting fighter and/or his trainer to the ISKA Tournament Chief Official or ISKA SA Representative prior to the end of the event, who will note the nature of the protest in his/her Representative's report.

All protests must be received at the appropriate ISKA office, in writing and accompanied by all pertinent evidence (videotapes, affidavits, etc.), no later than 10 days following the bout in question. No protest will be considered unless accompanied by the appropriate fee:

- *Non-title bouts - state, provincial, or regional office - \$50 U.S.*
- *State, provincial, or regional titles - state, provincial, or regional office - \$50 U.S.*
- *National titles - national office - \$75 U.S.*
- *Continental titles - Commissioner - \$100 U.S.*
- *International, Intercontinental or World titles - Commissioner - \$150 U.S.*

In the event either party is dissatisfied by the decision rendered by the state, provincial or regional office, that party may appeal to the ISKA Commissioner accompanied by an additional \$150.00 U.S. appeal fee.

All decisions by the ISKA Commissioner are final.

The standard for review is "clear" evidence which would justify a change of decision, or "clear" circumstances which in the best interest of the sport, would justify a change in decision.

3.7 PHYSICAL EXAMINATION AND SAFETY REGULATIONS

State Government Legislation /Regulations should be consulted for variations to this section.

3.7.1. PHYSICAL EXAMINATIONS AND FEES

The attending physician will have a suitable place or room which to make his examinations. His fees shall include temporary or emergency treatment to any injured fighter in the arena or dressing room. The fees for such examination shall be borne by the promoter. The physician to be retained must have been the recipient of an M.D or D.O. degree, or recognized international equivalent.

3.7.2. TIME AND EXAMINATION

A through physical and eye examination will be given to each fighter by the attending physician at the time of weigh-in.

3.7.3. EXAMINATION ORDERED BY THE ISKA

Any fighter who has been signed to a contract for a fight at any event may be ordered by the ISKA to appear at any time to be

weighed or to be examined by any physician designated by the ISKA.

Any fighter who participates in an ISKA sanctioned event, may, at the request of the ISKA SA Representative, be required to submit to a pre-fight or post-fight blood and/or urine examination for foreign substances. Any fighter who refuses to submit to the examination will be immediately suspended for a length of time as specified by the ISKA, and will be subject to disciplinary action and penalties as provided in contractual agreements with the ISKA and promoter.

3.7.4. REJECTIONS AND REPORTS

Should any fighter examined prove unfit for competition, the fighter must be rejected, and an immediate report of the fact made to the promoter and the ISKA SA Representative. The examining physician will, one hour before the start of any event, clarify in writing to the ISKA SA Representative that the fighters are in good physical condition.

3.7.5. REPORTS OF ILLNESS

Whenever a fighter, because of injury or illness, is unable to take part in a bout for which he/she is under contract, he/she or his manager must immediately report the fact to the ISKA. The fighter will then submit to an examination by a physician designated by the ISKA. The examination fee of the physician is to be paid by the fighter, or the promoter, if the latter requests an examination.

3.7.6. CONTINUOUS PRESENCE OF PHYSICIAN AND EMERGENCY MOBILE UNIT

At least one licensed physician, possessing an M.D. or equivalent degree, and one standby emergency mobile unit, both approved in advance by the ISKA, must be in attendance at all ISKA sanctioned events. The mobile unit must include a full range of resuscitative equipment and be parked inside or adjacent to an entrance of the building hosting the event. The physician must sit at immediate ringside throughout the duration of the bouts. A stretcher and oxygen tank, and containers of "instant ice", must be readily available at ringside.

No bout will be allowed to proceed unless the physician is in his seat. The physician shall not leave until after the decision in the final bout. He/she shall be prepared to assist if any serious emergency arises, and will render temporary or emergency treatments for cuts or minor injuries sustained by the fighters.

Under no circumstances are the fighters seconds permitted to enter the ring, or to attend to a fighter in any manner whatsoever, during the course of a round. The ringside physician cannot attend to an injured fighter during the course of a fight, but can only render a professional opinion as to whether or not an injured fighter can resume the bout.

3.7.7. REPORT OF INJURY

All attending physicians must report all cases in which the fighters have been injured during a bout, or have applied for medical aid after an event. If a fighter has suffered a knockout, or any other severe injuries, whether in or out of the ring, and whether or not connected with Karate or Kickboxing, and has on such account been treated by his/her personal physician or has been hospitalised, he/she and his manager must promptly submit to the ISKA a full report from such physician or hospital.

3.7.8. FIGHTERS KNOCKED OUT

Fighters who have been knocked out will be kept lying down until they have recovered. When a fighter is knocked out, no one will touch him except the referee or chief handler, who will remove his mouthpiece, until the ringside physician enters the ring and personally attends the fallen fighter and issues such instructions as he/she sees fit to the fighter's handlers. If a fighter suffers an injury, has been knocked out, or has participated in an unusually punishing bout, or if a technical knockout decision has been rendered against him by the referee, such fighter will be placed on the ill and unavailable list for such period of time as may be recommended by any approved ISKA physician who may examine him. A fighter who loses a bout by knockout will be suspended from competition by the ISKA for a minimum of 60 days. A fighter who loses a bout by technical knockout will be suspended for 30 days, or longer, if substantial head or body trauma was involved.

3.7.9. SUSPENSION FOR DISABILITY

Any fighter rejected by an examining physician will be suspended until it is shown that he/she is fit for further competition.

Any fighter suspended for 30 or 60 days for his medical protection, or suspended for a hard fight will take the same examination as required for the eligibility physical, except as directed by the ISKA. The physician may require any other procedures, including an electroencephalogram, if indicated.

3.7.10. TIME BETWEEN BOUTS

Unless special approval is obtained from the ISKA Commissioner, if a fighter has competed anywhere in a bout lasting one full round or more, he/she will not be allowed to fight again until one full week has elapsed.

3.7.11. ADMINISTRATION OR USE OF DRUGS

Use by a fighter of any of the listed substances, or any other drugs, will result in disqualification from his bout, and fines and suspension by the ISKA Commissioner.

3.7.12. MONSEL'S SOLUTION

The use during a Full-Contact Karate bout of Monsel's Solution, or any similar drug or compound for the stopping of haemorrhage in the ring is prohibited. Only such preparations as are approved by the ISKA may be used to stop haemorrhage in the ring. Collodion is an approved haemorrhage stopper.

SCHEDULE 2 SECTION 4

ISKA South Australia Kickboxing Styles (Variations to section 3)

4.0 General

- Schedule 2 Section 3 represent variations to the General Kickboxing Rules as described in Schedule 2 section 4.
- All Kickboxing events or activities must comply with the requirements of Schedule 1 and Schedule 2 Section 1 of the ISKA South Australia Official Rules.
- Where any section of any requirements under Schedule 2 Section 3, conflict with Schedule 2 Section 1, Section 1 will be applied as the overriding regulation.
- Where any section of any requirements under Schedule 2 Section 3, conflict with Schedule 2 Section 2, Section 2 will be applied as the overriding regulation.
- Where any section of any requirements under Schedule 2 section 3, conflict with Schedule 2 section 4, Section 4 will be applied as the overriding regulation.

4.1 Variations to International Kickboxing Rules and Regulations (Styles)

The following variations (styles) apply to all International and Australian sanctioned tournaments

4.1.1 Full Contact Martial Arts Rules

- a) Kicks and punches above the belt only.
- b) Foot-pads and shin-guards are mandatory.
- c) Head-guards are mandatory (unless modified rules applied).
Modification by removing strikes to the head would permit head-guards not to be required.
- d) Sweeps must be to the front leg only from the outside in or back to front and to the boot or low calf only.
- e) Rounds are two minutes long with a one minute rest.

4.1.2 Free style Rules

- a) The rounds are 1.5 x 1 minute for novice fighters (3 fights or under).
- b) If one opponent has more than 3 fights the round duration will still be under novice rules.
- c) 2x1 minute rounds for above novice fights.

- d) Round-house type kicks are permitted to the legs above and below the knee.
- e) Shin-guards and Head-guards are dependant on competitor class (refer to Schedule 2 Section 1). If one opponent elects to wear shin or head protection, his/her opponent must wear them, unless an agreement is made.
- f) Novice type fighters may only fight 3 round bouts.
- g) Sweeps are allowed to the inside or outside of the front or back leg.

Note: Generally Shin-guards of equal thickness are required for novice fighters. Shin-guards are optional for above novice fighters. If one opponent elects to wear shin pads, his opponent must wear them, unless an agreement is made. Both fighters shin pads are to be of equal thickness, unless agreed upon by both fighters.

4.1.3 Oriental Rules

Oriental rules follow the Free-style rules (Section 4.1.2) except for the following:

- a) Knee strikes are permitted to the body and head
- b) Limited neck wrestling and grapple is permitted if knee strikes are working. Grapple is stopped after 5 seconds if no strikes are immediate.
- c) Back fist is permitted.
- d) Catching and holding the kick leg and striking once is permitted.
- e) Dumping is not allowed.
- f) Shin-Guards and Head-Guards are dependant on competitor class (refer to Schedule 2 section 1).
- g) Novice fighters are not encourage to compete under these rules.

4.1.4 Thai Style Rules (Muaythai)

Thai rules follow the Oriental rules except for the following:

- a) Elbow strikes may be permitted.
- b) Hook kicks and spinning hook kicks may be used to the legal targets on the legs.
- c) Neck wrestling and grapple is permitted if knee strikes are working. Grapple is stopped after no strikes are immediate.
- d) Spinning back fist and Spinning elbows permitted.
- e) All fights may be 2 or 3 minute rounds.
- f) World title fights will be 7 x 2 or 5 x 3 minute rounds

4.1.5 San Shou Rules (Chinese boxing)

Summary

San Shou follows the Oriental Rules with the following variations

- a) Grappling and Wrestling permitted

- b) Throws and takedowns permitted
- c) Leg Sweeping permitted
- d) Knees and Elbows optional.
- e) No dumping of opponents on the head is permitted.
- f) No takedowns which intentionally result in opponents landing on each other for the purpose of inflicting injury.
- g) No ground based Grappling and Wrestling permitted

Detailed San Shou Rules

San Shou follows Oriental Rules with the following variations

h) Grappling and Wrestling permitted

Note/Intention of Rules:

- For the purpose of executing knee strikes and setting up takedowns and throws, limited neck and body wrestling and grapple is permitted.
- Fighters have 10 seconds after clinch to execute a takedown, throw or sweep. Grapple is stopped after 10 seconds if no strikes or throw is immediate.

i) Throws and takedowns permitted

Note/Intention of Rules:

- Throws and Takedowns: All types of traditional martial art based take-downs and throws are legal with several exceptions.
- Illegal techniques include dumping an opponent on the head or neck; takedowns which intentionally result in opponents landing on each other for the purpose of inflicting injury.
- Techniques must be deemed by the ISKA as traditional martial art techniques.

j) Leg Sweeping permitted:

Note/Intention of Rules:

- Catching and holding the kick leg and striking once or sweeping is permitted. If a fighter is legally thrown or swept, and has not risen from the canvas in a normal time, the referee will begin a count as if a knockdown had occurred.

k) Knees and Elbows (optional as per competitor class).

Note/Intention of Rules:

- Modified Rules can include limited use or full exclusion of knees or elbows regardless of competitor class. To this extent, under modified San Shou rules, knees and elbows are optional.

- The use of Knees and Elbows is determined/ governed by competitor class.
- The use of knees is permitted for all competitor classes.
- Knee and elbow strikes permitted for some but not all competitor classes - Novice Class competitors may use knees to the body but can not use elbows; C Class competitors may use knees to the head and elbows only with ISKA approval, if elbows are approved, C Class competitors can not use elbows to the top of the head. A and B Class competitors may use knees or elbows to the head or body.

- l) Back fist is permitted, but no hammer fist.**
- m) No spiking or dumping of opponents on the head or neck is permitted.**
- n) Throwing an opponent out of the ring area not permitted.**
- o) No lifting of the opponent by the front or back of the neck for the purpose of executing a takedown.**
- p) Use of headlock type throws are not permitted.**
- q) No takedowns which intentionally result in opponents landing on each other for the purpose of inflicting injury.**
- r) No ground based Striking, Grappling or Wrestling permitted**
- s) Other Requirements (as per ISKA South Australia rules section 3):**
 - **Following section 3.5.6 of the ISKA SA Rules, other Illegal Techniques include;** Biting, Head Butts, Joint Attacks, Knee or Elbow Strikes unless approval granted prior to bout as per competitor class, Holding and Hitting unless approval is granted prior to bout as per competitor class, Open Hand Strikes, Strikes to the Groin, Strikes to the Knees, Kicks or Punches to the Spine, Throws that involve Joint Manipulation, Kicks or Punches to the back of the Head; Ground Attacks of any kind including ground based grappling and wrestling or Striking of any kind. Holding the shorts or gloves of an opponent. Un-sportsman like behaviour as deemed by the referee or chief official.

- **Protective Gear:** Shin-Guards and Head-Guards are dependant on competitor class and government regulations. Standard protective equipment requirements for Kickboxing or Muaythai rules bouts per competitor classification apply i.e. requirement for head protection.
- **Rounds:** Bouts can consist of 2 or 3 minutes per round with 3, 5 or 8 rounds.

t) Other Notes:

- **Scoring Method:** scoring under ISKA San Shou rules essentially involves isolating and judging the two major aspects of San Shou, Stand Up and Takedown, using a “Double five point must system”. The system is called a “Double five point must” because the winner of each of the two combative aspects receives five points for that aspect, with the loser receiving less. For example: Three Judges will score each round with a;
 - point must system for stand up fighting skills (i.e. 5 points to the winner, and 4.5 or less to the loser per round); and a
 - point must system for takedown fighting skills (i.e. 5 points to the winner, and 4.5 or less to the loser of the takedown match per round).
 - The criteria for scoring are the same differentials as for the 10 point must system, except with 5 points as the initial starting score. The judge has a degree of discretion in this area where consistency is the most important factor. Bouts are can be won on points or by KO.
- **ISKA Policies, Rules and Regulations:** All ISKA South Australia Policies, Rules and Regulations as approved by the South Australian Government, apply to San Shou Tournaments & Bouts.
- **Code of Conduct:** At all ISKA SA tournaments, the Chief Official will have the authority at any time before, during, or after the bout to disqualify or eject any competitor considered to be in breach of the ISKA SA Code of Conduct as stated in the Official Rules.

4.1.6 Mixed Martial Arts (MMA)

4.1.6 Mixed Martial Arts (MMA)

Mixed Martial Arts (MMA) Rules will follow San Shou Rules (as per section 4.1.5) with the following variations, intended to additionally incorporate Jujitsu, submissions, wrestling and ground based fighting techniques based on Traditional Martial Arts styles or forms (as deemed by the ISKA - for example Karate, Taekwondo, Kungfu, KunKhmer, Muaythai and alike):

4.1.6.1 Modified Mixed Martial Arts - Submission Fighting

Modified Mixed Martial Arts (MMA) Submission Fighting Rules will follow San Shou Rules (as per section 4.1.5) with the following variations, intended to additionally incorporate Jujitsu, submission fighting techniques and ground based wrestling - with no ground based striking techniques:

a) Legal Stand Up Technique

ISKA SA (section 4.1.5) San Shou rules will represent the “stand-up” rules component of this form of MMA. Only stand-up competitive techniques, as permitted by these rules, will be applied.

ISKA SA Rules sections 4.1.6.1 (b) to (g) will represent the “ground and submission fighting” component of the rules.

Note/Intention of Rules:

- The following San Shou techniques that will be permitted include;
 - Standing Strikes,
 - Grappling,
 - Wrestling,
 - Throws,
 - Takedowns,
 - Leg Sweeps,
 - Knees (as per competitor class),
 - Elbows (as per competitor class),
 - Back fist, and
 - Use of protective equipment (as per competitor class).

- Ground Submission Fighting: Variations to San Shou rules will be allowed (ISKA SA Rules sections 4.1.6.1 (b) to (g)) and will represent the “ground and submission” component of this form of MMA rules.

b) Submissions, Grappling and Wrestling

Standing and Ground based Grappling, Wrestling, Submission and large joint manipulation techniques permitted.

Note/Intention of Rules:

- Submission techniques (ground and standing) can only include large joint manipulation, muscle stretch submission and choke type holds (by use of arm or leg around the neck), but exclude without limitation all throat holds or choke holds with hands including grabbing the trachea. In addition submission “stretch” techniques aimed at large muscle groups (such as abdominal, leg and arm) will be permitted.
- Legal large joints include angel, knee, hip, shoulder, elbow, wrist and limited throat and neck (in the form of “head-lock” type techniques).
- It is the intent of the rules that the only Grappling, Wrestling and Submission Techniques that can be applied be limited to, and must fall be categorised as,- San Shou, Jujitsu, Brazilian Jujitsu, Wrestling or a legitimate and internationally recognised “Traditional Martial Art”- as determined and recognised by the ISKA.
- Head-lock techniques only to be use in submissions not throws.
- ALL Small joint or muscles group manipulation is not permitted as a submission technique – small joints include but not limited to fingers, neck and spinal vertebra, jaw and toe joints.
- Fighters have 30 seconds once on the ground to execute effective submission or wrestling or defensive technique.
- Standing Grapple is stopped after 10 seconds if no strikes, throw or takedown is immediate.
- A standing or downed opponent is permitted to use execute a submission, grappling or wrestling technique to a standing opponent.

c) No ground based striking techniques permitted

Note/Intention of Rules:

- No ground based strikes of any form to the body or head will be permitted.

d) ISKA SA approved MMA Gloves are to be used.

Note/Intention of Rules:

- Gloves must have the approval of the ISKA SA and meet South Australian Government standards as determined.
- 6oz or heavier (max 10oz) MMA fingerless or enclosed gloves are to be used.
- 6oz glove padding, on the front and back of the fist and knuckles, must be equivalent in impact protection to that of a standard international competition grade boxing glove.
- Gloves must have suitable thumb padding.
- Wraps as per standard international kickboxing rules.

e) Illegal Techniques

As per and in addition to ISKA SA Rules, section 3, include;

- Diving strike techniques.
- Ground based striking.
- Butting with the head, Eye gouging of any kind, Biting, Hair pulling, Fish hooking of Nose, Ear grabbing, Groin attacks of any kind.
- Striking to the spine or the back of the head;
- Throat strikes of any kind, including, without limitation, grabbing the trachea; clawing, pinching or twisting the flesh, Grabbing the clavicle;
- Putting a finger into any orifice or into any cut or laceration on an opponent.
- A standing competitor striking a downed opponent. A standing competitor cannot strike a downed competitor in any instance. For the purpose of definition, a downed opponent is an opponent with any body part other than the feet touching the floor.
- Hammer fist strikes.
- Dumping / spiking of opponents on the head or neck is permitted;
- Lifting of the opponent by the front or back of the neck for any other purpose than executing a submission hold.
- Use of headlock type throws.
- Small joint manipulation.
- Submissions techniques where the spine or neck is the target area.
- Throwing an opponent out of the ring area.
- Takedowns which intentionally result in opponents landing on each other for the purpose of inflicting injury.
- Holding the shorts or gloves of an opponent.
- Holding and hitting without approval. Holding and hitting is subject to competitor class.

- Engaging in an unsportsmanlike conduct or conduct that causes an injury to an opponent including using abusive language in the ring.
- Holding the ropes.
- Attacking an opponent on or during the break OR who is under the care of the referee OR after the bell has sounded the end of the period of unarmed combat.
- Flagrantly disregarding the instructions of the referee.
- Disregarding the instructions of the referee during a submission or tap out. Competitors who disregarding the referee's instructions will be disqualified.
- Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury.
- Interference by the corner.

f) Other Requirements:

- **Ring:** Bouts to be conducted in a standard boxing ring (as per section 3 of the ISKA SA Official Rules).
- **Rounds:** Bouts can consist of 2, 3 or 5 minutes per round with 3 or 5 rounds.
- **Code of Conduct:** At all ISKA SA tournaments, the Chief Official will have the authority at any time before, during, or after the bout to disqualify or eject any competitor considered to be in breach of the ISKA SA Code of Conduct as stated in the Official Rules.

g) Other Notes:

- **Ways To Win include;**
 - Submission by: Physical tap out or Verbal tap out.
 - Technical knockout by the referee stopping the contest.
 - Decision via the scorecards, including: Unanimous decision - Split decision - Majority decision ; Draw, including: Unanimous draw - Majority draw - Split draw.
 - Technical decision.
 - Technical draw.
 - Disqualification.
 - Forfeit.
 - No contest.
- **Scoring Method:**

Scoring under MMA rules essentially involves isolating and judging the three major aspects of MAA, Stand Up, Takedown, and Ground based techniques using a “ten point must system”.

4.2 State Based Modified Rules (Styles)

In addition to Section 4.1, the following modified variations (styles) can be applied to South Australian sanctioned tournaments;

4.2.1 Cambodian Style Rules (Khmer)

Cambodian rules follow the Oriental rules except for the following:

- a) Elbow strikes may be permitted.
- b) Hook kicks and spinning hook kicks may be used to the legal targets on the legs.
- c) Neck wrestling and grapple is permitted if knee strikes are working. Grapple is stopped after no strikes are immediate.
- d) Spinning back fist and Spinning elbows permitted.
- e) All fights may be 2 or 3 minute rounds.
- f) World title fights will be 7 x 2 or 5 x 3 minute rounds

4.2.2 Elimination Tournament Matches

Any style can be applied to an Elimination tournament

ISKA South Australia General Rules and Regulations apply with the following variations;

- Each match is three rounds in duration.
- The three-knockdown rule becomes a two-knockdown rule for all matches except the final.
- One or two reserve fights are held prior to the single elimination matches. If for any reason a fighter who wins and advances through the brackets is unable to continue, a reserve match competitor, or the fighter's opponent from the most recent match, takes his place. There are certain exceptions to this rule (i.e. a fighter who lost a match by knockout might not be eligible to replace another fighter).
- A fighter can compete in no more that four bouts in a single tournament.
- A fighter can be saved by the bell only in the last round.