

POINT KICKBOXING RULES

• BOUT LENGTHS

1. Bouts are 1 to 3 rounds of 60 seconds, 90 seconds, 2-2 minutes in length, 3- 2 minutes etc. depending on the fighters **Experience** and **Age**. **Please note: Round length should be advertise in advance of the event.**
2. **If there is a small division or advanced divisions, IKF Representative, promoter, trainer and fighter may all agree to increase length of a round or rounds. See Additional Round information below.**

• STYLES

- **Full Contact Above The Waist (PKB): Standard Boxing rules apply in all divisions. Controlled spinning back-fist allowed in all divisions.**

- Foot and hand strikes to the body Above the waist/belt line are allowed.
- No strikes to joints, groin and spine area.
- Shin and foot pads that cover the toes are MANDATORY for all divisions..
- Headgear is MANDATORY.
 - **Dress Code**
 - **Full Length, Long Karate or Contact Pants are MANDATORY.**



International Rules (PIR)

- All rules above apply. No knees! No Elbows! Kicks to inside and outside of thigh OK.
 - **Dress Code**
 - **Shorts are Mandatory, NO LONG PANTS.**

Muay Thai (PMT):

- Foot and hand strikes to the entire body except joints, groin and spine area are allowed.
- Chest/Body Pads and Shin Pads are MANDATORY in Junior divisions.
- Knees to the body only are allowed in Muay Thai divisions. No knees to the legs or face are allowed. Only temporary clinching is allowed but their must be action or the fighters will be asked to break. (approx. time of clinch is 3 to 5 seconds)

- You can not grab the leg of the opponent and punch them (currently under review 03/01/09)
- Their are no sweeps allowed
- You can not spike (drive your opponent to the floor)
 - **Dress Code**
 - **Shorts are Mandatory, NO LONG PANTS.**

CONTACT

1. **Semi-contact only. NO KNOCKOUTS ALLOWED! There are no Knockouts and, or Technical Knockouts. If a fighter quits, (for example due to exhaustion) this will give a win to his or her opponent by DEFAULT.**
2. **HAND & FOOT STRIKES to the HEAD - Semi- Contact Only -** The Official **IKF** Ring Referee **or** the **IKF** Ringside Representative, may penalized by points **or** disqualify the striker.
3. **No *Knockouts allowed.** Any Knockout will result in Disqualification of the striker. *There are some exceptions to a person stopping or faking a knockout. This circumstance shall be determined by the Official **IKF** Ring Referee or the **IKF** Ringside Representative. Together, they will determine the reason for the stoppage and designate the winner.
4. No kicks or punches in the back spine area, groin or knee joints.
5. Faking and, or over exaggerating a blow will be closely monitored.



• EQUIPMENT

1. **MANDATORY** Safety Equipment Required for **ALL IKF POINT KICKBOXING© MATCHES;**
 - **Mouth Piece**
 - **Headgear-** All Juniors must wear Faceguard with headgear- Headgear that a glove can not touch the face is also acceptable.
 - **Groin Cup**
 - **Foot Pads-** All divisions/rule styles must wear footgear that covers the toes.
 - **Ringstar Sparring Shoes** are now approved and recommended for IKF PKB events for all rule styles.
 - **Shin Pads**

2. All fighters wear **IKF APPROVED** boxing gloves.
3. **GLOVES:** 12 or 16 ounce Boxing Gloves. (Weight, Age and Experience shall determine glove SIZE. 12 Ounce are for JUNIOR Divisions, 16 ounce for ADULT Divisions. 10oz may be use for ages 4-8 year old)
4. **Hand Wraps** - Standard hand-wraps should be worn by all competitors
5. Breast and Chest Protectors, Face Guard Protectors- Are optional for adults but are recommended. If one fighter chooses not to wear a protector, it will have no bearing on the scoring. The winner will still be determined by who hits the point areas most effectively.
6. **No Jewelry** - All Jewelry is to be removed before your bout. (Earrings, lip, nose rings, necklaces, etc. or any other kind of jewelry must be removed.



NOTE: See Pictures (Right) of Adult and Child for example of Proper Gear needed for IKF Point Kickboxing© competition. Note those 17 and under must wear caged headgear or no foul headgear w/ cheek protectors that does not allow the gloves to touch the face. Any competitor also has the option to wear chest and breast protection. Safety First.

JUDGING and MORE

7. Three judges will stand at ringside and score each bout based on a 10 point must system just like in regular boxing or kickboxing. The winner gets 10, the loser gets 9 or less if point deductions occur. Judging are encouraged to move around in their corners to view different angles of the bout.
8. Bouts will be solely judged on who lands the most strikes / points in the designated areas based on the judges discretion.
9. It will not be judged on who the crowd is chanting for on one's "show boating" etc.
10. Point Kickboxing is a semi contact event and no full contact techniques will be allowed.

11. If judges rule that a participant is intentionally trying to hurt someone or hurts someone resulting from a full contact blow that participant will be disqualified with no refund. (this will be at the IKF PKB Rep and, or referee discretion...) The IKF PKB Rep. will have final say in the decision.
12. Full protective gear is Mandatory - approved head gear, mouth piece, groin protectors, shin guards, handwraps and foot pads must be worn.
13. All strikes must be in designated striking areas... these are front head area, front body area, inside and outside of thigh... no groin strikes.
14. If there is a draw in a match there will be an extra round to determine a winner.
15. If a leg kick is thrown and it is blocked with the shin portion of the leg...it is not a point. If a knee is thrown to the body but is blocked it is not a point. All techniques must land in designated striking area to be counted as a point.

- **Point Deduction or Possible Disqualifications**

1. **No elbows!**
2. **Too Much Contact-** Reminder all techniques must be controlled with semi - contact only.
3. **Use of profanity and un-professionalism**

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