

IKF

INTERNATIONAL KICKBOXING FEDERATION

IKF AMATEUR RULES

&

REGULATIONS

FOR THE STATE OF ARIZONA



International Kickboxing Federation

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SPECIAL ADDITIONS FOR ARIZONA PROMOTERS

1. FIGHTER MEDICAL INSURANCE

Statute for the State of AZ for Insurance is Title 5-233.

Insurance coverage for a boxer to provide for medical, surgical and hospital care for injuries sustained in the ring is \$20,000 with a \$25 deductible and payable to the boxer as beneficiary.

2. FIGHTER LIFE INSURANCE

Required life insurance for a boxer in the amount of \$50,000 accidental death.

3. FIGHTER BLOOD REQUIREMENTS

The blood test requirements are;

Combative 3 (HIV, Hep B Surface Antigine, Hep C Antibody) paid yearly.

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CLASSIFICATION OF THE FIGHTERS

- AMATEUR: One who engages in an activity as a pastime rather than as a professional; one who lacks expertise.
 - AMATEUR IN SPORTS: An athlete who has never participated in competition for money. An athlete who is not paid for his/her performance. An athlete at the beginning learning levels of his/her career. A fighter who does not receive any money as a purse for fighting. However Amateur Fighters may receive gifts and or awards such as Trophies, Title Belts, Medals, Jackets, Hats.



IKF RULES REGARDING BOUTS

- GENERAL BOUT RULES FOR ALL RULE STYLES -

1. The 3 knockdown rule is always in effect in IKF kickboxing unless otherwise noted between the promoter, referee and IKF Representative at the event. The IKF 3 knockdown rule is as follows: If a fighter is knocked down to the mat 3 times in one round OR given 3 standing 8 counts in one round, the bout is automatically over.
2. A fighter cannot be saved by the bell except in the final round.
3. A boot to boot sweep in any division is NOT counted as a knockdown.
4. Leg checking is permitted with the shin, but not with the foot.
5. Front leg sweeps, foot to foot, boot to boot, to the inside & outside of opponents front foot are permitted by BOTH feet of the striker/sweeper. No spin sweeps.
6. Slips will not count as a knockdown or a standing 8 count in ANY Fighting division.
7. Standing 8 Count is Always used in the IKF:
 - o If a fighter looks helpless and receives several blows to the head or body but continues to stand, not move and not defend him or herself, the referee will give the fighter a standing 8 count and, if the referee feels it is necessary, may stop the fight at that time. (In some cases, a standing 8 count will not be used.)
8. If a fighter loses by TKO or knockout from a blow to the head, the IKF WILL suspend him/her from competition for a minimum of 30 days (TKO) to 45 days or more (KO, cut, injury) for medical and safety reasons. Longer suspensions may be required due to cuts or various injuries.
9. If a fighter is knocked down to the ring floor or falls to the floor, he/she must get up under their own power.
10. If a fighter is knocked down, the other fighter must retreat to farthest neutral corner or the corner instructed by the ring referee.
11. If a fighter drops his mouthpiece 3 times during the entire contest, he/she will be disqualified from the match and lose by a technical knockout.



IKF RULES REGARDING EVENT EQUIPMENT

FIGHT GLOVES

- Will be supplied by the IKF Event Promoter.
- Must have "LACES" to secure their fit. Gloves with Velcro style closers will be allowed upon approval.
- Fight Gloves must have an attached thumb.
- Fight gloves must be clean with NO CUTS and good laces.
- ALL Event Fight Gloves must be approved by the IKF "PRIOR" to the event.
- If used they still must be clean with NO CUTS and good laces. If not they shall be changed before the event begins.
- Gloves for all IKF World Title bouts shall be new and in the package/wrapping to be opened only by the IKF Event Representative for full inspection prior to giving to each fighter.
- 10 Ounce Gloves shall be used for Amateur Fighters.

GROIN - PELVIC PROTECTORS

- Must be supplied by each fighter.
- ALL Men must wear a full tuck under groin cup.
- ALL Women must wear a Pelvic Protector.

WOMEN CHEST PROTECTORS

- ALL Women must wear a minimum of a Sports Bra with Padding.

MOUTHPIECE

- Must be supplied by each fighter.
- Must be FORM FITTING and remain in place when a fighter opens their mouth.

HANDWRAPS

- Must be supplied by each fighter.
- "Cloth handwraps" or "Pro Style Wraps" are allowed for Amateur fighters.
- Tape and Gauze are allowed for Amateur fighters.
- One winding of surgeon's adhesive tape, not over one and one-half inches wide, placed directly on the hand to protect that part of the hand near the wrist.
- Said tape may cross the back of the hand twice but shall not extend within one inch of the knuckles when hand is clenched to make a fist.
- Contestants shall use soft surgical bandage not over two inches wide, held in place by not more than two yards of surgeon's adhesive tape for each hand.
- One 10-yard roll of bandage shall complete the wrappings for each hand.
- Contestant, if requested, may witness the wrapping of his/her opponent's hand.
- Under NO CIRCUMSTANCES shall there be ANY tape on the Front side of the knuckles!
- DO NOT WET your handwraps after being wrapped.
- The IKF event Referee, IKF event Representative or the State Athletic/Boxing Commission representative shall inspect all wraps and will sign across the back of the hand if approved before the gloves are allowed to be placed and secured on the fighters hands.

HEADGEAR

- Headgear Is Mandatory For ALL Amateur Fighters with less than 3 bouts – In some states, Headgear is ALWAYS MANDATORY.
- Headgear must be IKF Approved.
- Karate Foam Dipped Style Headgear will not be allowed.
- "SPARRING" or "TRAINING" Headgear with a JAW BAR and or over 10 Ounces will not be allowed.
- THICK Padded Training/Sparring Headgear will not be allowed.

IKF RULES REGARDING BOUT RULE STYLES

1. FULL CONTACT RULES

- All kicks & Punches must be above the waist of each fighter.
- Front leg sweeps, foot-to-foot, boot-to-boot, (NOT ABOVE THE ANKLE) to the inside & outside of opponents front foot are permitted by BOTH feet of the striker/sweeper. If a fighter is "SQUARE" to their opponent (EX: Against the ropes, neither foot leading - equal weight on both feet) their opponent will be allowed to sweep inside or outside of "EITHER" foot. No spin sweeps.
- DRESS CODE
 - All participants must wear long pants.
 - Woman Fighters must wear a T-Shirt or sports top and it must be TUCKED IN.
 - Men Fighters may wear a shirt but it is NOT recommended. If so, it must be TUCKED IN.
 - If a fighter comes to the ring in shorts, they will be Automatically DISQUALIFIED
- SPECIAL STYLE RULES
 - Fighters are urged to throw a minimum of 6 kicks per round.
 - Minimum kicks are not mandatory, However, the bout referee may choose to give a "Warning" or even a "Point Deduction" for a fighter who does not appear to be kicking enough for this style of fighting.
- EQUIPMENT
 - ABOVE MANDATORY EQUIPMENT PLUS
 - FOOT PADS
 - Must be secured to the foot with their elastic strap AND Medical-Athletic Tape.
 - Must cover all the toes and the entire heel.
 - Laces if any should not be exposed.
 - Fight "SHOES" are NOT ALLOWED.
 - SHIN PADS
 - No Metal loop fasteners.
 - NO Soccer guards.
 - Material must be made of a soft substance.
 - Must be secured to the shin with their elastic strap AND Medical-Athletic Tape.
- ROUNDS
 - Non Title Bouts are 2, 3 minute rounds with a 1 minute rest between rounds.
 - State or Regional Titles are 4 Rounds.
 - National, Intercontinental and World title bouts are 5 Rounds.
 - Non Title Bouts over 3 Rounds but not exceeding 5 Rounds are permitted



IKF RULES REGARDING BOUT RULE STYLES – CONTINUED

2. INTERNATIONAL RULES

- Along with Kicks and Punches above the waist, fighters may also kick to the legs but not the knees.
- Front leg sweeps, foot to foot, (NOT ABOVE THE ANKLE) to the inside & outside of opponent's front foot are permitted by BOTH feet of the striker/sweeper. If a fighter is "SQUARE" to their opponent (EX: Against the ropes, neither foot leading - equal weight on both feet) their opponent will be allowed to sweep inside or outside of "EITHER" foot. No spin sweeps.
- Kicks may be made with the fighters Shin or Foot.
- Kicks are allowed to the inside and outside of the fighter's legs.
- Kicks are not allowed to a fighters knees.
- Direct Side Kick Style kicks to the front of a fighters legs Are NOT ALLOWED.

○ SHIN / INSTEP PADS

- IKF APPROVED SHIN / INSTEP PADS ONLY!
- IKF Approved Shin / Instep Pads ARE MANDATORY for fighter's with 3 bouts or less.
- IKF Approved Shin / Instep Pads ARE MANDATORY for ALL Fighter's UNDER THE AGE OF 18.
- If there is an athlete with 3 or less bouts VS another with 4 or over both must wear Shin / Instep Pads.

○ QUALIFIED FIGHTERS WITH 3 OR MORE FIGHTS

ADULTS OVER 18 YEARS OLD:

- Shin / Instep Pads are NOT MANDATORY for fighter's fighting in their "4th" Bout or More.
- HOWEVER: To be approved not to be required to wear them, Fighter must prove their bout History.
- TO BE APPROVED, Fighter Must submit an IKF BOUT HISTORY FORM "A MINIMUM 7 DAYS PRIOR TO THEIR SCHEDULED BOUT".

○ MIXED DECISIONS - DECIDED IN MATCHMAKING

- If one "ADULT" fighter chooses to wear Shin / Instep Pads both must wear Shin / Instep Pads.
- If one "ADULT" fighter with more than 3 bouts chooses to wear Headgear both must wear Headgear.

○ UNIFIED RULES DRESS CODE

- Shorts are Mandatory, NOT PANTS.
- SHORTS cannot extend lower than 3 inches from the TOP of the knee.

○ DRESS CODE

- All participants must wear shorts.
- SHORTS cannot extend lower than 3 inches from the TOP of the knee.
- Woman Fighters must wear a T-Shirt or sports top and it must be TUCKED IN.
- Men Fighters may wear a shirt but it is NOT recommended. If so, it must be TUCKED IN.
- If a fighter comes to the ring in long pants they will be Automatically DISQUALIFIED

○ ROUNDS

- Non Title Bouts are 2, 3 minute rounds with a 1 minute rest between rounds.
- State or Regional Titles are 4 Rounds.
- National, Intercontinental and World title bouts are 5 Rounds.
- Non Title Bouts over 3 Rounds but not exceeding 5 Rounds are permitted

IKF RULES REGARDING BOUT RULE STYLES – CONTINUED

3. UNIFIED RULES

1. K-1 - Glory Style Rules Combined.
Details of Bout Rules Determined in Matchmaking.
2. Fighters may kick above the waist and to the legs.
3. Leg kicks (shin or foot) are allowed to BOTH inside & outside of the legs but not the knees.
4. Grabbing the leg is ok as long as you immediately counter with a strike.
5. Pushing is OK as long as it is to set up a Strike.
6. Ok to reposition fighter (like in a clinch) to throw a strike.
7. DIRECT SIDE KICKS TO THE LEGS ARE NOT ALLOWED!
8. Shin & Instep Pads are OPTIONAL - FOR FIGHTERS OVER 18 YEARS OLD.
MIXED DECISIONS
If one fighter chooses to wear Shin Pads and Insteps both must wear Shin Pads and Insteps.
9. Shorts are Mandatory, NOT PANTS.
10. SHORTS cannot extend lower than 3 inches from the TOP of the knee.
11. Spinning backhands/fists are Legal.
12. Fighters may Throw Knees but Cannot Clinch like in Muay Thai.
13. Fighters will be asked to break as in FCR or Boxing.
14. No Elbows.
15. Foot sweeps are legal to the "FRONT" Foot as long as it is not higher than the ankle.
16. If a fighter's rear is square to the ropes, BOTH feet become targets for a sweep.

o SHIN / INSTEP PADS

- IKF APPROVED SHIN / INSTEP PADS ONLY!
- IKF Approved Shin / Instep Pads ARE MANDATORY for fighter's with 3 bouts or less.
- IKF Approved Shin / Instep Pads ARE MANDATORY for ALL Fighter's UNDER THE AGE OF 18.
- If there is an athlete with 3 or less bouts VS another with 4 or over both must wear Shin / Instep Pads.

o QUALIFIED FIGHTERS WITH 3 OR MORE FIGHTS

ADULTS OVER 18 YEARS OLD:

- Shin / Instep Pads are NOT MANDATORY for fighter's fighting in their "4th" Bout or More.
- HOWEVER: To be approved not to be required to wear them, Fighter must prove their bout History.
- TO BE APPROVED, Fighter Must submit n IKFa BOUT HISTORY FORM "A MINIMUM 7 DAYS PRIOR TO THEIR SCHEDULED BOUT".

o MIXED DECISIONS - DECIDED IN MATCHMAKING

- If one "ADULT" fighter chooses to wear Shin / Instep Pads both must wear Shin / Instep Pads.
- If one "ADULT" fighter with more than 3 bouts chooses to wear Headgear both must wear Headgear.

o DRESS CODE

- All participants must wear shorts.
- SHORTS cannot extend lower than 3 inches from the TOP of the knee.
- Woman Fighters must wear a T-Shirt or sports top and it must be TUCKED IN.
- Men Fighters may wear a shirt but it is NOT recommended. If so, it must be TUCKED IN.

o ROUNDS

- Non Title Bouts are 2, 3 minute rounds with a 1 minute rest between rounds.
- Rounds are two minutes long with a one-minute rest.
- State or Regional Titles are 4 Rounds.
- National, Intercontinental and World title bouts are 5 Rounds.
- Non Title Bouts over 3 Rounds but not exceeding 5 Rounds are permitted

4. JUNIOR AMATEUR RULES

- Fighters between the ages of 8 and 17 years old.
- All Above Rules apply except for the following changes.
- RULE STYLES ADJUSTMENTS
 - FULL CONTACT
 - 5 Kicks per round requested.
 - INTERNATIONAL RULES
 - Same as Adult Rules as described Above
 - UNIFIED RULES
 - Same as Adult Rules as described Above - No Knees allowed to the head
- DRESS CODE
 - Same as required for Adult Divisions.
- SPECIAL STYLE RULES
 - Same as described in each adult rule style.
- EQUIPMENT
 - Same as described in each adult rule style - HOWEVER
 - HEADGEAR & SHIN PADS ARE ALWAYS MANDATORY!
- ROUNDS
 - Non Title Bouts will range between 3 and 5 rounds.
 - Amateur State or Regional Titles are 4 Rounds.
 - Amateur National, Intercontinental and World Title bouts are 5 Rounds.
- ROUND TIMES & LENGTH
 - Ages 8 to 15: 1:30 Minute Rounds - 1-Minute Rests.
 - Ages 16 & 17: 2:00 Minute Rounds - 1 Minute Rests.
- MATCHMAKING
 - Junior Fighters Ages 8-15 can only be matched with other JUNIOR Fighters who are within 24 months apart in age.



IKF RULES REGARDING BOUT FOULS

- If a fighter is guilty of a foul, points could be deducted from his/her scorecard and the referee may, at his discretion, disqualify him/her from the match. The foul could result in the holding of any purse and the fighter automatically suspended. The IKF shall rule in such a case.
- If a fighter commits a foul in the ring, the referee shall have the discretion to determine the following along with the assistance of the IKF official representative at ringside.
 - Give the fighter who has fouled a warning.
 - Deduct 1-3 points from the fighter who has fouled. The amount of points deducted would be determined from the foul.
 - Disqualify the person who has fouled.
 - If the person who has fouled knocks out or causes his/her opponent to become injured in any way where they are unable to continue the bout, the referee will stop the fight. At that time, the judge's scorecards will be totaled and the decision of the bout will be announced. However, if a foul is committed in the first round and the fouled fighter cannot continue, the person who has fouled will automatically lose by disqualification.
 - If a fighter is injured from a foul and the fight continues, but is later stopped in any round after the first, because of additional injury to the fouled area, the judge's scorecards will be totaled. If the fighter who fouled is ahead on the scorecards, a "TECHNICAL DRAW" will be the result of the fight. If the fighter not fouling is ahead, he will be awarded a "TECHNICAL WIN"

• THE FOLLOWING ARE CONSIDERED FOULS - ILLEGAL TECHNIQUES

- Head butts.
- Punches to the back of the Head.
- Striking to the Spine Area. (Kidneys are OK.)
- Slapping. (Striking with the LACE Side of the Gloves)
- Spitting.
- Biting.
- Holding your opponent's head or arm and Hitting.
- Knee Strikes (However These ARE Allowed in Unified Rules Bouts)
- Strikes to the Knees.
- Elbow & Forearm Strikes.
- Palm Heel Strikes (Using the heel part of your palm.)
- Joint Attacks: (Striking to "AND" Arm bars.)
- Takedowns, Throwing or Grappling.
- Clubbing (Hammerfist Karate Style Strikes)
- Strikes to the Groin.
- Spinning Sweeps. (Boot-To-Boot Sweeps are allowed as long as the user does not "SPIN" while doing them.)
- Karate Chopping Style Strikes.
- Striking opponent when he/she has slipped or fallen to 1 knee or more. An opponent is down when any part of his/her body touches the floor of the ring.
- Abusive language in the ring.
- Attacking when the referee is breaking the fighters apart.
- Fighting after the bell has indicated the end of the round.
- Pushing and or Shoving Are NOT Allowed in International, Unified & Full Contact Rules bouts.
- Pushing or shoving an opponent through the ropes or out of the ring.
- Grabbing or holding onto an opponent's leg, foot or any other part of the body is not allowed in Full Contact, Unified & International Rule Style bouts.

IKF RULES REGARDING BOUT FOULS - CONTINUED

- Spinning FOREARM or ELBOW: A spinning "BACKHAND" IS ALLOWED. It must strike with the portion of the glove that is ABOVE the wristline. This portion is from the tapeline at the wrist to the end of the glove. If the Forearm "OR" the Elbow of the fighter throwing such a strike makes contact to his/her opponent, the "REFEREE" has several options:
 - To give a Warning.
 - To deduct 1 point from the fighter throwing the strike.
 - If the fighter "STRUCK" is greatly injured, (Cut, Can't Continue because of the blow or Knocked Out) the Referee "MAY" choose to disqualify the Striking Fighter.
 - In addition, If the bout continues after the "Illegal" strike without any point deduction, the NEXT Illegal Strike Will "ALWAYS" result in a MINIMUM of a 1 point deduction or, if deemed necessary by the Referee, disqualification of the Striking Fighter.
 - If the attempted spinning backfist strikes with the "ELBOW" portion of the Strikers Arm, this will AUTOMATICALLY result in a -2- point deduction from the fighter throwing the strike. Any successive attempt that lands in the same way will result in a disqualification.

○ UNINTENTIONAL OR NON-FOUL RELATED INJURY

- If a fighter becomes injured by something other than a foul or legal strike (Example: Twisted or Dislocated Knee, Dislocated Shoulder, Twisted Ankle, Getting hit by something flying into the ring from the crowd, fall to the ring floor and floor causing an injury etc.) the decision of the bout would be one of two outcomes.
 1. If the injury occurs in the first round, the bout shall be stopped and declared a "NO CONTEST".
 2. If the injury occurs in the Second Round or Beyond, the Official IKF Representative at ringside will do the following:
 - If the injury occurs during a round, all 3 judges will be asked to score the portion of the round fought.
 - All 3 judges cards will be collected and tallied by the IKF Representative.
 - If the INJURED Fighter is ahead on the scorecards, the round shall be declared a TECHNICAL DRAW.
 - If the non-injured fighter is ahead on the scorecards, he/she will be awarded a win by TKO. (Technical Knock out)

○ DISQUALIFICATIONS

- RING BORDER:
 - If a fighter has fallen through or become entangled in the ropes of the ring with any part of his/her body, his/her opponent CANNOT strike him/her. If they do, a decision will be made that will depend greatly upon what actually occurred which will vary from how long the fighter was entangled in the ropes to if or not the attacking fighter had a good view of such or not.
 - If a fighter purposely slides through the ropes to hope his opponent will stop attacking, he will be charged with a standing 8 count and it "Could" be a disqualification.
 - If a fighter falls through the ropes and out of the ring, the referee must call time and allow the fighter time to return to the ring.
 - If the fighter is injured from the fall out of the ring, the IKF representative at ringside will determine the decision for the moment. (Recovery period, Disqualification, Technical Draw, Knockout etc.)
 - If the fighter is injured from the fall out of the ring, the IKF representative at ringside will determine the decision for the moment. (Recovery period, Disqualification, Technical Draw, Knockout etc.) see "UNINTENTIONAL OR NON-FOUL RELATED INJURY" Above.
 - If a fighter drops his mouthpiece 3 times during 1 round, that fighter will be disqualified from the match and lose by a technical knockout.
 - Spitting (Intentional abusive conduct, not just loss of saliva), biting, spinning sweeps, holding onto an opponent's leg or foot, holding onto any other part of the body or striking while holding, could all be reasons for disqualification.

IKF RULES REGARDING BOUT FOULS – CONTINUED

ALCOHOL & DRUGS

- Any AMATEURS fighter found under the influence of ANY drug within 24 hours before their match shall will be disqualified from their match and given a Technical loss, fined and suspended.
- Any fighter found fighting under the influence of any drugs or alcohol will be immediately disqualified from their match and given a loss, fined and suspended.
- If the fighter holds any IKF titles, they will lose them immediately.
- Any fighter fighting for the IKF shall give permission to the IKF for drug testing before or after any bout.



IKF RULES REGARDING EVENT WEIGH-INS

1. All Fighters and their TRAINERS must be present at the OFFICIAL EVENT WEIGH-INS.
2. All fighters and trainers are allowed to witness personally their opponent's weigh-in on ALL IKF bouts.
3. Fighters and "ALL TRAINERS" must be present at the PRE-FIGHT MEETING. Unless a Special Circumstance has been approved by the Event Promoter and the IKF Event Representative, Any trainers who do not attend the pre-fight meeting WILL NOT BE ALLOWED in the corner of their fighter or the dressing rooms of their fighter.
4. If a fighter or the fighter's chief cornerman/trainer fails to attend either the weigh-ins or the pre-fight meeting, he/she could be fined and the fighter possibly dropped from the event.
5. The pre-fight meeting could take place directly after the weigh-ins or in the afternoon of the day of the event.
6. At the pre-fight meeting, trainers and fighters will be assigned one corner from which they will fight, the time of pre-fight physicals, where their dressing rooms are and fight order.
7. All fighter's, once they report to the dressing rooms or event location the *night of the event, are not allowed to leave the facilities and are subject to urinalysis and fines if they do not remain. The fine for such a violation is \$100.00. (*) Or a time confirmed after weigh-ins, which could be a day event as well.

MAKING WEIGHT

1. Fighters are allowed to LOSE weight to make their matched weight.
2. Fighters may not lose more than *2 pounds to make weight.
3. Fighters are NOT ALLOWED to GAIN weight to make their match weight.
(*) Or the noted amount regulated by a Regulating State Athletic Commission.

BE PROFESSIONAL... BE ON TIME OR BE FINED!

4. Fighters and trainers must appear at the specified time for the official event weigh-ins and the pre-fight meeting. Fighters AND Trainers who are late will be FINED!
5. The fine for being late for the Official Weigh-ins is \$25.00 per 10 minutes of time late from the last hour of the official weigh-in time.
6. The fine for being late for the Official Rules Meeting is \$50.00. Late begins at :01 second after the time indicated for the meeting. BE EARLY FOR THE MEETING!
7. Fighters and trainers who are late may also be DROPPED from the event AND be charged for ALL Expenses the promoter occurred for them to be on the event.
8. Fighters who are late may also be fines and suspended.
9. All fines shall be paid to the IKF prior to the event.
10. If ANY fighter NO SHOWS at an IKF EVENT, they WILL be Charged/Finced for ALL expenses the Promoter occurred to match them on the event.
11. ANY Charges, Expenses or Fines that are not paid or collected at the event will be followed up by the IKF Legal Department.

IKF RULES REGARDING EVENT CORNERMEN & TRAINERS

The IKF Event Representative and or IKF Referee have the power to discipline any broken Rules.

- Give a Verbal Warning.
- Deduct 1 Point from their fighter.
- Expel the Cornerman/woman from the bout.
- Expel the Cornerman/woman from the event.
- Disqualify The Fighter, ending the bout.
- ANY Cornermen Can be FINED beginning at \$100.00.

1. TRAINERS & JUNIOR (8-17) Fighters: If ANY IKF Event Official feels that a trainer is being verbally or physically abusive to a "Minor" under the age of 18, that trainer "WILL" face disciplinary actions as determined by the IKF Event Representative, even DURING a bout in action. If the trainer/cornerman is offensive or rude to the IKF Official or IKF Event Representative presenting the discipline, the trainer "WILL" be banned from the ring and fined by the IKF. We understand that many coaches will become verbally aggressive with their fighters. However "PHYSICAL ABUSE" in any way (Grabbing a fighters headgear, hitting a fighter etc.) WILL NOT BE TOLERATED! Disciplinary actions for such an offense could be:
 - o Verbal Warning.
 - o Disqualification from being a cornerman for the duration of the bout in question.
 - o Disqualification from being a cornerman for the entire event the misconduct took place.
 - o Suspended from being a cornerman on any IKF Sanctioned event for a time to be determined by the IKF.
 - o FINED for outrageous misconduct an amount determined by the IKF. Fines begin at \$50.00.
 - o Banned from the IKF indefinitely.
2. All Cornermen/Trainers are required to keep their shoulders below the ring mat level during a bout.
3. If you choose to sit on the ring corner stairs, keep your shoulders below the ring mat level.
4. Do not stand up or lean on the edge of the ring mat/floor when bout is in progress.
5. Do not slap the ring mat when the bout is in progress when bout is in progress.
6. Do not touch the ring ropes until the bell sounds ending the round!
7. During the bout and even when the round is coming to an end, DO NOT climb up towards the ring!
8. While the bout is in progress, please keep your coaching volume down.
9. Do NOT Negatively interfere with the officials in any physical or verbal way.
10. DO NOT Use Rude or Abusive Language when coaching from your corner.
11. Do not Yell abusive language or remarks at your fighter's opponent.
12. Always clean up the fighter's corner when a round break is over. (Ice, water etc.)
13. In ALL Amateur and non title bouts, there may only be up to "3" cornermen/women total in the fighters corner.
14. In a Title bout, National or Higher, the corner is allowed up to "3" cornermen/women in the fighters corner.
15. Only 1 cornerman/women in the ring during a round break.
16. No more than 1 cornerman/women are allowed on the ring edge during a round break.
17. All remaining cornerman/women and additional if allowed must remain on the venue FLOOR!
18. If you cut ANY part of the fight gloves you will owe for a NEW PAIR. Payment is DEMANDED at the event.
19. Vasoline is the only substance used on a fighters face. Vasoline or Abilene can be used on the body. BABY OIL is NOT permitted on the body. Liniment rubs such as Muay Thai Oil etc., may be used on the fighters body.
20. The use of Monsel's Solution for the stopping of hemorrhage in the ring is prohibited.
21. No "Smelling Salts" or related medicines are allowed in the corner.
22. Each Corner Team must be of a clean and neat appearance in clean attire.
23. Each Corner Team must provide their own pail/bucket, athletic tape, water bottle, towel and any additional required equipment necessary for his/her fighters injuries if any.
24. NO THROWING WATER during the round breaks or during the bout.
25. Corners shall make sure their fighter only spits his/her water in their spit bucket and not on or outside of the ring.
26. What water is used and left on mat shall be wiped dry by the corner team before the start of the next round.
27. THROWING IN THE TOWEL: Chief cornerman may throw a towel into the ring if they feel their fighter is getting beat to stop the bout & must follow it into the ring. DO NOT throw at your opponent or the referee.

IKF RULES REGARDING EVENT FIGHTING RING

1. FLOOR SIZES: Not less than 17' square within the ropes. 18" outside the ropes to the edge of the ring.
 - o In some cases, smaller rings will be allowed, "UPON IKF APPROVAL".
2. HEIGHT: No more than 4' above the arena floor. Ringside tables must be no higher than ring floor level and no ringside tables will be permitted next to floor mounted rings.
3. STEPS/STAIRS: The ring shall have suitable steps for use of the fighters.
4. CORNER SUPPORT POSTS: Ring post shall be of metal, not more than 4" in diameter, extending from the floor of the arena area to a height of 58" above the ring floor and shall have the top turnbuckles padded with turnbuckle covers that meet IKF approval,
5. FLOOR PADDING: Floor of ring from outside edge of platform to outside edge of platform on all 4 sides shall have padding meeting the approval of the IKF and meet the requirements of the local State Athletic Commission or of a thickness of not less than 1 inch. Material: Ethafoam.
6. FLOOR COVER: The cover of the ring must be CANVAS.
7. RING ROPES: 4 ROPES. Not less than 1" in diameter Bottom rope=18" above the ring floor Center rope=35" above the ring floor Top rope=52" above the ring floor Spacing could vary with a ring with 4 ropes. The bottom rope must be padded with a padding of a thickness not less than 1/2". Soft rope ties shall connect all ropes approximately every 6' apart. All ropes shall be tight and approved by the IKF event representative prior to the event.
8. CORNER CUSHIONS: All corners must be padded for fighters protection with IKF approved cushions.
9. RING ADVERTISING SPACE ANY AND ALL: Due to some past events that have had "RUDE" Advertisements on the corner cushions, "ALL" Advertising displayed on the ring must have WRITTEN approval of the IKF. Promoters are required to inform the IKF of any and all advertising/sponsorship income related to the advertising of any IKF sanctioned event.
10. STOOLS & BUCKETS: Promoter shall provide all necessary ring equipment including 2 stools & 2 buckets, 1 for each corner.
11. LIGHTING: The ring shall have BRIGHT LIGHTS that light up all 4 corners and the middle of the ring EQUALLY. NO LIGHTS shall shine into the eyes of ANY Fighter or Judge. All lights must ONLY shine DOWNWARD. Lights may not shine at any angle directly into the fighting ring area that may blind the fighters vision.

IKF RULES REGARDING EVENT ROUND BELL

1. All necessary sound and recording equipment shall be provided by the Promoter or Official Timekeeper.
2. This includes
 - o A whistle.
 - o An IKF approved stop watch.
 - o IKF approved round bell.
3. The bell will be no higher than the floor level of the ring.
4. The bell or gong shall be of clear tone so that the fighters and assistants may easily hear it.

IKF RULES REGARDING EVENT OFFICIALS - GUIDELINES

1. All IKF Event officials shall be appointed by the IKF.
2. All IKF Event officials shall be paid by the promoter through the IKF event representative.
3. Each official must be IKF Approved.
4. Any official found under the influence of ANY drug or alcohol immediately prior to, during or within 1 hour after the event (Alcohol only prior and during the match, not after) shall be fined by the IKF \$500.00 and banned by the IKF.
5. Any IKF official at an IKF event shall give permission to the IKF for drug testing before or after any bout and especially if the bout is a title match.
6. ALL officials must be pre-approved and licensed by the IKF "UNLESS" the State Athletic Commission is using their own approved officials.



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IKF RULES REGARDING EVENT REFEREE DUTIES

(Sometimes 2 referees are needed, depending on how many bouts. The ring referee shall be in charge of the general supervision of the bout. He enforces the IKF rules and regulations as stated in this document. He shall promote the safety of the fighters within the ring and shall insure a fair fight between the fighters.

1. Minimum of 18 Years of Age.
2. Before the start of each bout the Referee shall inspect and approve:
 - o Each Fighters Gloves to assure they are of same size of their opponent, secured to the fighter with tied laces and laces taped over for the safety of their opponent.
 - o That each fighter has the required groin/pelvic protector.
 - o That each fighter has a fitted/formed mouthpiece.
 - o Any tape used on any equipment.
 - o Other equipment such as shin guards & headgear to assure proper fit & that the equipment is legal for the bout.
3. The referee, before each bout, shall ask each fighter who their chief second/trainer is at ringside. The referee shall hold said trainer responsible for the conduct of his assistants & during the bout.
4. The Referee MUST make sure that each fighter understands their language so there will be no confusion as to "Ring Commands" during the fight.
5. The referee shall call both fighters to the center of the ring before each bout for final instructions, each fighter shall be accompanied by his chief second.
6. The referee will not step in to give a standing 8 count if the opponent getting beat is still able to hold up his/her hands to chin height. This prevents a recovery period when one fighter is clearly beating the other. If the referee feels he/she must step in, he should also consider stopping the fight at that time. If questionable, the referee should call upon the ringside physician to make the decision whether the bout should continue.
7. Immediately before the bout begins, the fighters shall bow to the referee, followed by the fighters bowing to each other. Once done, the referee shall instruct the fighters to "FIGHTING POSITIONS" and signal the timekeeper to begin the bout. The timekeeper will ring the bell and the bout will begin.
8. In a FULL CONTACT RULES bout the referee has the responsibility of making sure each fighter is attaining their requested number of kicks per round. If not, the Referee shall warn such fighter, and ultimately have the power to deduct a point if the fighter continues not to meet their requested minimum kick count.
9. All bout time runs continuously and can only be stopped by the referee or the Ringside Medical Staff.
10. The referee may elect to call "TIME" if a fighter needs to adjust his/her equipment, shorts, pants, loses a mouthpiece or if there was an injury or foul.
11. The referee shall administer the following for fouls: 1st time-Warning to the fighter. 2nd time, deduction of 1 point. 3rd time, disqualification* (*) If the foul is severe, the referee & or the IKF representative could stop the bout at ANY time.
12. RUNNING FROM YOUR OPPONENT: The Referee will warn a fighter who continually runs from his opponent not to do so. If a fighter continues to do so, a 1 point deduction will be given to the fighter for INTENTIONAL EVASION OF CONTACT.
13. LEG SWEEPS, CUT KICKS, SLIPS OR FALLS: A-Foot to foot, to the inside & outside of opponents front foot are permitted. No spin sweeps. No sweeps above the foot pad. No sweeping the supporting leg. All sweeps/kicks to the legs that cause a fighter to fall from loss of footing, slipping WILL NOT be counted as a knockdown. If the FALL ITSELF causes injury, the referee will begin a count on the downed fighter. If the fighter does not stand by the count of 10, the bout is over and the downed fighter loses. If the kick to the legs INJURES the fighter and he/she is forced to drop to 1 knee or to the ring floor due to the INJURY to their legs, the referee will begin a count. Again, if the fighter fails to stand after the count of 10 "OR" limps in pain once up, the referee shall stop the bout and that fighter shall be declared the loser by KO.
14. KNOCKDOWNS & KNOCKOUTS: If a fighter is knocked down 3 times in 1 round, the fight is over. Sweeps do not count as a KNOCKDOWN and a leg kick to a single supporting leg do not either. If a fighter is knocked down to the ring floor or falls to the floor, he must get up under his own power. Fighters can only be saved by the bell in the final round. If one fighter is knocked down, the referee must instruct the other fighter to retreat to the farthest neutral corner. WHITE.
15. CLINCHING: Not allowed in International, Unified or Full Contact Rules.

IKF RULES REGARDING EVENT REFEREE DUTIES - CONTINUED

16. **STANDING 8 COUNTS:** If a fighter looks helpless and receives several blows to the head but continues to stand, not move and not be able to defend him or herself, the referee will step in and give the fighter a standing 8 count and if the referee feels necessary, he may stop the fight at that time. The Referee shall not stop the bout when a fighter is still standing, unless either a knockdown has happened within the round in question or at least 1 standing 8 count has been given to the fighter in trouble within the same round. The referee will not step in to give a standing 8 count if the opponent getting beat is still able to hold up his hands to chin height and still protect him/herself. This prevents a recovery period when one fighter is clearly beating the other. However, if the referee has already given at least 1 standing 8 count to the fighter in trouble, he may step in, and at that time, the referee shall make a decision about stopping the bout. At ANY time, the referee may also request the ringside physician to come up to the ring and make a true medical determination whether a fighter should continue or not.
17. **CORNERMAN RULES:** The Referee will give a maximum of -2- warnings ONLY to a cornerman or second that lean on top of the ring floor, Touch the ring ropes, slap or hit the ring, yell or coach his/her fighter or yell at any official during the fighting round. If after -2- warnings, said cornerman or seconds continue to do so, the fighter who's corner is not following the rules and regulations of a cornerman could lose a point or his/her corner/trainer could be fined, suspended or disqualified from the match by the IKF representative at ringside. If disqualified, the fighter will lose by TKO. The only person other than the referee and the fighters allowed to touch the ring canvas during the middle of a round, shall be the timekeeper who shall slap the ring canvas "3" times when 10 seconds remains in each round.
18. **PROTECTING FIGHTERS FROM OUTSIDE DISTRACTION** If a spectator throws any object from the crowd into the ring, TIME will be called by the referee & event security will escort the spectator out of the arena room. The spectator will be subject to arrest & fines. If a second or corner throws anything into the ring, it will be taken as a request to stop the fight and said corner will lose by technical knockout.
19. **FOULING-STOPPING THE FIGHT:** If the referee determines that the fighter being fouled needs time to recover, he may stop the fight and the time and give the injured fighter time to recover. At the end of such time, the referee and ringside doctor shall determine if the fighter can continue. If so, the round will begin at the stopped time. If not, the referee shall gather all 3 judges score cards and the winner will be determined by who was ahead on the 3 score cards at the time of the foul. A 1 point deduction shall also be given to the fighter committing the foul. If the fighters were even a TECHNICAL DRAW will be awarded. If the foul occurs in the first round, a NO CONTEST shall be awarded to each fighter.
20. **COUNTING OVER A DOWNED FIGHTER:** When a fighter is knocked down or purposely falls down without will to stand, the referee shall instruct the other fighter to retreat to the farthest neutral corner of the ring from the downed fighter. The count of the downed fighter by the ringside timekeeper must begin once the fallen fighter touches the ring floor. If the referee was occupied by instructing the other fighter to retreat to the furthest neutral corner, the referee upon returning to the downed fighter shall pick up the actual count from the ringside timekeeper who shall make the count clear and visible by counting with his fingers over his head so the referee can pick the count up clearly. From there, the referee shall continue the count over the downed fighter with the referee showing with his arm in motion the number of the count with 1 hand up to 5 and continuing on the same hand up to 5 fingers to signal a count of 10. At the end of each downward motion shall be the count of each number. If the fighter stands during the count, the referee shall continue the count. If the standing fighter leaves the neutral corner, the referee shall again instruct the standing fighter back to the corner. At such time, the referee will begin the count from 0 AGAIN. If the fighter on the canvas does not stand before the count of 10, the standing fighter shall be determined the winner by knockout. If the referee feels that the fighter can continue, the referee shall wipe the end of the fighters gloves on the referee's shirt before continuing the fight.
21. **OFFICIAL SIGNAL OF THE REFEREE FOR END OF BOUT:** If the referee determines that the fight is over by a knockdown, knockout, TKO, foul etc, the referee will indicate so by crossing both hands ABOVE his/her head and or over his face as he/she steps between the fighters.
22. **STOPPING OF A BOUT:** The referee, ringside physician or the IKF representative at ringside shall have the power to stop a bout.

IKF RULES REGARDING EVENT JUDGES

1. Minimum of 18 Years of Age.
2. The three scoring judges of a bout shall individually score each round by marking their scorecards.
3. At the end of each bout, the referee shall collect the scorecards from each judge and bring them to the IKF representative at ringside.
4. The scorekeeper or the IKF Representative shall then check all the scores on each individual card.
5. Once the scores are confirmed, the scorekeeper or representative give the official scores to the event ring announcer. The scores shall be read in totals of the fight as stated on the official announcement card, not each round. Once done, the ring announcer shall announce the winner by corner color first and than the fighter's name.

1. JUDGING EACH ROUND

- o Each judge shall score each fighter between 7 and 10 points for each round.
- o Fighters are judged by domination, effectiveness of technique, aggressiveness and kickboxing ability.
- o Judges will evaluate which fighter DOMINATED the bout. NOT who threw the harder punches or kicks (Unless there were a lot of them), but who landed the most and did the most damage during the entire round.
- o ONE good punch or a short flurry could win a round for a fighter in a round that up until that moment appeared EVEN to the judge.
- o ONE good punch or a short flurry WILL NOT win a round for a fighter in a round that up until that moment was being dominated by the other fighter UNLESS the flurry or strike resulted in a knockdown or standing 8 count.
- o The bout is scored by points and or effective blows landed to a target area. The fighter who dominates the round will be given a 10 while the other fighter a 9.
- o No judge shall give a fighter less than 7 points for a round "UNLESS" there are "Point Deductions". See "POINT DEDUCTIONS" below.

2. KNOCKDOWNS OR STANDING 8 COUNTS

- o ONLY the referee makes the determination whether a fighter was knocked down or needs a standing 8 count.
- o When a punch, kick or flurry of strikes results in the referee administering a standing 8 count or counting over a fighter that was knocked down, no matter what happened prior to this (Unless there was another standing 8 count earlier or knockdown) the fighter who did not receive the 8 count will ALWAYS be awarded the score of 10 for the round. Even if he was losing the round up until that point.
- o SCORING THE KNOCKDOWN OR STANDING 8 COUNT
 - Scoring a knockdown or standing 8 count is not as easy as giving one fighter 10 and the other 8. For example;
 - If the round was even or the fighter who was not given the standing 8 count was dominating the round, at the end, the round should be scored 10-8. 10 for the fighter who did not get the standing 8 count or knockdown and 8 for the counted fighter. This is the easiest example of judging the standing 8 count or knockdown.
 - If the above fighter who was knocked down was dominating the bout prior to the knockdown or standing 8 count, he will still NOT receive a score of 10. However, he/she "MAY" not receive an 8 either. If the judge feels the fighter who was knocked down was dominating "THE ENTIRE BOUT" other than the "1" knockdown, the judge has the "CHOICE" to score it a 10-9 round rather than a 10-8 round.
- o SCORING A ROUND WITH MULTIPLE KNOCKDOWNS OR 8 COUNTS.
 - If BOTH fighters score standing 8 counts or knockdowns, in the judge's mind, the round score goes back to being even. NO Fighter will be given an 8 in the round if there are no other standing 8 counts or knockdowns in the round.
 - IN A CLOSE ROUND, if one fighter is given a standing 8 count and the other scores a HARD KNOCKDOWN, the judge may give more credit to the HARD KNOCKDOWN.
 - If one fighter is dominating the round and he forces the referee to give more than 1 standing 8 count on a fighter, the judge shall score the round as follows;
 - 10-8, for 1 standing 8 count or knockdown.
 - 10-7, for 2 standing 8 count or knockdown.
 - If a fighter is ready to be given his/her 3rd standing 8 count, the referee will STOP the bout. The bout is over if 3 knockdowns or 3 standing 8 counts occur due to fighter dominance.
 - Sweeps are not counted as knockdowns and in scoring, shall not be given the same evaluation as a knockdown. An effective sweep would be the same as an effective strike.

IKF RULES REGARDING EVENT JUDGES - CONTINUED

KNOCKDOWNS OR STANDING 8 COUNTS – CONTINUED

3. CLOSE ROUNDS

- Although we would rather see a scored winner of a round, "IF" a judge TRULY feels both fighters appear to have evenly matched skill we would rather see a judge score the bout even at 10-10 instead of simply "Picking" a winner like the toss of a coin.
- As noted above, ONE good hard punch or a short flurry does not win a round! Unless the punch or flurry resulted in the referee administering a standing 8 count or counting over a fighter that was knocked down or the bout was even and in the end, one fighter landed one or several decisive blows that separated his "Dominance" of the round from the other fighter.
- If both fighters seemed close, the fighter with the better KICKING skill should be awarded 10 and the other fighter 9. Remember, this is KICKboxing.

4. POINT DEDUCTIONS

- The REFEREE or the IKF Ringside Representative are the ONLY Officials with the authority to give a point deduction to a fighter. In doing so the Referee will stop the bout, hold the fighters wrist/hand who will be given the deduction, face each judge and announce his point deduction(s).
- In deducting points, each judge will score the round as they saw it. AFTER they score the round, THEN they will deduct the point from the fighter.
- Knockdowns, standing 8 counts, these ARE NOT POINT DEDUCTIONS. They are scored techniques as noted above in SCORING.
- Examples of point deductions "That MAY be given by the referee" are;
 - Fouls: One fighter hits the other with an illegal blow or to an illegal target area.
- SOME point deductions may be made by the referee without holding the fighters wrist/hand. If so, he will come to each judge to inform them personally of the point deduction as well as each fighters corner. Here are some examples of such;
 - In a Full Contact Rules Bout, if the REFEREE determines and confirms with the IKF Event representative at ringside that a fighter has not attempted their minimum requested kicks in the second round of a bout, (6, Kicks), the referee will announce to each judge that there is a -1- point deduction to the fighter who did not meet their minimum kick requirement.
 - If the ringside representative or the referee sees the fighters cornermen/women not following the IKF Cornerman/women rules and regulations, the fighter could be deducted 1 or more points or even be disqualified from the bout.

5. SCORE EXAMPLES

- 10-10 round, indicates that according to the judge, BOTH fighters showed even or equal skill and no clear winner could be determined by the judge.
- 10-9 round, indicates one fighter was somewhat more effective than the other or even dominated the round without a knockdown or standing 8 count. A 10-9 could also be given in a round where the dominating fighter was knocked down once in the round.
- 10-8 round indicates one fighter was in constant control and clearly out fought his opponent as far as technique within the ring "AND" scored a standing 8 count or a knockdown on his/her opponent. The 10 score would be given to the fighter who forced the knockdown or a standing 8 count.
- 10-7 round indicates total domination by one fighter in all aspects to the point that the referee nearly stopped the fight. There should have been at least 2 standing 8 counts and or 2 clear knockdowns.
- 9-9 score indicates one or both fighters scored 10, but a point deduction brought the score down to 9-9. Again, these are just some EXAMPLES. There are many other possibilities in final scoring, especially when point deduction, standing 8 counts and knockdowns all intermix together in a single round.

BOUT DECISION ANNOUNCEMENTS

1. NO CONTEST: When a no fault foul happens in the first round and 1 or both cannot continue.
2. WINNER, LOSER: Unanimous Decision, Majority Decision or Split Decision.
3. DRAW: When all 3 score cards show equal points to each fighter.
4. MAJORITY DRAW: When 2 out of the 3 judges score equal amount of points to both fighters.
5. UNANIMOUS DECISION: When all 3 judges score the same winner.
6. SPLIT DECISION: When 2 judges score one fighter a winner and the third judge scores the other fighter a winner.
7. MAJORITY DECISION: When 2 judges score one fighter a winner & the third scores both fighters a Draw.
8. TECHNICAL WIN (TW): TECHNICAL LOSE (TL), TECHNICAL DRAW: Usually resulting from a Foul. The outcome of this event was judged by the scorecards of the previous rounds.
9. TECHNICAL FORFEIT, TECHNICAL WIN: Usually from a pre-event disqualification or from invalid fight experience: not giving actual experience to the matchmaker prior to the event.)
10. TECHNICAL KNOCKOUT: A fighter has been stopped from fighting from taking too many blows or maybe knocked down 3 times in one round, but can still stand or is not knocked "OUT". This is a fighter who is obviously hurt and the referee feels he/she cannot continue any longer. Any fighter who loses their bout by TECHNICAL KNOCKOUT will be suspended from Fighting for 45 days.
 - o If the TKO (TECHNICAL KNOCKOUT) stop was not due to a head blow the fighter, trainer and or manager may make a request in Writing to the IKF Headquarters for a "Suspension Waiver". Examples of bouts that end with a TKO decision that "Could" be accepted for "Suspension Waiver". Are:
 - A stop from an injury, except broken bones. (EX: Pulled muscle, twisted ankle etc.)
 - Stop from a body blow that did not do any internal damage or break any bones.
 - Fighter was simply too tired to continue.
11. KNOCKOUT: A fighter shall be awarded a knockout if he knocks his opponent to the ring floor and the opponent is OUT COLD by the count of 10. In the IKF, a "KNOCKOUT" indicates that a fighter was "OUT COLD" after a strike. Any fighter who loses their bout by KO, or KNOCKOUT will be suspended from Fighting for 60 days. It is the responsibility of the fighter & trainer to respect and abide by this rule for the personal safety of their own fighter.
 - o There are no "Suspension Waivers" allowed for true KNOCKOUT loses. This is for the protection of the fighters.
12. DISQUALIFICATION: Usually the decision after an excessive Foul (or 1 harsh Foul.). The IKF Referee and IKF Ringside Representative shall make such a decision.
 - o FOR EXAMPLE: If a fighter is injured from a foul, and the fight continues, but is later stopped because of additional injury to the fouled area, the score cards will be tallied. If the fighter fouling is ahead on the scorecards a TECHNICAL DRAW will be the result of the fight. If the fighter not fouling is ahead, he will be awarded a TW (Technical Win) and the fighter fouling will be awarded a TL (Technical Los) or DISQUALIFICATION.

IKF RULES REGARDING EVENT TIMEKEEPER

• TIMEKEEPER EQUIPMENT

- o All necessary equipment shall be provided by the Promoter or Official Timekeeper. This includes A Whistle, An IKF approved Stop Watch, and IKF approved Round Bell. The bell will be no higher than the floor level of the ring. The bell or gong shall be of clear tone so that the fighters and assistants may easily hear it.

• ROUND LENGTHS

- o All Amateur non-title Bouts are scheduled for 3, 2-minute rounds.
- o All Amateur title Bouts will be 4 (State/Regional) or 5 (National/Continental, World), 2 minute rounds.

• REST PERIODS

- o All matches will have a 1-minute rest between rounds.

• TIMEKEEPERS DUTIES

- o To keep official time of each bout.
- o Give 10 second warning to fighters before the start of each round by a blow of a whistle or yelling "Seconds Out".
- o To warn fighters when there is only 10 seconds remaining in a round by firmly and loudly slapping his/her hand on the ring floor 3 times or slapping a stick to a table or the ring floor 3 times.
- o To assist the referee in counting over a downed fighter in the case of a knockdown. When a fighter is knocked down or purposely falls down without the will to stand, the Timekeeper must begin the count of the downed fighter once the fallen fighter touches the ring floor. When ready, the referee will pick up the actual count from the timekeeper who shall make the count clear and visible by counting with his/her fingers over his/her head.

IKF RULES REGARDING EVENT PHYSICIANS - MEDICAL STAFF

As a Promoter of an IKF Sanctioned Event you will be required to follow all Rules and Regulations of the State Athletic/Boxing Commission that will oversee your event. If there is no State Athletic/Boxing Commission to oversee your event you will be required to follow the Medical and Emergency Staff Guidelines of the IKF as required below. You will be required to have the following Medical Staff at your event, at Ringside:

1. Licensed Medical Doctor OR DO (Doctor Of Osteopathic Medicine) Not Chiropractors or Dentists as some try to get by with, "MEDICAL DOCTOR, MD". Not a physician's assistant, A MEDICAL DOCTOR. If the ring doctor is forced to attend to a fighter who was just injured in a bout whether at ringside or in the locker room, NO BOUTS may take place until he/she is back at ringside. To avoid down time in such a case, a promoter may choose to have 2 MD's or DO's present at their event.
2. An "ALS - ADVANCED LIFE SUPPORT Ambulance with a minimum of 1 PARAMEDIC (+ 1 MORE PARAMEDIC OR EMT). The ambulance and staff must remain at the building at all times. If the need to transport someone to a hospital arises, (UNLESS A POTENTIAL LIFE OR DEATH INJURY) an additional ambulance must be called for transportation. This way the event will always be staffed with at least 1 Ambulance and the Ambulance Paramedic crew. HOWEVER: If a fighter receives such injuries that they need to be taken to a Hospital immediately, (POTENTIAL LIFE OR DEATH INJURY) the Ambulance on scene shall do so, which will force a stop of the event until they return or have been replaced with another ALS Ambulance.

The Event Ringside Physician Shall:

1. Give a thorough physical and eye examination to each contestant no more than 24 hours prior to the start of the event. They will check:
 - o Blood Pressure
 - o Respiration
 - o Pulse
 - o General Physical Appearance.
2. Referees shall also be given physical examinations before officiating at any match.
3. Paramedics and or Physician, MD (s) shall sit at ringside during an IKF sanctioned event close to a set of ring entree stairs they can access quickly and easily.
4. No bout shall be allowed to proceed until the Physician; MD (s) are in their seat at Ringside.
5. Paramedics and or EMT's (Ambulance Staff shall not leave the venue until released by the event Doctor.
6. Event Physician, MD (s) shall not leave the venue until all fighters have cleared from the changing / locker rooms.
7. Paramedics and or Physician, MD (s) shall be prepared to assist if any serious emergency arises, and shall render temporary or emergency care for cuts and minor injuries sustained by any fighter.
8. The Chief Event Paramedics and or Physician, MD (s) shall ALWAYS ENTER THE RING TO EVALUATE any fighter who was stopped due to blows.
9. If a fighter is called out by the bout referee and remains down, the Physician, MD (s) shall ALWAYS ENTER the ring and see directly to the downed fighter for medical reasons.

IKF RULES REGARDING EVENT ANNOUNCERS, DJ's, MUSIC

1. ANNOUNCER: There shall be NO TALKING by the event Announcer or ANYONE over a Microphone during a "REAL" bout. Talking is allowed during "EXHIBITION" bouts and of course during the round breaks.
2. MUSIC: There shall be NO MUSIC played during a bout.
3. Fighter or Event Music with abusive lyrics and or foul language will NOT BE TOLERATED! DJ's" Please review ALL "UNKNOWN" fight music BEFORE the event.
4. Fighters are required to request music that would be suitable for "FAMILY - PRIME TIME - NETWORK" Television viewing. NOT Cable TV!

IKF RULES REGARDING EVENT RINGSIDE RULES

- ALL IKF Event Representatives are required to make sure all these rules are abided to at the events they oversee.
 1. Event Officials and Event Personnel ONLY are allowed to sit at the Ringside Tables. This is NOT a Spectator Area and NO GUESTS of Officials will be allowed to sit at Ringside. All at ringside must be 18 years of age or older. The event Officials shall include;
 - IKF Event Representative
 - IKF Scorekeeper (This could be the Ringside Representative as well)
 - IKF Judges as approved by the IKF Event Representative. There must be a minimum of "2 FEET" between each Judge and anyone else at the table they are sitting at.
 - IKF Referee(s) as approved by the IKF Event Representative.
 - IKF Timekeeper as approved by the IKF Event Representative.
 - Ringside Physician(s) as approved by the IKF Event Representative.
 - Event Photographers as approved by the IKF Event Representative.
 - NO Flash Photography at Ringside or within 25 feet of the edge of the fighting ring. Flashes can temporarily blind a fighter, which could lead to serious injury of the blinded fighter.
 - *IKF Event Video Crew as approved by the IKF Event Representative.(*) ALL Video Crew used on an IKF Sanctioned event can only be approved by the IKF Event Representative.
 - Event Ring Announcer
 - Event DJ (MC - Music)
 - Event Ring Girls & Assistant (Best to be kept in seats between the first audience row and the ring itself instead of at the ringside tables.)
 - Fighters Trainers and or Cornermen when their fighter is fighting.
 - ANY other individuals allowed at Ringside must be approved by the IKF Event Representative. Event Promoter and family members over 18 are allowed.
 2. No "CHEERING" by those sitting at the ringside tables. Those seated at the ringside tables are suppose to be "Event Officials" who are suppose to be neutral to each and every fighter. For this reason, Cheering of a fighter while sitting at a ringside table is prohibited.
 3. No Sharp Objects are allowed at Ringside that point upward such as trophies. These items may cause serious injury if a fighter falls out of a ring.
 4. No ALCOHOLIC Beverages of ANY kind are allowed at ANY of the Ringside Tables.
 5. All drinks must be in an enclosed PLASTIC bottle or, if an open cup, be placed under the table at all times. This avoids any drinks splashing or spilling on important paperwork if a fighter falls out or steps out of the ring onto a ringside table and to avoid any fluids splashing in the drinks. (Blood for example)
 6. NO GLASS Containers, drink containers, plates, trays etc. at all are allowed at ringside.
 7. ALL FOOD, if any, at or on any of the ringside tables must be covered when a bout is in progress to avoid any fluids splashing on the food. (Blood for example)
 8. There must be a minimum of "5 Feet" from the back of a seated officials chair to the edge of the first spectator chair at ringside so event officials can move freely around the ring during an event.
 9. It is BEST if the promoter places a restrictive barrier between the first row of ringside seats and the event official's area. This prevents the crowd from confronting any event official and also keeps the crowd away from the ring to avoid any incidents or safety issues with the officials as well as the fighters and trainers.
 10. There must be a minimum of 2 feet on each side of each event judge to allow his/her privacy of judging each bout.
 11. NO ONE may sit by an event judge while a bout is taking place UNLESS one judge is training another as approved by the IKF Event Representative.
 12. No "VOICED COMMENTATING" with a microphone to the event audience by ANYONE when a bout is in progress. Commentating for TV is of course allowed.

IKF WEIGHT CLASSES

17 ADULT AMATEUR WEIGHT CLASSES

WEIGHT CLASS	WEIGHT in lbs.	WEIGHT in kg.	MAXIMUM WEIGHT SPREAD	GLOVE SIZES A=AMATEUR
Atomweight	112. - & Below	50.9 & Below	3 lbs. - 1.36 kg	10-12 oz.
Flyweight	112.1 - 117 lbs.	50.95 - 53.18 kg	3 lbs. - 1.36 kg	10-12 oz.
Bantamweight	117.1 - 122 lbs.	53.22 - 55.45 kg	4 lbs. -1.8kg	10-12 oz.
Featherweight	122.1 - 127 lbs.	55.50 - 57.72 kg	4 lbs. -1.8kg	10-12 oz.
Lightweight	127.1 - 132 lbs.	57.77 - 60 kg	4 lbs. -1.8kg	10-12 oz.
Super Lightweight	132.1 - 137 lbs.	60.04 - 62.27 kg	5 lbs. - 2.3kg	10-12 oz.
Light Welterweight	137.1 - 142 lbs.	62.31 - 64.54 kg	5 lbs. -2.3 kg	10-12 oz.
Welterweight	142.1 - 147 lbs.	64.59 - 66.8 kg	7 lbs. - 3.2 kg	10-12 oz.
Super Welterweight	147.1 - 153 lbs.	66.9 - 69.5 kg	7 lbs. - 3.2 kg	10-12 oz.
Light Middleweight	153.1 - 159 lbs.	69.6 - 72.3 kg	7 lbs. - 3.2 kg	10-12 oz.
Middleweight	159.1 - 165 lbs.	72.4 - 75 kg	7 lbs. - 3.2 kg	10-12 oz.
Super Middleweight	165.1 - 172 lbs.	75.1 - 78.2 kg	7 lbs. - 3.2 kg	10-12 oz.
Light Heavyweight	172.1 - 179 lbs.	78.3 - 81.4 kg	7 lbs. - 3.2 kg	10-12 oz.
Light Cruiserweight	179.1. - 186 lbs.	81.5 - 84.5 kg	7 lbs. - 3.2 kg	10-12 oz.
Cruiserweight	186.1 - 195 lbs.	84.6 - 88.6 kg	12 lbs. - 5.5 kg	10-12 oz.
Heavyweight	195.1 - 215 lbs.	88.7 - 97.7 kg	20 lbs. 9.1 kg	10-12 oz.
Super Heavyweight	215.1 and above	97.8 And Up	No Limit	10-12 oz..



29 JUNIOR AMATEUR RULES WEIGHT CLASSES - (Ages 8 - 17)

WEIGHTCLASS	WEIGHT	MAXIMUM WEIGHT SPREAD	GLOVE SIZES
Junior Atomweight	50 and below	5 lbs.	10 - 12 oz.
Junior Flyweight	50.1-55 lbs.	5 lbs.	10 - 12 oz.
Junior Bantamweight	55.1-60 lbs.	5 lbs.	10 - 12 oz.
Junior Featherweight	60.1-65 lbs.	5 lbs.	10 - 12 oz.
Junior Lightweight	65.1-70 lbs.	5 lbs.	10 - 12 oz.
Junior Welterweight	70.1-75 lbs.	5 lbs.	10 - 12 oz.
Junior Middleweight	75.1-80 lbs.	5 lbs.	10 - 12 oz.
Junior Light Heavyweight	80.1-85 lbs.	5 lbs.	10 - 12 oz.
Junior Light Cruiserweight	85.1-90 lbs.	5 lbs.	10 - 12 oz.
Junior Cruiserweight	90.1-95 lbs.	5 lbs.	10 - 12 oz.
Junior Heavyweight	95.1-100 lbs.	5 lbs.	10 - 12 oz.
Straw-weight	100.1 - 106 lbs	5 lbs.	10 - 12 oz.
Atomweight	106.1 lbs - 112. lbs.	5 lbs.	10 - 12 oz.
Flyweight	112.1 lbs. - 117 lbs.	5 lbs.	10 - 12 oz.
Bantamweight	117.1 lbs. - 122 lbs.	5 lbs.	10 - 12 oz.
Featherweight	122.1 lbs. - 127 lbs.	5 lbs.	10 - 12 oz.
Lightweight	127.1 lbs. - 132 lbs.	5 lbs.	10 - 12 oz.
Super Lightweight	132.1 lbs. - 137 lbs.	5 lbs.	10 - 12 oz.
Light Welterweight	137.1 lbs. - 142 lbs.	5 lbs.	10 - 12 oz.
Welterweight	142.1 lbs. - 147 lbs.	7 lbs.	10 - 12 oz.
Super Welterweight	147.1 lbs - 153 lbs.	7 lbs.	12 oz.
Light Middleweight	153.1 lbs. - 159 lbs.	7 lbs.	12 oz.
Middleweight	159.1 - 165 lbs.	7 lbs.	12 oz.
Super Middleweight	165.1-172 lbs.	7 lbs.	12 oz.
Light Heavyweight	172.1-179 lbs.	7 lbs.	12 oz.
Light Cruiserweight	179.1-186 lbs.	7 lbs.	12 oz.
Cruiserweight	186.1-195 lbs.	12 lbs.	12 oz.
Heavyweight	195.1-215 lbs.	20 lbs.	12 oz.
Super Heavyweight	215 lbs. & UP	No Limit	12 oz.



IKF FIGHTER PRE-BOUT PHYSICAL FORM

Event Date: _____
 Event Promoter: _____
 Event City: _____
 Event State: _____
 Event Country: _____

 FIGHTERS FULL NAME
 AGE: _____ - DOB: _____/_____/_____

FIGHTER: Please answer ALL of the following Questions Before your fighter physical check below

PLEASE CHECK YES or NO At Right To The Following Questions	YES	NO
Do you have medical insurance?	_____	_____
Any chronic medical conditions? (Diabetes, asthma, heart condition etc.)	_____	_____
If chronic medical conditions, Please Explain:		
Ever had any surgery	_____	_____
If Had Surgery, Please Explain:		
Ever been Hospitalized?	_____	_____
If Hospitalized, Please Explain:		
Ever had a fracture or dislocation? If yes, when? ___/___/___	_____	_____
Ever had a sprain or strain requiring special equipment or braces? If yes, when? ___/___/___	_____	_____
Any vision problems?	_____	_____
Do you wear contact lenses?	_____	_____
Have you ever passed out while exercising? If yes, when? ___/___/___	_____	_____
Have you ever had chest pains while exercising? If yes, when? ___/___/___	_____	_____
Have you ever felt dizzy while exercising? If yes, when? ___/___/___	_____	_____
Have you ever had wheezing or coughing while exercising? If yes, when? ___/___/___	_____	_____
Have you ever been told you have high blood pressure?	_____	_____
Ever feel as though your heart is skipping beats or have runs of irregular rhythm?	_____	_____
Have you ever been told you have a heart murmur?	_____	_____
Any family members die suddenly before the age of 50?	_____	_____
Do you have a congenital defect such as single kidney, undescended testicle, cardiac defect?	_____	_____
Do you have any hernias, groin or abdominal?	_____	_____
Have you ever had a head injury or concussion? If yes, when? ___/___/___	_____	_____
Have you ever been knocked unconscious? If yes, when? ___/___/___	_____	_____
Have you ever had a pinched nerve or numbness or tingling in your arms, hands or feet?	_____	_____
Have you ever had a heat stroke? If yes, when? ___/___/___	_____	_____
Do you have any drug allergies? If yes, what:	_____	_____

Fighters Signature: _____ Print Name: _____ Date: _____

MEDICAL QUESTIONS: Doctor - MD OR DO Only Below This Line

Physical Check	RESULT	Physical Check	RESULT
Fighters Weight	_____	Fighters Eyes	_____
Fighters Age	_____	Fighters Heart	_____
Fighters Pulse	_____	Fighters Lungs	_____
Fighters Blood Pressure	_____	Fighters Hernia/Abd.	_____
Fighters Hands	_____	Physical Look	_____

EXAMINING DOCTOR: BASED ON YOUR OBSERVATION AND REVIEW, is it your medical opinion that this applicant is physically fit to compete as a Full Contact Kickboxer or Muay Thai Fighter? ___YES ___NO. - If NO, Please Explain on Back of this Form

Doctor - MD OR DO Signature: _____ Print Name: _____ Date: _____

IKF AMATEUR FIGHTER CONFIRMATION FORM



ALL LINES ARE MANDATORY - ANY LEFT BLANK WILL DROP YOU FROM THIS EVENT

FIGHTERS FULL - LEGAL NAME: _____

DO YOU GO BY OR HAVE ANY OTHER NAME: _____

FIGHTERS DRIVERS LICENSE NUMBER - STATE: _____ NO: _____

FIGHTERS DATE OF BIRTH: ____/____/____ HEIGHT: _____ WEIGHT: _____

AMATEUR FIGHT RECORD

KICKBOXING: W:____ L:____ D:____ - MMA: W:____ L:____ D:____ - FIGHT RECORD: BOXING: W:____ L:____ D:____

FIGHTERS HOME ADDRESS: _____ CITY: _____ ST: _____

CITY: _____ STATE _____ ZIP _____

FIGHTERS CONTACT PHONE NUMBER: _____

FIGHTERS TRAINERS NAME - IF ONE: _____

FIGHTERS TRAINERS CONTACT NUMBER - IF ONE: _____

EVENT DATE: Month: _____ Date: _____ Year: 20 _____

PROMOTERS NAME: _____ EVENT NAME: _____

PHYSICAL EVENT LOCATION: _____

This is a Legal Amateur Status Confirmation Form binding You, The FIGHTER named above, The IKF (International Kickboxing Federation) The Promoter named above and any and all of these companies, federations or organizations associates, officials, employees and staff related to the FIGHTER AND EVENT named above. You hereby consent and agree to completely accept alone any and all Fines, Suspensions and Disciplinary Actions if you are found to be untruthful on ANY of the Questions below and You verify and confirm all of the below statements by placing your initials at each numbered item as well as signing your full and legal name below.

READ IT CAREFULLY AND OBTAIN LEGAL ASSISTANCE IF YOU DO NOT UNDERSTAND IT.

Voluntary Application. I, the undersigned, acknowledge and state that I have ACCEPTED to compete in the EVENT NAMED ABOVE on the DATE NAMED ABOVE as an AMATEUR Fighter. I confirm under penalty or perjury that as of the EVENT DATE noted above, I have Never been Paid, Contracted or Fought as a Professional Kickboxer EVER. I have Never been Paid, Contracted or Fought as a Professional Mixed Martial Arts Fighter EVER. I have Never been Paid, Contracted or Fought as a Professional Boxer EVER. I have Never been Paid, Contracted or Fought as a Professional in ANY Full Contact Fight Sport EVER.

PENALTY, FINES & SUSPENSIONS FOR PRO FIGHTERS FIGHTING AS AN AMATEUR

I fully understand that if I have not been truthful with any of the above questions that I will be responsible for the following disciplines: Fined \$1,000.00 by the IKF. Suspended for a minimum of 60 days up to 12 months by the IKF. The time of suspension & amount of the Fine will be determined at time of infraction by the IKF. In addition, I also fully understand that if I have not been truthful with any of the above questions that my Trainer listed above shall face the following disciplines: Fined \$1,000.00 by the IKF. Suspended for a minimum of 60 days up to 12 months by the IKF. The time of suspension & amount of the Fine will be determined at time of infraction by the IKF. I hereby agree that this Amateur Status Confirmation shall be interpreted under and construed in accordance with the Amateur Definition as noted by the IKF of the definition of a Professional Fighter and Amateur Fighter as follows:

AMATEUR DEFINITION: One who engages in an activity as a pastime rather than as a professional; one who lacks expertise.

AMATEUR IN SPORTS: An athlete who has never participated in competition for money. An athlete who is not paid for his/her performance. An athlete at the beginning learning levels of his/her career.

PROFESSIONAL DEFINITION: Performed by persons receiving pay. An expert in a field of endeavor. PROFESSIONAL IN SPORTS: An athlete who is paid for his/her performance. Paid for their excellence of experience, knowledge and ability of their given sport. An athlete who plays for pay.

Knowing and Voluntary Execution 1. I hereby declare that I have read this Amateur Status Confirmation Form in full and that I fully understand the meaning and importance of its contents. I acknowledge that this Amateur Status Confirmation Form is a binding confirmation among myself, the IKF (International Kickboxing Federation) and the PROMOTER named above and any and all of these companies, federations or organizations associates, officials, employees and staff.

Knowing and Voluntary Execution 2. I further declare and represent that I am at least 18 years of age, that I have full legal capacity to be bound by this Amateur Status Confirmation Form, and that I am signing this Amateur Status Confirmation Form of my own free will and accord.

KO - TKO - INJURY SUSPENSIONS

Have you ever suffered any knockouts (KO's), technical knockout's (TKO's), or any kind of loss of consciousness in the last 30 DAYS prior to the date of this event during a bout, sparring or in any other activity? ____YES____NO If yes, please list and give dates and details:

____I am not under any Medical Suspension by any Sanctioning body, boxing or Athletic Commission or Medical supervisor of any kind.

____I am not under any Disciplinary Suspension by any Sanctioning body, boxing or Athletic Commission or Medical supervisor of any kind.

____I have not been Knocked Out, had my fight stopped due to excessive blows or sustained any head injuries that may have caused loss of consciousness within the last 30 days.

FEMALES ONLY: Are you pregnant? ____YES - ____NO

Pregnancy Advisory Notice ALERT: If you participate in combative sports when you are pregnant you could have a miscarriage or you and or your fetus could suffer permanent injury or death. The IKF cannot force you to have a pregnancy test as a requirement for licensing or before a bout. However, the IKF strongly urges you to be tested before each of your bouts. The IKF strongly urges you to not compete if you know or think you may be pregnant. Through this notice the IKF informs you that the IKF or any of its agents and the physician who conducts your pre-bout examination(s) is not responsible for any injury that you and or your fetus suffers if you compete when you are pregnant.

____ You certify that you are not on a menstrual period during this bout/event and if so, will not fight.

I, (PRINT NAME) _____, declare under penalty of perjury under the rules and regulations of the IKF, that the foregoing information is true and correct; further I realize that any intentional misrepresentation may result in disciplinary action against me. Executed in the City & State as listed above on the ____ day of the month of _____, in the year 20____.

FIGHTER

Signature: _____ Print Name: _____

IKF FIGHTERS SUSPENSION NOTICE

Please Print Off "Several" Of These Forms In Color To Have With You At Event.

FIGHTER: _____ DATE: ___/___/___

EVENT CITY: _____ STATE: _____

REASON: ___KO ___TKO ___INJURY ___DISCIPLINARY

EXPLAIN SUSPENSION:

_____/_____/_____ BEGINNING DATE OF SUSPENSION	_____/_____/_____ ENDING DATE OF SUSPENSION
--	---

The IKF may Suspend an IKF Fighter, Fighting on an IKF Sanctioned Event for medical or disciplinary reasons. If for MEDICAL REASONS, The IKF may also require medical testing as required to further review the Fighter's injuries before fighting again.

FIGHTER MUST INITIAL EACH BLANK

- 1: _____ If you lose by TKO there is an automatic 30-DAY SUSPENSION.
Unless the IKF Representative and Event Doctor see a reason the suspension may be less then 30 days. If so, they will explain above.
- 2: _____ If you lose by KO there is an automatic 60 DAY SUSPENSION.
- 3: _____ Your suspension shall be upheld by ALL State Athletic/Boxing Commissions and ALL Sanctioning Bodies.
- 4: _____ If you fight while suspended you will face an additional suspension and monetary fines no less than \$250.00 up to \$5,000.00 per incident.
- 5: _____ REQUIRE MEDICAL TESTS:

ATTENTION FIGHTER - DANGER SIGNS

Notify the ringside physician of any injury sustained During your fight. You should seek immediate medical attention at the closest hospital Emergency room if you experience any of the following:

NAUSEA OR VOMITING - / - DIZZY, WOOZY OR SLEEPY - / - BLACK SPOTS, FLASHING LIGHTS - / - CONFUSION - / -
PAIN IN THE EYE - / - UNABLE TO WALK STRAIGHT - / - SEVERE HEADACHES - / - DOUBLE OR BLURRED VISION OR
AREAS OF BLACKNESS

I hereby declare that I am the fighter above and I have read & fully understand the meaning & importance of its contents. I acknowledge that this is a binding agreement between myself & the IKF. I further declare & represent that I am at least 18 years of age, that I have full legal capacity to be bound by this agreement, & that I am signing this agreement of my own free will and accord.

Executed at _____/_____, on this _____ day of _____, in the year 20_____

FIGHTERS PRINTED NAME: _____

FIGHTERS SIGNATURE: _____ DATE: ___/___/___

IKF REPRESENTATIVES PRINTED NAME: _____

IKF REPRESENTATIVES SIGNATURE: _____ DATE: ___/___/___

EVENT MEDICAL DOCTORS PRINTED NAME: _____

EVENT MEDICAL DOCTORS SIGNATURE: _____ DATE: ___/___/___

MANDATORY Requirements For ADVERTISING Your IKF Sanctioned Event

DO NOT Advertise Your Event Until you have been CONFIRMED as an **IKF** Sanctioned Event on the **IKF** Events Page. Doing so will result in a minimum fine of \$500 & could be more Depending upon the type of advertising that has been done.

All IKF Event Advertisement must be presented as follows;

- ALL EVENT ADVERTISING Must Identify the IKF as the Official Event Sanctioning Body.
- This includes any and all advertising of your event.
- Failure to do so will VOID Official Sanctioning of your event.
- For details of such advertising please see the details below:

WEB SITES

- ALL Web Sites used by the **IKF** Sanctioned Event Promoter must have the **IKF** logo and web address, linked directly to the **IKF** Web Site at www.IKFKickboxing.com.
- **IKF** Logos can be Found on the **IKF** website.
- The **IKF** Logo must be placed in a prominent position on the front page of the website and anywhere else the event is discussed which includes other news pages, bout line-up pages etc.
- The **IKF** Logo must be large enough to be seen CLEARLY, which includes the **IKF** Web Address - Address Listed as: www.IKFKickboxing.com
- ALL Publicized **IKF** Sanctioned titles must be noted as **IKF** "AMATEUR" Title.
- Failure to do so will VOID **IKF** Sanctioning of your event and carry with it a minimum fine of \$500.00.

PRINT MEDIA

ALL "WRITTEN" Event Promotional Advertisements (e.g., Posters, Fliers, Hand Outs, Programs, Handbills, etc.) must have the Following on ALL OF THEM;



1. The Title: Sanctioned By The **IKF**.
2. The Official **IKF** SANCTIONING LOGO, Found (Right)
3. **IKF** SANCTIONING LOGO, must be placed in the UPPER LEFT HAND CORNER of ALL Posters, Fliers, Hand Outs, Programs, Handbills, etc.
4. Logo must be large enough to be seen CLEARLY, which includes the **IKF** Web Address - Address Listed as: www.IKFKickboxing.com
5. ALL Publicized **IKF** Sanctioned titles must be announced as **IKF** "AMATEUR" Titles.
6. Failure to list the **IKF** Sanctioning tags on these items will result in a minimum fine of \$500.00 per item (e.g., Posters, Fliers, Hand Outs, Programs, etc.)

VOICE AUDIO

ALL "VOICE" Advertisement Announcements (Radio Commercials or Any Audio Announcements etc.) must contain; The phrase "**This Event is Sanctioned by the IKF – IKF Kickboxing.com.**"

ALL Publicized **IKF** Sanctioned titles must be announced as **IKF** Titles to avoid confusion of a title of lesser credibility from another smaller or less credible organization.

Failure to list the **IKF** Sanctioning tags on these items will result in a minimum fine of \$500.00 per announcement (Radio Commercials or Any Audio Announcements etc.)

TV & VIDEO ANNOUNCEMENTS

All VIDEO and or TV Advertisements AS WELL AS A RE-AIRING OF ANY PRODUCTION of an **IKF** Sanctioned Event must have;

- "**This Event is Sanctioned by the IKF – IKF Kickboxing.com.**"
- ALL Announced **IKF** Sanctioned titles must be announced as an **IKF** Title and must CLEARLY SAY they are an AMATEUR title when in the event program and announced by the event ring announcer.
- Failure to list the **IKF** Sanctioning tags on these items will result in a minimum fine of \$1,000.00 per bout airing or copy of event item sold.

CONTINUED NEXT PAGE

MANDATORY Requirements For ADVERTISING Your IKF Sanctioned Event – CONTINUED

RING ANNOUNCER

At the beginning of each **IKF** Sanctioned Event, you must announce;

- **"This Event Is Sanctioned by the IKF – IKF Kickboxing.com."**
- Such announcements must be made prior to each bout announcement.
- Failure to do so will result in a minimum fine of \$500.00 per required announcement.
- The Ring Announcer of an **IKF** Sanctioned Event has the permission of the **IKF** to use the Phrase *"Bring It On"* during the entire night of the **IKF** Sanctioned event.

COMMENTATORS

Commentators are respectfully requested to say **"This Event is Sanctioned by the IKF – IKF kickboxing.com."** during the airing or taping/filming of an **IKF** sanctioned bout. This does not need to be said all the time, but at least make an announcement of the **IKF** Sanctioning.

If said announcement is never made during the broadcast portion of the **IKF** Sanctioned event, the minimum fine for this is \$1,000.00.

The Commentators of an **IKF** Sanctioned Event have the permission of the **IKF** to use the Phrase *"Bring It On"* during the entire night of the **IKF** Sanctioned event.

PRODUCTION RIGHTS

- The **IKF** has authorization to use ANY video, DVD, TV or film of ANY & ALL **IKF** Sanctioned events for promotional or instructional purposes.
- The **IKF** has authorization to use ANY Portion or Highlight of any **IKF** Sanctioned Bout from an event Video, DVD, TV or Film to promote the **IKF**.
- HOWEVER: Any desires to profit from a FULL BOUT or ENTIRE EVENT by the **IKF** will be negotiated in a separate contract with each event promoter

IKF MANDATORY EVENT INSURANCE

All **IKF** Sanctioned Promoter's are liable for any medical costs of any injury sustained by any Fighter who is Fighting on the Promoters **IKF** Sanctioned Event. To cover any such fighter medical expenses, the **IKF** Sanctioned Promoter must have fighter medical Insurance for his **IKF** Sanctioned event.

ARIZONA RULES AND REGULATIONS

1: FIGHTER MEDICAL INSURANCE

Statute for the State of AZ for Insurance is Title 5-233.

Insurance coverage for a boxer to provide for medical, surgical and hospital care for injuries sustained in the ring is \$20,000 with a \$25 deductible and payable to the boxer as beneficiary.

2: FIGHTER LIFE INSURANCE

Required life insurance for a boxer in the amount of \$50,000 accidental death.

- The **IKF** Event Promoter must provide proof of their fighter medical Insurance by e-mailing a cover page of their insurance to the **IKF** Headquarters prior to their event.
- The **IKF** Event Promoter must also have the entire insurance coverage's, original paperwork available to show the **IKF** Event Representative.
- If Promoter has not sent to the **IKF** Headquarters a copy of *"Proof of Fighter Medical Insurance"* and or cannot show any proof of such insurance to the official **IKF** Event Representative prior to the event, the event will be cancelled immediately by the **IKF** Event Representative.

FIGHTER REGISTRATION

ARIZONA RULES AND REGULATIONS

FIGHTER BLOOD REQUIREMENTS

The blood test requirements are;

Combative 3 (HIV, Hep B Surface Antigene, Hep C Antibody) paid yearly.

Name, City, State, Country, Fight Record, Weight, Height, Date of Birth, Trainers Name, Contact Info.

BELOW IS AN EXAMPLE OF AN IKF FIGHTER REGISTRATION FORM

IKF AMATEUR FIGHTERS LICENSE - REGISTRATION FORM

To Register Print out This form & **MAIL** to the IKF
With Your Fee Of _____

Registration Forms WITHOUT FEES will be Disposed of.

IKF STAFF USE ONLY

- SENT: ___/___/___
- REC: ___/___/___
- PAID: \$_____

----- "PLEASE PRINT NEATLY" -----

If we cannot read your printing, YOUR REGISTRATION WILL NOT BE ACCEPTED

1. First & Last Name _____
2. Upcoming Fight Date (If One) ___/___/___
o Upcoming Fight: City, State or Promoter: _____
3. ___ Male ___ Female
4. P.O. Box Or Physical Street Number: _____
5. City: _____ State: _____ Zip: _____ Country: _____
6. **FIGHT RECORD - IF NO FIGHTS PLEASE WRITE -0- IN ALL BLANKS**
o **AMATEUR** Fight record with KOs - *IF ANY* -
 - Kickboxing: ___ Wins ___ Loses ___ Draws
 - MMA: ___ Wins ___ Loses ___ Draws
 - Boxing: ___ Wins ___ Loses ___ Draws
7. Your Average Weight Is: _____ lbs. - Height: ___' ___"
8. **Age:** _____ & Birthday (month, day & year): ___/___/___
9. Trainers Name: (*List SELF if you train yourself*) _____
10. **MANDATORY:** Trainers/Contact Number: (_____) _____
11. Have you ever fought as a PRO in ANY Fight or Striking Sport (Boxing, MMA, Kickboxing)?: _____
12. Have you ever been paid money for fighting in A Fight or Striking Sport (Boxing, MMA, Kickboxing)?: _____
13. Last Opponent (If one): _____
Where: _____ Date of Bout: ___/___/___ Result (Win or Lose etc): _____
14. I certify the above Is true by signature here: _____, Date: ___/___/___



IKF RULES REGARDING BOUT PROTESTING

PROTEST REASONS

- Bout Reviews will only be done when there is a legit, justified and provable reason for them. Some of those issues may include **but not be limited to:**
 1. Personal belief of a bad decision, agreed upon by the **IKF** Event Representative.
 2. Personal issues with a certain judge such as favoritism or a judge having personal ties to a fighter and can be proved these ties are either negative or positive towards one or both of the fighters involved.
 3. Problem with the round times, too long or too short.
 4. Failure of equipment that caused an issue with the fight. (*Ring or Cage breakdown etc.*)
 5. Additional reasons will be determined if justified by the **IKF** Headquarters.
 - A decision rendered at the termination of any contest may be changed by the **IKF** if the **IKF** determines that one of the following occurred:
 - There was found to be any conspiracy affecting the result of any contest.
 - The judges scorecard(s) showed an error, meaning that the decision was given to the wrong contestant.
 - There was a violation of the laws or rules governing contests, which affected the result of any contest.

TIME LINES & FORMAT

1. All protests must be received by the **IKF** in writing within 10 days after the event from which the protest took place.
2. No protest will be considered without the below fees.
3. Protest **MUST include a video of the bout**. If no video is presented we will have no way to review the bout.
 - **VHS** (*USA Format - No other video format will be accepted - It MUST BE USA VHS*)
 - **DVD**
4. Any additional evidence should accompany the written protest such as statements, pictures etc.
5. All protests decisions will be determined by the **IKF** Advisory Board within 30 days of the filed protest.

PROTEST FEES

- **Protest fees are for the following expenses:**
 - The reproduction of 5-10 video tapes or DVD's.
 - Shipping costs to mail out these video tapes or DVD's to between 5-10 **IKF** Approved Judges who were not associated with the event in question.
 - **If no Video/DVD is provided** by the protesting fighter or trainer and the **IKF** is required to find such bout video there will be a **\$50 fee added** to the protest fee below.
- **Protest Fees: Amateur Bouts: \$75.00.**

PROTEST RULINGS

- **Not Changing A Decision:** Changing a bout decision is more complicated than one might think. Doing so would mean that the Officials reviewing the bout were able to see a **CLEAR** and **DISTINCT** difference in the original bout decision. Close decision are often left as is due to the reality of the closeness of the bout. However there are other decisions that could be given after a review of a close bout.
- **Changing A Close Decision:** Two common decisions after a "Close" bout protest are either a "No Contest" or a "Draw". These decisions are often selected if the review shows that there really was no dominating winner of the majority of rounds. These decisions can often occur when the bout is too close to call and the Reviewing Officials cannot select a clear winner but the majority agrees that the "Announced" winner did not do enough to win the bout. However, as noted above, "Close decision are often left as is due to the reality of the closeness of the bout."
- **Changing A Loss or Draw Decision to a Win:** This would mean that the Officials reviewing the bout were able to see a **CLEAR** and **DISTINCT** difference in the original bout decision and were clearly able to rule for the fighter given the loss or one of the "Draw" fighters.
- **Equipment Issues:** A decision can be changed if the losing fighter is able to prove that there was a failure of equipment used in a bout such as a malfunction in the cage/ring, a timing of round failure, etc. etc.
- **Issues With An Official:** A decision can be changed if the losing fighter is able to explain and if necessary, prove there was indeed a personal issues between him/herself and one of the bout Judges (*If the bout ended in a decision*) or Referee (*If the bout ended in a stoppage*).
- **Injury Rulings:** If a bout is stopped due to an unintentional injury and one of the fighters is given a loss instead of a "No Contest", this can be reviewed for a change of decision. Determining factors will be:
 - The nature and extent of the injury (*unintentional injury - intentional injury - foul*).
 - When the bout was stopped (*What round*).
 - Condition of both fighters at the time of the stoppage.

IKF TIME BETWEEN BOUTS & MEDICAL SAFETY RULES

TIME BETWEEN BOUTS

This rule is to avoid a fighter, fighting on a "Different Promotional" event less than 7 days after a fight or a fighter fighting too soon after being defeated by a Knock Out or TKO by too many striking blows.

- o If the fighter is fighting in a TOURNAMENT within a 3 day time span and does not lose by KO/TKO and is not cut or injured during their bout, the "Time Between Bout" Rule does not apply.

TIME BETWEEN BOUTS

- 7 days, not counting the day that they fought.

- **Example 1:** If you fight on Friday night the 1st, you cannot fight again until the following weekend, Saturday the 8th.

- **Example 2:** If you fight on Saturday night you are out until the next Sunday (*a full 7 days*)

- There are other reasons for this rule as well. These reasons will also explain why a fighter can fight multiple times within 2-3 days if only on the SAME event. Such as;

- It stops a fighter from booking back to back fights where as the second fight's promoter risks him not being on his event if injured the week before.

- It gives the IKF a chance to make sure all the fighters' results are made public. An amateur fighter could fight as a pro and turn around and fight as an amateur a week later because the news had not gotten out yet he fought pro.

TKO - TECHNICAL KNOCK OUT

- Minimum of 30 Day Medical Recovery Suspension.

- It is the responsibility of the Events Licensed Medical Doctor - Ringside Physician to evaluate the severity of the TKO and while still at the event, issue a medical suspension of a minimum 30 days to the fighter knocked out or stopped.

- This is to assure that the fighter has time to recover from the blows suffered and be evaluated by a Licensed Medical Doctor to assure they are able to fight again and when.

KO - KNOCK OUT

- Minimum of 60 day Medical Recovery Suspension.

- It is the responsibility of the Events Licensed Medical Doctor - Ringside Physician to evaluate the severity of the KO and while still at the event, issue a medical suspension of a minimum 60 days to the fighter knocked out or stopped.

- This is to assure that the fighter has time to recover from the blows suffered and be evaluated by a Licensed Medical Doctor to assure they are able to fight again and when.

FACIAL CUT

- 60 Day Medical Recovery Suspension OR WHEN Cleared by Medical Doctor.

- It is the responsibility of the Events Licensed Medical Doctor - Ringside Physician to evaluate the severity of the cut and while still at the event, issue a medical suspension of a minimum of 60 days to the fighter cut.

LIMB OR JOINT INJURY

- Minimum of 30 days to 120 Day Medical Recovery Suspension OR WHEN Cleared by Medical Doctor.

- It is the responsibility of the Events Licensed Medical Doctor - Ringside Physician to evaluate the severity of the injury and while still at the event, issue a medical suspension of a minimum of 30 days to the fighter injured.

BROKEN BONE

- Minimum of 180 Day Medical Recovery Suspension OR WHEN Cleared by Medical Doctor.

FINE & SUSPENSION

- If ANY AMATEUR fighter is caught breaking ANY OF these rules, by fighting for another organization or on an unsanctioned event within 7 days of an **IKF** Sanctioned event, that fighter will be suspended from competing by the **IKF** for a minimum of 60 days and fined a Medical Rest Period Fine of \$250.00. *Suspension remains until fine is paid.*

IKF

International Kickboxing Federation

THE 5 STAR MISSION OF THE IKF

- 1. CREDIBILITY:** To Provide legitimate title holders and establish a legitimate and detailed monthly ranking system for both Amateur & Professional Kickboxers.
- 2. FAIRNESS:** To Oversee all IKF rules, regulations and bouts to assure fairness, quality and competitive spirit among all Kickboxers.
- 3. RECOGNITION:** To Recognize all Kickboxers, Trainers, Promoters, Officials and Sponsors who assist in promoting the Sport of Kickboxing.
- 4. SUPPORT:** To Provide Professional Assistance to all IKF event promoters to help make each event a financial success.
- 5. UNITY:** To Promote unity among all schools, fighters, trainers and promoters so the sport of kickboxing can grow to its fullest potential.



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