



# FREESTYLE POINT FIGHTING RULES



## **Table of contents**

### **Art. 1. Definitions**

### **Art. 2. Fighting rules**

### **Art. 3. Competition Commands**

### **Art. 4. Allowed contact areas**

### **Art. 5. Forbidden contact areas**

### **Art. 6. Permitted techniques**

#### Art. 6.1. Special Note

### **Art. 7. Forbidden techniques and actions**

### **Art. 8. Scoring Criteria**

#### Art. 8.1. Decisions made by Centre referee and side judges

##### Art. 8.1.1. Scoring

##### Art. 8.1.2. No points or no score

#### Art. 8.2. Points

##### Art. 8.2.1. Awarding of points

##### Art. 8.2.2. Other rules to be applied in awarding of points

##### Art. 8.2.3. Draw

### **Art. 9. Penalties - Warnings, Disqualifications, Exits**

#### Art. 9.1. Disqualifications

#### Art. 9.2. Exits

### **Art. 10. Hand signals**

### **Art. 11. Violations of the rules**

### **Art. 12. Time-out**

#### Art. 12.1. Reasons for Time-out

### **Art. 13. Injuries**

### **Art. 14. Procedure in cases of KO, RSC, RSC-H and injuries**

#### Art. 14.1. Procedure in case of injury

### **Art. 15. Team Competitions and Grand Champion**

#### Art. 15.1. Grand Champion

##### Art. 15.1.1. Grand Champion rules

#### Art. 15.2. Team Fights - Points Fighting

##### Art. 15.2.1. Procedures used in case of injuries in Team Fights

### **Art. 16. Gloves touching**

### **Art. 17. Use of drugs**



## Art. 1 - Definition

The **Freestyle Points Fighting** is a sports fighting discipline in which two athletes fight in order to get the highest score, using controlled permitted techniques for fast techniques, on target body parts. The main characteristics of **Freestyle Points Fighting** are accuracy, technique and speed. The actual **Freestyle Points Fighting**, competition is based on very well controlled techniques. **Freestyle Points Fighting** is a very technical sports discipline focusing on both hands and leg techniques.

For each valid technique, the centre referee stops the match while the two judges indicate towards the athlete that is awarded the point showing the number of points granted with the help of their fingers. Points are granted when a valid target is scored on by means of permitted technique using the allowed part of the hands or feet.

**PLEASE NOTE: All scores must be a majority decision by at least 2 judges / referee**

## Art. 2 - Fighting Rules

The fighters will step on the tatami and will touch gloves. Then, they will slightly withdraw, Both fighters will come into fighting position and await the command "FIGHT" by the centre referee. Fighting time will be stopped only at the referee's command "TIME" while looking towards the official table of the respective fighting area. Time will not be stopped for awarding points.

The referee is not allowed to address the fighters during the game, except after stopping time.

A fighter can have a coach and an assistant coach in their corner, during the match. Both must remain seated throughout the match. No coach is allowed to enter the fighting area during the match and no coach is allowed to interact with the centre referee or the judges. Coaches are not allowed to make remarks about the central referee or the judges.

Coaches are not allowed to comment on **“Scores Give Or Not Given”**

Only the centre referee can stop time. A fighter may request stopping time in order to rearrange their equipment or to check an injury. The centre referee must not stop the match if they think that this would disadvantage the other fighter. Stopping the time will be done as little as possible.

If the centre referee observes that a fighter is using stop requests to rest or to stop the other fighter from scoring, they will be given a warning and, after consultation with the judges, the fighter at fault may be disqualified for delaying the match or refusing to fight.

## Art. 3 - Commands Used in the Competition

- ❖ **TIME:** the centre referee forms the letter T with their hands to indicate to the timekeeper to stop the time until a command FIGHT is given. When they give the TIME command, the central referee must state the reason for stopping the time.  
The referee will command TIME in the following situations:
- ❖ When giving a warning to one of the fighters, in which case the opponent has to go immediately in a neutral corner.
- ❖ When the stop is requested by one of the fighters by raising their arm, in which case the opponent has to go immediately into a neutral corner.
- ❖ When he observes that it is necessary to correct a fighter equipment or uniform.
- ❖ When he observes a fighter was injured (the maximum time for doctor's intervention is 2 minutes for all age categories).



- ❖ **STOP:** The fight is stopped immediately and will resume only after the referee gives a new command. When points are awarded, the fighters must go immediately to the starting point on the tatami.
- ❖ **FIGHT:** it is used to start the match.
- ❖ **TOUCH GLOVES:** it is used before the start the match.

#### **Art. 4 - Allowed Contact Areas**

These parts of the body can be Scored On using the allowed techniques:

- ❖ **HEAD:** Front, side, back and forehead
- ❖ **BODY:** Front and side
- ❖ **LEGS:** Only Boot to boot (Only for sweeps)

#### **Art. 5 - Forbidden Contact Areas**

- ❖ Top of the head
- ❖ Back of the body (kidneys and spleen)
- ❖ Upper shoulders
- ❖ Neck: front, back and sides
- ❖ Below the belt (except for sweeping) - Boot to boot
- ❖ All blind techniques, uncontrolled

#### **Art. 6 - Permitted Techniques**

- ❖ **Kicks:** Front kicks, Side kicks, Back kicks, Roundhouse kicks, Axe kicks - Sole of the foot Only), Hook kicks - Sole of the foot Only) and Crescent kicks, Jumping kicks, Spinning kicks, Jumping Spinning kicks,
- ❖ **Punches:** Back fist, and all the boxing punches
- ❖ **Sweeps:** hitting only on the area covered by foot protection.  
To get awarded a score when sweeping, the attacker must remain standing on their feet. If the Fighter executing the sweep touches the tatami with any part of their body except the soles, the technique will not be scored.

##### **Art. 6.1- Special Note**

It is extremely dangerous to hit with the heel. It must be pointed out very clearly that you must extend the leg in such a way so that to hit with the sole of the foot when executing axe kicks, hook kicks, or spinning hook kicks.

#### **Art. 7 - Forbidden Techniques and Actions**

- Spinning back fists
- Attacking using techniques other than those mentioned in art. 6.
- Avoiding or refusing to fight.
- Falling or dropping to the floor without reason.
- Leaving the combat area (exits).
- Malice attack or excessive contact.
- Unsportsmanlike behavior. A fighter will receive one warning after which normal procedures for penalty and disqualification will follow. However, depending on the severity of the first offense, the fighter may be disqualified without being given a first warning or penalty.
- Grabbing and holding are not allowed.
- Verbal attack or abuse of any official, whether or not they are on the tatami.
- Pushing, grabbing without reason,



- Spitting or intention to do so, will lead to immediate disqualification. If any of these actions are performed by a penalised fighter or their coaches, the person may be expelled from the competition hall, and the Referees Committee FRFK will be informed.
- Attacking the opponent on the floor. A fighter cannot attack their opponent while they are on the floor. The referee is responsible to stop the match once a fighter touches the floor with any body part other than the foot base.
- Hitting the head or the body of an opponent who is on the floor. can lead to minus one point or disqualification of the fighter (Chief Referee, Centre Referee, Side judges will decide by majority decision).

### **Art. 8 - Scoring Criteria**

Any legal technique that hits the legal target area will be awarded points. The technique must hit the legal area clearly and controlled. The centre referee and the judges must see how the technique reaches the target. Awarding points based on the sound of the technique is not allowed. The fighter must look at the target when executing their kicks or punches.

All techniques must be performed with "reasonable" force. Any technique which just touches brushes passed or pushes the opponent will not be scored.

If a fighter jumps to attack, they must land inside the fighting area to be awarded the score, and must maintain balance. Touching the floor with any part of the body other than the foot base is not allowed.

If a fighter loses balance because of their own instability after reaching a legal area using a legal technique, and touches the floor with any part of their body except the foot base, will not be scored.

If a fighter loses balance by no fault of their own after reaching a legal target using a legal technique (wether they were pushed, or tripped), then they will be awarded the points.

### **Art. 8.1 - Decisions made by the Centre Referee and Side judges. (Scoring)**

Centre referee and judges will make decisions only on the basis of what they observe. No one can change the decision of a judge or the centre referee.

The Chief referee in charge of that tatami cannot change that decision, but they can change the centre referee or the judges for the future matches, if necessary.

The observer for the tatami can change the decision of a centre referee only when it is a "material mistake". **A material mistake is:**

- ❖ An incorrect sum of points on the scoreboard;
  - ❖ Awarding points to a fighter who fell or stepped outside the area after scoring.
- The Chief Referee and observer for the respective area must ensure that decisions by judges are correct.
- ❖ The central referee cannot award points by themselves.

### **Art. 8.1.1 - Scoring**

A raised hand indicates the fighter who scored. For a fighter to score, there must be a minimum of 2 similar decisions (of the centre referee and from the side judges).

If the centre referee and one judge show two raised hands (one point for each fighter) and the second judge points to the other fighter, the centre referee should award one point for each fighter.

If the centre referee shows three points (a kick to the head) and one judge shows two points, the central referee will give the fighter two points.



**Art. 8.1.2 - No points or no score**

The hands crossed in front of the waist by the centre referee or side judges, means that they have not seen a technique that has scored with a legal technique to a legal target.

If a judge or the centre referee shows a score and the other two indicate, they didn't see a technique score, no points will be awarded.

If any of the fighters do not get a minimum of two hands raised, they will not be awarded any points. If the centre referee gives the command "STOP" and gives a warning to a fighter, this fighter cannot be awarded points at this same time. However, the other fighter can be granted one or even two points due to the warning received by their opponent.

**Example:** One of the fighters executes a technique that can be scored while their opponent violates a rule for a second time. The valid technique will be scored for the first fighter while their opponent will be given a minus point for the violation of regulations.

**Art. 8.2 - Points**

- ❖ Punch 1 point
- ❖ Kicks to the body 2 points
- ❖ Sweeping opponent's leg in which they fall to the floor 1 point
- ❖ Kicks to the head 3 points
- ❖ Jumping kicks to the body 3 points
- ❖ Jumping kicks to the head 5 points

**Art. 8.2.1 Awarding of points**

If the centre referee observes an action that they consider to be a valid point, they will give the command "STOP" immediately and show the score, in the same manner as the judges. The centre referee counts the decisions and gives the points to the appropriate fighter. Each time the referee stops the match, each judge must make a decision if they fighters scored or not.

If one judge observes an action that they consider to be a valid point, they will show their score to the centre referee who will command "STOP", after which the centre referee and the judges will show their decisions. Only a majority decision can be awarded to the fighter.

**Art. 8.2.2 Other Rules to be Applied in Awarding Points**

After each point observed, the command "STOP" will be given, and the centre referee and the Judges will show what they saw.

The fighter with the most points at the end of the time will be declared the winner. In case one fighter reached a difference of 10 points over their opponent, they will be declared the winner.

Other circumstances to declare a winner includes disqualification and exists of the fighting area.

**Scoring a Technique Executed at the End of the Match Time:**

When the timekeeper indicates the end of time, that means the end of the match (**NOT** the Referee's command stop), If there is a dispute whether a score or Infringement of the rules has happened, Then the Centre Referee and Judges must be called together to make a decision to see **IF** time was called **before or after** the score or infringement, This will be like **ALL** decisions in PF, They go to the majority decision of the Referees / Judges on the tatami. Stopping the time will be marked by throwing a soft object on the tatami **"Coaches and Fighters cannot get involved with the decision"**



### Art. 8.2.3 - Draw

In case of a draw at the end of the match, an additional round will be fought. If there is still a draw after this round, the winner will be declared the fighter who scores first. **(Sudden Death / Golden Point)**  
**This must be a clean clear technique on a legal target area.**

### Art. 9 - Penalties - Warnings, Disqualification, Exits

Warnings will be given clearly and with loud voice so as to be heard and understood by both the two fighters and their coaches. When giving the warning, the central referee must stand facing the fighter who is receiving the warning.

To penalize a fighter, the central referee should ask first for stopping the time. Then, they will turn to the scorekeeper and will indicate the fighter who was penalized and the reason for the penalty.

Warnings given throughout the match will be added all together. When the centre referee gives a warning or a penalty point, they have to stop time.

#### Rule Violations (Other Than Exits)

- There are three kinds of warnings: CAUTION, VERBAL WARNING and OFFICIAL WARNING.
- There are two kinds of penalty MINUS POINT and DISQUALIFICATION.
- A Centre Referee may without stopping the fight give a caution to a fighter at any moment. Centre Referee may give **ONLY ONE** caution during the same fight.
- In order to give a verbal warning the Centre Referee must stop the fight but not the time and explain clearly the violation of the rules facing the offender. Centre Referee may give **ONLY ONE** verbal warning during the same fight.
- In order to give the official warning, the Centre Referee must stop the fight, then time, put the opponent to the neutral corner and facing the coach explain the violation of the rules broken, then turn and face the Chief of the tatami and Time Keeper and explain the violation of the rules broken to **RED Or BLUE** Fighter
- **Only four official warnings can be given during the same bout**

#### 1st Official Warning

2nd Official Warning = Minus 1 Point

3rd Official Warning = Minus 1 Point

4th Official Warning =. Disqualification

- Warnings and penalties will be carried through the fight to all rounds what will be showed on the screens.
- Minus points and disqualification can be given directly without any warning, but the Centre Referee's decision must be approved by Chief referee of the tatami.

#### Art. 9.1 Disqualifications

Where there was a significant violation of the rules that requires disqualification, the central referee will consult the judges and the area observer (one of the two head referees) to ensure that all procedures are complied with.

#### Art. 9.2 Exits

Leaving the fighting area

- If a fighter leaves the area (EXIT) without being pushed, kicked or knocked out by their opponent it will be seen as a "Voluntary Exit" and will receive a warning and one minus point from the Centre referee. After leaving the area for the fourth time - 4th minus point, the fighter will be disqualified.
- Warnings (minus points) for leaving the area will be kept as a separate issue from warnings for other offences. From the first warning fighters will receive one minus point.
- If the fighter, fights on the edge of Tatami, the Centre referee must not stop the fight to prevent the fighters from stepping off the tatami.





- Stepping out (EXIT) means stepping outside the line, even with only one foot.
- Stepping on the line should not be considered as stepping out. **“The whole the foot must be outside the designated area”**.
- If the fighter is pushed out by their opponent, or if they went outside the line as a result of a hit or kick,

it is not classed as a voluntary exit.

- If a kickboxer is pushed, kicked or knocked out of the tatami, the Centre referee must decide if it was with excessive force, if so! a warning should be given to the attacker, if not! a warning for an exit (minus point) should be given to the fighter stepping outside the tatami, Then the fighters should start from the centre of the tatami.

**Exits Con:**

- In points fighting the centre referee will decide with a majority and in light and kick light they can decide by themselves

**Article 8.4.3.1. Exit Rules**

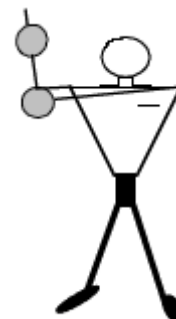
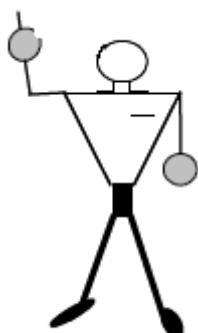
- **1st Exit = Minus 1 Point**
- **2nd Exit = Minus 1 Point**
- **3rd Exit = Minus 1 Point**
- **4th Exit = Disqualification**

**Article 8.4.4. Minus Points**

Criteria for minus points, given only by the Centre referee, after previous warnings (2):

- Unclean fighting style
- Constant clinching
- Constant and continuous ducking, turning of the back
- Too few kicking techniques
- Excessive contact
- Heavy knock down
- Any Serious violation of the rules

**Art. 10. Hand signs**

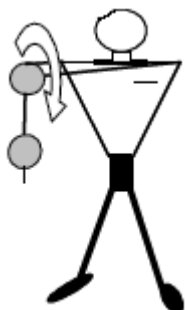
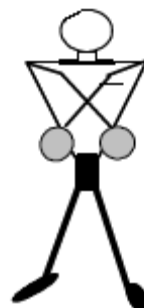


Central referee

Warning

Official warning



**Minus point****Disqualification****No points**

### **Art. 11 - Violations of the rules**

- ❖ Use of illegal techniques
- ❖ Avoiding fighting
- ❖ Turning the back / turning around
  
- ❖ Refusal to fight in the last 10 seconds
- ❖ Avoiding the fight,
- ❖ Dropping / falling on the floor to waste time Or stopping the other fighter from scoring.
- ❖ Leaving the fighting area) is considered a serious violation of the rules and is sanctioned directly with a minus point.
- ❖ Arguing with the referee's decisions
- ❖ Behaving in an unsportsmanlike manner
- ❖ Loud comments made by the coach
- ❖ Coaches entering the tatami for injuries

For any violation of regulations by a coach, the referee will penalize the respective fighter.

Serious rules violations may result in a minus point or even an immediate disqualification.

Every time a centre referee believes that disqualification is needed, they must consult with the side judges and the tatami observer to ensure the correct procedures are being followed.

The same fighter cannot receive a point and a warning at the same time.

### **Art. 12 - Time-out**

Only the centre referee can stop the match. They must first “STOP TIME” and then proceed to award the fighter with a warning or minus point.

A fighter may require time-out by lifting their arm in order to check an injury or arrange their equipment.

The centre referee must not give time-out if they believe that this will give an unfair advantage to the fighter except if it is for a health or a safety problem. Time-outs should be kept to a minimum. If the centre referee believes that a fighter uses time-outs to rest, they will give a warning to the fighter for delaying the fight.



Only the observer of the tatami may stop the fight outside the tatami. They will draw the attention of the centre referee who will call time-out.

If a coach wants to make a complaint or protest, they will call the Chief referee of the tatami sports who, if possible, can resolve the complaint without stopping the fight.

### **Art. 12.1 - Reasons for Time-out**

#### **Injuries (See Regulation on injuries and their treatment)**

- ❖ For consultations of the centre referee.
- ❖ With the judges
- ❖ Observer of tatami.
- ❖ When the central referee has something to communicate to an athlete or his coach
- ❖ For the fighters protection and fair play
- ❖ Time-out will not be called for scoring.
- ❖ The centre referee will have to score very quickly so that to ensure that each fighter has the opportunity to use the entire time for the match.

If a central referee cannot manage the match quickly and accurately, they may be replaced by the chief referee of Competition responsible for tatami sports.

### **Art. 13 - Injuries**

In the case of an injury to one of the competitors the match will be stopped until the paramedic / doctors decide whether they can continue or not. As soon as the doctor arrives on the tatami, they will only have two minutes to decide whether treatment is necessary. The treatment cannot exceed 2 minutes.

If the injury is serious, it will be treated by doctors / doctor on duty, who are the only ones that can decide whether the match will continue or not.

If the match must be stopped because of injury, the centre referee and two judges will decide:

- ❖ Who caused the injury
- ❖ If the injury was intentional or not
- ❖ If it was the fault of the injured fighter
- ❖ If the injury was caused by an illegal technique
- ❖ If there was no rules violation by the non-injured fighter, then they will win by forfeit
- ❖ If there was a violation of the rules by the non-injured fighter, the injured fighter will win by disqualification
- ❖ If the injured fighter is declared fit to fight again by the paramedic / doctor, the match will continue
- ❖ If a fighter is injured during the match, only the doctor can assess the situation. If the fighter remains unconscious, only the referee and the doctor on duty will be able to stay on the fighting area, except for the cases when the doctor's requests assistance, or an interpreter for their given language.

### **Art. 14 - Procedure in Cases of KO, RSC, RSC-H and Injuries**

A fighter who has been knocked out due to a head injury during the match, or the centre referee stopped the match due to a head injury that prevents them from fighting, will immediately be examined by a doctor and taken to hospital by ambulance service or another adequate mean of transport.

The Fighter shall not be allowed to participate in another competition or to fight for a period of 8 weeks after the KO.



If a fighter has been knocked out twice (2) times due to a head injury within 3 months during the match or the centre referee stopped the match due to a head injury preventing this fighter from fighting, they will be prohibited from participating in another competition or fight 3 months after the second KO or RSC-H. If during 12 months, a fighter has been knocked out three (3) times due to a head injury during the match or the centre referee stopped the match due to a head injury preventing this fighter from fighting, they will be forbidden to participate in a competition or to fight for a period of one year after the third KO or RSC-H. Rest periods mentioned above may be extended at the request of the doctor on duty. Also, the hospital doctors that are responsible for results of MRI scans can extend the rest period.

Rest period means the period during which a fighter cannot participate in any kickboxing competitions regardless of discipline. Rest period is a "minimum period" and cannot be violated even if no injuries were found.

The Centre Referee will communicate with the official table to register KO or RSC-H or RSC on the score sheets when they stopped the fight because of the inability of a fighter to continue due to a serious head injury.

The same must be notified by the centre referee of the respective fighting area in order to be recorded in the fighter's sports passport. Before resuming sports activity after the aforementioned suspension, a fighter will have to be declared fit to participate in sport competitions by a doctor after having a medical examination. After a defeat by KO, a fighter will need to have a CAT scan before resuming sports activity.

### **Art. 14.1 - Procedure in case of injury**

For injuries other than KO or RSC-H, the doctor can grant a rest period and recommend treatment. A doctor can also request an immediate hospital treatment.

## **Art. 15 - Competitions for teams and for Grand Champion**

### **Art. 15.1 - Grand Champion**

At International, Open Competitions, a category / division called Grand Champion can be organised, This is where fighters do not fight according to their weight categories.

A Grand Champion category / division is organized as follows:

#### **Art. 15.1.1 - Grand Champion Rules**

Only the winners of the weight classes are allowed to attend the Grand Champion categories / division. There will be free draws for fighters.

#### **Open Grand Champion**

All competitors can participate but they must be register before or during the competition. There will be free draws for matches with all weight categories included.

Grand Champion matches in the competition are 1 round of 2 minutes. Fighters will not require time-out. Rules and equipment are the same as the normal points fighting.

Grand Champion categories / divisions must be specified in the invitation.

### **Art. 15.2 - Team Fight Semi**

A team may be formed based on the organiser's preferences, for example:

- 4 fighters (3 boys and 1 girl)
- 5 fighters (4 boys and 1 girl)
- 5 fighters (5 boys)
- 3 fighters (3 girls)



All fighters will be fully equipped and wait in their corner. Girls' fights last on the team competition.

There are no weight categories. A females will only fight females.

In national and international competitions, the team will be made up only of fighters of the same nationality. Fighters cannot be mixed from different countries,

The rules of team fights apply at World and continental championships and at World cups and at all other international and national kickboxing competitions in which this competition category is included

- If a team is not complete, they cannot continue or start
- All kickboxers on a team must have competed in a individual category at the championships
- A team may have one male and one female as substitute. The substitute can only be used when another fighter on the team is unable to start. The substitute should be seated with the headguard off, so easily identified as such. Once a substitute has been used their can be no further switches.
- In Junior, Cadet and Older Cadet, fighters must compete in a team within his/her own age category.
- The running order of the fight is decided at the beginning by a toss of a coin. The wining team can decide to send out first or allow the opposing team to send out first.
- All fighters are prepared with all equipment in their corner at the side of the tatami.
- There are no weight-class definitions. (In Younger Cadet and Older Cadet categories, the team MUST start with SMALLEST to TALLEST)

No mixed teams with kickboxers from different countries. At the World and continental cups and international tournaments team can be composed of members of different clubs (mixed teams).

At the national championships in point fighting team fights team must be composed of kickboxers from same club only.

- Each fight: 1 round of 2 minutes
- Timeouts cannot be used during the rounds

#### **Art 15.2.1 - Procedure in Case of Injury in Team Competition**

If case of injury in the Team competition when a fighter cannot continue the match, the following shall apply:

If the athlete cannot or does not want to fight, then the opposing team will receive 10 points that will be added to the teams final score.

#### **Art. 16 - Gloves touching**

Before and after a match, the fighters will touch gloves as a sign of fair play, according to regulation.

Touching gloves will take place before the first round and after the final decision. A glove touching is not allowed between rounds.

#### **Art. 17 - Use of drugs**

FRFK & WFKO uses the WADA Rules of Conduct and its list of prohibited medicines that can be amended from time to time. Consult the FRFK & WFKO Anti-Doping rules and procedures.

Any athlete who refuses medical examination or doping test before or after a match

Will be disqualified immediately or suspended pending a full hearing. The same happens when an encouragement towards acting in this sense comes from an official. Local anesthesia is allowed if it is approved by a doctor from the Medical Committee. FRFK & WFKO reference and adopt WADA Anti-Doping rules in all situations.