



Freestyle K1-Light -Tatami - FRFK - WFKO



FREESTYLE K1- LIGHT RULES



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Art. 1. Definition

In freestyle K1-Light competitions, athletes must use, as the name implies, well controlled techniques. The athletes fight continuously until the STOP or BREAK command of the central referee. They will use techniques from full contact but well controlled and they are only allowed to hit the legal areas of the body that are indicated in the rules. The focus shall be on both, punching and kicking techniques of equal measure. Freestyle K1-Light was created as an intermediary stage between freestyle kick light and freestyle k1. The match will have a set time length. The central referee does not judge, his role is to look after the health and safety of the fighters and to supervise that the fighters are complying to the rules. The three (3) side judges will score using clickers or electronic system to score (where there is one). The winner will be the one who accumulates the most points at the end of the match.

Art. 2. Weight-in

During World Cups, World and European championships, as well as international competitions, the following rules will apply:

- Every fighter will be officially weighted only once, EXCEPT WHEN THE DIRECTORS of the COMMITTEE DECIDES OTHERWISE, THE WFKO & FRFK OFFICIALS WILL ANNOUNCE ALL THE MEMBERS OF THIS CHANGE WELL IN ADVANCE.
- The weight registered on the day of the tournament is final. It is allowed, however, as a representative of a country where a fighter did not qualify in his category during the official weighing to move him to the appropriate category, provided that the country has a vacancy in that category, and the weigh-in is not finished. It is also allowed for all countries to replace a fighter with another before the end of the first weighing and medical checks, provided that for each competition where substitutions are allowed, the athlete in question has been registered as a backup or as a participant in any other category.
- For further details on the weight-in, check the General Rules of Tatami Sports for WFKO & FRFK General Rules.

Article 2.1. Safety Equipment

- Head guard,
- Mouth guard,
- Breast protection (mandatory for female fighters only) ,
- Kickboxing gloves - (10 oz Only),
- Hand wraps (mandatory),
- Groin protection (mandatory for male and female),
- Shin & instep,

Article 2.2. Personal clothes

- Sleeveless T-shirt
- Kickboxing shorts
- No Thai Boxing Shorts allowed
- No everyday shorts allowed

- No MMA Shorts Allowed

- No Pockets allowed



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- No belts indicating grade are allowed.

Art. 3 Fight Rules:

The fighters will enter the tatami and touch gloves. Then, they will step back into their fighting positions and will wait for the central referee's command "FIGHT".

Time will be stopped only on the central referee's command "TIME", and he will face the official score table of the fighting area. Time will not be stopped on verbal warnings given, "BUT" time will be stopped for official warnings given.

A fighter can have 2 coaches in his corner during the matches. Both must remain in their seats during the fight. Neither one is allowed to enter the fighting area during the match or to interact with the central referee or judges.

Coaches are forbidden to make remarks about the referee or the judges. Coaches cannot make remarks about techniques scored or not scored.

Only the central referee can stop time. A fighter can request to stop time to arrange his equipment, But! must step backwards and raise one arm in the air so the central referee can see him and then stop the fight.

The referee does not have to stop the fight or the time if he thinks this a disadvantage to the other fighter. Central referee must keep the stoppages as short as possible.

If the central referee considers the fighter is using the stoppages as a disadvantage or to stop his opponent from scoring, then the central referee will give an official warning, and follow the protocols of official warnings.

Art. 4. Central Referee's Commands During The Fight

The Central Referee has the power to:

- Stop a fight at any moment due to health and safety reasons, if he finds that it is too one-sided.
- Stop a fight at any moment if one of the fighters has received an unauthorized blow or is injured, or if the central referee considers the fighter is unable to continue.
- Stop a fight at any moment if he finds the fighter behaving "unsportsmanlike".
In such a case, the Central referee can disqualify such a fighter.
- Warn a fighter or stop the fight and give a penalty to a fighter for any offence.
- Warn, penalise or even disqualify a coach or a second who has broken the regulations or does not obey his orders.
- Disqualify, with or without a warning, a fighter who has committed a serious offence.

Command Calls from the Central Referee:

- **TIME**
 - Forming the letter "T" with a hand signal to order the timekeeper to stop time.
 - When the Central referee stops **TIME**, he must give the reason!
 - The central referee will give the "**TIME**" command in the next situations:
 - When giving warnings to a fighter (his opponent must go immediately to a neutral corner);
 - When a fighter requests to stop time by rising his arm (his opponent must go immediately to a neutral corner).
 - When the central referee notices that a fighter has to correct his equipment or uniform.
 - When the central referee notices that a fighter is injured (maximum time for the medical intervention is 2 minutes for all age categories).
- **STOP**
When the central referee orders the fighters to stop.
- **STOP TIME** (forming the letter "T" with his hands)
When he wants the match to stop for an important reason. The central referee must explain why he is giving a warning to a fighter.



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▪ **FIGHT**

Command “**FIGHT**” is used for starting the fight.

▪ **BREAK**

Command “**BREAK**” is used to break the fighters' clinch. After this command is given, the fighters must take one step back before re-engaging back into the fight.

▪ **TOUCH GLOVES**

THIS IS USED ONLY AT THE BEGINNING OF THE MATCH.

Art. 5. Legal Target Areas:

The following parts of the body may be attacked using the authorized fighting techniques:

- Head - Front and side, chin (uppercuts)
- Torso - Front, Side and Chest,
- Legs - Thigh, inside, outside and back (a blocked technique should not be awarded), for blows with the tibia
- Feet - Only for sweeping, "boot to boot". The target area is from ankle to mid-calf.

Art. 5.1 Block / Check

• If a kick is blocked / checked, there will be no point. This means an intentionally blocked kick to the thigh, not just a step.

Art 6. Unauthorised Target Areas

It is prohibited :

- To attack any other than those mentioned in section 3
- To attack with malicious or excessive contact
- To continue after the command "Stop" or the end of the round has been sounded
- Leaving the fighting area (Exits)
- Not to step back at least one step, on the command BREAK
- To attack the top of the head
- Falling or dropping to the floor to stop the opponent scoring techniques
- To attack the back of the torso (kidneys and spine)
- To attack the top of the shoulders
- To attack the Neck: front, sides, back
- To turn one's back to the opponent
- To avoid fighting (running away)
- All blind, uncontrolled techniques in general
- To attack the back of the head
- To attack the groin
- To perform kicks to the knee joints
- To attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder
- To perform front and side kicks to the front side of the hip.
- To perform spinning back kick to the front side of the thigh.
- To perform punches to the legs.
- To perform somersault kicks.
- To perform back fist and spinning back fist
- Wrestling and ducking below opponent's waist
- Throwing
- Grabbing - holding on to the opponent in any way.
- Attacking an opponent who is falling to the floor or is already on the floor, that is, as soon as one hand or knee touches the floor
- To use oil on the face or the body.



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- For a fighter to spit out their mouthguard voluntarily
- Ground Attacks
A fighter cannot attack an opponent on the ground. The Central referee is responsible for stopping the fight immediately when one of the two fighters touches the floor with any part of the body apart from their feet. Stomps to the head or body of a downed fighter can lead to minus points or disqualification (judges decide by majority decision).
- Unsportsmanlike-like conduct. A fighter shall have only one warning, then the normal procedure for penalty and disqualification shall follow. However, in the case of gross unsportsmanlike like-conduct, the fighter may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.

Art. 7. Legal techniques

- Kicks: Front kicks, Side kicks, Back kicks, Roundhouse kicks, Axe kicks, Crescent kicks, Hook kicks (Only with the sole of the foot), Jumping kicks, Spinning kicks, Jump Spinning kicks Roundhouse kicks to the thighs - (Front, Sides, and Back of leg)
- Punches: All boxing punches, (SPINNING BACK FIST IS NOT ALLOWED)
- Clinch with one hand - maximum 3(three) seconds, time while it is permitted to attack with only one knee blow to the body and also it is allowed to put one hand on the back of the opponent's head or torso without pulling him down

Clinch without activity for 3(three) seconds - the central referee must stop the fight saying the command „BREAK” while tapping the fighters on their shoulders

- Sweeps - (Mid calf to boot Only)

To score points when sweeping, the attacker must remain on his feet. If during the execution of a sweep

and the attacker touches the tatami with any part of the body except the soles, the technique will not be scored. The opponent must touch the tatami with any part of the body except the soles of their feet for the point to be awarded.

Punching and kicking techniques must be used equally during matches.

Kicks are scored only when they are executed with clear intention of hitting the opponent with adequate force.

It is mandatory to use at least 6 kicks each round.

It is permitted to hold the opponent's leg without losing his balance for maximum 3(three) seconds.

Art. 8. Scoring Criteria

Any legal techniques that hit the legal target area of the opponent's body will be scored. The allowed techniques of the hand and foot must clearly touch the target with a well-controlled force.

Side judges must see the legal technique hit the target. AWARDING POINTS BASED ON SOUND IS NOT ALLOWED. The fighter must be looking at the target when executing his techniques.

All techniques must be used with reasonable force. Any technique that simply touches, brushes or pushes the opponent will not be scored.

If a fighter jumps in the air to attack, they must land inside the fighting area and must maintain his balance for the technique to be scored (it is not permitted to touch the floor with any other part of the body except the sole).

In Freestyle k1-light:

If one fighter achieves an advantage of minimum 15 points with at least two judges during the fight or at the end of the first round, then the fight is stopped and the fighter ahead by points will be declared the winner.

Art. 8.1. Points

- Punches 1pt
- Kicks to the body. 2pts



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- | | |
|--|------|
| ➤ Foot Sweeps making the opponent touch the floor with any other part of the body. | 1pt |
| ➤ Kick to the head | 3pts |
| ➤ Jumping kick to the torso. | 3pts |
| ➤ Jumping kick to the head | 5pts |
| ➤ Kicks to the thighs | 1pt |
| ➤ Knee to the body | 1pt |

Art. 8.2. Scoring System Using Electronic Scoreboard

All kicks, punches and sweeping techniques hitting a legal target area with speed, precision, balance and strength, the judge will press the button on the mouse corresponding to the fighter who scored (**RED** or **BLUE** corner). Points will accumulate from the first round and will be visible to everyone on a screen. At the end of the fight, the fighter that accumulated the most points will win the fight and will be shown on the screen.

If the referee gives a warning or a penalty, he will indicate this to the judges, chief referee, and timekeeper, who will then mark this on the electronic scoreboard and will be shown accordingly.

If the central referee awards a minus point, he will indicate this to the judges, chief referee, and the timekeeper, who will signal this on the electronic scoreboard, decreasing 3 points from every judge's score for the respective fighter.

The electronic scoreboard shows the time. At any given time, everybody can see the scores on the screen.

Art. 8.2.1. Draw

If at the end of the match, one or more judges granted an equal number of points for the fighters, the electronic system will automatically declare the winner, the fighter with the highest score in the last round. In case of a tie, the electronic system will allow the judges to make a final assessment.

To do this, judges must take into account the following, in this order:

- Better in the Last round,
- More active,
- Better style and techniques,
- Better defence,
- More kicks

If the score is also equal in the last round, the warnings and minus points will be taken into account. Then, the fighter who was the better fighter, more respectful and followed the rules will be declared the winner.

In this case, the judges will push the right button, indicating the winner to the referee.

Art. 8.3. Scoring System Using Clickers

The winner will be the fighter who accumulates the most points within all rounds, whether it be 1 round - 2 rounds - 3 rounds. **SIDE JUDGES DO NOT RESET THEIR CLICKERS, AFTER EACH ROUND!**

If a fighter steps out of the tatami, is given an Exit! The Central referee will then stop time, and put the fighters back to their starting position (**RED / BLUE** Corner), The Central referee will then show the fighter an exit sign and minus point, he will then ask the side judges to **TAKE 1 point / 1 click** (as you cannot take off points on clickers), this will be an overall 3 points to the opposite fighter.

Art. 8.3.1 Draw

If the match ends with a tie, to determine a winner, judges must take in account the following:

- Better in the Last round,
- More active,
- Better style and techniques,



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- Better defence,
- More kicks

Art. 8.4. Minus points

The criteria for giving minus points, indicated only by the central referee, after the warnings of the judges are:

- Improper fighting style
- Constant clinch
- Turning the back
- Ducking below the belt,
- No kicks executed
- Excessive contact
- Excessive contact that leads to a knock down
- Other violations of the rules

When using clickers to keep the score, the referee will indicate to every judge to add 3 points to the opponent of the fighters that is penalized.

All techniques that are thrown from a very short distance, after clinch, are not taken into account by judges.

Art. 8.5. Decisions

The next decisions can result into a finishing of the match:

- Winner by points
- Winner by disqualifying the opponent

In difficult cases, the central referee may request a disqualification without a prior warning, but only after he consulted with the judges. For example:

- Knocking your opponent to the floor with an uncontrolled blow to the head or with specific intent.
- Excessive and continuous hitting after the stop command.
- Unsportsmanlike behaviour such as insulting a referee or an opponent, or particularly aggressive behaviour
- Winner by walk over
- Winner by RSC (Referee Stops Contest)

A fight may be stopped if a fighter cannot fight or defend himself, or if his opponent is showing clear superiority. The central referee and the judges decide who the winner is.

If the match was stopped due to an injury, the officials will make a decision based on Article 15 of this Regulation.

Art. 8.6. Changing a decision

All the decisions made public are definitive and cannot be changed with the following exceptions:

- Mistakes made in calculation of points
- A judge notices that he made a mistake and changed the points of the fighter,
- Obvious violations of the FRFK - WFKO regulations

The chief referee of the tatami, with the help of FRFK' - WFKO appeal committee, will settle the objections. The chief referee will announce after the final result.

Art. 8.7. Awarding points:



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During each round, the judges will score points on their clickers for every controlled technique that hits a permitted target for every fighter that does so. **TO BE SCORED, A HIT MUST NOT BE BLOCKED OR DEVIATED, NOT EVEN PARTIALLY.**

The winner will be the fighter who accumulates the most points within all rounds, whether it be 1 round - 2 rounds - 3 rounds, **“SIDE JUDGES DO NOT RESET THEIR CLICKERS, AFTER EACH ROUND”**

Techniques will not be scored if they are:

- Against the rules
- Hitting the arms (the opponent has their arms up in the fighting stance)
- Are lacking force.

Art. 9. Rules violations

The following actions are considered fouls:

- Punching below the belt, hooking, tripping, and attacking with knees or elbows.
- Butting with the head, shoulders, forearms or elbows,
- Strangling the opponent or crushing their face with arm or elbows
- Pushing back the opponent;
- Hitting with open gloves, with the inside of the gloves, with their wrist.
- Hitting the opponent's back, particularly on the nape of their neck, head.
- Hitting the kidneys
- Lying down, wrestling or not fighting at all
- Deliberately falling down due to no contact or little contact to stop their opponent scoring,
- Spitting out the mouth guard voluntarily. If this happens, the Central referee must stop fight and give the fighter an official warning for the first time and minus point for the second one.
- Grabbing
- Holding
- Attacking an opponent who is on the floor on getting up
- Clinching without any reason
- Hitting while hooking the opponent or pulling the opponent into the blow.
- Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent.
- Suddenly lowering one's head below opponent's waist in a way that would be dangerous for the latter.
- Using artificial means for a passive defence and falling down intentionally, in order to avoid a blow.
- Using insulting and aggressive language during a round.
- Refusing to withdraw after the order "BREAK".
- Trying to land a blow on the opponent immediately after a "BREAK" order and before withdrawing.
- Attacking or insulting the Central referee or corner judges at any time
- for a particular foul , for example a clinch it is administrated a verbal warning.
- Inappropriate behaviour of a coach or coach's assistant

The Central referee will not caution the fighter again for the same offence. An official warning will follow a third caution for the same foul. If a Central referee thinks that an offence has been committed without his knowledge, he can consult the side judges.

Art. 10 Penalties - Exits (Warnings, Disqualifications, Exits)

Warnings will be given in a loud clear voice so the two fighters and their coaches can hear and understand.

The central referee must turn to face the fighter that made the mistake then give the warning. To penalise a fighter, the central referee must request time to be stopped. He will then turn to the score table in which the score keeper will highlight for the fighter that was penalised. Warnings will be accumulated for the whole match, from all the rounds. When the central referee gives a warning for a penalised point, he must stop time.

Leaving the Fighting Area:



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- If a fighter leaves the area (EXIT) without being pushed, kicked or knocked out by his opponent, it will be seen as a "Voluntary Exit" and will receive a warning and one minus point from the Central referee. After leaving the area for the fourth time, 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 the fighter will receive one minus point.
- If the fighter fights on the edge of Tatami, the Central referee must not stop the fight to prevent the fighter from the exit.
- 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 foot must be outside the designated area.
- If the fighter is pushed out by the other fighter, or if he went outside the line as a result of a hit or kick, it is not classed as a voluntary exit.
- If a fighter is pushed, kicked or knocked out of the tatami, the Central 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 and both fighters should start from the centre of the tatami.
- In Freestyle K1-Light the Central referee can decide by himself.

Exits:

- **1st Exit** - Minus 1 Point given verbally to Fighter / Coach and score table with hand signal
- **2nd Exit** - Minus 1 Point given verbally to Fighter / Coach and score table with hand signal
- **3rd Exit** - Minus 1 Point given verbally to Fighter / Coach and score table with hand signal
- **4th Exit** - Disqualification verbally to Fighter / Coach and score table with hand signal

Art.10.1. Disqualifications

If disqualification is necessary, the central referee will consult with Chief referee of the tatami, judges and observer to make sure the procedures are respected.

Art. 11. Number of kicks per round

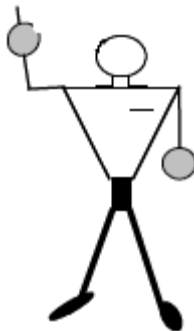
It is mandatory to use a minimum of 6 kicks in each round.

In freestyle k1-light there is no number as the maximum kick limit because fighters receive different scores depending on the technique used, as in freestyle kick light. Of course, fighters will use equal punches and kicks. The fighter who does not use kicks will be given warnings and after that, official warnings and in the end disqualification.

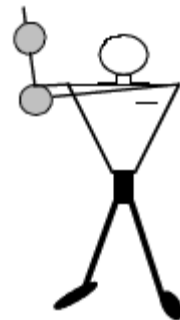
Art. 12. Signs made with the hand



Central referee



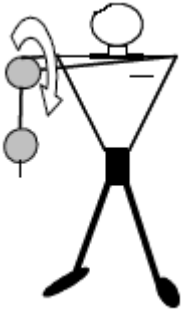
Warning



Official warning



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Minus point



Disqualification

Art. 13. The match

The Coach and assistant coach can assist the fighter. They will respect the following rules:

- Only the coach and assistant coach can enter the tatami during the breaks.
- During the match, they can give advice or encourage their fighter, but! must not be too loud.
- The coach or the assistant coach can stop the fight by throwing the towel onto the tatami if they feel their fighter is in difficulty.
- During the match, neither coach nor assistant coach is allowed on the tatami. They must collect the towels and the buckets and all their equipment before every round.
- Any coach, or assistant coach or official that encourages the spectators to give advice or to encourage the fighters during the match in a negative manner, can be suspended from their function during the competition.
- Coaches or assistant coaches who violate these rules, will receive a warning, or will be disqualified by the central referee if the violation is considered unsportsmanlike.

Art. 14. Officials

For general rules and other details about the officials, consult the general regulation.

Art. 14.1. The Central Referee and the judges

Each match will be refereed by three judges who will sit on three corners of the fighting area, away from spectators.

If the organiser cannot follow the rules above because of special circumstances, they will find a solution ensuring the neutrality and impartiality of officials, followed by a prompt report to the referee committee

Art.14.2. Central referee

At the end of each match, the central referee checks the three judges' scores on their clickers and scoring sheets.

After verification, the central referee will hand out the scoring sheets to the announcer of the tatami who will say who the winner is.

The Central referee will raise the winning fighter's hand.

Art 14.2.1. Central Referee's Powers:

- Stop the fight at any time if they consider that a fighter is technically superior.



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- Stop the fight at any time they believe that one of the fighters received an illegal blow, or is injured, or if they believe that they cannot continue to fight.
- Stop the fight at any time if an athlete has unsportsmanlike behaviour. In this case, he must disqualify the fighter.
- Warn an athlete or stop the match to give a minus point or warning to a fighter who has violated the rules.
- Disqualify a coach or a second who has violated the rules, or the fighter if they refuse to obey his orders.
- Disqualify, with or without warning, a fighter who has violated the rules,
- If a fighter violates the rules, but not necessarily deserve a disqualification, the central referee must stop the match and give a warning to the fighter. Before the warning, he should ask the fighters to stop the match. The warning must be given clearly, so the fighters understand exactly why they are being penalised. The central referee must report to each judge the penalty and show the fighter in question. After awarding the warning, the central referee gives the command to restart the fight.
- The central referee can verbally warn a fighter but does not need to stop the match.

Art. 14.3 Side Judges:

Every judge must analyze alone the two fighters and choose a winner according to the regulations. During the match, they will not talk to the fighters, with other judges, or anybody else, except the central referee. They can, if they must, at the end of a round, signal the central referee a rules violation that was not observed by the central referee. (for example, the misconduct of an assistant coach). During each round, the judges will score points on their clickers for every controlled technique that hits a permitted target for every fighter that does so. To be scored, a hit it must not be blocked or deviated, not even partially. The winner will be the fighter who accumulates the most points within all rounds, whether it be 1 round - 2 rounds - 3 rounds,

“SIDE JUDGES DO NOT RESET THEIR CLICKERS, AFTER EACH ROUND”

Judges will not leave their place until the decision is announced.

WHILE THEY JUDGE, THE SIDE JUDGES MUST USE THE CLICKERS TO KEEP THE SCORE.

Art.15 Injuries:

Matches will be stopped in case of injuries, or if the equipment needs to be replaced, or to give the central referee's opportunity to consult with the judges. The match will be stopped only by the central referee (judges and the doctor may only signal the central referee to stop the fight and time). If an injury occurs to one of the competitors, the match will be stopped for as long as the paramedic / doctor to decide whether it can continue or not. As soon as the doctor arrives on the tatami, they will have only two minutes to decide whether there's a need for treatment.

The treatment will be made in the 2 minutes time limit. Cuts cannot be covered by plasters or tape.

If the match is stopped because of injury, the central referee and side / corner judges will decide:

Who caused the injury?

- If the injury was intentional or not
- If the injury was caused by an illegal technique
- If there was a rule violation by the none injured fighter, he will win by forfeit
- If there was a rule violation by the none injured fighter, the injured fighter will win by disqualification.



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If the injured fighter is declared fit to fight again by the paramedic / doctor, the match will continue. If the injury was not intentional and the injured fighter cannot continue the match, his opponent will be declared the winner by RSC-H.

- If the injury was caused by a breach of the rules, the responsible fighter will be disqualified.
- If the injured fighter broke the rules, the other fighter is declared the winner by RSC.

In case of any injuries, only the doctor has the final decision regarding the continuation of the match. They will communicate the decision to the central referee who will comply. A fighter can opt out of the match by show of hands indicating waiver. In this case the referee will call the other fighter to the centre of the tatami and declare him the winner.

Art. 16. The procedure followed in case of KO, RSC, RSC-H and injury

If a fighter is injured during the match the doctor is the only one that can evaluate the situation.

If a fighter remains unconscious, only the central referee and the doctor on call will remain on the tatami, except when the doctor will need assistance.

Art 16.1. The procedure followed in case of KO, RSC, RSC-H

A fighter who has been knocked out due to a head injury during the match (or if the referee stopped the match due to a head injury that prevents them from fighting anymore) will be examined by a doctor immediately and taken to hospital by the ambulance service or other suitable mode of transport.

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

If the fighter has been knocked out due to a head injury during the match or if the referee stopped the match due to a head injury which prevented them to fight again, twice in a row in three months, they will be prohibited from participating in any competitions or fight for a period of 3 months after the second KO or RSC-H.

A fighter who was knocked out due to a head injury during the match or if the referee stopped the match due to a head injury which prevented them to fight again, 3 times in a period of 12 months and barred participate in a competition or fighting 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 call. Also, the doctors at the hospital responsible for testing / scanning head results can increase the rest period.

Rest period means the period in which a fighter cannot participate in any competition of kickboxing regardless of discipline.

The period of rest is "minimum time" and cannot be broken even if the wounds were not found.

Central referee will communicate to the official table to pass KO or RSC-H or RSC on the score sheets when they stopped the fight due to inability to continue of a fighter due to hard blows to the head.

The same must be communicated by the central referee from the surface to be noted in the passport of the fighter RFFK of the fighter. Before resuming sports activity after the suspension mentioned above, the fighter, after medical examination will have to be declared fit to participate in sports competitions by a sports doctor. After a defeat by KO, the fighter must have a tomography scan before they resume his training / fighting activities.

Art. 16.2. The procedure followed in case of general injury

In case of injuries outside KO or RSC-H, the doctor may grant a rest time and recommend treatment at hospital. A doctor may require immediate treatment at a hospital.

Art. 17. Touching gloves



Freestyle K1-Light -Tatami - FRFK - WFKO

Before and after the match, the fighters will touch the gloves, a sign of fair play, according to regulations. The touching of the gloves will take place before the first round start and after the final decision. **IT IS NOT ALLOWED GLOVE TOUCHING BETWEEN ROUNDS.**

Art. 18. Drug Use

FRFK uses the rules of conduct and WADA and the list of prohibited drugs, which may be amended from time to time. See FRFK Anti Doping rules and procedures.

Any fighter who refuses medical examination or doping test before or after a match can be immediately disqualified or suspended pending a full investigation.

The same happens when a formal encouragement for this comes from an official. Local anesthesia is permitted if agreed by a doctor from the Medical Committee.

FRFK references and adopts WADA Doping Rules in all situations.

Art 19.Indications

For an easy reading, sometimes, the text uses only masculine pronouns, but the references are for both sexes.