



RULES OF FREESTYLE KICKBOXING



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KICKBOXING***



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Art. 1. Definition

Competitions in the Freestyle Kickboxing system must use, as the name suggests, well-controlled techniques. Competitors fight continuously, until the STOP or BREAK command of the central referee. They will use full contact techniques and judo/jiu-jitsu (for throwing the opponent onto the floor), but they will be very well controlled, and they will hit allowed targets. Equal emphasis will be placed on both punches and kicks. The match will have a predetermined time duration. The central referee does not judge the fighters, he only makes sure that they respect the rules. Three judges will referee on FRFK referee sheets.

Art. 2. Weigh-in

For increased efficiency, the weighing of the athletes is carried out at the club, by each coach separately, after which he declares under his own responsibility that the athlete is correctly placed within the limits of the weight category.

The coach is responsible for the declared and actual weight of his athletes.

Before the start of the match, the coaches or federation officials can ask for the sample of the scales, if they think that the opponent is outside the limits of the category. Both athletes will step on the scale to have their weight checked.

The athlete who exceeds the upper limit of the weight category is disqualified. Both athletes may be disqualified.

It is the coach's responsibility and honor to declare the athletes' CORRECT weight! It is the responsibility of the coach to verify the information of his athletes!

Note 1: During the competition it is not allowed to exceed the maximum limit of the weight category!

Note 2: Weighing is done on the federation's official scale. We recommend that you take into account possible differences between weight measuring devices.

Note 3: Officials of the Federation will be able to do random checks of the athletes entered in the competition.



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Example:

Category: -50 Kg.

The athlete will have a weight between 45.00 kg and 49.99 kg.

If the athlete weighs 50.00 Kg, he will compete in the -55 Kg category. If the athlete weighs 45.00 Kg, he can compete in the -50 Kg category. If the athlete weighs 44.99 Kg, he can compete in the -45 Kg category.

For other details about the scale, check the General Regulations.

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

- FRFK&WFKO uniform
- Belts indicating grade are allowed.

Art. 3. The rules of the fight

The fighters will enter the tatami and touch the gloves. Then they will retreat a little, enter the fighting position and wait for the central referee's "FIGHT" command.

The time will stop only at the command of the central referee, when he will shout "TIME" and look towards the official table of the respective surface. Time will not stop when penalties are awarded, except when the central referee deems it necessary. The central referee is not allowed to address the fighters during the match, except after the timer has been stopped.

A fighter may have 2(two) coaches in his corner during the match. Both must remain in the coach's corner throughout the match. No coach is allowed on the court during the match and no coach is allowed to interact with the central referee or judges. No coach is allowed to make remarks towards the central referee or the judges.

Only the central referee can stop the time. A fighter may request that the timer be stopped to arrange his equipment or to check on an injury. The central referee must not stop the match if he is of the opinion that this puts the other athlete at a disadvantage. Stopping time will be done as rarely as possible.



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If the central referee is of the opinion that a fighter is using the stoppages to rest or prevent the opponent from scoring, a warning will be given, and after consultation with the judges, the athlete may be disqualified for delaying the match or refusing to fight.

Art. 4. Competition commands

❖ TIME

Forming the letter T with the hands, to order the timekeeper to stop the time until the FIGHT command from the central referee. When he says TIME, he must also say the reason why he stops the timer.

The central referee will give the TIME command in the following situations:

- When giving a fighter warnings (whose opponent must immediately go to a neutral corner)
- When a fighter calls for time to be stopped by raising his right hand (his opponent must immediately move to a neutral corner)
- When the central referee notices that it is necessary for a fighter to correct his equipment or uniform
- When the central referee notices that a fighter is injured (the maximum time for the doctor's intervention is 2 minutes for all age categories).

❖ STOP

When the referee orders the fighters to stop.

❖ STOP TIME (forming the letter T with the hands)

When he wants to stop the match for an important reason. The central referee must explain the reason for warning a fighter.

❖ FIGHT

It is used to start the match.

❖ BREAK



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It is used to break up the clinch, after which each fighter must take a step behind before continuing the fight.

❖ TOUCH GLOVES

It is used only at the beginning of the match.

Art. 5. Legal hitting areas

The following body parts can be attacked, using legal techniques:

- ❖ Head - Front, sides
- ❖ Torso - Front and sides
- ❖ Legs -Thigh, for kicks with the shin, foot, for sweeping, calf for circular kicks

Art. 6. Illegal hitting areas (prohibited techniques and behaviors)

- ☒ Attack of the neck, lower abdomen, kidneys, back, legs' joints, groin area and back of the head
- ☒ The attack with the elbow, the edge of the hand, the head, the thumb and the shoulder
- ☒ Turning the back of the opponent, running away from the opponent, throwing on the ground, intentional clinch, blind techniques, tackles and any other wrestling technique and bending below the opponent's pelvis
- ☒ Attacking an opponent who has already reached the floor (as soon as he touched the floor with his hand)
- ☒ Leaving the combat surface (exit)
- ☒ Fight after the command STOP or SEPARATE, or after the end of the round
- ☒ Anointing the face and body with oil
- ☒ Violations of the regulations may lead, depending on their severity, to warnings, minus points and even disqualification

Art. 7. Legal techniques

- ☒ **Kicks** - Front, side, back, circular, hanging, ascending, swinging, jumping, turning



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- **Punches** - Back fist and all boxing punches
- **Clinch** - (maximum 3 seconds, during which one knee attack is allowed, and it is also allowed to put a hand behind the opponent's head or body, without pulling his head or body down). When the two fighters are in clinch, the referee must stop the match with the command **BREAK**, while lightly tapping their shoulders with one hand, but only after they have landed a knee to the body within 3 seconds.
- **Sweeping** - Only as long as the shoe lasts. In order to score on a sweep, the attacker must remain standing. If during the execution of a sweep the attacker touches the tatami with any part of the body other than the soles, no points will be awarded. It will be scored when his opponent touches the tatami with any part of the body other than the soles.

Punching and kicking techniques should be used equally throughout the match. Kicks are scored, only when they clearly show the intention to hit the opponent with force. It is mandatory to use a minimum of 6 kicks in each round.

Art. 8. Scoring criteria

Any legal technique that hits a permitted target will be scored. The permitted hitting areas of the hand or foot must touch the target clearly and in a controlled manner. **THE CENTRAL REFEREE AND THE JUDGES MUST SEE HOW THE SHOT HITS THE TARGET. SCORING BASED ON THE SOUND OF THE SHOT IS NOT ALLOWED.** The fighter must look at the target when executing the strike.

All strikes must be used with "reasonable" force. Any shot that only touches, brushes or pushes the opponent, will not be scored.

If a fighter jumps into the air to attack, he must land inside the surface to be scored, and must maintain his balance. (Touching the floor with any part of the body other than the soles of the feet is not permitted.)

Art. 8.1. SCORING

- | | |
|--|----|
| ◆ <input checked="" type="checkbox"/> Punch | 1p |
| ◆ <input type="checkbox"/> Leg kick with the shin (thigh) | 1p |
| ◆ <input type="checkbox"/> Knee strike to the body | 1p |
| ◆ <input type="checkbox"/> Kick to the body | 2p |
| ◆ <input type="checkbox"/> Sweeping the opponent's leg when it touches the floor with any part of the body other than the sole | 1p |



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◆ □ Kick to the head	3p
◆ □ Body jump leg kick	3p
◆ □ Head jump kick	5p
◆ Throwing to the floor	1p

Art. 8.2. Scoring system using electronic tables

For each kick, punch or sweep that hits a permitted target with speed, accuracy, balance and force, the judge will press on his mouse, the button corresponding to the fighter who scored (in the red or blue corner). The points will be accumulated, starting with the first round, and will be visible to everyone on a screen on the referee's table.

At the end of the match, the winner is the fighter who has accumulated the most points (which will appear on the screen).

If the central referee gives a warning or a penalty, he will indicate this in front of the judges and the head referee, and the timekeeper will signal this on the electronic scoreboard. Then, this, it will be seen on the screen.

If the central referee awards a minus point, he will indicate this in front of the judges and the head referee, and the timekeeper will signal this on the electronic scoreboard. Then, this, it will be seen on the screen by deducting 3 points from each judge.

The electronic system also shows the time. At every moment, everyone will know the situation of the points.

Art. 8.2.1. Draw

If at the end of the match, one or more judges awarded an equal number of points to the two competitors, in order to determine the winner, the electronic system will automatically declare the winner of the fighter with the highest score in the last round. In case of a tie, the electronic system will ask the judges to make a final assessment. To do this, judges must take into account, in this order:

- last round score: select the fighter who accumulated the most points in the last round. The explanation would be the fact that the athlete showed resistance, superior physical and offensive



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condition. The judges will press the right button, indicating to the head judge who the winner is. If the judges need help, the electronic system will separate the scores of the final rounds.

If the number of points in the last round is equal:

- warnings and minus points will be taken into account. The explanation would be the fact that this athlete fought more correctly. The judges will press the right button, indicating to the head judge who the winner is. If the judges need help, the electronic system will separate the scores of the final rounds.

Art. 8.3. Scoring system using clickers and score sheets

For each kick, punch or sweep that hits a permitted target with speed, accuracy, balance and power, the judge will score points on the clickers.

Points will be collected, starting with the first round, on clickers.

IT IS MANDATORY FOR EACH JUDGE TO USE CLICKERS. The judges must write the number of points on the back of the score sheet after each round.

At the end of the match, the judges will read the score on the clickers and declare the winner, the fighter with the highest score. The judge must circle the name of the fighter declared the winner.

If the central referee awards a minus point, he will indicate this in front of the judges and the head referee, and the timekeeper will signal this on the electronic scoreboard. The central referee will ensure that each judge has awarded 3 additional clicker points to the penalized fighter's opponent.

The electronic system also shows the time. At every moment, everyone will know the situation of the points.

Art. 8.3.1. Draw

If the match ends in a tie, the following will be taken into account (in this order) to determine a winner:

- last round score: select the fighter who accumulated the most points in the last round. The explanation would be the fact that the athlete showed resistance, superior physical and offensive condition.

- warnings and minus points will be taken into account. The explanation would be the fact that this athlete fought more correctly.

If the number of points in the last round is equal, the following observations will be taken into consideration to make the tie-breaker:

- More active
- More kicks used



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- A better defense
- Better techniques and a better fighting style

Art. 8.4. Minus points

The criteria for minus points, given only by the central referee after previous warnings, are:

- inappropriate fighting style
- constantly clinching
- repeated turning of the back and bending below the level of the pelvis
- too few kicks
- excessive contact
- other violations of the regulation

For competitions where clickers are used to keep score, the central referee will direct each individual judge to award 3 clicker points to the penalized fighter's opponent.

Art. 8.5. Decisions

The following decisions may end the match:

- winner by points
- winner by disqualifying the opponent

In difficult cases, the central referee may request a disqualification without giving any warning, but only after consulting with the judges.

E.g:

- putting the opponent on the floor with an uncontrolled or malicious blow to the head;
- excessive and continuous hitting after the stop command;
- unsportsmanlike conduct of the fighter, such as insulting a referee or the opponent, or for particularly aggressive behavior.
- winner by walk over
- winner by stopping the match (the central referee stops the match)



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A match can be stopped if a fighter can no longer fight or defend himself, or if his opponent shows superiority. The central referee decides who is the winner. If the match has been stopped due to an injury, then the officials will make a decision based on Article 15 of these regulations.

Art. 8.6. Changing a decision

All decisions made public are final and cannot be changed, except:

- mistakes made in the calculation of points
- one of the judges declares that he made a mistake and exchanges the scores of the fighters among themselves
- are obvious violations of FRFK regulations

The referee in charge of the competition, with the help of the CCA of FRFK, will solve the protests immediately. After the discussions, he will announce the official result.

Art. 8.7. Scoring

When awarding points, the following must be taken into account:

- directive 1 – regarding kicks

During each round, the judge will mark the score corresponding to each controlled technique that reaches a permitted target, for each individual fighter. To be scored, a punch or kick must not be blocked or deflected, not even partially. The number of hits will be counted at the end of each round, and then the winner will be determined. Strikes by a fighter will not count if:

- ✧ they are against the rules
- ✧ They hit the arms (the opponent has "up guard")
- ✧ if they are deprived of the strength of the whole body

- directive 2 – regarding warnings

During each round, a judge cannot penalize every rule violation he sees, regardless of whether the central referee saw it or not. He must signal this to the central referee. If he gives warnings to the fighters, the judge must write a "W" in the Warnings column of the score sheet, but this does not mean that he will also deduct a point. When the central referee decides to give a minus point to a fighter, then the judge will enter "-1" in the column corresponding to the penalized fighter, and the other fighter will be awarded 3 points per clicker.

- directive 3 – awarding points

Points will be awarded for each round. No fractions of points will be awarded.



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Art. 9. Violations of the regulation

The warnings given to the people in the fighter's corner will add to its warnings.

A central referee may, without stopping the match, warn a fighter at any time. If he wants to give a warning, he will have to stop the match and announce the warning. He will show this to the three judges by pointing his finger at the penalized fighter.

The following actions may be considered violations of the regulation:

- ✧ hitting below the belt,
- ✧ hitting the head, shoulders, forearms and elbows, strangling the opponent, pressing the opponent's face with the arms or elbows, pushing the opponent back;
- ✧ hits with the open glove, with the inside of the glove, or with the wrist;
- ✧ hitting the opponent's back, especially the back of the head, the back of the head and the kidneys;
- ✧ lying down, fighting on the ground, or refusing to fight;
- ✧ the attack of an opponent on the floor, or who is about to get up from the ground;
- ✧ the clinch for no reason;
- ✧ catching and hitting the opponent at the same time, or pulling him and hitting him;
- ✧ hooking and holding the opponent's arm, or putting an arm under the opponent's arm;
- ✧ the sudden lowering of the head below the level of the opponent's belt, in a way that can be dangerous for him;
- ✧ using artificial means for a passive defense and intentionally falling on the ground to avoid a blow;
- ✧ using insults and aggressive language during a round;
- ✧ refusal to withdraw after the command BREAK;
- ✧ attempting to hit the opponent immediately after the BREAK command, before he retreats;
- ✧ attacking or insulting the central referee and the side judges;
- ✧ when a warning has already been given for a violation of the rules, for example for a clinch, the central referee will not warn the fighter again for the same mistake. If the central referee believes that the mistake was made unintentionally, he will have to consult with the judges.



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

The warnings will be given clearly and loudly so that both the two fighters and their trainers can hear and understand. The central referee must face the offending fighter when giving the warning.

To penalize a fighter, the central referee must first call for a time stop. He will turn to face the scorekeeper and point out the fighter who was penalized by pointing to him and explaining why he was penalized.

Warnings will accumulate throughout the match, from all rounds. When the central referee gives a warning or a penalty point, he must stop the clock.

- ✧ The first exit from the surface or the first violation of the regulation

Warning or first exit

Decision communicated to the fighter / trainer / official table verbally and by gestures

- ✧ The second exit from the surface or the second violation of the regulation

Minus one point

Decision communicated to the fighter / trainer / official table verbally and by gestures

- ✧ The third exit from the surface or the third violation of the regulation

Minus one point

Decision communicated to the fighter / trainer / official table verbally and by gestures

- ✧ The fourth exit from the surface or the fourth violation of the regulation

Disqualification

Decision communicated to the fighter / trainer / official table verbally and through gestures

Art. 10.1. Disqualification

If disqualification is necessary, the central referee will consult with the judges and the surface observer (one of the two chief referees) to ensure that all procedures are followed.

Art. 10.2. Exits

Leaving the battle surface

If a fighter leaves the surface (comes out) without being pushed, hit or knocked out by his opponent, it will be considered a "voluntary exit" and he will receive a warning from the central



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referee. On the second and third exit, the fighter will lose one point each. On the fourth exit from the fighting surface, the athlete will be disqualified.

What does coming out of the surface mean?

1. Battle area 6x6 m

Stepping beyond the line that delimits the surface with both feet or with one foot out and one in the air is considered leaving the surface. The entire foot must be off the surface.

2. Battle surface 8x8 m

Stepping beyond the line that delimits the surface, even with a single foot, is considered leaving the surface. The entire foot must be off the surface.

Remarks:

Stepping on the line is not considered an exit.

If a fighter is pushed by the other, or has crossed the line following a kick or impact, it is not considered a voluntary exit.

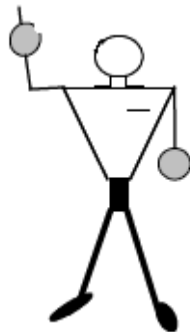
The exit is signaled by the judges by majority. All exits will be signaled to the official table.

Warnings for leaving the combat surface will be collected separately from the other types of warnings.

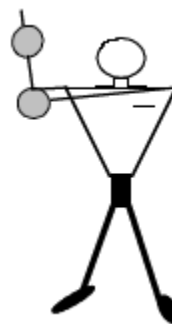
Art. 11. Signs made by hand



Central referee



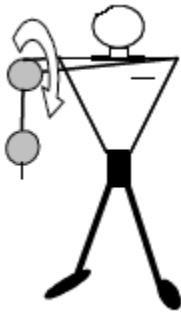
Warning



Official warning



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Minus one point



Disqualification

Art. 12. 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. 13. Officials

For general rules and other details about officials, see the general regulations.

Art. 13.1. Central referee and judges

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



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If the organizer cannot comply with the rules mentioned above due to special circumstances, he will find a solution that ensures the neutrality and impartiality of the officials, followed by a prompt report to the referee committee.

Art. 13.2. The central referee

At the end of each match, the central referee collects and checks the score sheets of the three judges. After checking, he will hand them to the tatami chief referee, or in case he is absent, to the announcer.

When the winner is announced, the central referee must raise his hand. He must indicate to the fighters, through appropriate gestures and signs, any violation of the regulation.

He must also oversee the entire match.

Art. 13.2.1. Duties of the central referee

- stops the fight at any time if he considers that a fighter is technically superior
- stop the fight at any time if he believes that one of the fighters has received an irregular blow, or is injured, or if he considers that he can no longer continue to fight
- stop the fight at any time if an athlete has unsportsmanlike behavior. In this case, he must disqualify that athlete
- warns an athlete or stops the match to give a minus point or a warning to a fighter who violated the rules
- disqualifies a trainer or a second who violated the rules, or even the fighter, if the trainer or second refuses to obey his commands
- disqualifies, with or without warning, a fighter who has violated the rules
- interpret the rules as long as they are applicable or compatible with the fight taking place at that time, or at a certain time, and decide on a measure that is not provided for in the rules
- if a fighter violates the rules, but does not necessarily deserve a disqualification, the central referee must stop the match and give a warning to the fighter. Before the warning, he must ask the fighters to stop the match. The warning must be given clearly so that the fighter understands exactly why he was penalized. The central referee must signal to each judge that penalty, and show the fighter in question. After giving the warning, the central referee gives the command to restart the fight.



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- the central referee can warn a fighter. A caution is a warning given by the central referee to a fighter for a violation of the rules. To do this, there is no need to stop the match, and he can scold the fighter during the fight.

Art. 13.3. The judges

Each judge must independently analyze the two fighters and choose a winner according to the rules.

During the match, he will not speak to the fighters, other judges, or anyone else except the central referee. He can, if necessary, at the end of a round, signal to the central referee a violation of the rules that went unnoticed (for example, the inappropriate behavior of a second, etc.).

A judge will note the total number of points on his score sheet, and in professional matches, only his decision will be announced to the public at the end of the match, not the number of points.

During the match, the judge uses the back of the score sheet to note the number of shots/strikes he has seen, either by one or more figures or by drawing lines. The red fighter will be noted on the left side of the sheet and the blue fighter always on the right side of the score sheet. Scoring will be done separately for each round.

The judge will not leave his seat until the decision is announced.

WHILE REFEREEING, THE JUDGE MUST USE CLICKERS.

Art. 14. Injuries

The match will be stopped in case of injuries, if equipment needs to be placed, or to give the central referee the opportunity to consult with the judges. The match will be stopped only by the central referee (the judges and the doctor can only signal the central referee to stop time). In the event of an injury to one of the competitors, the match will be stopped until the paramedic/doctor decides whether he can continue or not. As soon as the doctor arrived on the tatami, he will have only 2 minutes to decide if a treatment is necessary. The treatment will be done within the limit of 2 minutes. In any case, cuts cannot be covered with plasters.

If the match has to be stopped due to injury, the central referee and the 3(three) judges will decide:

- Who caused the accident?
- If the injury was intentional or not
- Whether or not it was the fault of the injured party
- Whether or not the injury was caused by an unauthorized technique
- If there was no violation of the rules by the uninjured athlete, he will win by forfeit



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- If there was a violation of the rules by the uninjured athlete, the injured athlete will win by disqualification
- If the injured athlete is declared fit to fight by the doctor/doctor, the match will continue
- If the injury was not intentional and the injured athlete cannot continue the match, his opponent will be declared the winner by RSC-H.
- If the injury occurred as a result of a rule violation, the fighter responsible will be disqualified. If the injury was his fault, the other fighter is declared the winner by RSC-H.

In case of any injury, only the doctor has the final say regarding the continuation of the match. He will communicate the decision to the central referee who will respect it. A fighter may withdraw from the match at any time by raising his hand to indicate withdrawal. In this case, the central referee will call the other fighter to his side and declare him the winner by forfeit.

Art. 15. The procedure followed in the case of KO, RSC, RSC-H and injuries

If a fighter is injured during the match, the doctor is the only one who can assess the situation.

If an athlete remains unconscious, only the central referee and the doctor on duty will be allowed to remain on the surface, unless the doctor needs assistance.

Art. 15.1. Procedure followed in case of KO, RSC, RSC-H

An athlete who has been knocked out due to a blow to the head during the match (or if the central referee has stopped the match due to a head injury that prevents him from fighting) will be examined by a doctor immediately, and transported to the hospital by the service ambulance or another suitable way of transportation. That fighter will not be allowed to participate in another competition or fight for a period of 8 weeks after the KO.

If the fighter was knocked out due to a blow to the head during the match, or if the central referee stopped the match due to a head injury that prevents him from fighting, twice in a row within 3 months, he will be banned from participating in another competition or to fight for a period of 3 months after the second KO or RSC-H.

A fighter who has been knocked out due to a blow to the head during the match, or if the central referee has stopped the match due to a head injury preventing him from fighting, 3 consecutive times in a 12 month period, will be prohibited from participate in a competition or fight for a period of one year after the third KO or RSC-H.

The rest periods mentioned above can be extended at the request of the doctor on duty.

Also, the hospital doctors responsible for testing/scanning the head results can increase the rest period.



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Rest period means that period in which an athlete cannot participate in any kickboxing competition regardless of the discipline.

The rest period is the "minimum period" and cannot be violated even if no injuries are found.

The central referee will notify the official table to enter KO or RSC-H or RSC on the score sheets when he has stopped the fight due to the inability of an athlete to continue due to a strong blow to the head.

The same must be communicated by the central referee on the respective surface to be noted in the fighter's FRFK sports passport. Before resuming sports activity after the suspension mentioned above, an athlete, after medical examination, must be declared fit to participate in competitions by a sports doctor. After a defeat by KO, an athlete will have to have a CT scan before resuming his sporting activity.

Art. 15.2. The procedure followed in case of accidents in general

In the case of injuries other than KO or RSC-H, the doctor can grant a rest period and recommend hospital treatment. A doctor may order immediate treatment at a hospital.

Art. 16. Touching gloves

Before and after a match, the fighters will touch the gloves, as a sign of fair play, according to the regulations. Touching of gloves will take place before the start of the first round and after the final decision. Gloves are not allowed to be touched between rounds.

Art. 17. Use of drugs

FRFK&WFKO uses the WADA Rules of Conduct and its list of prohibited drugs, which may be amended from time to time. See the FRFK&WFKO Anti Doping rules and its procedures.

Any athlete who refuses a medical examination or doping test before or after a match may be immediately disqualified or suspended pending a full hearing.

The same thing happens in the case of an encouragement from an official in this sense. Local anesthesia is allowed if approved by a doctor from the Medical Committee.

FRFK&WFKO refers to and adopts the WADA Doping Rules in all situations.

Art. 18. Indication



RULES OF FREESTYLE KICKBOXING

For easy reading, sometimes the text uses only male pronouns, but references are made to both sexes.