



REGULATIONS

ARBITRATION

KICK BOXING

K-1

JANUARY 2020 EDITION

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ARBITRATION KICK BOXING – K1 RULES

1. OFFICIAL REGULATIONS

This regulation replaces all previously issued standards. It includes the official KICK BOXING - RULES K-1 standards.

These rules apply to all member countries. The requirements and circumstances can be taken into account, if necessary.

The official language of the IRC worldwide is English. This set of rules can be translated with a license from the IRC into other languages. In case of inaccuracies, only the official English version will be valid.

Without the express written approval of GBF or IRC, these rules cannot be changed. This includes electronic, digital, physical and all other forms of reproduction.

This set of rules can be obtained free of charge from the official website, <http://www.gbfgworld.com/>

1.1 OFFICIAL GBF SPORTS EVENTS STAFF

Supervisor: Main responsibility as the highest authority

Fighting director: 1 Competition director

Judges and Referees: 1 Central Referee

3 score judges

1 Judge Crono

Others: 1 Speaker

1 Doctor

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1.2 OFFICIAL UNIFORMITY REFEREES

GBF staff must wear black long trousers, a technical polo shirt with the GBF logo and black shoes.



Referees will not have watches, chains, bracelets, rings, and others. These objects could injure the competitors if a referee has to intervene quickly.

The GBF logo must be worn on the polo shirt at left chest level and the word REFEREE must be displayed on the back of the polo shirt at an appropriate size that can be seen.

Central referees are recommended to use latex gloves to avoid any infection. GBF officials with more than 6 dioptres (weakness of sight) cannot perform the function of a central referee.

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1.3 COMPETITION DIRECTOR

National and international fights as well as championships must be conducted by a referee and three judges.

While the central referee is leading the fight, the scoring judges will be positioned so that they can observe the fight without any disturbance or being interrupted by something or someone.

1.4 CENTRAL REFEREE

The referee conducts the competition and may make the necessary decisions in the present case, in accordance with the rules of competition.

He is at the side of the fighters, he is the only person who can be in the ring during the fight. The Referee may not use any metal objects during his function. The use of contact lenses is permitted.

The Referee must check that the ring and the fighters' clothing are in order. He will call the fighters, inform them and ensure that all rules are followed during the fight, however he may warn the fighter, with a warning or disqualification all depending on the seriousness of the offence.

Between rounds, the fighter must take his initial position in the neutral corner.

Once the fight is over the referee will wait for the decision of the judges, to announce the result, after which he will incite the sporting embrace of the competitors.

The referee will remain in his initial position until both teams have left, being the last one to leave in case of a change of referees.

The referee has three words of command during the bout "FIGHT" (start or restart the bout), "BREAK" (break up), "STOP" (stop the bout) and timing.

At the call of "BREAK" any further fighting action will be stopped. Both fighters shall immediately take a step back, only then can the fight be resumed without additional command. Pushing away the opponent is forbidden. The fighters separate themselves, then the fight can continue.

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If the voice of "BREAK" of the referee is not obeyed, the referee will announce "STOP" and stop the fight, he can warn, warn or if necessary demand the compliance of the rules to the competitors.

In a situation of considerable use of the fighters' fighting force, in which he has not seen any infringement, the referee must consult the judges, if they have seen a prohibited act and it will be decided by majority vote to apply a warning or disqualification to the offender.

In the event that the Judges have not seen any prohibited action, the action will be considered to be correct. In this case, a wrestler who describes himself as a victim of a prohibited act will be sanctioned.

Variants: Of the three, the first judges the action as correct, the second judges the action as incorrect, and the third due to poor visibility saw nothing, the technique is considered correct.

If a wrestler is injured, the referee must act in accordance with the provisions of the anti-regulatory actions.

After the warnings the Referee is obliged to show both in body language and verbal the prohibited technique first to the competitors, then to the SUPERVISOR or MARKER.

The referee will collect the score form from the assigned judges at the end of the fight (in titles in play it will be done after each round), evaluate if everything is correct and then give it to the Supervisor.

If a fighter is not present until the initial signal is given

The central referee is obliged to start the count, if the competitor standing before 10 seconds, the referee will count up to 8 seconds, this competitor will be warned by the score judges as if he had fallen with a protective count.

If a contestant after a fall is to be given a protective count, the referee will first send the other contestant to the neutral corner and start the count after 1 second. The referee will not wait to start the count at the other contestant's arrival at the neutral corner.

Only if the competitor stands or moves to another place not indicated, then the count is stopped and the competitor will once again be ordered to the neutral corner.

If the contestant does not obey the referee's instructions, the referee will issue a warning or disqualification.

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In a case of strong impact where it is clear that the competitor will not get up in 10 seconds and is not able to follow the fight, the official doctor will be called immediately. The Referee can ignore any count and can immediately give the decision of K.O.

If a contestant, before the end of the 10 seconds, gets up to continue the fight, the referee, before allowing the contest to continue, will have this contestant observe his eyes and his attitude during the count to ensure that he can continue the fight. The position on guard does not mean at any time that he is able to continue, only after the referee's observation, when the word "FIGHT" or 9-10 K.O. is given.

The order "BREAK" will only be given when the competitors are in the form of a grip.

The contestants shall separate by themselves by means of struggles, immediately or by the word "BREAK" by the referee, the contestants are in the obligation to separate completely and make a distance between them.

One of the anti-relative actions is for example: hitting with the head, which has the consequence that the fighter is warned or disqualified, if he was warned after an anti-relative action and he performs the same forbidden technique, the warned competitor will be punished and eventually disqualified.

If a fighter intentionally spits out his mouthpiece, the Referee will have to pick it up and hand it to the corner personnel for cleaning and again hand it to the fighter.

Any fighter who intentionally spits out the mouthpiece will be penalized with 1 minus point (-1).

1.5 JUDGES

The warnings will be placed on the scoring form by the judges in the following manner (W for faults), if a competitor is counted he will have to mark it with a (KD), 10-8 automatically on the first KD and for each of the supplementary counts one point will be deducted from the affected fighter.

W: Faults

KD: Protection Accounts

Each judge will assign a winner according to the regulation and the merits obtained.

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Judges shall not talk to each other, except to the central judge, nor shall fighters or their corner assistants deal exclusively with the referee.

At the end of each round he may address the referee to comment on any assessment of an action (inappropriate behaviour, state of the ring, state of protection, etc...).

A judge will not abandon his position until the verdict is announced.

Both referees and judges working at an event will refrain from showing favouritism towards any team or competitor, even if it is their own case (applauding, cheering, gesturing, etc...)

The score sheets will be of the GBF's own model and will be filled in completely and signed, clearly and precisely.

The work of a judge in addition to the above will be to evaluate round by round and the final result of the bout, with the following commands

RED	BLUE
10	10
10	9
10	8
10	7

We will take great care in designating such results since a small mistake, far from harming a competitor in the result, will make lose the credibility and professionalism not only of the judge who makes the mistake but of the whole refereeing team.

An example of a common error is to mark a 9-9, 8-8 etc... to a null round, since always the null round, will be 10-10.

Each judge must independently assess the merits of each fighter and choose the winner according to the rules.

1.6 TIMER

It is responsible for maintaining the time of the rounds (2 or 3 minutes) as well as the pause time, 10 seconds before starting, an acoustic signal will be given as a signal

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for the start of the round and he clears the ring of the Coach and Helpers. This signal also informs the central referee of the beginning and end of the round.

To stop time, the referee will signal with a gesture (T-shape) with his hands, to the timekeeper to stop the clock.

In case the Referee forgets to stop the time (e.g. to adjust a guard or if a mouth guard has been dropped) the time will also be stopped by the Timekeeper as long as the Supervisor orders it.

1.7 SUPERVISOR

He is primarily responsible for the refereeing and organizational functioning of each event in general.

WEIGHING AND MEDICAL CHECK-UP

The official weigh-in takes place one day before and according to circumstances or agreements at the latest up to 2 hours before the start of the competition.

The weighing will be done on an electronic scale or a roman scale (weight scale), under the presence of a GBF Supervisor, and the Refereeing Officials.

All fighters will be weighed on the same scale at the same location.

A medical check will be carried out after the weighing. If the result of the check is negative the competitor will not be allowed to compete, the decision of the Doctor is final and there is no possibility of appeal.

The consumption of stimulants before or during the competition is strictly forbidden. An anti-doping test can be carried out after the competition without notice to the fighter.

When a doctor discovers the consumption of prohibited substances in a wrestler, he/she will be sanctioned with a closure for a limited time, if it occurs after the final result of the competition, this result will have no value.

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The GBF respects the final decision of WADA (World Anti Doping Association). This decision will be valid from the day the test was performed and the current anti-doping list.

The assigned Medical Doctor will always be required to remain in his or her place near the ring. If for any reason the Doctor leaves his place, the competition cannot be continued while he takes his place again.

The assigned Doctor as well as the trainer may not enter the ring under any circumstances, when the fight is not definitely over. This means the immediate termination of a fight. The Doctor can control the fighter from the outside of the ring, and decide whether the competitor can continue the fight or not.

In the event of a serious injury, the official Injury Report must be completed, and by all Officials present, signed and delivered to the Supervisor for safekeeping.

The Supervisor will immediately control all protests.

2. PRE-COMPETITION CONTROL

Before starting the competition the Supervisor has to make sure that

- a) The GBF (International Sportpass) Federation Licences and Competition Sports Passports are in force and a Doctor is present.
- b) The necessary Official Staff assigned to the competition are present.
- c) Each competitor is weighed, checked and fit to compete. Only the GBF weight categories are valid, they apply equally to the World Ranking
- d) That the weight according to their category is maintained, there will be no tolerance for the dispute of titles.
- e) The ring, the floor of the ring, gloves etc., are in order according to the rules, a stopwatch, an acoustic signal, a microphone must be on the main referee's table.
- f) Coach and Assistants are wearing sports clothes (sports uniform and sports shoes).
- g) The competitors, according to their discipline, have the appropriate clothing.

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- h) That the wrestlers before the competition do not rub themselves with prohibited substances (except Vaseline on the face).
- i) Wrestlers must be dry before the start of the competition and after each break.
- j) Photographers and camera staff are not allowed to take photos or video on the scoring form.
- k) Banners and notices, which will be placed in the ring, may not obstruct the competitors as much as the public in the event.
- l) If one or more of the requirements are not met, the Supervisor will have to advise the organisers of the changes to be made. The Organizer is obliged to repair any defect immediately.

3. THE RING

All competitions will be held in an AIBA standard quadrilateral with 4 ropes.

The size of the internal part of the ring will be from 5.30 m to 6.50 m

The ring platform cannot be lower than 91cm and not higher than 122cm.

If the platform is higher than this, the place where the judges are located must be raised so that the judges have an adequate view of the entire platform.

The ring shall have 4 ropes, measuring at least 3 cm and no more than 5 cm thick.

These ropes must also be lined with a soft bandage or something smooth, the measurements from the floor of the ring must be 45 / 80 / 115 and 150 cm. The ropes are connected with tensioners to the posts, which must be at least 50 cm from the ropes to the posts.

The wrestlers' corners must have different colours (red and blue), the neutral corners must be white.

To protect against injury padded cushions (corner posts) shall be installed in each corner.

The ropes must be connected at least on each side with 2 belts 3 to 4 cm wide without buckles at equal intervals, so that the distances from the ropes are secured. These straps cannot slide along the ropes.

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The floor of the ring must be covered with a felt mat or similar material, which is not less than 1.5 cm and more than 2.5 cm thick.

Above the mat must be an extended and tight awning. The felt and the awning must cover the entire ring platform. The ring must be installed in such a way that no competitor can be injured.

3.1 RING EQUIPMENT

At the red and blue corners there should be stairs to allow easy access to the ring for competitors. In these corners there should also be a small stool, as well as a spittoon and a broom with a towel for cleaning.

The ring should be well lit with special lamps as far away as possible.

The judges must have a table and chairs on three sides of the ring, and on the fourth side there must be enough tables and chairs for other official and organizational personnel (Supervisors, Timekeeper, Speaker, etc.)



ARBITRATION KICK BOXING – K1 RULES

4. CLOTHING OF COMPETITORS - COACHS

The wrestler must present himself properly with his competition clothes in the Ring depending on the discipline. Wrestlers who are not properly dressed depending on their discipline may be sanctioned.

If any protective equipment is damaged or missing, the fighter has a maximum time of 5 minutes to put his equipment in order, by order of the referee.

KICK BOXING – K1

PROFESSIONAL - PROFESSIONAL NEO

- Shorts (shorts)
- Male - female pelvic protector
- Set of bandages
- Gloves
- Mouth guard

In PROFESSIONAL NEO the Shin Guard Set (Optional),

In the discipline of K-1 PROFESSIONAL NEO the Kneepads Set (Optional).

In all female categories, they must wear Breast Protector.

AMATEUR - JUNIOR

- **Shorts (shorts)**
- **Male - female pelvic protector**
- **Set of bandages**
- **Gloves**
- **Oral**
- **Shin guards set**

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- **Kneepads Set (Only in K-1)**
- **Helmet**
- **Bibs (In the categories JUNIOR and AMATEUR Class C in KICK BOXING AND K-1 (Optional)).**

In all female categories, they must use Breast Protector.

For men without a T-shirt, for women it is allowed to wear a T-shirt but without sleeves or any kind of top; for wrestlers it is compulsory to use the breast protector as well as the pelvic zone protector.

The use of glasses, buckles, straps and belts is forbidden, as well as the use of necklaces, earrings, piercings and other metallic objects that may cause injury. The wrestler can have the face covered with a small layer of Vaseline, the rest of the body must be free of fat and dry.

The wrestler must not wear any kind of patch (plaster or tape) on the face or visible parts of the body as well as bandages. (Bandages to protect an injury are not prohibited, but may only be worn under clothing and must not be hard).

GLOVES FOR COMPETITION

In PROFESSIONAL, up to 153 lbs / 69.5 kg will compete with 8 OZ gloves, competitors above that weight with 10 OZ gloves. If a fighter is less than 69.5 kg and their opponent is heavier, both competitors must wear 10 OZ gloves.

All fighters weighing more than 69.5kg will always have to compete with 10 OZ gloves.

The gloves must be tightly tied with no laces hanging out. They can be fixed with a soft tape (tape), for titles in play the gloves must be new.

All other categories will use 10 OZ gloves.

HELMETS

The use of the protective helmet (amateur model) is compulsory in all JUNIOR (Class E), and AMATEUR (Class C - B) categories.

In NEO PROFESSIONAL and PROFESSIONAL, no helmet is used.

ARBITRATION KICK BOXING - K1 RULES

RACING BIBS - KNEEPADS

Bibs and knee pads are compulsory in all K1 categories (MALE - FEMALE), in JUNIOR categories (Class E).

BANDAGES

PROFESSIONAL Bandage - PROFESSIONAL NEO (Maximum 2 soft bandages of 5 meters by 5 cm wide for each hand).

One 5 m long and 2.5 cm wide roll of tape per hand.

Must be applied smoothly and without covering the knuckles. The shocking front will only be covered by gauze (no spaghetti tape, no hard material (cardboard or plastic, etc...), allowing a strip of tape in the interdigital space to hold the bandage in place.

In fights for a PROFESSIONAL - PROFESSIONAL NEO title, an officer will be present in the dressing room for the duration of the dressing of both hands.

In PROFESSIONALS, the bandages must be checked and signed before the gloves are put on, and may be checked after the bout.

If this infraction is found in the ring the fighter must be penalized. If the finding is made during or immediately after the fight, he will be disqualified. The gloves must be put on while in the dressing room, the official supervisor must give instructions for the control and monitoring of the bandages as well as the return of the gloves.

In PROFESSIONAL NEO and AMATEUR (Class C-B) and elsewhere, soft bandages will be used.

COACH / ASSISTANTS

Only three (3) people per corner are allowed, there can only be one coach during the break inside the Ring.

During the fight, it is forbidden for the coach to be in the ring standing or sitting or standing on the stairs, for this purpose chairs are available (mandatory use).

Shouting from the corner may only come from one person in a manner corresponding to general custom.

ARBITRATION KICK BOXING – K1 RULES

It is expressly forbidden to give instructions while the wrestler is in the neutral corner or to the wrestler to whom cures or protections are applied.

If this rule is not respected, there is the possibility of a penalty, warning the disqualification of the wrestler, and a warning for misconduct to the trainer.

5. CLASSIFICATION – DURATION OF THE FIGHT

The fighters will be classified according to their victories (not by fighting), in different classes.

The classification will be as follows:

AFFICIATE (Class D): Minimum 10 bouts or 5 victories or be NATIONAL CHAMPION

AMATEUR (Class C): Minimum 15 bouts with 5 wins or be NATIONAL CHAMPION.

AMATEUR (Class B): Minimum 20 bouts with 10 wins or be NATIONAL CHAMPION

PROFESSIONAL NEO: Minimum 20 fights with 10 victories or be NATIONAL CHAMPION

PROFESSIONAL

The minimum age for professional fights in the **GLOBAL BOXING FEDERATION (GBF)** is 18 years old (Special cases under 18 and not less than 16 years old, under the supervision of the National Arbitration Committee (with parental permission).

In this case, the respective applicable laws of each country must be followed. All wrestlers must present to the Supervisor their valid identity card during the weigh-in.

ARBITRATION KICK BOXING – K1 RULES

5.1 DURATION OF THE FIGHT AND ROUND

KICK BOXING (NO TITLE AT PLAY)	
MALE	FEMALE
JUNIOR (Class E) 3 x 1,30 x 1 break	JUNIOR (Class E) 2 x 1,30 x 1 break
AMATEUR (Class C) 3 x 2 x 1 break	AMATEUR (Class C) 3 x 2 x 1 break
AMATEUR (Class B) 3 x 2 x 1 break	AMATEUR (Class B) 2 x 2 x 1 break
PROFESSIONAL NEO 4 x 2 x 1 break	PROFESSIONAL NEO 3 x 2 x 1 break
PROFESSIONAL 5 x 2 x 1 break	PROFESSIONAL 4 x 2 x 1 break
PROFESSIONAL (MASTER) 3 x 2 x 1 break	PROFESSIONAL (MASTER) 3 x 2 x 1 break

Important note: In case of Tournaments by eliminatory:

JUNIOR (Class E) 2 X 1,30 X 1 rest (Qualifying rounds)

3 x 1.30 x 1 break (Final).

AMATEUR (Class C - B) 2 X 2 X 1 rest (Qualifying)

3 x 2 x 1 break (Final).

PROFESSIONAL NEO (NO TITLE AND PLAY KICK BOXING)	
MALE	FEMALE
WORLD 5 x 2 x 1 break	WORLD 4 x 2 x 1 break
INTER-CONTINENTAL 5 x 2 x 1 break	INTER-CONTINENTAL 4 x 2 x 1 break
CONTINENTAL 5 x 2 x 1 break	CONTINENTAL 4 x 2 x 1 break
NATIONAL 4 x 2 x 1 break	NATIONAL 3 x 2 x 1 break

ARBITRATION KICK BOXING – K1 RULES

PROFESSIONAL (TITLE IN PLAY KICK BOXING)

MALE	FEMALE
WORLD 10 x 2 x 1 break	WORLD 8 x 2 x 1 break
INTER-CONTINENTAL 9 x 2 x 1 break	INTER-CONTINENTAL 7 x 2 x 1 break
CONTINENTAL 8 x 2 x 1 break	CONTINENTAL 6 x 2 x 1 break
NATIONAL 7 x 2 x 1 break	NATIONAL 5 x 2 x 1 break

PROFESSIONAL (MASTER) 46 years onwards TITLE IN PLAY

MALE	FEMALE
WORLD 8 x 2 x 1 break	WORLD 7 x 2 x 1 break
INTER-CONTINENTAL 6 x 2 x 1 break	INTER-CONTINENTAL 5 x 2 x 1 break
CONTINENTAL 5 x 2 x 1 break	CONTINENTAL 4 x 2 x 1 break
NATIONAL 4 x 2 x 1 break	NATIONAL 3 x 2 x 1 break

ARBITRATION KICK BOXING – K1 RULES

K-1 RULES (NO TITLE AND PLAY)

MALE	FEMALE
JUNIOR (Class E) 3 x 1,30 x 1 break	JUNIOR (Class E) 2 x 1,30 x 1 break
AMATEUR (Class C) 2 x 2 x 1 break	AMATEUR (Class C) 2 x 2 x 1 break
AMATEUR (Class B) 3 x 2 x 1 break	AMATEUR (Class B) 2 x 2 x 1 break
PROFESSIONAL NEO 3 x 3 x 1 break	PROFESSIONAL NEO 3 x 2 x 1 break
PROFESSIONAL 3 x 3 x 1 break	PROFESSIONAL 3 x 2 x 1 break
PROFESSIONAL (MASTER) 3 x 2 x 1 break	PROFESSIONAL (MASTER) 3 x 2 x 1 break

Important note: In case of Tournaments by eliminatory:

JUNIOR (Class E) 2 X 1,30 X 1 rest (Qualifying rounds)

3 x 1.30 x 1 break (Final).

AMATEUR (Class C - B) 2 X 2 X 1 rest (Qualifying)

3 x 2 x 1 break (Final).

K-1 RULES (TITLE IN PLAY)

PROFESSIONAL NEO

MALE	FEMALE
WORLD 4 x 3 x 1 break	WORLD 5 x 2 x 1 break
INTER-CONTINENTAL 4 x 3 x 1 break	INTER-CONTINENTAL 5 x 2 x 1 break
CONTINENTAL 4 x 3 x 1 break	CONTINENTAL 4 x 2 x 1 break
NATIONAL 3 x 3 x 1 break	NATIONAL 4 x 2 x 1 break

ARBITRATION KICK BOXING – K1 RULES

PROFESSIONAL

MALE	FEMALE
WORLD 5 x 3 x 1 break	WORLD 5 x 2 x 1 break
INTER-CONTINENTAL 5 x 3 x 1 break	INTER-CONTINENTAL 5 x 2 x 1 break
CONTINENTAL 5 x 3 x 1 break	CONTINENTAL 5 x 2 x 1 break
NATIONAL 4 x 3 x 1 break	NATIONAL 4 x 2 x 1 break

PROFESSIONAL (MASTER) 46 years onwards TITLE IN PLAY

MALE	FEMALE
WORLD 8 x 2 x 1 break	WORLD 7 x 2 x 1 break
INTER-CONTINENTAL 6 x 2 x 1 break	INTER-CONTINENTAL 5 x 2 x 1 break
CONTINENTAL 5 x 2 x 1 break	CONTINENTAL 4 x 2 x 1 break
NATIONAL 4 x 2 x 1 break	NATIONAL 3 x 2 x 1 break

The rest time for all modalities will be 1 minute between rounds.

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6. WEIGHT CATEGORIES

6.1 PROFESSIONAL - PROFESIONAL NEO MALE

CATEGORY	KILOS	LIBRAS
SUPER ATOMWEIGHT	-50,500	111
FLYWEIGHT	-51,800	114
BANTAMWEIGHT	-54,500	120
SUPERBANTAMWEIGHT	-56,400	124
FEATHERWEIGHT	-58,200	128
LIGHTWEIGHT	-60,0	132
SUPERLIGHTWEIGHT	-62,300	137
LIGHTWELTERWEIGHT	-64,500	142
WELTERWEIGHT	-66,800	147
SUPERWELTERWEIGHT	-69,500	153
LIGHTMIDDLEWEIGHT	-72,300	159
MIDDLEWEIGHT	-75,0	165
SUPERMIDDLEWEIGHT	-78,100	172
LIGHTHEAVYWEIGHT	-81,400	179
LIGHTCRUISERWEIGHT	-84,600	186
CRUISERWEIGHT	-88,200	194
SUPERCRUISERWEIGHT	-91,800	202
HEAVYWEIGHT	-96,400	212
SUPERHEAVYWEIGHT	+96,500	+212

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6.2 PROFESSIONAL – PROFESIONAL NEO FEMALE

CATEGORY	KILOS	LIBRAS
ATOMWEIGHT	-49,100	108
SUPERATOMWEIGHT	-50,500	111
FLYWEIGHT	-51,800	114
SUPERFLYWEIGHT	-53,200	117
BANTAMWEIGHT	-54,500	120
SUPERBANTAMWEIGHT	-56,400	124
FEATHERWEIGHT	-58,200	128
LIGHTWEIGHT	-60,0	132
SUPERLIGHTWEIGHT	-62,300	137
LIGHTWELTERWEIGHT	-64,500	142
WELTERWEIGHT	-66,800	147
SUPERWELTERWEIGHT	-69,500	153
LIGHTMIDDLEWEIGHT	-72,300	159
MIDDLEWEIGHT	-75,0	165
SUPERMIDDLEWEIGHT	+75,0	+165

ARBITRATION KICK BOXING – K1 RULES

6.3 AMATEUR – JUNIOR MALE

CATEGORY	KILOS
BANTAM LIGHT WEIGHT	-51
BANTAMWEIGHT	-54
FEATHERWEIGHT	-57
LIGHTWEIGHT	-60
LIGHTWELTERWEIGHT	-63,500
WELTERWEIGHT	-67
LIGHTMIDDLEWEIGHT	-71
MIDDLEWEIGHT	-75
LIGHTHEAVYWEIGHT	-81
CRUISERWEIGHT	-86
HEAVYWEIGHT	-91
SUPERHEAVYWEIGHT	+91

ARBITRATION KICK BOXING - K1 RULES

6.4 AMATEUR - JUNIOR FEMALE

CATEGORY	KILOS
BANTAMWEIGHT	-48
FEATHERWEIGHT	-52
LIGHTWEIGHT	-56
MIDDLEWEIGHT	-60
HEAVY LIGHTWEIGHT	-65
HEAVYWEIGHT	-70
SUPER HEAVY WEIGHT	+70

7. WEIGHING

To safeguard the proper functioning of all these regulations, they will be required:

- Passport
- Federal license in force.
- Proof of medical examination
- Parent or guardian authorization, model that GBF will make available to the fighters (minors).

ARBITRATION KICK BOXING – K1 RULES

7.1 WEIGHING PROCEDURES

The wrestlers categories JUNIOR (Class D) - AMATEUR (Class C - B) - NEO PROFESSIONAL will be weighed on the same day of the event.

NEO PROFESSIONAL fights with title in play and PROFESSIONAL fights with or without title will be weighed 24 hours before the event.

7.2 OVERWEIGHT

For all PROFESSIONAL and NON-PROFESSIONAL competitors who are overweight the following regulations apply: Up to 2kg over = 20% penalty, up to 3kg over = 40% penalty of the bag.

The exchange retained from the bag by the supervisor, will be divided 50% for the opponent and 50% for the promoter. International title fights the overweight of a fighter has the following additional rules.

Without a GBF Supervisor there will be no weighting of a title fight. Both fighters must be without any excuse at the same time, to be weighed in the same place and on the same scale. Other arrangements or agreements are also not allowed.

When a competitor for a title fight does not give the agreed weight, he must give a new weight one hour later. If the weight is not in order again, the competitor must be weighed at least 8 hours before the fight for the last time.

If the official champion does not give the weight for the title it must be immediately declared vacant. If the challenger does not give the weight, the fight will be a non-title fight and may only be conducted as a normal fight.

8. PROHIBITED ACTIONS

- a) Heading.
- b) Blows to the genitals.
- c) Hitting or pushing against the face, eyes or throat with the thumb of the glove.

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- d) Push them with your wrist, hand or shoulder.
- e) Spitting, biting, scratching and answering.
- f) Hitting the opponent's back, and any other attack after "break" or "stop".
- g) Hitting the opponent if he is outside the ropes.
- h) Continuing the fight when the opponent no longer has the ability to fight. This is valid when a different part of the body, except the soles of the feet, touches the ground.
- i) Unsportsmanlike behaviour and intentional running away before the fight.
- j) Simulating a serious punch, being false/underhand.
- k) Insults to the referees, opponents, officials and spectators.
- l) Pushing against the opponent.
- m) Holding the opponent's head, pushing or pulling down and executing attacks on the head.
- n) Holding the ropes so that the opponent is blocked or hooked.
- o) Holding on to the ropes and executing attacks.
- p) Deliberately spitting out the mouthpiece with the intention of paralysing the fight.
- q) Failure of the fighter or coach to comply with the referee's orders
- r) Attacking with elbows.
- s) Hitting with the inside of the gloves, with the wrist or with the side of the glove
- t) Lowering the head below the waist.
- u) Hitting with knees (except on K-1 which is allowed).
- v) Projections.

SPECIAL RULES FOR SPINNING BACK FIST

Spinning backfist is allowed in all disciplines. This technique can only be performed when it is with the reverse side of the glove, facing the opponent. In the deliberate attempt with forearm or side part of the fist (hammer), or without eye contact with the opponent, the referee must caution the fighter.

If the wrestler repeats the same action, the Referee will immediately stop the fight and penalise with a minus point. When a line-up fist is made with the elbow, the referee must remove 2 points.

If the fighter continues to apply the same actions, he will immediately be disqualified.

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For Class D and Class C - B the Spinning Back Fist is prohibited.

SPECIAL RULES FOR THE KNEE STRIKE:

The direct knee strike with a grip (clinch during the time of impact) a single knee strike during that grip (the clinch or grip must automatically be cancelled at the moment the knee strike has impacted), otherwise the action if the grip is maintained.

In Class C and Class D the knee strike to the face is prohibited.

In NEO PROFESSIONALS the knee-to-face shot is authorised with knee pads.

In PROFESSIONALS the knee-to-face shot is authorised.

In PROFESSIONALS and NEO PROFESSIONALS it is the knee that goes to the face and not the hands that bring the face to the knee.

9. ANTI-REGULATORY ACTIONS

If a wrestler after a foul or a collision in which he has suffered an injury, the fight shall be resumed upon authorization by the referee.

If the referee notices that one of the wrestlers is injured by a voluntary fault, the referee has to stop the fight and the time will automatically stop.

The injured wrestler has a maximum recovery time of five minutes.

The doctor must be consulted and the referee will decide if the injured wrestler can continue the fight, or if the fight is stopped. If the Referee is in doubt and cannot clarify the situation, all three Judges will be consulted.

The decision is made by 2:1 or 3:0, and determine whose fault it is.

A) If the Referee applies unequivocally that the opponent is at fault for his injury, he will punish the offender with a minus point (-1).

When the doctor ends the fight due to this injury, the offender will lose by disqualification.

B) If the Referee determines that the injured fighter is the same as the culprit for his injury, the fighter will not be punished.

When the doctor ends the fight due to this injury, the injured fighter loses by "technical knockout".

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C) If the referee determines that none of the wrestlers has committed any fault, it will be decided as an accidental collision, and no wrestler will be penalized.

The fight will be stopped and time will be stopped.

After more than five minutes of interruption, the doctor will stop the fight and there will be a "technical decision".

If this case occurs in the first round a technical draw will be decided.

If this case occurs after at least two complete rounds in a "non-titled" bout the scoring forms will be collected. The fighter with the most points up to this point is declared the winner.

If this case occurs after at least three complete rounds in a "title fight" the score forms will be collected.

The fighter with the most points up to this point is declared the winner.

10. SCORING TECHNIQUES

In order to determine a point score using scoring techniques, points will be counted at the end of each round for decision making.

TECHNIQUES	CONTACT AREA
<ul style="list-style-type: none">• - All blows with the fist, and twisting blows with the reverse side of the glove.• - Leg techniques (Heel, sole, instep, external edge of foot directly or with a circular and inverse turn)• - Techniques with the "Low kick" tibia with the front or back leg.• - Circular hits with the tibia• - All knee techniques• - (only K-1), (Amateur is not valid at the head) Class A-B valid at the head)• - Sweeps (no projection)	<ul style="list-style-type: none">• - Head (face, and sides), Chest, sides of the body and stomach.• - Chest, Stomach, Arms, Legs (Face and side sides of trunk)• - Thighs (inner and outer side)• of the front or rear leg• - At ankle level

11. SCORING FORM

11.1 EVALUATION FOR SCORING

The punch will be considered correct if the kick hits effectively.

Strikes without any power will not be assessed.

In the GBF there is only the "point 10 system". After each round, the judges will have written down their note on the point protocol, scores and minus points must be deducted.

A subsequent change to the protocol is not possible without the supervisor's signature.

No round can be valued with less than 6 points

Fights for titles have to be evaluated separately and will be handed over during the break between rounds to the referee and handed over to the supervisor.

Who is in charge of writing down the score on the corresponding form.

10-10 None of the fighters had an outstanding evaluation of the criteria in the round, the round remains a draw.

10-9 One of the fighters had a better performance than his opponent, he made more clear and effective punches.

10-8 The opponent is extremely weak and obtained a protection score.

10-7 He is little used, is practically dominated with two protection counts, or was already penalized with two negative points.

If from a sudden illness or for reasons of force majeure, a judge withdraws during a fight, he will be replaced by the supervisor, who will continue to use the protocol already started, this point protocol is valid in all cases

We will first have to evaluate several aspects when we exercise as judges.

For each assault the evaluation will be made according to:

a) Effectiveness of attack and defence

b) The number of effective legal targets for fists, knees (k-1) and kicks

c) Clear execution of the techniques.

ARBITRATION KICK BOXING – K1 RULES

In the event of a draw or equality, in the sum of the rounds each judge will give preference to the fighter, considering:

- a) Effectiveness of defence, of attacks, balance between hand and foot techniques.
- b) General impression of the performance
- (c) Increased resilience and capacity to recover
- d) To have more effective action, especially in the last round.

The judges will use the observations section on the score sheet to justify their decision.

11.2 SCORING CRITERIA

KICK BOXING

The "kicker" has the advantage over the "boxer". If the two fighters get the same number of points, the round will be won by the fighter who was on the offensive and has kicked more.

If both fighters get the same number of points, and one of the fighters was warned or had a decrease in points, the round will be won by the fighter who did not get any warnings or who respected the rules of competition.

Lowkicks are more valuable than fists.

Aggressiveness without hitting the target is not scored, when the opponent against gets hits on the target these are scored.

There is no counter kick in the GBF competition rules.

Every fighter has to regularly kick and box, the flow of the battle must be absolutely balanced. A kick is valid when it reaches the target and is effective. Only "lifting the leg technically" is not considered a kick.

If one of the fighters during the fight does not perform continuous kicks, he will be sanctioned by the referee with a warning, if this occasion is repeated he can count on the sanction of one point less until disqualification.

ARBITRATION KICK BOXING – K1 RULES

K-1 RULES

For scoring all combinations and techniques of Boxing (except elbow and forearm), knee strikes and leg techniques are allowed. Stopkick to the opponent's legs is also allowed. All correct techniques performed to permitted areas with strong contact will be accepted and valued

ATTENTION: Leg grips that are immediately counterbalanced are allowed, the grip is allowed if followed immediately by a knee technique, then they must separate by themselves or the referee separates them by the command voice "Break" or "Stop". Lowkicks are permitted on the legs from the waist to the ankle, except on the knee.

12. INTERRUPTION OF THE FIGHT

Injuries: When the Referee wants to ask questions about the fighter's injuries, the fight will be paused under the command of "time stop".

Neither the trainer nor the doctor may cross the ring by himself. The referee may accept the doctor's decision or not.

During the fight, the doctor may intervene at any time, even without asking the referee if he suspects that one of the fighters needs to be examined.

In order to do so, he must first inform the official timekeeper or supervisor that the fight is to be stopped. A short examination of the injured wrestler can be carried out, and the severity of the injury can be observed, in one case cleaning some of the blood from the wound but the injured wrestler cannot be completely treated.

The decision whether the fight can continue or not is in any case under the direction of the referee.

It is the recommendation from the medical point of view to end the fight and the referee will accept this decision, the fight will be ended, and the result will be given according to the rules.

- a) **A fighter falls out of the ring:** If a fighter is thrown, pushed out of the ring, he may be helped by any other person, but not by his coach or corner staff.

ARBITRATION KICK BOXING – K1 RULES

The referee will stop the fighting time and give a reasonable amount of time to get back in the ring when the wrestler, if not fast enough, the referee will start the count and the judges will score a KD. Intentional behaviour by the opponent is being determined, which may have some consequences.

b) Not respecting the rules: If there is a violation of the rules, the referee stops the fight and gives a warning to the irregular contestant, or gives a negative point in the affected corner and the reason (e.g. indicated by the judge, point minus the red corner for low hit), this will be scored and a point deducted at the end of the round.

c) Abandonment of a fighter: A fighter who is injured or exhausted may voluntarily end the fight, by announcing his decision by raising his hand, or not continue the fight again after a rest round. Losing result by abandonment.

d) Throwing in the towel: If the coach believes or sees that he has to end the fight, he may do so by throwing in a towel in front of the referee.

13. PROTECTION ACCOUNTS

Each fighter can receive an unlimited amount of bills during the fight, that is decided by the Referee. Three or more beads in a round automatically end the fight.

A fighter is considered knock-down, when he touched the ground with another part of the body due to the impact of the blow, except the soles of his feet.

If a boxer is counted once or more, he will be each time scored one point less, in the scoring protocol

Before the Referee starts counting, send the other fighter to the neutral corner that is furthest away and start counting. The count is made at least up to number 8, even if the fighter is able to continue the fight before 8. The bell never saves a fighter from the count.

2. If the fighter does not respect the referee's order or leaves during the count from the neutral corner, the referee stops the count and resumes the count when in the assigned neutral corner.

3. When the referee has counted to 8 and the fighter counted is in condition to continue the fight (on guard) the referee will give the signal to continue.

ARBITRATION KICK BOXING – K1 RULES

4. A fighter may also receive a knock-down, when injured, when tired, if he is not in condition to continue the fight, the Referee will count to 8 and if unfit he will count to 10.

5. When both fighters receive a knock-down at the same time, they will be counted and whoever stands up and is in a position to continue before 10 seconds, will be given a KO.

If both fighters are in a position to continue the fight, it will be continued normally.

6. The throwing in of the towel by the coach as a stop symbol during the count has no influence, the referee has the discretion to count to 8 or continue the count to 10.

7. When a fighter is lying down and being counted, only the Ring Physician, his trainer or the referee may remove the mouthpiece, in case the Physician has to intervene due to serious injuries, the fighter will be treated outside the ring.

14. POSSIBLE DECISIONS

MEASURES IN CASE OF K.O.

1. When a fighter has to finish the fight before the allotted time because of a K.O. to the head or a T.K.O. due to injuries to the body, you will not be able to fight for at least 4 weeks which will be written on the competition passport.

A training break of 2 weeks is recommended. After the closure the fighter must go to the doctor for an EEG.

2. The doctor has to assign other average checks after conversations to see how many closures he has and to listen to his opinions, this will be written on the form of the SUPERVISOR which will be stamped and signed by him.

The closure will be written on your fighter's license which must also be signed and stamped by the Physician or supervisor.

3. If a fighter suffers a K.O. or T.K.O. again within the first 6 months after a closure, he is prohibited from fighting again for a period of 3 months.

4. In case of a third K.O. T.K.O. on the head this fighter will have a closure for a period of 12 months.

ARBITRATION KICK BOXING – K1 RULES

CLEANING OF THE GLOVES

When a fighter during the fight touches the ring floor with his gloves, the referee must clean the fighter's gloves before calling "fight".

JUDGES DECISIONS

JUDGE A	JUDGE B	JUDGE C	RESULT
A	A	A	UNANIME
A	B	A	MAJORITY
A	A	NULL	MAJORITY
A	B	NULL	NULL
NULL	NULL	NULL	NULL

DECISION CHANGES

Every decision made by the jury is a fact and cannot be changed. In fights for the title, decisions can be reviewed only after an official protest to GBF headquarters

When:

- There is reasonable suspicion among individual members of the jury
- There is an error in the points protocol that distorts or falsifies the result.
- There is a clear violation of these rules, only the GBF competition rules will be valid.

15. PROTEST

All parties/teams are subject to the recent/last decision of GBF headquarters.

The GBF cannot at any time decide between local laws or those which contravene them.

A protest will be lodged with the Supervisor. With a deposit of a fee of £100 and for title fights £200, the protest is made in writing with brief grounds for the facts to which the protest is made.

ARBITRATION KICK BOXING – K1 RULES

Protests against the decision in title fights must be submitted within ten days after the fight by e-mail to GBF headquarters. .

If the protest is accepted and valid, the protest fee will be refunded if it is not accepted and will remain in the offices of the IRC

Protests that are introduced in the form of fouls, wild gestures, insults, etc.

This can have other consequences, both for the fighter and his coach or manager.

16. CHAMPIONS AND TITLE DEFENDERS

Each champion can defend in the first six months of his title against a suitable voluntary opponent in the ranking.

After six months, it is the mandatory defence of the title and the opponent is suggested by the GBF and they must be accepted or declared vacant.

Each champion has to respond within seven days, according to a challenge.

If a champion in more than 12 months has not defended his title, he is declared inactive.

In the case of a recent title defence after 12 months the champion who is in the first place in the world ranking must be accepted as his opponent.

If a champion more than 18 months has not defended his title, he is declared inactive.

The GBF may without the knowledge of the champion give the title as vacant and decide on a title fight with other fighters.

If a champion is convicted of a proven offence by a court of law, the title is automatically declared by the GBF to be vacant.

If a champion wins a higher title, his lower title is automatically removed.

If a champion wins the same title in a higher or lower weight category, he can keep both titles for six months.

He then has to give up or surrender one of his titles voluntarily.

ARBITRATION KICK BOXING – K1 RULES

TIES DURING THE FIGHT FOR A TITLE

In national and international titles, in case the judges give them as a draw, the following will be valid:

1. It is the vacant title, then the referee will not give any extra round will be decided according to the three criteria 1st effectiveness 2nd technical 3rd offensive in chronological order
2. In the event of a title defence, the title holder by "technical decision" will win

17. PROMOTER LICENCE

Each official GBF promoter must sign a contract with GBF Head Office to obtain a licence as a GBF PROMOTER. This licence is extended to the date of deposit for 12 consecutive months. The points and requirements found in the promoter's licence must be met, on both sides without exception.

In the international championships (International Champion, Continental Champion, Intercontinental Champion, World Champion) the judges, referees and supervisor will be granted by GBF headquarters without any refusal.

The registration of any title fight must be made known 30 days before the planned date to GBF Head Office, with the corresponding title form, as well as at the time of registration the corresponding fee to be paid in one of the GBF accounts.