

# SUMMARY OF CUMAFE KICKBOXING RULES



Curaçao Martial Arts Federation  
Founded July 7, 2003  
Tel.: +5999 5242504  
Mail: cumafe2003@gmail.com  
Banco di Caribe #: 0150917927001  
Chamber of Commerce #: 148413 (O)

It is very important to read these competition rules used by CUMAFE (Curacao Martial Arts Federation) carefully because there may be differences with rules and regulations of other organizations. Anyone involved in kickboxing competition **MUST** know these rules and behave neat and respectful. All fighters and trainers/ coaches/ seconds are fully aware that with the practice of combat sports risks are involved. **Participation in any activity is done at own risk.** CUMAFE, the board members and representatives cannot be held liable for personal injuries and accidents of any kind.

## OVERVIEW OF DIFFERENCES PER CLASS

Class	Description of the class	Duration (1 min. rest)	Headgear & shin guards	Strikes to the head	Knees to the head
U15	Younger than 15 (max. 2 years age difference)	3 x 1 min.	yes	no	no
U18	15 till 18 years	3 x 1,5 min.	yes	yes	no
D-class	Debutants/newcomers	3 x 1,5 min.	optional	yes	no
C-class	After 3 wins in D-class	3 x 2 min.	no	yes	no
B-class	After 6 wins in C-class	5 x 2 min.	no	yes	yes
A-class	After 8 wins in B-class	5 x 3 min.	no	yes	yes

## WEIGHT CATEGORIES (KG)

Flyweight-51, Bantamweight-53.5, Featherweight-57, Lightweight-61, Light welterweight-63.5, Welterweight-67, Super welterweight-70, Middleweight-72.5, Super middleweight-76, Light heavyweight-79.5, Super lighthouse-82.5, Cruiserweight-86, Heavyweight-95, Super heavyweight 95+

For the youth in lighter weights a maximum difference of 3 kg. is allowed.

The **weigh-in** is preferably on the same day as the competitions, however the time between weigh-in and the start of competitions may not exceed 24 hours.

Minor age participants are weighed in the clothes they wear in the ring and not just their underwear.

## EQUIPMENT & APPEARANCE:

- Short without any pockets, zips, fasteners or any foreign substance other than that of the material that the short are made of. No external lace up waistband on the outside of the short (must be inside).
- All male contestants must provide and wear a cup/groin protector. Females may choose to wear a pubic protector and/or breast protectors (may not shield the breastbone and no metal parts).
- Mouthpiece/gumshield, not red or (partially) red colored.
- Bandages of cotton material (max. 4.5 m long and 5.7 cm wide). Or soft open weave gauze cloth (max. 1 roll 5 cm x 15 m of gauze for each hand) and Zinc Oxide Tape (max. 1 roll of 2.5 cm x 13 m and 1 roll of 1.25 cm x 13 m for between the fingers). No tape on the knuckles. Any other substance/object is prohibited.
- Anklets (Support Socks), but only one each foot. Tape or anything else under it is NOT allowed.
- No shoes, no jewelry, no piercings and/or other accessories. Nails must be short clipped and not sharp.
- Only soft contact lenses allowed. If loses contact lenses; the contestant accepts to continue without and the fight continues or the contestant does not accept to continue to fight without contact lenses, the Referee terminates the Bout, and the opponent is declared the winner by ABD (abandon).
- All Youth under 18 years **MUST** wear their own headgear and shin guards.
- The organization provides 10 oz. boxing gloves.

## CORNER(WO)MEN (COACHES/SECONDS)

- 1) Up to 3 corner (wo)men wearing sportswear (no jeans). Only one may enter the ring between rounds.
- 2) Must leave the ring prior to the start of each round, remove seats, towels, buckets, etc.
- 3) In possession of a towel, bucket, transparent bottled water only, can use Vaseline. Ice bags, and Swabs.
- 4) Supplemental oxygen or any type of inhaler to during a Bout is NOT allowed.
- 5) Not allowed to touch the ring during the rounds, yell, cause a scandal or disturb the competition. Not permitted to walk off their designated area, throw any item to demonstrate a disagreement or to kick any chair or water bottle or to take any other action that may be deemed as unsportsmanlike behavior.

**COMMANDS BY THE REF.** "BREAK" both must take a step back and after that, they are allowed to continue. "STOP", means must step back and must wait until the ref says "FIGHT". "TIME" = time-out.

## LEGIMATE TECHNIQUES

- Punches with the padded knuckle part of the glove to the front and side of the head and to the front and side of the torso or trunk (above the belt). The spinning back-fist is allowed, BUT only with the padded back of the glove. If one makes this techniques and hits with arm, elbow or hammerfist it is a foul.
- Kicks with the foot or shin to the head, torso (also lower abdomen just below the navel) and legs. To the legs, only round kicks, such as low kicks, allowed. No straight or oblique downward kicking on the knee.
- Knee strikes to the torso (front & side) and legs. Only in A- and B-class knees to the head are allowed.
- May hold opponent in order to immediately attack with one legal strike and after that immediately let go.
- May grab/hold opponent's leg in order to immediately execute a single legal strike. The leg must be released immediately after that single legal strike.
- Youth younger than 15 years (U15) NO strikes (no kicks and no punches) to the head.

## FOULS (acts or techniques that are NOT allowed, NOT permitted, illegal, forbidden, prohibited)

1. Striking with any part of the arm then the padded part of the glove, like hits or blows with the elbow, shoulder, forearm, and pressing with arm or elbow in opponent's face
2. Hitting or punching with open glove, the palm side of the glove, the thumb of the glove, wrist or side of the hand, hammerfist or any other unauthorized area
3. Knee strikes to the head in the youth, D- and C-class
4. Any use of striking/butting with the head or coming in too low with the head. If in the D- or C-class a fighter comes in too low and receives a knee on the head it's his/her own fault.
5. Wrestling, throwing, strangulation techniques, submission techniques, pushing or any attempt to off-balance or down an opponent with anything other than a legal strike
6. Pulling opponent with both arms in the lower back while forcing opponent's spine to hyperextend
7. Grabbing or holding for any reason other than active clinching
8. Holding on to an opponent's leg without striking
9. Continuing the fight when an opponent is down/fallen or in the process of getting up or has contact with the ground with another part of his body than his foot/feet
10. Intentionally falling on a down opponent, pressing elbow or knee upon and/or in any other way
11. Biting, spitting, Hair pulling/grabbing and/or Groin attacks of any kind
12. All techniques targeting the back of the head or back of the torso. Headphones definition, so everything behind the ear and in a straight line going up to the skull is an illegal striking zone.
13. Throat strikes (pulling opponents head in a way to open the neck area for a striking attack)
14. Stomping the feet of a standing opponent
15. Linear or thrusting kicks directed to the knee joint (i.e. front kick, side kick, back kick)
16. Holding the Opponent's short
17. Holding or grabbing the ropes or any other unfair use of the ropes like pressing, throwing, pushing an opponent over the ropes or any other attempt to cause the opponent to fall out of the ring
18. Techniques used if the opponent is outside the ring or tied up in the ropes
19. Simulating being hit too low, falsely claiming a foul, faking an injury, etc.
20. Purposely avoid contact with opponent, run away from the action of the fight, allowing oneself to fall
21. Purposely dropping or spitting out the mouth guard
22. Unsportsmanlike and/or undisciplined conduct of any kind
23. Attacking an opponent who is under the care of the referee
24. Disregard of the referee's instructions. Attacking an opponent after "stop", before the referee gives the "fight" command. Attempt to strike immediately after "break" and before taking a step back.
25. Insulting the referee, officials, opponent or his team and/or use of abusive language in the FOP

OW (Official Warning) = 1 point deduction

3rd OW = DQ (Disqualification)

Head-butt or any other serious illegal blow:

- No injury or cut = OW or DQ

- injury or cut = DQ

In the A-class, the fight is stopped after 3 eight counts (Knock Down) in the same round or 4 in the entire fight. In all other classes, this is 2 per round or 3 in the fight. The result is technical knockout (TKO).

## SCORE CRITERIA:

- A. Number of Knockdowns
- B. Damage to opponent/Impact
- C. The number of clean spectacular techniques (f.e.; backfist, superman punch, "flying" techniques, etc.)
- D. The number of clean regular techniques
- E. Sportive Aggressiveness and/or ring domination