



KICKBOXING COMPETITION RULES

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 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.

Thai- & Kickboxing Classes	Duration (1 min. rest)	Headgear & shin guards	Strikes (punches and kicks) to the head	Knees to the head
U15 (max. 2 years difference)	3x1 min.	yes	no	no
U18 (15 till 18 years)	3x1,5 min.	yes	yes	no
D-class (Debutants)	3x1,5 min.	optional	yes	no
C-class	3x2 min.	no	yes	no
B-class	5x2 min.	no	yes	yes
A-class	5x3 min.	no	yes	yes

WEIGHT CLASSES rounded to whole numbers in kilogram (kg.)

Flyweight -51	Middleweight -73	For the youth in lighter weights, a maximum difference of 3 kg. is allowed. The time between weigh-in and the start of competitions may not exceed 24 hours. Minor age participants are weighed in their fight wear and not just their underwear.
Bantamweight -54	Super middleweight -76	
Featherweight -57	Light heavyweight -79	
Lightweight -61	Super lighthouse -83	
Light welterweight -64	Cruiserweight -86	
Welterweight -67	Heavyweight -95	
Super welterweight -70	Super heavyweight 95+	

EQUIPMENT & APPEARANCE

- Shorts without pockets, laces (except for the inside of the waistband), zippers or other sharp and/or hard objects. Men bare upper body. Women wear a shirt, rash guard and/or sports bra.
- 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 gloves.
- Vaseline only on face, not on the neck, shoulders or other body parts.

CORNER(WO)MEN (COACHES/SECONDS)

- Up to 3 corner persons wearing sportswear (no jeans). Only one may enter the ring between rounds. Must leave the ring prior to the start of each round, remove seats, towels, buckets, etc.
- In possession of a towel, bucket, transparent bottled water only, can use Vaseline. Ice bags, and Swabs.
- Supplemental oxygen or any type of inhaler to during a Bout is NOT allowed.
- 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.

In the A-class, the fight is stopped after 3 Knockdowns/eight counts 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).

LEGIMATE TECHNIQUES

- Punches with the padded knuckle part of the glove (fist) to the front and side of the head (not the back 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, hammerfist or with the side of the glove it is a foul.
- Kicks with the foot or shin to front and side of the head, neck, torso (side of the body, chest, stomach, also lower abdomen just below the navel), arms and legs. To the legs roundward low kicks are allowed. No kicks to the knee joint.
- 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 The following acts or techniques are NOT allowed, NOT permitted, illegal, forbidden, prohibited:

1. Hitting, punching, striking with; the head, shoulder, forearm, elbow, wrist, side of the hand, hammerfist, an open glove, the inside of the glove, slapping, lacing (rubbing the bottom side of an open glove into the opponent's face) or striking with any part of the arm then the padded part of the glove.
 2. Knee strikes to the head in the youth, D- and C-class
 3. 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.
 4. Clinching, wrestling, throwing, sweeps, chokes, guillotines, strangulation techniques, any submissions attempt holds, locking opponent's arm or head, pushing an arm underneath opponent's arm pushing or any attempt to off-balance or down an opponent with anything other than a legal strike
 5. Holding on to an opponent's leg without striking
 6. Groin attacks, Biting, spitting, Hair pulling/grabbing
 7. Strikes to the spine, the back of the head or back of the torso (kidney punch).
 8. Throat strikes/ pulling opponents head in a way to open the neck area for a striking attack (if a punch is placed and the punch lands in the throat area of the competitor, this will be considered a clean and permitted technique).
 9. Stomping the feet of an opponent and/or stepping on the opponent's toe
 10. Linear, thrusting, straight or oblique downward kicks directed to the knee joint.
 - 11, Holding or grabbing the ropes
 12. Pressing, throwing, pushing an opponent over the ropes or any other attempt to cause the opponent to fall out of the ring
 13. Continuing the fight when an opponent is (partially) outside the ropes or tied up in the ropes.
 14. Simulating being hit too low, falsely claiming a foul, faking an injury, etc.
 15. Avoid contact with opponent, run away from the action of the fight, allowing oneself to fall
 16. Dropping or spitting out the mouth guard.
 - Spitting out the gumshield intentionally without receiving a punch = OW (Official Warning)
 - If the gumshield falls out after receiving a punch, and if this happens for the 3rd time = OW
 17. Unsportsmanlike and/or undisciplined conduct of any kind
 18. Attacking an opponent who is under the care of the referee
 19. Disregard of the referee's instructions
 20. Continuing the fight after the command "break" or "stop" from the ref.
 21. Attempt to strike immediately after "break" and before taking a step back.
 22. Attacking an opponent on or during the break
 23. Attacking an opponent after "stop", before the referee gives the "fight" command.
 24. Attacking an opponent after the bell has sounded the end of the round
 25. Speaking, insulting the referee, officials, opponent, his team and/or use of abusive language in the FOP
 26. Interference from a corner
 27. Continuing the fight when an opponent is down/fallen, in the process of getting up or has contact with the ground with another part of his body than his foot/feet
 28. Intentionally falling on a down opponent, pressing elbow or knee upon and/or in any other way.
- OW = 1 point deduction. 3rd OW = DQ (Disqualification). Injury or cut caused by illegal blow = DQ