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**ABBREVIATED OFFICIAL PRO RULES AND
REGULATIONS**

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FIGHTERS, EQUIPMENT AND SECONDS

1. UNIFORM

A uniform approved by the ISKA Representative must be worn by all fighters upon entering the ring. For Full Contact Kickboxing matches, the uniform should include long pants that reach the ankle and these should be neat, clean and not torn. The pants will be of the lace-up or elastic type, rather than drawstring type. Appropriate approved Kickboxing shorts must be worn for all matches fought under Freestyle (Lowkick), Oriental (K-1) and Thai Kickboxing rules. Any exception to this dress code must be approved by the ISKA Representative in advance. Fighters must furnish their own uniforms.

Prior to the start of a contest, all male fighters will remove their uniform jackets or gowns, and any other adornments that are not required equipment. Black belts may be worn at the option of the fighter in Full Contact Kickboxing matches only, and must be tied securely around the waist.

No fighter may participate in any match without an up-to-date fight book (sport pass) with official annual ISKA license stamp, fighting record and medical approval not older than 12 months.

2. GLOVES, FOOTPADS, SHINPADS, GROIN PROTECTORS AND MOUTHPIECES

All preliminary fighters will wear regulation gloves and foot protective equipment approved by the ISKA. If the gloves and footpads have been used previously, they must be whole, clean and subject to inspection by the referee or by the ISKA Representative as to condition. If found imperfect, they shall be changed before the bout starts. No breaking, roughing, or twisting of gloves or footpads shall be permitted.

Shin pads of soft substance must be worn by all fighters in Full Contact Kickboxing matches, and are subject to the approval of the ISKA Representative. Professional fighters may choose not to wear shin pads for Freestyle Rules matches. In matches fought under Professional Oriental and Thai Rules, shin pads are not allowed. No rings, jewellery, or items other than those authorised may be worn. Headgear, elbow pads and forearm pads shall not be worn.

All male fighters must wear an approved groin protector. A plastic cup with an athletic supporter is adequate, but an abdominal guard is preferable. All female fighters must wear foul-proof breast protection approved by the ISKA. All fighters must wear fitted mouthpieces. Fighters must furnish their own footpads, shin pads, groin protectors, breast protectors for women and mouthpieces. All promoters must have several extra sets of gloves and footpads of common sizes to be used in case gloves or footpads are broken or in any way damaged beyond use during the course of a bout. Fighters who do not present themselves properly equipped at the start time of their bout shall be subject to fines by the ISKA Representative, and may be penalised by the referee, including being counted out of the match, if any equipment problems cannot be solved within five (5) minutes of the referees order to correct such problems.

3. GLOVES -STANDARD SPECIFICATION

All gloves must be of a professional quality and must be approved by the ISKA Representative. All gloves must be made so as to fit the hands of any fighter whose hands may be unusual in size. All weight categories of 153lbs/69.5kg and lighter will use 8oz gloves in professional matches. If one fighter is above 153lbs/69.5kg and one fighter is below, 10oz gloves will be used. All weight categories heavier than 153lbs/69.5kg. will use 10oz gloves, as may all amateurs with the approval of the ISKA Representative. All amateur fighters will wear headgear approved by the ISKA. Professionals will not wear headgear except at the direction

of the ISKA. The make and type of all gloves must be approved in advance by the ISKA Representative.

4. GLOVES - ADDITIONAL MAIN EVENT STIPULATIONS

Gloves for all professional title bouts shall be new and furnished by the promoter of the event. Gloves for amateur title bouts or non-title main events must be new, or approved in advance by the ISKA Representative. Each fighter's chief handler shall help in securing the gloves.

5. HAND AND FOOT WRAPPINGS

The wrapping of hands or feet is not mandatory. Fighters who wish to wrap their hands or feet shall be responsible for their own gauze and tape.

Gauze shall be of the soft or soft-stretch type, and shall not exceed 2 inches (5 cm) in width. Tape shall be of the soft adhesive type and shall not exceed 1.5 inches (2.5 cm) in width. One ten yard roll of gauze (2.5 m), and not more than two yards of tape (7.5 cm), are the maximum allowable amounts for each hand. No other materials, including pre-made hand wraps shall be allowed; nor shall any amounts exceeding those listed be allowed under any circumstances.

Gauze shall be for the protection of the hand only, and the amount shall be the discretion of the ISKA Representative. Tape shall be present only to hold the gauze in place, and no more than one layer of tape be allowed on the striking surface of the hand and only 1 strip between the fingers not to exceed 1/4 in width and 4" in length. The ISKA Representative, or his designee, must inspect all hand and foot wrappings, and must sign across the knuckles of the hand wrappings before the gloves are secured on the hands.

6. NUMBER OF SECONDS AND THEIR APPEARANCE

Each fighter may have three seconds of his choice, and each second, while assisting in the fighter's corner, must present a neat and tidy appearance, provide a pail, cuspidor, tape, water bottle and other equipment necessary to perform his function, and fix a place for the fighter to wait during the rest periods. Seconds may not sit, stand on, lean on or touch the ring apron during the course of a round, nor otherwise interfere physically or verbally with the bout or the duties of the officials. During the rest periods, only one of the seconds may be in the ring at any time. The referee may, at his discretion, levy penalty points for improper and unprofessional conduct by the seconds.

7. THROWING WATER PROHIBITED

Any excessive or undue spraying of water on any fighter between rounds is prohibited. Seconds will wipe dry the ring canvas in their corner before the start of each round. Fighters will spit only in the pails, and not the ring.

8. THROWING IN THE TOWEL

A manager or chief second may toss a towel into the ring in token of the defeat of his principal. However, such manager or chief second must follow the towel into the ring as soon as it is possible for him to do so.

CONDUCT OF BOUTS

1. DURATION OF ROUNDS

Each round will be two minutes in duration for Full Contact, Freestyle and Oriental matches, and may be three minutes under Thai Rules. The time runs continuously and may be called or stopped only by the referee in special cases, such as equipment or uniform adjustment, harmful injury or commitment of a foul.

Professional Full Contact Kickboxing and Freestyle bouts shall be five or more, to a maximum of twelve, rounds in length. Non-title bouts shall be a maximum of ten rounds. World, Continental, National and Regional title bouts shall be twelve, ten, nine and seven rounds, respectively. State title bouts shall be seven rounds. Oriental Rules bouts utilising three minute rounds will normally be of three to eight rounds in duration at the instruction of the ISKA. Thai style bouts will be three to five rounds in duration.

2. REST PERIODS

Rest periods between rounds will be one minute in duration, except where approval is given by the ISKA for a two minute rest period during a Thai style bout.

3. REFEREE INSTRUCTION

The referee will, before starting a bout, ascertain from each fighter the name of his chief handler and will hold said chief handler responsible for the conduct of his assistant handler(s) during the progress of a bout. The referee will call the fighters together before each bout for final instructions, at which time each fighter will be accompanied by his chief handler only.

A match starts when the referee give's the command "fight" to begin the first round, and it finishes when the referee stop's the fight in the last round. Only the fighters and the referee may be present in the ring during the match. If any other person enters the ring, the fight is immediately over and cannot continue again.

The use of medical gloves is recommended.

4. PERSONS ALLOWED IN RING

No persons other than the fighters and the referee may be in the ring during the progress of a round. Judges shall not enter the ring for any reason throughout the entire event. The referee may penalize or disqualify any fighter whose corner personnel or fans break this rule.

5. AUTHORIZED OFFENSIVE TECHNIQUES

All offensive Full-Contact and Kickboxing punching, kicking and striking techniques are authorized, with the exception of those techniques specified as "Fouls" in Section V, Rule number 6. Permitted techniques include those techniques in various Karate, Kung Fu, Tae Kwon Do, Kickboxing and similar systems of fighting. The various offensive techniques may be executed according to the individual fighter's style or system of fighting.

6. FOULS

Fouls may be classified at the discretion of the referee, into three categories: 1-point, 2-point and 3-point fouls. The referee will base his decision as to the severity of the penalty on the intent of the fighter committing the foul and the result of the foul. At the time of the infraction, the referee will indicate to the scorekeeper the number of points that are to be subtracted from each scoring judge's ballot at the end of the round, or he may simply issue a warning to the fighter, wherein no points will be subtracted. Fouls include:

1. Head butting.
2. Striking with the elbow or knee (except where knee strikes to the torso are allowed under Oriental and Thai Rules; see # 13 below). Thai rules may permit more extensive use of elbows and knees.
3. Striking or kicking to the groin. Striking or kicking any area below the waist in a Full Contact Kickboxing match. Under Freestyle Rules, roundhouse type kicks are allowed below the waist, to four inches above the knee. Under Oriental and Thai Rules, roundhouse type kicks are allowed to the entire leg, except for that area that extends for two inches above and two inches below the midpoint of the knee. Thai Rules also allow hook kicks to the target areas of the legs.
4. Intentional striking or kicking to the back of the head, the neck, or to the throat.
5. Special foul rules exist concerning the spinning backfist in Thai rules. As with all other hand strikes, this technique must be executed with the padded knuckle section of the glove. On the first attempt that strikes with the forearm or bottom fist (hammerfist), the referee must declare a 1-point penalty; each successive similar foul will again result in at least a 1-point penalty. The first spinning backfist attempt that lands with the elbow will result in a 2-point penalty; any successive attempts that land with the elbow will result in a 2 or 3 point penalty, or disqualification.
6. Linear, or straight-in, striking or kicking to the spine.
7. Punching or kicking a fighter when he is down. A fighter is considered down when any part of his body other than his feet touches the floor. If a fighter is on his way to the floor, his opponent may continue to attack until he has touched the floor with any part of his body other than his feet.
8. Take downs, other than legal sweeps.
9. Intentionally pushing, shoving or wrestling an opponent to the canvas or out of the ring with any part of the body.
10. Illegal sweeping
11. Attacking on the break when both fighters have been instructed to take a step back by the referee.
12. Attacking after the bell has sounded to end the round.
13. Holding and hitting; such as holding with one hand, especially behind the neck, and hitting with the other hand. Under Oriental Rules, limited "neck wrestling" is permitted for the purpose of executing knee strikes to the front or sides of the torso (lower limit the waistline, level with the navel - upper limit the chest, immediately below the line of the clavicle). Provided that a fighter is attempting legal knee strikes under Oriental Rules, a fighter may continue a "neck wrestling" strategy, until the referee determines that more than five seconds has elapsed since the last knee strike attempt, or there is other reason to break the fighters. Thai Rules place no strict time limit on "neck wrestling", leaving the referee the freedom to break the fighters at his discretion.
14. Grabbing or holding onto an opponents foot or leg, followed by a take down, strike or kick. Under Oriental and Thai Rules, supporting one leg for a single attempt to kick out the other is allowed, provided that the attempt is made within five seconds in the referees estimation. Only one such attempt is allowed and must be executed away from the illegal area around the knee joint.
15. Holding the ropes with one hand while striking or defending with the other hand or the legs.
16. Leg checking in Full Contact - extending the leg to check an opponent's leg to prevent him from kicking. (The fighter's kick which was checked, will be counted by the kick judge as an attempted kick). Under Freestyle, Oriental and Thai Rules leg checking is

- allowed within the parameters defined by the rules that govern leg kicks and strategies for blocking with the legs.
17. Purposely going down without being hit, which will result in referee automatically administering an 8-count, as specified in the rule on knock downs (no points will be subtracted from the score card by the scorekeeper in this case, but the judges will consider this just as any knockdown).
 18. The use of abusive language in the ring or corner, as determined by the referee.
 19. Hitting or flicking with an open glove or thumb, or striking with the inside, or bottom of the glove.
 20. Intentionally evading contact.
 21. Clinching - holding or otherwise tying-up an opponent's arm to prohibit him from punching.
 22. Intentionally delaying the contest through improper equipment, seconds remaining in the ring after the start of the round, beginning a round without a mouthpiece or by intentionally dropping or spitting out the mouthpiece, etc.

NOTE : A fighter who executes a fouling technique which is deemed malicious (with the intent of causing injury above and beyond the scope reasonably expected in a bout of this nature), may be subject to bearing the medical, as well as related recovery and recuperation expenses of the fighter who is injured as a result of such a fouling technique. If a fighter is injured from a fouling technique and the fighter is allowed to continue, and, if the fight is stopped later on in the bout due to further damage to the injury, the scorecards will be consulted. If the fighter who did the fouling is ahead, a technical draw is awarded. If the fighter who is fouled is ahead, he wins the bout by a technical decision.

7. SCORING

The ISKA scoring rules in matches have 10 points must system score. The use of "clickers" - point adding machines - is recommended. The points are awarded the fighters by the judges during each round. Points are given for clean hits only.

The judges shall base their evaluation of the fight on the following guidelines:

- number of points scored.
- most hits and successful punch and kicks
- best technique
- effective parries and counterattacks.
- best combinations
- fighting spirit and initiative
- good sportsmanship and fair play
- number of minus points and knock downs

To score points all effective legal kicks or punches must hit directly without being blocked or parried on any legal area. For punches and blows the technique must be delivered with the striking zone of the closed glove.

When the referee determines that a foul has been committed and that the fight will continue, the scorekeeper will automatically deduct the appropriate number of points on each scoring judge's scorecard. When both fighters commit fouls, the appropriate points will be deducted from each scoring judge's scorecard for each fighter. In the event that a fighter commits two minus point fouls in one round, or commits the same foul two or more times during the course of the bout, the fighter may be disqualified by the referee. The referee may also let the fight continue if he feels that no malicious intent was involved, and instruct the scorekeeper to deduct the appropriate points for each foul.

Fighters who are disqualified during their bout for wilful gross rule violations, or unprofessional performance, or who represent themselves improperly following their bout, may be subject to penalties, at the discretion of the ISKA Representative, with the approval of the ISKA Commissioner.

8. FOULING, STOPPING THE BOUT

If the referee determines that the fouled fighter needs time to recover, he may stop the bout (and the time) and give the injured fighter a reasonable amount of time to recover, up to a maximum of five (5) minutes under normal circumstances. At the end of this reasonable rest period the referee and the ring physician will determine if the fouled fighter can continue the bout. If he can, time in that round will be resumed, and the bout will continue. The scoring of the foul will be based on the following determination by the referee.

A. If the referee determines that the foul was obviously committed by one of the fighters, and that the fouled fighter did not contribute to the injury (by ducking into a knee, moving into an oncoming forehead, etc.), the referee will instruct the scorekeeper to deduct the appropriate number of points from the scorecard of the fighter committing the foul.

B. If the referee determines that the injured fighter was responsible for his own injury, the referee will not penalize his opponent in any manner. In this case, if the referee or ring physician determine that the injured fighter is unable to continue, he will lose by technical knockout.

No referee can decide how seriously a fighter is injured, He/She must call the doctor !

C. If the referee determines that there was no fault attributable to either fighter (that the injury was caused by both fighters), the referee will allow the injured fighter time to recover as in (A) above, but will not penalize either fighter. If, at the end of the recovery period, the referee or the ring physician determine that the fouled fighter cannot continue, the scores will be added prior to that round and the bout awarded to the fighter leading at that time. This foul is referred to as a "no fault" foul and the decision is a "technical decision". If the "no fault" foul occurs in the first round of any fight the referee will declare a "technical draw". An amateur bout must last at least one full round, a non-world title professional bout must last at least two full rounds, and a professional world title bout must last at least three full rounds for a "technical decision" to be awarded. Otherwise, a "technical draw" is awarded.

D. Blind Fouls - If an injury occurs due to a suspected foul, that the referee was unable to see (blind foul), the Referee may, at his sole and final discretion, confide with any or all of the three judges to determine where the fault may be placed. He may consider any, all, or none of the opinions expressed by these officials, in making his determination. A referee's decision on fouls may be overruled only by the ISKA International rules committee, and then, only in the instance of a clear error or misapplication of the rules.

9. SWEEPING

In Full Contact matches, sweeps must be executed with the arch of the foot and delivered to the outside part of the leg, and only to the lower portion of the calf or ankle. The sweeping technique must be an obvious attempt to unbalance the opponent's front leg, and must clearly not be an attempt to injure the leg. Sweeps will be permitted to the inside part of the leg,

front part of the leg, or to the rear leg only in matches fought under Freestyle, Oriental and Thai Rules.

It is the fighter's choice whether or not to follow-up his legal sweeping attempt. Follow-up techniques must land on the opponent prior to any part of his body touching the floor (other than the soles of his feet). As always, striking a downed opponent is illegal. A successful sweep is not considered a knockdown.

10. MINIMUM KICKING REQUIREMENT -MKR RULE

In all matches there will be no minimum kicking requirement. Kicking judges will not be required.

11. INTENTIONAL EVASION OF CONTEST

A fighter intentionally avoiding any physical contact with his opponent will receive a warning from the referee. If a fighter continues to avoid a confrontation with his opponent after receiving a warning during that round, he may be penalized by the referee. If the fighter continues to evade action, either in the same round or in any round, the referee may at his discretion, award more penalties, or stop the bout and declare a technical knockout.

12. THE POWER TO STOP THE CONTEST

Either the referee or the physician shall have the power to stop the contest. The referee shall have the power to stop a bout at any stage during the bout, including the rest periods, if he considers it too one-sided, or that either fighter is in such condition that to continue might subject him to serious injury. In either case, the referee shall have the power to render a decision. Should both fighters be in such condition that to continue might subject them to serious injury, the referee will declare the match a technical draw.

In cases where a fighter receives a cut eye from a fair blow or an accidental foul, or any other injury which the referee believes may incapacitate the fighter, the referee **must** call the attending physician into the ring for examination of the fighter before he decides to stop the bout. Time will be called during the examination. The ringside physician shall have the power to enter the ring, whether or not he is summoned by the referee, to ascertain the extent of any injury he believes may have occurred, or any serious injury he believes may have been suffered by a fighter. The physician shall notice his desire to enter the ring, by instructing the ISKA Representative to have the bell rung. The ringing of a bell, thus ordered mid-round, shall signal the referee to temporarily stop the bout for an examination. Time will be called during the examination.

Either the referee or the attending physician shall have the power to terminate the bout, but should the physician request termination for medical reasons, the referee will automatically terminate the bout. The referee shall have the sole power to render the decision in the event of termination.

No referee can decide how seriously a fighter is injured, He/She must call the doctor !

13. MOUTHPIECES

No fighter will be permitted to begin any round without a mouthpiece. Failure to begin a round with the mouthpiece inserted shall be deemed by the referee to be "delay of bout" foul, and shall draw a warning or penalization as determined by the referee. In either professional bouts, whenever the mouthpiece is knocked out by a fair blow or a foul tactic, or however the mouthpiece is dropped or spit out by the fighter, the referee shall call time out, stop the bout, and replace the mouthpiece, allowing the fighters' seconds to clean off the mouthpiece if necessary. Wilful dropping, or spitting out of the mouthpiece by a fighter, shall also be deemed as a "delay of bout" foul, and the fighter shall be penalized with a minus point (penalty point) by the referee.

In professional bouts, the mouthpiece is replaced whenever it is lost for any reason. All fighters must bring two mouthpieces to the ringside for use during their match.

14. PROCEDURE FOR FAILURE TO COMPETE

In any case where the referee decides that the fighters are not honestly competing, that a knockout is a "dive", or a foul is actually prearranged termination of the bout, he will not finish the knockdown count, nor disqualify a fighter for fouling, nor render a decision. He shall stop the bout and declare it ended, not later than before the end of the last round, and order purses of both fighters held pending investigation and disposition for the funds by ISKA. The

announcer shall inform the audience that a "no decision" was rendered. The ISKA Commissioner (DOC) will have the final authority in rendering a decision on the match, including dispensation of purse monies.

15. FAILURE TO RESUME BOUT

No fighter shall leave the ring during the one-minute rest period between rounds. Should a fighter not come out of his corner when the bell sounds at the commencement of a round, the referee will begin counting as though the fighter were knocked down, and the scoring judges will consider the situation as an actual knockdown when scoring the round. At the conclusion of the count, should the fighter fail or refuse to resume fighting, the referee will award a technical knockout to his opponent, unless the circumstances indicate to the referee the need for an investigation or disciplinary action, in which event the referee will not make a decision, and will order the purse or purses of either or both fighters withheld.

16. WIPING HAND PADS

Before a fallen fighter resumes fighting after having been knocked down, or having slipped or fallen to the canvas, the referee will wipe the fighter's gloves free of any dirt or moisture.

17. METHOD OF COUNTING OVER A FIGHTER WHO IS DOWN

When a fighter is knocked down, the referee will send the standing fighter to the furthest neutral corner of the ring, pointing to that corner. He will audibly announce the passing of the seconds, and continue the count holding up fingers in front of the fighter who was knocked down. If a fighter is knocked down, the referee will begin a mandatory eight count. If the fighter then appears able to continue, he will allow the bout to resume. The referee's count is the only official count. The referee shall not count past eight if a fighter has risen to his feet. A fighter may not be saved by the bell, even in the last round. However, if the bell sounds, ending a round sounds before a fighter begins to fall, the fighter will be allowed to return to his corner, being helped, if necessary, by only one of his seconds.

Should the opponent fail to stay in the furthest neutral corner, the referee will cease counting until he has returned to it, and then resume the count at the point from which it was interrupted. If the fighter does not rise before the count of ten, he will be declared knocked out and the bout will be awarded to his opponent.

If, in the referee's opinion, the downed fighter will not be able to rise by the count of ten, and he believes the fighter requires more immediate attention, he may signal the end of the bout before the count of ten by waving his arms in front of his face and immediately summoning the fighter's corner personnel and the ring physician to attend the down fighter.

No referee can decide how seriously a fighter is injured, He/She must call the doctor !

A fighter will be declared knocked down if any portion of his body, other than his feet, touch the floor. A fighter will not be declared knocked down if he is pushed or accidentally slips to the floor. The decision as to whether a contestant has been pushed or slipped to the floor, rather than being knocked down, will be made by the referee. If the fighter taking the count is still down when the referee calls the count of ten, the referee will wave both arms to indicate that he has been knocked out, and will signal that the opponent is the winner. A round's ending before the referee reaches the count of ten, will have no bearing on the count; there is no saving by the bell. In all bouts, the fallen fighter must rise before the count of ten to avoid being knocked out. The referee may determine during the rest period between rounds, that a fighter is unable to continue the bout safely and is thus the loser of the bout by technical knockout.

The referee may, at his discretion, request that the ringside physician examine a fighter during the bout. Should the examination occur during the course of a round, the clock shall be stopped until the examination is completed.

When a fighter has been wrestled, pushed, or has fallen through the ropes during a bout, the provision of Rule number 20 in section V shall apply. The timekeeper will begin the count pursuant to that rule.

If both fighters go down simultaneously, counting will be continued as long as one of them is down. If both fighters remain down until the count of ten, the bout will be stopped, and the decision will be a technical draw. If one fighter rises before the count of ten, and the other fighter remains down, the first fighter to rise shall be declared the winner by knockout. If both fighters rise before the count of ten, the round will continue.

If a fighter gets counted, each judge must deduct 1 point from the scorecard, immediately when the round is over (i.e. 10:9). The judges shall always mark this knockdown with the letter **K** (for **k**nockdown) under "KD" in the scorecard to indicate that the fighter has received a knockdown.

18. RESUMING COUNT

Should a fighter who is knocked down rise before the count of ten is reached, and go down immediately without being struck, the referee shall resume the count where it was left off. If the fighter is standing for more than two seconds, or is in some way touched by his opponent before going down, the referee will begin a new count.

19. COUNTING FOR KNOCKDOWNS

As soon as a fighter has been knocked down, the official timekeeper begins calling the count (from one to ten) while the referee directs the opponent to the farthest neutral corner. When the referee has finished directing the standing fighter, he returns to the fallen fighter and counts over him, picking up the count from the timekeeper. In other words, if the timekeeper has reached the count of four by the time the referee returns to the fallen fighter, the referee begins counting with the number "five". He continues to check the timekeeper's signal to make sure his (the referee's) timing of the count is correct.

20. STANDING 8-COUNT

In all amateur and professional bouts, the referee may, at his discretion, administer a standing 8-count to a fighter who is in trouble, but who is still standing. He shall direct the opponent to a neutral corner, then begin counting from one to eight, examining the fighter in trouble as he counts. If, after completing the 8-count, the referee determines the fighter is able to continue, he shall order the bout to resume. If the referee determines the fighter is not able to continue, he shall stop the bout and declare the opponent the winner by technical knockout.

If a fighter gets counted, each judge must deduct 1 point from the scorecard, immediately when the round is over (i.e. 10:9). The judges shall always mark this knockdown with the letter **K** (for **k**nockdown) under "KD" in the scorecard to indicate that the fighter has received a knockdown.

21. WHEN A FIGHTER FALLS FROM THE RING DURING A ROUND

When a fighter has been wrestled, pushed, or has fallen over or through the ropes during a bout, the referee will call time out, and, if the fallen fighter's ability to return to the ring seems at all questionable, may ask the ringside physician to examine the fighter. If, in the opinion of the physician and referee, the fallen fighter is able to continue the bout, he will be allowed assistance back into the ring from only one handler from his corner. The handler will do

no more than assist the fallen fighter, and if found performing any other task as are normal during rest periods, i.e; stopping a cut, etc; the referee will immediately penalize or disqualify the fallen fighter.

A fighter who deliberately wrestles, pushes, or throws an opponent from the ring, or who hits him when he is partly out of the ring and prevented by the ropes from assuming a position of defense, will be penalized by the referee. If the tactic results in injury, the guilty fighter may be disqualified according to the appropriate ruling under Fouls. When a fighter intentionally falls through the ropes, or was knocked from the ring by a fair blow(that is to say not wrestled, pushed, or otherwise shoved through the ropes by his opponent), the referee will begin counting the fallen fighter as though he has been knocked out in the ring. The fighter's seconds, in this instance, will not be allowed to assist the fighter back into the ring.

Once standing on the ring platform outside the ropes, the fighter must enter the ring immediately, where he may either resume the bout, or the referee may finish the count. When the fighter has fallen over or through the ropes, the other shall retire to the farthest neutral corner and stay there until instructed to continue the bout by the referee.

22. THREE KNOCKDOWN RULES

To protect the fighter the fight will be stopped by three knockdown in one round or four knockdown in a fight. The referee will in all circumstances have the authority to stop a contest or allow it to continue, regardless of the number of knock downs or standing eight-counts.

23. THE BOXRING

all fights are to be fought in the ring. The box rings must correspond to the norm of AIBA (Association International de Box Amateur).

- the Box ring, all side protections and the ropes must be inspected for suitability and safety prior to the first fight.
- the usual side length of the square is minimum 4.5m and maximum 6.10m (side length of the ropes), and consists of 4 ropes.
- the 4 corners must be of metal; the diagonal distance between them shall not exceed 10.6m (outside measurement).
- the height of the corners shall not be more than 1.32m (52") above the platform of the ring.
- all corners must be covered with commonly used cushions in order to avoid possible injuries.
- none of the 4 ropes may have a diameter of less than 2.5cm (1").
- the lowest rope must be placed 33.02 (13") above the platform, the top rope no more than 1.32m. All ropes must be covered with a soft tightly fitted material.
- the platform itself may not be placed higher than 1.21m above the ground and must be covered with a filth or similar material below the ring floor layer.
- stairs have to be placed in the red and blue corner.

the referee-tables must be equipped with the following items:

score cards , table stop watch and hand stop watch (reserve) , acoustic signal (Bell, Whistle or Horn), PC and printer are permitted , spare paper and pencils.

to avoid possible injuries, camera-men are not permitted on the platform during the rounds.

24. THE COMPETITION SAFETY RULES

The attendance of a physician / doctor is compulsory.

In the interest of health and safety of contestants at Kickboxing events the physician / doctor has the following responsibilities:

A medical examination before the fight starts is compulsory , also an ambulance car.

Contestants may only participate if they are completely healthy. Upon suspicion of illness a contestant must be examined by the physician / doctor who will decide whether that contestant may participate or not.

The head referee will not permit any contestant with a head or leg bandage or anyone with a plaster on their head, arms or legs to compete. Soft contact-lenses are possible but at the fighters own risk.

No local anaesthetics may be administrated immediately before or during a contest.

During any competition the doctor must remain at the fighting area near the timekeeper. Should the doctor not be present, the fight has to be discontinued until he returns.

The physician / doctor may not leave the venue of a competition until the last contest has finished and after he has assured himself that no further medical attention is required.

Physician / doctor decisions are in any case final decisions, and there can be no protest.

PHYSICAL EXAMINATION

All fighters must submit to a physical examination by the designated attending physician. At the examination the fighter must present his/her international fightbook, which must have been signed by the national association physician, no longer than 12 months ago.

The official physician who mandatory attends every match is the final authority in questions of the safety of the fighters, and he or she may at any time stop or terminate a match at his or her discretion.

Any match must be supervised by an approved physician / doctor Any and all directions and/or orders from the attending physician must be immediately complied with. The attending physician must be qualified as a general practitioner.

The attending physician must follow the rules and regulation of the national health board in question as well as be approved by the authorities where such rules apply. No match may start or proceed before the attending physician is in place, and the physician may not leave his/her place prior to the decision in the last match. The attending physician shall be ready to assist if a serious emergency arises, and to administer first aid in the event of less serious injuries.

The doctor has the right, to interrupt or stop a contest by ringing the bell or calling "stop" to the referee, if he /she thinks a contestant is in danger and the referee has not stopped the fight. He/she is also responsible to decide when a referee calls him/her in case of an injured fighter.

Nobody, not even seconds, may attempt to aid a fighter during a round before the attending physician has had the opportunity to see the injured fighter. If the doctor enters the ring or he/she must examine the presumed injury, the fight is over and the judges have to finish the point sheets (point cards). The result is "won by

TKO" or "Disqualification" by unanimous or majority decision. Doctor decisions are in any case final decisions, there is no protest possible.

If a fighter is not in possession of his or her fightbook with the annual **ISKA** license stamp at the time of the physical examination and the weigh-in, he or she shall not be permitted to fight.

25. PROTEST

The scoring of the referee and judges is final. Protests against the decisions of a referee or judge can only be accepted in the event that the competition rules have not been correctly applied.

A judge's verdict, given at the conclusion of any match shall be binding and may be altered only in the event that the Head Referee and **ISKA** IRC deem that one of the following circumstances has occurred:

A conspiracy has taken place or an illegal agreement has been entered into to affect the result of the match. The addition of the scorecards is faulty, one judge has mixed up the corners, resulting in the victory being given to the wrong fighter.

A clear violation of the rules and regulations of the **ISKA**, directly affecting the outcome of the match, has been perpetrated.

Protests shall be directed to the Head Referee and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made. The protest must be accompanied by a processing fee of € 300 .- (USD 300.-) which will be returned if the protest is found to be valid.

The protest fee will be transferred to the account of the IRC for the promotion and training of future referees etc.

The head referee will decide on the protest after hearing evidence from the protesting side and the referees concerned. (Video will not be accepted). His/her decision is final.

A protest against a doctor's decision is impossible.

26. ISKA MEN ´ S PROFESSIONAL KICKBOXING WEIGHT CLASSES

SUPER ATOMWEIGHT	111 lbs & below/	-50.5 kg & below
FLYWEIGHT	111.1-114 lbs/	50.6-51.8 kg
SUPERFLYWEIGHT	114.1-117 lbs/	51.9-53.2 kg
BANTAMWEIGHT	117.1-120 lbs/	53.3-54.5 kg
SUPERBANTAMWEIGHT	120.1 -124 lbs/	54.6-56.4 kg
FEATHERWEIGHT	124.1-128 lbs/	56.5-58.2 kg
LIGHTWEIGHT	128.1-132 lbs/	58.3-60.0 kg
SUPERLIGHTWEIGHT	132.1-137 lbs/	60.1-62.3 kg
LIGHTWELTERWEIGHT	137.1-142 lbs/	62.4-64.5 kg
WELTERWEIGHT	142.1-147 lbs/	64.6-66.8 kg
SUPERWELTERWEIGHT	147.1-153 lbs/	66.9-69.5 kg
LIGHTMIDDLEWEIGHT	153.1-159 lbs/	69.6-72.3 kg
MIDDLEWEIGHT	159.1-165 lbs/	72.4-75.0 kg
SUPERMIDDLEWEIGHT	165.1-172 lbs/	75.1-78.1 kg
LIGHTHEAVYWEIGHT	172.1-179 lbs/	78.2-81.4 kg
LIGHTCRUISERWEIGHT	179.1-186 lbs/	81.5-84.6 kg
CRUISERWEIGHT	186.1-194 lbs/	84.7-88.2 kg
SUPERCRUISERWEIGHT	194.1-202 lbs/	88.3-91.8 kg
HEAVYWEIGHT	202.1-212 lbs/	91.9-96.4 kg
SUPERHEAVYWEIGHT	212.1 lbs & above/	+ 96.5 kg & above

ISKA WOMEN'S PROFESSIONAL KICKBOXING WEIGHT CLASSES

ATOMWEIGHT	108 lbs & below/	49.1 kg & below
SUPERATOMWEIGHT	108-111 lbs/	49.2-50.5 kg
FLYWEIGHT	111.1-114 lbs/	50.6-51.8 kg
SUPERFLYWEIGHT	114.1-117 lbs/	51.9-53.2 kg
BANTAMWEIGHT	117.1-120 lbs/	53.3-54.5 kg
SUPERBANTAMWEIGHT	120.1-124 lbs/	54.6-56.4 kg
FEATHERWEIGHT	124.1-128 lbs/	56.5-58.2 kg
LIGHTWEIGHT	128.1-132 lbs/	58.3-60.0 kg
SUPERLIGHTWEIGHT	132.1-137 lbs/	60.1-62.3 kg
LIGHTWELTERWEIGHT	137.1-142 lbs/	62.4-64.5 kg
WELTERWEIGHT	142.1 lbs & above/	+ 64.6 kg & above