

A.F.S.O. F.C. Kickboxing American-Rules



Preface to Rules

These rules are valid for all A.F.S.O. events.

Any issues or circumstances not specifically provided for in these Official Rules shall be resolved by a consensus among the referee and the judges.

The final decision carries the Supervisor at the event or the A.F.S.O.

Venue

All fights must be in a Boxing Ring with three or four ropes supporting the sides. The Ring must have a Blue Corner, a Red Corner and two neutral corners. The ring must be on the day, will be inspected by an official of rules comitee.

Kickboxing Fights in the Cage (Octagon) are also allowed.

Only the Referee and the two Fighters may enter the ring during a round. One Coach shall be allowed in to the Ring to instruct his Fighter in between rounds, but must leave the ring before the start of the next round. A Fighter may have three people represent him/her, but only one may enter the Ring during rest periods. When the referee calls "SECONDS OUT", corner men must leave the ring immediately. All Coaches must be at ground level during the fight, and the Ring must be clear of any items. Supporters must not touch the Ring during the fight, or during the rest periods. The Referee must stop time to clear the area of unauthorised personnel. Banging of the Ring by anyone outside the Ring will not be allowed, and could cause a Warning to be given to the Fighter of the representative concerned. If either Fighter voluntarily leaves the Ring, or any other person enters the Ring, the fight is over.

Water spillages must be cleaned up by the Fighters' representatives. No water may be spat on to the Ring floor, or the surrounding area. It is the responsibility of the Corner Representatives to ensure that any bodily fluids be mopped up hygienically.

Start Authorization

Fighters only be admitted with a Fight-Book from A.F.S.O. or a Fight-Book from a friendly organization.

Essential

Each fighter shall wear regulated gloves provided by promoter.

In principle usage of protective cup and a mouthpiece is mandatory. Each fighter shall prepare their own protective cup and a mouthpiece .Each fighter shall wear regulated head guard and shin & instep guard by the A.F.S.O.Women is wearing a chest pad allows.Each fighter is responsible for is protective Gear.

Gloves

Must be 10 ounces for everyone.

All fighters must have their gloves checked from Referee. The gloves may not be taken off until the match is over. If there is any evidence that the gloves have been removed or tampered with, the fighter must undergo another glove check. Moreover, the fighters shall not apply any substance nor deformation to their gloves. Caution, warning, or point reduction may be given to a fighter who does not abide by the instruction of the judges. Should have been found after the fight, the gloves were manipulated the fighters will be disqualified immediately and is concerned with sports legal consequences.

Mouthpiece

If the mouthpiece comes out of a fighter's mouth during a match, the referee shall, in principle, retrieve it and hand it to the corner men. After the third time, a point is deducted.

Medical Check

All fighters must submit to a medical check by the official physician before competing. In a single fight or tournament. The Promoter is responsible for supplying adequate medical cover. If the Medical are otherwise engaged, or leave their post, all fights must be stopped until the medical cover returns. No Medic = No fight! Medical must stay until the final fight is over, and they are satisfied that they won't be required any further and that there is no further risk of a delayed problem or condition. All fighters compete at their own risk.

Weight Check

The weight check official shall check the weight of fighters to exam whether they are within a contracted weight. The parties must agree on deviations in the weights but this does not apply in title fight, here the decision of the supervisor will be binding. Any member in the Rules Committee is able to act as the weight check official. Fighters must be clean and dressed in Shorts. Toe nails should be clean and cut short. Long hair should be tied back. No Metal/Plastic objects to be worn by any competitor, including earrings, eyeglasses, rings, watches, hair grips, chains, piercing jewellery etc. Soft contact lenses are allowed at the Fighter's risk. The Coach must wear appropriate clean sports clothing, and sporting shoes anyone acting as a Coach and an Official must cover their Officials' attire whilst Coaching. Girls/ Women should be weighed separately with possibility of a Woman.

Coach Meeting

Before the start of first fight of competition a meeting hold with all coaches to eliminate ambiguities. To avoid ambiguities, it is desirable that all trainers on site are.

Performance Categories

A Class

An A class fighter is a fighter with more than twenty victories.

B Class

An B class fighter is a fighter with more than ten victories.

C Class

An C class fighter is a fighter with more than three fights.

D Class

An D class fighter is a fighter wich no more than three fights.

N Class

An N class fighter is a fighter with no fights.

Weight Class for Men and Women

Name of Weight Category	All Pro, Pro/Am Men	All Pro, Pro/Am Women	All Amateur Men	All Amateur Women
Lightminimumweight	-46,27kg	-46,27kg		
Minimumweight	-47,63 kg	-47,63 kg		
Lightflyweight	-48,99 kg	-48,99 kg	-48,00 kg	-48,00 kg
Flyweight	-50,80 kg	-50,80 kg	-51,00 kg	-51,00 kg
Superflyweight	-52,20 kg	-52,20 kg		
Bantamweight	-53,50 kg	-53,50 kg	-54,00 kg	-54,00 kg
Superbantamweight	-55,23 kg	-55,23 kg		
Featherweight	-57,20 kg	-57,20 kg	-57,00 kg	-57,00 kg
Superfeatherweight	-59,00 kg	-59,00 kg		
Lightweight	-61,20 kg	-61,20 kg	-60,00kg	-60,00kg
Lightwelterweight	-63,50 kg	-63,50 kg	-63,50 kg	-63,50 kg
Welterweight	-66,70 kg	-66,70 kg	-67,00 kg	-67,00 kg
Lightmiddleweight	-69,90 kg	-69,90 kg	-71,00 kg	-71,00 kg
Middleweight	-72,50 kg	-72,50 kg	-75,00 kg	-75,00 kg
Supermiddleweight	-76,20 kg	-76,20 kg		
Lightheavyweight	-79,40 kg	-79,40 kg	-81,00 kg	-81,00 kg
Superlightheavyweight	-82,50 kg			
Cruiserweight	-86,20kg		-86,00 kg	
Supercruiserweight	-90,80 kg			
Heavyweight	-95,30 kg	Unlimited	-91,00 kg	Unlimited
Superheavyweight	Unlimited		Unlimited	

Special Weightclasses

Molecularweight -28,0 kg Miniatomweight -31,0 kg Atomweight -34,0 kg

Superatomweight -37,0 kg Pinweight -40,0 kg Strawweight -43,0 kg

Catchweight

Only fighting in the official classes take place. When fighting outside the weight class, the upper weight class is binding.

Fight Method

One Match Fight

The amount of rounds may be two to five. Rounds must not be longer than three minutes per round and one minutes break. Extension of two rounds at maximum.

Flash Fight

The amount of rounds may be one. Round must not be longer than three minutes

Tournemannt Fight

The amount of rounds may be two to three. Rounds must not be longer than three minutes per round and one minutes break. Extension of one round at maximum.

Rounds

The number of rounds and length of rounds of any Competition can be determined by the A.F.S.O.

The amount of rounds may be one to five. Rounds must not be longer than three minutes per round and one minutes break. A Extra Round in Pro/Am is possible.

Decision-making

Decision:

Applicable when there is no knockout, technical knockout, or disqualification to decide the winner. Three judges shall award points to each fighter, and the fighter with the higher point total at the end of final round from two out of three judges shall be declared the winner.

Draw:

1. Applicable when the winner is not determined by a decision of the judges.
2. Applicable when both fighters go down at the same time and neither rises to his feet before or at the call of count nine.

Knockout (KO):

Applicable when a fighter does not stand up before the call of count ten or when a referee decides the fighter cannot stand up within the call of count ten.

Technical Knockout (TKO) or Outclass:

1. Applicable when a corner man throws a towel into the ring during the course of a match. In the event that the referee does not notice the towel being thrown in, the official observer is authorized to announce the end of match.

2. Referee Stop: Applicable when the referee judges that one fighter is overwhelmingly superior to his opponent and the inferior fighter is in a physically perilous condition.

Applicable when a fighter is judged to have lost his will to continue to fight, even though he has stood up within the call of count ten, and/or when a fighter is judged to be incapable of continuing the fight.

3. Referee Count Stop:

a. Applicable for low Class Category other than B/A Class fighter:

when a fighter goes down two times in a round or three times in a fight (or two times in a tournament fight except in the final match).

b. Applicable for Class B/A Category fighter:

when a fighter goes down three times in a round or four times in a fight (or three times in a tournament fight except in the final match).

4. Doctor Stop: Applicable when the official physician judges that it is impossible to continue the match due to an injury or severe damage to a fighter. If a fighter is down and has sustained severe damage, the official physician has the option to stop the match, accordingly to the deliberation.

Disqualification

Applicable when a fighter hits multiple illegal technique or unsporting behaviour. Applicable when a fighter fails the doping test.

Retired/Walk Over

When a fighter does not show up to fight. The official physician deems a fighter unfit to fight as a result of a medical check in tournemannt.

NO CONTEST (NULL and VOID match)

1. Applicable when both fighters are found to be guilty of a rule(s) violation, match fixing, or collusion.
2. Applicable when both fighters fail to fight in good faith (a spiritless fight) after repeated cautions and warnings by the referee, and when the referee declares disqualification of both fighters.
3. Applicable when both fighters are judged as not being able to continue the match due to an accidental injury of neither fighter's fault in a one-match fight, where the fight is not justified.
4. Applicable when no justification of fight

A fight shall be considered as justified when the first round is completed in a three rounds fight. A fight shall be considered as justified after completed the second round in a five rounds fight.

Injured

If a fighter is injured and it is impossible to continue the fight, the fight shall be treated in the following manner:

If the cause of injury is a rule violation (by the opponent), the referee shall give the injured fighter a rest period to check his condition. If the fighter does not recover and the fight cannot be resumed, the fighter who has violated the rules shall be the loser (disqualification of the violator). A fighter who is disqualified for a rule violation shall not be entitled to advance in a tournament even if the opponent is not in a condition to continue the match.

Note: an injury caused by low-blow will be considered as an accident, whether intentional or unintentional.

If the cause of the injury is carelessness of the injured fighter himself and the match cannot be resumed, the fighter who has injured himself shall be declared the loser (disqualification of the injured).

If the cause of the injury is **accidental** and at neither fighter's fault, it must first be determined whether or not the match is justified.

A fight shall be considered as justified when the first round is completed in a three rounds fight. A fight shall be considered as justified after completed the second round in a five rounds fight.

If the match is not justified:

1. Tournament fights: The fighter who remains in a condition to continue fighting shall be declared to contest the next round of tournament.
2. One-match fights: The match shall be considered as "No Contest" and void.

If the match is justified, the following shall apply: The points shall be awarded for the completed rounds, and the fighter with more points shall be declared the winner.

- a. Tournament fights: The fighter who remains in a condition to continue fighting shall be considered as the winner.
- b. Single fights: The fight shall be considered as no Contest.

In a tournament, if the fighter with higher points is not in a condition to continue in the tournament, the opponent will be entitled to proceed in the tournament.

If a fighter is injured, the official physician, the supervisor, the referee and the judges shall confer to decide whether the fight shall continue or not. The official physician is allowed to provide minimal treatment (i.e; stop bleeding and taping) to the injured areas.

The Doctor can decide that the fighter cannot continue. A Referee or Judge cannot decide how badly a fighter is injured and must take advice from the Medical Team. No protest can be made about a Medical Decision. The Referee cannot overrule the Medical decision.

WHEN A FIGHTER FALLS OUT OF THE RING

When a fighter falls out of the ring, the time count shall be stopped, and a doctor shall check the fighter. During this time, the judges shall confer to discover the cause(s) of the fall.

1. When judged as a DOWN by an authorized technique:

If the fighter is able to continue the match:

It shall be counted as "1 DOWN", and the match shall continue from the time stopped.

If the fighter is not able to continue the match:

The match shall be ruled a Technical Knock Out (TKO) by doctor stoppage.

2. When the fighter is judged as not having been downed:

If the fighter is able to continue the match:

The match shall be continued from the time stopped.

If the fighter is not able to continue the match: The cause of the injury shall be considered accidental.

If the cause of the injury is accidental and at neither fighter's fault, it must first be determined whether or not the match is justified.

A fight shall be considered as justified when the first round is completed in a three rounds fight. A fight shall be considered as justified after completed the second round in a five rounds fight.

Down

The definition of a DOWN is when any area of fighter's body besides the bottom of the foot has touched the ground due to a damaging attack(s).

Even in some cases where there has been no damage it may be considered as a "DOWN" when a fighter falls to the ground and cannot stand up immediately.

Even without falling to the ground, a (standing) DOWN may be announced when it is obvious that a fighter has sustained damage, and the referee has determined that the fighter would be in a dangerous situation if the attack were to continue.

The "DOWN" count will be preceded by a "DOWN" call and gesture by the referee. The referee shall be the sole person with authority to call a "DOWN."

The fighter who has downed his opponent shall wait at a neutral corner during the "DOWN" count by the referee until further instructions are given.

If the fighter does not follow the referee's instruction to wait at a neutral corner, the referee may stop his count, and continue the countdown only after the fighter has moved to a neutral corner.

When a fighter is "DOWN", and the round is finished while referee is still counting, the timekeeper shall not signal the end of the round (the time keeper will not ring the bell). Hence, the referee continues to count, and the round will end when the counts stop. When the counts reaches ten counts, the downed fighter will be considered knocked out. When the referee decide that the downed fighter is not in the condition to continue to fight after the ten counts, the referee stops the fight and the result will be considered technical knock out. The bell save only in the last round.

Rules Committee

Supervisor

A supervisor shall possess the exact same authorities as the referee and the judges, and shall oversee whether accurate and proper decisions are made. Moreover, the supervisor is able to stop a fight in case the referee does not recognize a danger of a fighter, by the official physician's advise, or by his own judgment. A supervisor is authorized to score o referee a fight. The supervisor has the authority to change the result.

Referee

A referee shall be in the most important position to judge a match. One referee shall be in the ring during a match. A referee can available to score fights.

Judge

A judge shall be authorized to score a match. The total of three judges, each from three different direction by the ring side shall stay during a match.

Timekeeper

The time keeper shall count an exact time with a stop watch, and announce it. All the matches shall be operated by every exact second counted by the time keeper. The timekeeper shall ring a bell (gong) to announce a beginning of a fight along the signal from the referee, and also to announce the end of the fight. There shall be one time keeper at the ring side.

Hit Areas

Side of Head, Face, Throat, Under Chin, Front Torso, Side Torso, Foot to Foot Sweeps (according to the arrangement).

Legal Techniques

Punches : Straight punches, hooks and uppers,.

Kicks : Front kicks, middle kicks, high kicks, side kicks, back kicks, jumping kicks, crescent kick, roundhouse kick and axe kick

Clinch

No Clinch allowed.

Vaseline

Minimal use of Vaseline to the facial area is allowed. No other substance shall be applied. The term minimal in this case means the amount that the Rule Committee permits. A fighter with an excessive amount of oil/Vaseline to the face and/or body shall not be allowed to compete. In such cases, the excessive oil/Vaseline shall be removed.

Tape and Bandage

Fighters may not wear any material other than tape and bandages on their knuckles and on other part of the hands hand bandages are allowed, maximum length 5 meters. Structures with tape is only allowed for A & B Class fights. All wrapping must not be excessive. The Referee can deem any hand-wrapping to be excessive. At International Championships must be before the fight signed by the supervisor.

Scoring/Judging Criteria

I must be score by the 10 point must-system. After the deductions of points the winner of the round must have 10 points.

The winner of each round gets 10 points as score.

If the round is a draw, both fighters get 10 points as score.

The loser of a round gets a score of 9 points.

Is a fighter outclassed in the round, he gets only 8 points.

Each "DOWN" count have a point deduction as follow.

Each point deduction of the referee must be rated.

The minimum score for a fighter in each round is 7 points.

Kickboxing is an aggressive sport and will favour the aggressor fighter.

Kicks are considered highly scoring as punches.

Only effective techniques will be rated.

Coution/Warning System

1st Coution

2nd Coution

1st Warning

2nd Warning

3th Warning = a minus point

4th Warning = a minus point

5th Warning = Disqualification

Is this serious foul, the referee can directly give a minus point or disqualify the fighter.

Protest

The progress of any Tournament must not be hindered or delayed by any dispute. No fighter, coach, trainer and/or manager is allowed to raise an objection to calls or decisions made by the referee or the judges . At point judgments do not protest may be filed. There can only be written protest against the violation of the rules will be applicable, in these cases decided by the Supervisor whether it can be granted. Any dispute must be made without aggression, and by the Coach of the fighter or Team Manager. Additional attendance by any other person is by invitation of the Supervisor only. If an Aggressive behavior take place the protest is not processed.

Doping

In order to establish the prestige and unilateral fairness of Kick-Unified Rules, all fighters are obligated to submit to a doping upon the promoter's request. Testing positive for doping will result in penalties to include the confiscation of title and prize money. Additionally, a fighter will also be penalized based on the national federation rules.

Kicboxing Rules for Underage

All minors need a certificate from the guardians for participating in the competitions. The coach can temporarily issue a document with signature if this is not available, but only if it is available to the club.

Age-Category

Kid

A Kid is less than twelve years on the Final Day.

Youth

A Youth should have reached twelve years but be less than fifteen years on the Final Day of Competition.

Junior

A Junior should have reached fifteen years but be less than eighteen years on the Final Day of Competition.

Forbidden Techniques for Underages

Kid

Every kick techniques to the head.

Protective Equipment must be worn.

Kid/Youth

Head guard and shin & instep. For Girls chest pad.

Junior

For Girls chest pad.

These a minimum requirement. To the Protection of the fighter the protective equipment can be expendet.

Protection Rules Ages of Fighter

If fighters from different ages-class fight a competition, is in accordance with the provisions of the lower ages-catergory.

Protection Rules Referee Count Stop

when a underage fighter goes down two times in a round or three times in a fight (or two times in a tournament fight except in the final match).

Protection Rules for Amateurs

For Amateurs tournaments the point deduction at the DOWN dos not apply. The countig is only for the protection of the fighter.

Protection Rules for Women

Women who are pregnant or a possible pregnancy, there may not participate in competition of combat sports.

World All Fight System Organization

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