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K1 RULES INTRODUCTION

Evidence supports that children who are active & participate in sports develop better life skills. They learn that winning and success comes from hard work and commitment, that to lose or be defeated is okay, it is having the strength and determination to get up and carry on that is more important. Through team work they learn to integrate and support each other. They learn to follow good leadership but equally think on their own feet. Through sports they are taught to follow rules and to show respect, discipline and fair play. Spending hours in Cyberspace on games consoles and computers teaches none of this and isolates children, leaving them ill prepared for their adult lives.

We do not think children should be banned from eating sweets and playing 'computer' games, it's about moderation. However, children should be actively supported and encouraged to integrate, to participate in teams or to support each other through competition.

What is equally important though is the need to regulate these sports so that children can 'play' in as safe an environment as possible.

This is especially true for all 'contact' sports and predominately, sports involving combat.

With this in mind the British Ring Sports (BRS) have put together the following rule set:

K1 RULES

GROUP 1 – Under 16 Years old

1. All forms of boxing in combination with kicks above the waist to the body and below the head
2. Rear (reverse) kicks to the body
3. Spinning back kicks to the body
4. Low kicks to the thighs, inside and outside
5. Knee attacks to the legs, body
6. Kicks with the shin and foot to the thighs and body
7. Holding a leg with only one counter technique, after which the leg must be released
8. Clinching (holding) with only one knee strike, after which the competitor must disengage from the clinch.

DEFINITION OF LEGAL TECHNIQUES

PUNCHES

Must be to target - Definition of target: Punches must land above the belt (e.g. line drawn from the top of the hips through the navel) and below the head. Punches on arms do not score.

1. Head contact is **NOT** allowed.
2. Straight punches to the body
3. Hooks to the body
4. Uppercuts
5. Spinning back fist NOT ALLOWED
6. Spinning elbow NOT ALLOWED
7. Neck wrestling
8. Pushing to the body only not to face

KICKS (NO HEAD CONTACT ALLOWED)

1. Head contact is **NOT** allowed.

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2. Roundhouse kick
3. Push and front kick
4. Side kick
5. Spinning Back kick
6. Jumping kicks
7. Reverse kick
8. Kicks to inner and outer legs
9. Knee Strikes
10. Holding Leg follow with one counter technique

GROUP 2 - 16 years old to 17 years old

PUNCHES

Must be to target - Definition of target: Punches must land on the front or sides of the head or above the belt (e.g. line drawn from the top of the hips through the navel). Punches on arms do not score.

1. Straight punches to head and body
2. Hooks to head and body
3. Uppercuts
4. Spinning back fist NOT ALLOWED
5. Spinning elbow NOT ALLOWED
6. Neck wrestling
7. Pushing to the body only not to face

KICKS

1. Roundhouse kick
2. Push and front kick
3. Side kick
4. Spinning Back kick
5. Jumping kicks
6. Reverse kick
7. Kicks to inner and outer legs
8. Knee Strikes (NO head contact)
9. Holding Leg follow with one counter technique

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DEFINITION OF ILLEGAL TECHNIQUES

1. Strikes to spine or knee joints.
2. Strikes to front of leg.
3. Head butts.
4. Punches to back of head.
5. Spitting/biting.
6. Knee strikes to head FOR ALL
7. Elbow strikes to head FOR ALL
8. No hip throws.
9. Cuffing, slapping.
10. Spinning sweeps.
11. Strikes to groin.
12. Striking opponent when knocked down.
13. Abusive language.
14. Striking opponent during Referee break.
15. Striking after the bell.
16. Holding leg/foot illegally (see definition of legal techniques).
17. Spinning Back fist / Elbow to head FOR ALL

If a foul is committed in the ring, the referee will determine the decision, where necessary along with the Association Representative as follows:

1. A caution.
2. Warning - 1st and 2nd 1 point deducted, 3rd warning disqualification.
3. Immediate disqualification.
4. The fight will be stopped if the fighter that has fouled, injures or knocks out the opponent.
5. Intentional - the fouled fighter will be announced the winner. If the winner is unable to continue the fighter who committed the foul will NOT be able to advance in the event.
6. Unintentional (see unintentional fouls).

Warnings

1. A caution.
2. Warning - deduct 1 point.
3. 2nd warning - deduct 1 point.
4. 3rd warning - disqualify the fighter.

Unintentional Fouls

1. Injury that stops a fighter; fight will be awarded to their opponent.

Disqualifications

1. Striking a fighter entangled or fallen through ropes.
2. Deliberately exiting the ring to avoid attack (Referee decision - may be given standing 8 count).
3. Fighter intentionally uses a foul technique.
4. Fighter drops gum shield 3 times during 1 round.
5. Spitting, biting, holding the leg or foot.
6. Spinning sweeps.
7. Abusive language.
8. Deliberate strikes to joints, spine.
9. Fighter fails to follow Referee instructions.
10. Fighter late for bout or no show.
11. Referee decides fighter has not the will to continue.
12. Fighter receives 3 warnings in one round.
13. Corner man enters the ring or touches the fighter without Referee's permission.
14. Other rules are broken.



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SAFETY EQUIPMENT K1 JUNIOR RULES

Gum Shield Mandatory	Mandatory
Shin +Instep Mandatory	Mandatory
Foot Protectors N/A	N/A
Groin Protectors Mandatory	Mandatory
Head Guard Mandatory	Mandatory
Body Protectors Mandatory	Mandatory
Hand wraps Mandatory	Mandatory
Boxing Gloves 10oz Mandatory	Mandatory
Elbow Pads n/a	N/A
Full Contact Pants ILLEGAL	Illegal
Shorts Mandatory	Mandatory

RULES AND FOULS K1

Kicks	Includes kicks to inner and outer legs
Kicks Per Round	N/A
Rounds	All preliminary and final matches shall consist of no more than three (3) rounds of not more than two (2) minutes each with a one (1) minute break between rounds.
Sweeps	Illegal
Standing 8 Count	2nd 8 count in 1 round the bout will be stopped
Head Contact 16 Years & Under	Illegal
Spinning Back Fist / Elbow	Illegal
Direct Kick to Front of Legs	Illegal
Strike to Groin	Illegal
Strikes to Leg Joints	Illegal
Throws	No hip throws
Strikes with Elbows	Illegal
Strikes with Knees	To the body only
Holding Opponent's Legs / Foot	Holding leg follow with one counter technique