



RULES AND REGULATIONS FOR POINT FIGHTING

CONTINUOUS POINTS FIGHTING IS THE SAME RULES

KIDS/CADETS/JUNIORS

If a child qualifies in the kids section at the National Championships they are then entitled to fighting it that same section at the World Championships later in the year even if they have had a birthday putting them up a section...

All categories at World Championship level fighters will be seeded as to correspond with the heats they have qualified in. In the case of only one competitor in a final no gold medal will be awarded by default no fight no win

FIGHTING AREAS FOR POINTS

The fighting area must be a minimum of 7 x 7 or a maximum of 8 x 8. Around the fighting area a safety zone strip of two meters has to be kept clear only referees tables are allowed to be placed within this safety zone. No spectators are allowed to be within that zone.

The timekeeper and scorekeeper are located at the referee table facing the head referee. The referee's table must be equipped with the following items:- Draw sheets, score displays, stop watch, bean bag and paper and pencil or pen

ROUNDS

In point fighting all rounds will be 1 x 2 minutes and finals 2 x 2 minutes, extra time ruled in a draw of 30 seconds after that if still no winner first to score will determine outcome

The competitor must have a current pass book to participate

COMPETITORS EQUIPMENT

The competitor must be dressed in clean and appropriate clothing. Either a clean t shirt with long trousers. The trousers must reach the feet and be open at the bottom. There should be no zip fasteners, pockets or buttons. Traditional Karate Gi or Taekwondo uniforms (dobok)

Competitors cannot wear any metal objects that may cause injuries to the opponent. Piercings, chains, watches or earrings are not allowed. Soft contact Lenses are possible but at competitors own risk. Sports glasses are allowed but with a letter from the optician as proof of safety. Headbands, hairnets, and scarves are not allowed as they may slip. Long hair must be tied back with elastic band and use of hair grips is not allowed

SAFETY EQUIPMENT

Helmet, gumshieild (mouth guard), open hand gloves that cover fingers and thumbs, groin guards for men and boys must be worn under clothing and chest guard for women and girls also must be worn under clothing,

THE REFEREES POWER

The referee, World Chief Referee, World President or doctor are the only people who can stop a bout

The referee may deduct a point from a competitor leaving the fighting area 3 times in a bout

The referee may disqualify a competitor for leaving the area a 4th time during the same bout

The referee can deduct a point from a competitor for dissension after he has already been warned

A referee may deduct a point from a competitor for dissension from his coach after he has already been warned

The referee may deduct a point from a competitor for serious unsportmanlike behaviour by either himself or his coach

The competitor can disqualify a competitor if he does not turn up and has been repeatedly called for his fight (usually one minute is allowed)

The referee can disqualify a competitor who turns up with improper equipment and can not replace it in the time allowed (again one minute)

A contest must always be judged by a centre referee and two side judges that must constantly move during the fight and not stand in the same point. The world Chief Referee is the only person who can stop a bout if he believes the rules are not being adhered to or if the centre referee is not aware of a rule break.

EQUIPMENT CHECK

The side judges have to check competitors safety equipment. Each judge is responsible for the competitor at his end. He starts from head to toe. All groin guards and Breast guards can only be checked by asking the competitor if he is wearing them.

In case of injury to a competitor who is found to be not wearing the correct protective equipment he/she will be disqualified immediately.

The judge is responsible for no jewellery or piercings and also that sports glasses and face shields are recognised ones with letter from either Doctor or optician

START OF BOUT

The main referee will take his place in the middle of the competitors facing the table. He must check that the side judges are ready and also the timekeeper and scorekeeper and that the medics are close by in the hall. He should also keep an eye on the score cards to check they are showing no scores or warnings except in a team competition.

After the command to Bow or touch gloves he will then start match.

If a main referee acknowledges a point scored by one of the competitors he has to raise his hand immediately then he will stop the fight saying stop and both competitors will return to their starting positions . The match time is still running.

The main referee will also quickly return to his starting position and show with his hands the direction of the competitor who has scored. He must look for side judges and in case of a majority decision he will give the points and announce the score.

After giving the point he should start the competition again with his command fight. The main referee should always keep an eye on the table to ensure the visual scoreboard is showing the correct score and warnings

The side judges must have raised their hands when the referee shouts stop to score afterwards is too late and illegal.

The referee has to stop the time if the competitor is outside of the area, for giving warnings, penalty points and additional 10 seconds penalty time when equipment is ill fitting.

At the end of the match the timekeeper shouts stop and concurrently throws in bean bag. The fight is over in any case when the main referee stops the fight with a command of stop and not earlier. If there is a score in time between end of time and end of fight then the score is still valid.

Main referee turns to table and takes hand of winner and raises it.

SCORING AREA

Every Action must be controlled and well timed Front, back, side and top of the head

Sweeps below mid calf

3 seconds to score on a downed opponent no kicks or stamps to head while down the referee will count to 3 seconds in his mind before calling stop

PROHIBITED ACTIONS

Sweeps and kicks to knee and thigh

Kicks or punches to groin

No kicks or punches to back of body

Scratching, biting, spitting or verbal attacks on opponent or referee or kicking or punching after stop called

No leaving the fighting area or falling down to waste time

It is not unusual to stop the time to give points but the referee will stop time to give a warning or a minus point. In point fighting competitors are allowed 2 coaches who must stay seated. If the referee feels there has been an infringement of the rules he may indicate to the centre referee using the sign T for time. At no time may the coach enter the fighting area the referee may give a penalty point.

On each fighting area the referees also acts as ring inspectors. He is responsible, that on the fighting area all WMO rules will be correctly applied. He is also responsible that neutral referees are on duty depending on the competitor eg as in not from same country

POINT FIGHTING TECHNIQUES

Jab, reverse punch, back fist, ridgehand, side kick, front kick, spinning back kick, roundhouse kick, hook kick, crescent kick, axe kick, sweep, spinning sweep, hammer fist, scissor takedowns, hand on floor is permitted during sweeps and cartwheel kicks are also permitted.

ILLEGAL TECHNIQUES

Inside hand, backfist to the body, spinning backfist, elbow strikes, pushing with arms, low leg kicks, kneeling, head butts and using thighs

POINTS

The correct definition of a score is when a legal technique hits a legal target area with reasonable but not malicious power, the technique must be completed to score unless pushed or thrown to floor and there are no blind scoring allowed...you must have eyes

open and looking at opponent when scoring.

Every clean and controlled technique to be permitted to target area will be scored on degree of difficulty

ALL PUNCHES 1 POINT

KICK TO BODY 2 POINTS

KICK TO HEAD 3 POINTS

JUMP KICK TO BODY 3 POINTS

JUMP KICK TO HEAD 4 POINTS

HAMMER FIST 1 POINT

ANY SWEEP 1 POINT

SWEEP WITH FOLLOW UP TECHNIQUE 2 POINTS

SCISSOR TAKE DOWN 2 POINTS FOLLOW UP 1 POINT NO KICK OR STAMP TO HEAD ON ANY SWEEP OR TAKEDOWN

STANDING 8 COUNT RULE

Any Opponent knocked down or hurt as a result of a legal scoring technique shall be counted for standing 8 count by the Centre Referee. If the fighter is not standing and showing willingness to fight after 10 seconds, the win will be awarded accordingly. If an 8 count is given an additional 1 point will be awarded to the scorer.

Clarification – if a contestant scores with more than 1 consecutive technique before the Centre Referee shouts STOP, the contestant will be awarded the successful scoring technique if the higher point value. Regardless of the sequence in which the technique was scored. Example – if a kick followed a successful punch, the points for the kick would be awarded regardless if the punch scored first as the kick has a higher point value.

PLEASE NOTE : ITS NOT FULL CONTACT JUST SOLID TECHNIQUE SCORING

The referee upon scoring will count bodies

The scoring is done with the referee using a majority system only

When the referee or judges see a score they must indicate IMMEDIATELY. After each acknowledged technique the fight has to be stopped and the score announced. Point are only awarded on a unanimous or majority decision of the referees and judges (3 – 0 or 2 – 1) If there is no majority there is no score.

To give a warning or a minus point to a competitor the referee must inform him why. He has to do this clearly and with authority.

In the event of a strike that dazes an opponent the referee first of all has to stop the time. Then he has to ask his judges what did you see was it a foul or not. If the majority decide it is a foul then the referee will penalise the offender . If they decide no foul then no penalty awarded.

If the competitor is injured it is only the doctor's decision to stop the fight or the competitor himself or his coach may want to retire him from the fight.

Referee can not decide how seriously a competitor is injured he must call a doctor or medic.

If one of the competitors is injured and the fight is over because of a foul the innocent competitor is declared the winner. In the case of an accident the competitor who can continue goes through to the next round.

If an athlete is out of condition the referee will declare RSC after discussion with his judges.

WARNINGS AND PENALTY POINTS

All infringements of the rules, depending on how serious they are may or will result in warning, minus point or even disqualification. Warnings will be carried throughout the match. Only team fights start again without warnings from the fight before . Warnings for exits will be kept separate from other warnings.

It is up to the referee to give minus point instead of a warning when in his opinion the violation was too tough which includes always falling down or time wasting.

If a competitor voluntarily steps out of the fighting area or is refusing to fight the referee has the option to add 10 seconds to the fight time this is separate to other violations.

It is not unusual to stop the time to give points.

The warnings and penalty points are given for using illegal techniques or doing prohibited actions, as well as illegal actions from the coach.

The procedure for warnings is usually as follows

First warning

Second warning

Third warning means first minus point

Second minus point disqualification

The procedure for voluntary exit is as follows

First warning

Second warning

Third warning minus point

Second minus point disqualification fight is over

COMPETITION SAFETY RULES

The attendance of a doctor is compulsory at national and international level and 2 doctors at World Championships. First aid team and ambulance are compulsory as well.

Competitors may only participate if they are completely healthy. Upon suspicion of illness a competitor must be examined by the on site doctor or medical team who will decide whether that competitor may or not participate. Their decision is final.

No local anaesthetics may be administered immediately before or during a bout.

During any competition the doctor or medical team must remain near fighting area

PROTESTS

Protests and alteration of decisions of European and World Championships the Referee has the final decision

Protests against the decisions of a referee or judge can only be accepted in 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 WMO supervisor deem that one of the following circumstances have occurred

A conspiracy has taken place or illegal agreement has been entered into to affect the result of the match.

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

Protests shall be directed to the head referee and shall state the reason in proper manner for the complaint along with any supporting evidence that a wrong decision has been made. The head referee will decide on the protest after hearing evidence for the protesting side and the referees concerned.

Video evidence is not allowed.

If any of the points below take place in the interest of fairness the centre referee after consulting with side judges may add time on a minimum of 5 seconds

If a centre referee fails to stop time when he should have

If the time keeper did not stop time when instructed to do so.

There is a mechanical failure in the timing system.

**WMO RULES WILL BE REVIEWED, REVISED AND UPDATED
(WHEN AND WHERE DEEMED NECESSARY)**