

# **Rules and Regulations**

## *Ring Disciplines*

*Full Contact Kickboxing*

*Low Kick Kickboxing*

*K1 Kickboxing*

**The following document is provided to the owner/operators of member clubs.**

*Throughout this document the acronym **KO** will be used for the **Kickboxing Ontario**.*

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*The administration wing of KO is the **Council of Amateur Sport Kickboxing (CASK)**.  
All membership registration (club and individual) is processed by CASK.*

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**2015 Revised Edition**

*This edition replaces all past editions and all of their contents.*

# KICKBOXING ONTARIO

## KICKBOXING ONTARIO (KO)

### MISSION

*Kickboxing Ontario (KO) will be the Provincial leader in promoting excellence in amateur kickboxing, sport martial arts and amateur MMA through events, courses and certification of athletes, coaches, officials and recreational participants.*

### Center of Excellence

KO is dedicated to the highest level of excellence in the planning, implementation and review of each of its programs and operations. The effort is to build upon any successes and always look for areas of improvement and systems growth.

### Focus on Safety and Health

KO has established the highest safety standards to ensure the well-being of all athletes, coaches and recreational participants involved in amateur kickboxing/Thai boxing/mixed martial arts.

### Industry Leader

KO strives to be a leader within the sport martial arts/kickboxing/Thai Boxing/mixed martial arts industries. This goal will be realized through the core objective of meeting the needs of all stakeholders within the industry including school/gym owners, coaches, event coordinators, all levels of athletes, and volunteers.

### Fostering Cooperation

KO will work openly with all individuals and groups committed to the cooperative growth of amateur kickboxing/Thai boxing/mixed martial arts. A fundamental principle of KO is to foster a cooperative framework within the sector.

### Demonstrating Ethics and Values

KO is committed to upholding the highest ethical principles in all of its operations and events. All KO leaders will demonstrate appropriate conduct, positive attitudes and will always work to create an environment that is respectful, safe and healthy and discrimination and harassment free.



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(905) 681-9815



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## Worldwide Presence

KO will be known for its domestic operations and development of provincial amateur teams. KO will network and affiliate itself with other PSO's and event coordinators committed to the principles and values of the organization.

## Definitions:

*KO aims to standardize the amateur kickboxing/amateur MMA industry in Ontario. This goal is essential in the development of a truly provincial organization with consistency from region to region. The following terms and definitions will be used by KO in all of its programs, services and operations.*

Amateur Kickboxing - A physical activity involving two players engaged in a tactical game of strikes, in which each player attempts to outscore the opposing player by utilizing defensive and offensive strategies according to established rules and procedures.

Amateur Mixed Martial Arts – An amateur sport in which one player seeks to gain a tactical advantage by using positioning, submissions and submission attempts, and striking to legal target areas to outpoint the opposing player.

Member Club - A club that has fulfilled the KO registration requirements completely – including the registration of all individual members.

Coach - A qualified instructor/teacher who develops the athlete or participant during practice and competitions and has fulfilled the KO registration and certification requirements.

Competitive Athlete - A skilled participant who engages in approved competitions to further their abilities with other athletes of similar parameters (age, weight, experience) and has fulfilled the KO registration requirements.

Recreational Participant - A participant that pursues the activity for the personal goals of fitness and skills development without engaging in approved competitions or sparring and has fulfilled the KO registration requirements.

Official - A volunteer who provides leadership at approved competitions by administering the rules and regulations and has fulfilled the KO registration and certification requirements.

Event Coordinator - An individual or group that organizes a KO approved competition for the benefit of athletes to gain competitive experiences in a safe and regulated event. Event Coordinators must be from a KO Member Club.



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Tournament Format Competition – A KO approved competition in which more than two athletes can enter a specific category and progress through single bout victories towards a final match for the entire category.

Single Bout Format Competition – A KO approved competition in which single bouts are pre-arranged between two athletes per match with similar parameters (age, weight, and experience).

Approved equipment - Safety equipment that meets approved KO standards to ensure safety of both participants.

Amateur Athlete - All athletes that has not competed for ‘prize money’ for their participation in any combat sport including but not limited to – boxing, mixed martial arts (MMA), grappling, no holds barred, jujitsu, tough man contests, or any martial arts events.

## RING SPORT KICKBOXING RULES AND REGULATIONS

### I. EVENT REQUIREMENTS

The Event Coordinator is responsible for ensuring the safety of all athletes and the smooth running of the event in accordance to KO regulations and all regulations of a provincial commission or sport body which regulates amateur kickboxing/Thai boxing/amateur MMA in the respective jurisdiction. All Event Coordinators are required to be KO Club owners, provincial/territorial associations or the national association.

#### A. Application

1. The KO office must receive the Event Sanctioning application and fee 90 days prior to the requested date of the event. The date for the competition must be approved by KO office prior to submitting the application.
2. A bout list must be submitted to the KO office 30 days prior to the event date. The KO office will provide information on the status of the athletes only. It is the responsibility of the Event Coordinator to ensure that all athletes have a valid KO athlete passport valid for the competition year.
3. The Event Coordinator must provide evidence of commercial general liability for the event, listing the KO as an additional party under the coverage.



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4. All event officials must have a KO Officials License valid for the current year. The numbers of officials are dependent on the number of bouts and format of the competition.
5. All coaches must have a valid KO coaching card valid for the current year.
6. All medical incident forms must be completed immediately after the bout in which the incident or injury occurred.

## B. Officials

### 1. Mandatory Officials

- a. Chief Official (CO) – there must be a minimum of one ***KO Level III Certified Official*** on site during the event. KO will assign two CO's for events and they will work as a team and have final decision over all aspects of the competition and officiating. They will ensure that rules, regulations and policies are adhered to and have the authority to make modifications in the competition due to extenuating circumstances. The CO's are required to run the weigh-ins and oversee the pre-bout medical examinations.
- b. Ring Doctor – A registered ***Canadian Physician*** must be present during the bouts and must conduct medical examinations a minimum of 60 minutes to a maximum of 3 hours prior to the commencing of the bouts.
- c. EMT – There must be an ***Emergency Medical Team*** to assist the ring doctor. These persons can include certified athletic therapist, paramedic, physiotherapist, nurse, or anyone certified in advanced first aid/CPR. The EMT must be on site to assist in the pre-bout medicals as well as during all bouts.
- d. Officials – A minimum of 4 ***Certified Officials*** are required for every 12 bouts. However KO will send out five officials for each event along with the two CO's.

## C. Ring

1. Dimensions – The ring will be a regulation boxing ring that shall measure a minimum of 5.0 m square to a maximum of 6.0 m square. These measurements shall be inside the line of the ropes.
2. The ring floor shall extend beyond the ropes a minimum of 0.4 meters.



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3. The ring floor shall be padded with a surface material of felt, rubber or canvas that covers the entire platform. The surface must be clean, even and free of damages. Any tears must be mended with new material that ensures an even surface.
4. There must be padded elastic under layer that is between 1.5 and 3.0 cm thick.
5. The spectator seats must be a minimum of 1.5 meters away from all official tables on all 4 sides of the ring. The Event Coordinator can request a barrier between the spectators and the competition area as well as volunteer/staff to ensure that spectators are not within this area.
6. The four corner posts shall be well padded to ensure the safety of the athletes.
7. One corner post shall be red and the corner post, directly across, shall be blue to correspond to the athletes and the other two corner posts must be white. Sponsor names can be placed on the posts but must not detract from the color.
8. There will be a minimum of three ring ropes of a thickness of 3 cm that are covered with a padded material. The lowest rope must be a minimum of 40 cm from the ring floor.
9. The ring ropes will be joined at each side by two pieces of sturdy material or thin rope.

## D. Ring Equipment

1. The Event Coordinator shall have the following items for the competition:
  - a. Weigh scale, two stools, timer, buzzer/bell, two ring steps/stairs, broom, mop, cleaning/disinfectant solution, heavy-duty tape, scissors, and extra thin rope.
  - b. A comprehensive first aid kit with sufficient rubber gloves for the referee(s)
  - c. A minimum of 5 sets of scoring clickers (10 clickers in total)
  - d. A minimum of three sets of red/blue gloves for every 12 bouts.
    - i. The gloves must be 10oz amateur style gloves with no thumbs or attached thumbs and have a white strip to clearly indicate the knuckles area.
    - ii. The gloves must be clean and in good condition with the padding firmly in place with no tears inside the glove or anywhere on the surface area.
    - iii. The gloves must be approved by the chief official.



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## E. Ringside Documents

1. The Event Coordinator will make sufficient copies of all documents required for the event:
  - a. Event Bout List – with any changes indicated
  - b. Pre-bout medical forms
  - c. Post-bout medical forms
  - d. Athlete Passports
  - e. Adequate round score cards
  - f. Adequate bout score cards
  - g. Adequate disciplinary forms
  - h. Adequate Head Injury Routine forms

## F. Event Coordinator

The Event Coordinator is responsible for maintaining an organized event with sufficient volunteers, staff, security and other persons required. The Event Coordinator is responsible for:

1. Fulfilling their requirements as outlined in the Rules and Regulation document, Policy document and all requirements provided by KO.
2. Ensuring that all municipal, provincial and federal legal requirements and by-laws for the event are adhered to, including but not limited to, fire safety requirements, occupancy requirements, liquor licensing (if selling alcohol) and building access requirements.
3. Ensuring that a copy of a Certificate of Insurance for the event is provided to the KO office listing the PSO and NSO as an additional party covered by the insurance policy.
4. Sending the event physician and EMTs the KO Medical Information document in advance of the event and following up with these individuals to ensure that they are familiar with their role and responsibilities.
5. If alcohol is being served the Event Coordinator must obtain event insurance that has Host Liquor Liability coverage.
6. Providing a competent volunteer to assist the Chief Official during the entire event – from weigh in to the completion of the competition.



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7. Providing travel expenses to the Officials in accordance to the amounts set by the KO office.
8. Providing refreshments and snacks to the Officials during the competition.
9. Submitting a DVD of all bouts within 10 business days after completion of the event. Failure to do so will result in a fine and penalty.
10. Ensuring that the entire duration of the event runs no longer than 3 ½ hours in total from the time the event is scheduled to begin. The 3½ hours includes any breaks, intermissions, demonstrations and any time due to a late start of the event.
11. Ensuring that an appropriate location for the weigh in and medicals is provided and all details are communicated to all teams and officials. See III. A.
12. Ensuring that all promotions and communications used for the event are appropriate and include the following essential information:
  - a. The event should be listed as ‘Approved by CSC’ and ‘Sanctioned by (KO).
  - b. The terminology used in all communications/promotions can only use language appropriate to our KO terminology.
  - c. The term ‘K1’ can be used in any communications/promotions directly related to the competition, but the term ‘Amateur K1’ must also appear on the same communication/promotion.
  - d. The following terms should not be used to describe the event: any martial art name (e.g. Full Contact Karate, Tae Kwon Do, Savate, Muay Thai etc.) and any other combat sport terminology (e.g. MMA, Extreme Fighting, Cage Fighting etc.).
13. Ensuring that all activities associated with the event, be these in direct control of the event coordinator or activities being administered by outside vendors or 3<sup>rd</sup> parties, are conducted legally and in compliance with all provincial, municipal and city by-laws.
14. Ensuring that all event staff and volunteers conduct themselves in accordance to the mission and principles of the organization.
15. Ensuring that the dress code for event staff and volunteers - including ring-card holders - must be respectful and appropriate for a family audience. Lingerie, swimwear or sexually suggestive attire is not appropriate for KO events. The Chief Official at any event will enforce this policy.



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- 16. The Event Coordinator is responsible for ensuring that only ‘radio-edit’ versions of music are played at the event. All music will not contain any language that is racist, sexist, and sexually suggestive or contains any inappropriate language. The Chief Official at any event will enforce this policy.

## II. ATHLETE REQUIREMENTS

### A. Registered Athletes

- 1. All athletes must register themselves annually with KO.
- 2. The registration involves a KO physical exam completed by their attending family doctor.
- 3. Athletes are registered in the following classification:

Novice class	0-10 bouts
Open class	11 bouts or more

- a. A ‘bout’ is defined as any exhibition bout or any amateur full contact combat bout (eg. amateur boxing, amateur MMA, amateur Muay Thai).
  - b. All National team athletes must be registered as Open Class.
- 4. Athletes are only allowed to compete with those within their classification.
  - 5. Athletes are divided into the following age categories (male and female):

Junior A	10-12 years
Junior B	13-15 years
Intermediate	16-18 years
Senior	19 years and above

- a. *Junior and Intermediate athletes are permitted to compete with an older athlete (without an upgrade) as long as there is no more than 24 months separating their birth dates.*
- b. *Junior and Intermediate are classified as to the year of birth (not their birth date).*
- c. *Athletes above 50 years of age are required to provide a completed physical exam conducted by their family physician for each competition entered.*



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## 6. Weight Categories

- a. In single elimination competitions, the following will be the maximum weight differences for all junior, intermediate and senior bouts:

(-48kg -67kg):**3kg**; (-71 - 91kg):**4kg**; (+91kgM/+70kg F): **no differences**

- b. For tournament format events, the following divisions will apply:

### Male Categories (Intermediate and Senior)

Division	KG
Light Bantam	-51
Bantam	-54
Feather	-57
Light	-60
Light Welter	-63.5
Welter	-67
Light Middle	-71
Middle	-75
Light Heavy	-81
Cruiser	-86
Heavy	-91
Super Heavy	+91

### Female Categories (Intermediate and Senior)

Division	KG
Bantam	-48
Feather	-52
Light	-56
Middle	-60
Light Heavy	-65
Heavy	-70
Super Heavy	+70

- c. For junior tournament format events the additional weight divisions will apply as determined by CSC.

## B. Upgrades

1. An athlete can upgrade classification (novice-open) or age category by having their coach provide justification of their ability on the KO upgrade form. Forms must be submitted to the KO office a minimum of 10 business days prior to any competition.
  - a. The upgrade request is made to the KO office with a clear indication of the ability of the athlete being that of the desired upgrade.
  - b. An athlete can only upgrade to one category or classification.
  - c. Once an upgrade is approved an athlete cannot compete in their former category or classification.



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- d. If an athlete wished to go back to their original category or classification they must re-apply by submitting a formal letter with their rationale. The final decision for re-instatement will be made by KO no sooner than 10 business days after receiving the letter.
- e. Reinstatements are permanent. Once an athlete is returned to their original category or classification they cannot apply for any form of upgrade.

## C. Equipment

1. All full contact athletes must compete in full pants; Amateur K1 and Low Kick athletes in shorts.
  - a. Pants must be loose fitting with no front pockets or strings or buckles.
  - b. Shorts must be a minimum of 6 centimeters above the knee, with no pockets or strings or buckles around the sides. Board shorts are not permitted.
2. Male athletes will not wear a top. All female athletes will wear a Tank top or Shirt.
3. All athletes must enter the ring with: Foot protectors and Shin Protectors (Foot protectors are Optional in Low Kick),Shin/Step Pads (Low Kick and K1), mouth guard, groin protector, hand wraps, supplied gloves and headgear
  - a. Regulation equipment – Feet protectors must be soft foam or soft rubber and completely cover the top of the foot, ankle, sides of the foot and the back of the heel area. Only one strip of tape is allowed on the top of the foot protectors. Shin guards must be soft foam or soft rubber and protect from the beginning of the foot protector to the knee but be no less than 4 centimeters below the knee.
  - b. Gloves – the Event Coordinator is responsible for providing gloves that are approved amateur 10oz gloves with Velcro straps (no laces). The gloves cannot be professional gloves.
  - c. Headgear – The headgear must be well padded and protect the forehead, sides, and back of the head. Cheek protectors are not permitted. Foam dipped martial arts headgears are not permitted. Headgear must be the color of the corner – or a neutral color (black and white only). Headgear must be approved.
  - d. Breast protectors and pelvic protectors are mandatory for women.
  - e. Hand wraps –only cloth wraps are permitted and cannot be more than 2.5 meters in length and 5 cm in width. The back of the hand, wrist and all knuckles must be covered with the wrap. Only one layer of cloth is permitted between the knuckles. The only tape that is allowed on the hand wrap is one strand on the wrist area to secure the wrap. An official shall examine the wraps after the bout. An athlete that does not follow this procedure will be disqualified from the bout.



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- f. Only surgical tape (cloth type) is permitted on hand wraps and feet pads – duct tape, rubber tape, fiber tape, masking tape, scotch tape or construction tape is not permitted.
- g. All equipment must be clean and in good order. The appropriateness of equipment is at the discretion of the referee and chief official.
- h. No other equipment, other than those specified in sections A-F are permitted, except the use of ankle bandages that must be completely under the foot protection.

## D. Appearance

- 1. All contestants must be clean and presentable.
- 2. If head hair is long, it must be held within the headgear.
- 3. Facial hair is not permitted UNLESS the athlete seeks advance approval from CSC on religious grounds. All approvals must be submitted to the KO office a minimum of 10 business days prior to any competition.
- 4. No jewelry is permitted.
- 5. Contact lenses are not permitted.
- 6. Vaseline, grease or any foreign substance is not permitted

## E. Amateur Status

- 1. All athletes must be amateur status, where ‘amateur’ is defined as not competing for ‘prize money’ for their participation in any combat sport, including but not limited to, boxing, mixed martial arts (MMA), grappling, no holds barred, jujitsu, tough man contests or any martial arts events.
  - a. Honorariums are not considered ‘prize money’ but can only be for the cost of travel expenses (flight, train, bus or travel that does not exceed \$0.45/km from destinations), lodging expenses and meal expenses. These must all be verified with receipts.
- 2. If an athlete has competed in professional combat events in the past, she/he can apply to re-instate their amateur status. The application must be in writing to the KO Board. The decision to reinstate amateur status must be conferred by consensus of both levels of the organization.



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## F. Competition Frequency

1. Athletes are permitted to compete in a maximum of 2 bouts per day in a tournament format event only and the two bouts must be in separate competition brackets.
2. An athlete competing in more than one bout in a tournament format event is required to have a pre-bout medical before each bout, whether the two bouts are in the same day or on consecutive days.

## III. COMPETITION REQUIREMENTS

### A. Pre-Bout Examinations

1. Official weigh-in
  - a. The Chief Official is solely in charge of running the weigh-ins. The Event Coordinator is required to provide any assistance requested by the Chief Official.
  - b. The Event Coordinator is responsible for establishing an appropriate location for the weigh-ins/medicals and for supplying a quality scale.
  - c. No spectators are allowed during the weigh-in process.
  - d. Parent/guardians are permitted at junior and intermediate weigh-in and medical exams.
  - e. Athletes must present their KO passport with a valid annual sticker.
  - f. Male athletes must only wear under garments and no top for weigh-ins.
  - g. Female athletes must only wear under garments and t-shirt or sports top for the weigh-in.
  - h. The official weigh-in will be the day of the competition.
  - i. In a single bout format competition the official weigh-in will be scheduled no more than 3 hours before the commencement of the competition.
  - j. In a single bout format competition the official weigh-in will be completed no less than 60 minutes hours prior to the commencement of the competition.
  - k. Once the weigh in has been closed by the Chief Official, no other athletes are permitted to weigh-in.
  - l. In a tournament format event the amount of time allotted for weigh-ins can be increased due to the increased number of athletes.
  - m. All athletes must weigh-in during the official time period.



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- n. One coach is required to attend the weigh in for each participating team/club. They are not permitted to interfere in the process.
- o. For a tournament format event, all athletes must be within their allocated weight division.
  - Athletes weighing below or above the weight division, within 1kgs, will be permitted a maximum of one hour to meet the weight requirement.
  - Athletes weighing greater or less than their respected weight, by 1kg or more, will not be allowed to compete in that division.
- p. For a single bout competition, all athletes must be within the weight separation permissible. (See II A. 6. b.)
  - Athletes are permitted to lose/gain a maximum of 1 KG after the official weigh in.
- q. Athletes are only allowed two official weigh-in opportunities.
- r. Weigh-ins will be conducted by same sex officials and no members of the opposite gender are to be present.
  - If this is not possible due to unforeseen circumstances, then the following apply: Male Officials weigh-in female athlete – one additional female must be present; Female Officials weigh-in male athlete – one additional male must be present

## 2. Official Medical

- a. A qualified Canadian physician must complete each athlete's pre-bout medical exam.
- b. The attending physician will meet with the event CO prior to commencing the exams.
- c. In a single bout format competition the medical exam will be scheduled no more than 3 hours before the commencement of the competition.
- d. In a single bout format competition the medical exam will be completed no less than 60 minutes hours prior to the commencement of the competition.
- e. The medical examiner will use the KO Pre-Bout examination form. The KO form must be stored for 7 years after the event.



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- f. The physician is strongly encouraged to use the event EMTs to assist in the pre-bout medical exams to ensure exams are conducted accurately and within the allotted time.
- g. The medical doctor has the authority to declare an athlete unfit to compete.
- h. The medical exam must be conducted in a manner to ensure privacy and confidentiality.

## B. Competition Requirements

1. The overall duration of any single bout competition is 3 hours and 30 minutes. The time measurement shall be taken from the time the event is scheduled to begin.
2. In a tournament format competition, each competition period cannot exceed 4 hours.
3. In a tournament format competition – there cannot be more than 3 competition periods per day.

## C. Bout Requirements

1. Regulation bouts are 3 x 2 minute rounds, with a 1 minute rest between rounds.
2. Time is only stopped upon the command of the referee.
3. Title bouts are to be 4 or 5 rounds, depending on the title.
  - a. Provincial and Regional title are 4 rounds.
  - b. National titles are 5 rounds.
  - c. Prestige non-title bout can be 4 rounds, on the approval by KO.
  - d. Junior title bouts are 3 rounds only.
  - e. Intermediate title bouts are 4 rounds only.
4. The athletes will touch gloves (shake hands) at the beginning of the bout only. No touching of gloves is permitted during the bout or between rounds.

## D. Coaching Requirements

1. Only three corner people are allowed in the athlete's corner – one coach and two seconds.
2. All three corner people must have fulfilled all registration requirements.
3. One of the 3 approved corner people must be from the KO club of the participating athlete.



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4. A minimum of 2 corner people must be in each corner.
5. During rest periods, the main coach is allowed in the ring; one second is allowed on the canvas – outside the rope; One second is allowed on the floor – outside the ring.
6. During the progress of any round, all coaches or seconds must be a minimum of ½ meter distant from the ring.
  - a. Before the beginning of any round all towels, buckets and stools must be removed from the ring and platform completely.
  - b. The coach and seconds must be seated during the progress of the round with their heads no higher than the bottom rope.
7. Any form of communication (eg. talking, hand singles, etc.) between any of the corner persons and the athlete or spectators is not permitted during the progress of any round.
  - a. A second may be disqualified for coaching during rounds and may not be replaced.
  - b. A coach may be disqualified for coaching during rounds and can be replaced by the second that is already in the corner for that bout.
8. Coaches and seconds must wear full athletic pants and athletic shirt, t-shirt or jacket.
  - a. Hats, tank-tops, or shorts are not permitted
9. The use of any pharmaceutical drugs or local anesthetics by the coach or seconds is forbidden.



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## IV. SCORING REQUIREMENTS

### A. Full Contact Kickboxing Rules

1. Scoring Areas
  - a. Front and sides of head and body, feet (sweeps).
2. Scoring Techniques
  - a. All techniques delivered with the white scoring part of the glove
  - a. Legal kicks must land with the lower leg area which is defined as the ankle, shin, foot, toes, heel and bottom of foot area and constitutes the padded and non-padded areas.
  - b. Legal sweeps must land with the inside or outside of the padded area of the foot onto the inside or outside padded area of the opponent foot.
  - c. All techniques must land with impact to score.
3. Illegal Scoring Areas
  - a. Back of head, spine, throat, groin, joints, upper and lower legs
4. Illegal Scoring Techniques
  - a. Spinning back-fist and techniques not delivered with the scoring techniques listed in 2.

### B. Low-Kick Kickboxing Rules

1. Scoring Areas
  - a. Front and sides of head and body, feet (sweeps) and kicks to the inside and outside of the thigh area (upper leg).
  - b. All kicks delivered to the upper legs must be 3cms above the knee.
2. Scoring Techniques – same as A.
3. Illegal Scoring Areas – same as A with the exception of the upper leg.
4. Illegal Scoring Techniques – Same as A.



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## C. K1 Rules

All areas contained within the KO Rules and Regulations document apply to the discipline of K1 – except those listed below in this section. Any item below will overrule a related section in the document.

1. Scoring Areas
  - a. Front and sides of head and body
  - b. Inside and outside of upper leg – below waist and 3 cm above the knee
  - c. Inside and outside of lower leg – 3 cm below knee and 3 cm above ankle
2. Scoring Techniques
  - a. All techniques delivered with the white scoring part of the glove
  - b. All techniques delivered with the padded part of the feet pads
  - c. All techniques delivered with the padded part of the shin pads
  - d. All techniques delivered with the bottom of the foot (non-padded area)
  - e. Leg catch retaliation – An athlete can execute a legal scoring technique while holding a leg, but is not permitted to take more than three steps while holding the leg.
  - f. Foot sweeps are legal techniques.
3. Illegal Scoring Areas
  - a. Back of head, spine, throat, groin, joints
4. Illegal Scoring Techniques
  - a. Spinning back fist, any technique not delivered with the scoring techniques in 2.
5. Clinching
  - a. Clinching is permitted in amateur K1 rules where it is defined as, ‘holding any part of an opponent’s upper body (head, neck, arms) while in standing position.’
  - b. Clinches are only permitted for a 5 second duration. The referee will break a clinch after 5 seconds regardless of activity level.
  - c. Clinches must occur when athletes are facing each other.
  - d. The referee will break a clinch if the athletes are not in front of each other’s arms or separated beyond 90 degrees from center line, or if one athlete is in a vulnerable position.



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- e. During a clinch, scoring techniques are permitted – same point value.
  - f. The referee will halt a clinch if one athlete's body is positioned in a way which could result in unnecessary risk for injury.
  - g. The following are not permitted:
    - 1. headlocks,
    - 2. grinding with the elbow into the neck or face,
    - 3. grinding with the forearm into the neck/throat  
(ie grinding with the palm of the glove or forearm into the face in order to break a clinch is permitted, as is grinding with the elbows into the chest, biceps, etc allowed)
    - 4. arm/joint locks, choke holds, holding the ropes, locking the opponent's legs,
    - 5. breaking a clinch by back-breaking,
    - 6. Ploughing (an athlete may take up to two steps while delivering a legal technique).
  - h. During a clinch an athlete can spin their opponent to the mat using their upper body only, without a reaping or hip throw – scoring value is 2 points.
  - i. Foot sweeping and kicking techniques are permitted to the support leg while the opposing leg is caught – scoring value is 2 points, if a throw is achieved. (The caught leg must be released as the person begins to fall otherwise no points are awarded, if the leg is not released, a warning will be applied).
  - j. During a clinch straight punches are not permitted.
  - k. Failure to break a clinch when instructed will result in a penalty.
  - l. Illegal techniques such as knees to the spine or punches to the back of the head will result in a foul.
  - m. Failure to effectively defend oneself in the clinch through ducking or turning away will result in a foul.
6. Differences between Muay Thai and KO Amateur K1
- a. The Wai Kru is not permitted.
  - b. Traditional Thai music cannot be played during the course of each round.
  - c. Any form of arm bracelets or head coverings is not permitted.
8. Chest Protectors
- a. Must be supplied by the Event Coordinator for all bouts that require them.
  - b. Mandatory for junior A and junior B (novice and open) athletes.
  - c. Mandatory for pre-novice intermediate athletes



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- d. Optional for novice intermediate athletes – unless competing with a pre-novice
- e. Not permitted for intermediate open class and any senior class of athletes.

## V. OFFICIATING REQUIREMENTS

### A. Attire

- 1. All officials must be dressed in black trousers (dress pants only), black shoes and a KO shirt.
- 2. Officials are representatives of KO while fulfilling their duties. As such, it is required that they meet the Code of Conduct guidelines during the tenure of any event.
- 3. Officials that are not carrying out their duties at an event should remove their official attire.

### B. Scoring Rounds

- 1. Judging a round is based on the following:

Punch to head or body	1 pt
Kick to body	1 pt
Sweep (unbalances opponent)	1 pt
Kick to head	2 pt
Jump kick to body	2 pt
Jump kick to head	3 pt
Kick to leg (Thai and Low kick)	1 pt
Knee to body/leg (Thai)	1 pt
Thai throw from clinch (Thai)	2 pt

- b. Legal punches must land with the white padded area of the glove only
- c. Legal kicks must land with the foot/shin area which is defined as the shin, ankle, top, sides, and toes, heel and bottom of foot area and constitute the padded and non-padded areas.
- d. Legal sweeps must land with the padded area of the foot onto the padded area of the opponent foot.



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2. Scoring with a Clicker System
  - a. The three ringside judges keep score of the points throughout the duration of the round.
  - b. At the completion of the round the scores are scored as **Total Points**.
  - c. The total points score is converted to the **Graded Point** system according to the equation:
    - i. Difference of 2 points or less - 10-10 scoring
    - ii. Difference of between 3-6 points - 10-9 scoring
    - iii. Difference of 7 points or more - 10-8 scoring

## C. Infractions - Fouls

1. The following are illegal infractions:

Kicks below the waist (Low kick and K1 excepted)
Throwing (K1 excepted – Upper body legal throws permitted only)
Elbow/knees (Knees permitted to body and legs in K1)
Techniques to knees, lower leg, spine, back of head, groin area, neck
Spitting out mouth guard
Clinching (Permitted in K1)
Holding kicking leg
Holding ropes
Attacking a downed opponent
Spinning back fist
Blind techniques
Punching with non-padded part of glove
Talking
Failing to fight
Pushing
Not listening to referee

## D. Scoring Fouls

1. Intentional fouls
  - a. Referee can automatically give an athlete an official foul (2 clicks added to opponent)
  - b. Referee can automatically disqualify (DQ) an athlete
    - i. The decision to penalize and/or disqualify an athlete is based on the perceived intent and impact of the foul. The referee shall confirm with the CO of the event when making such decisions.



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2. Unintentional fouls
  - a. First foul - Referee gives one UNOFFICIAL warning (no pts deducted)
  - b. Second foul – Referee gives one OFFICIAL foul (2 clicks added to opponent)
  - c. Third foul – Referee gives second OFFICIAL foul (3 clicks added to opponent)
  - d. Fourth foul – Referee disqualifies (DQ) athlete
  
3. All infractions (Official fouls) are accumulative

E.g. If athletes receive:  
One official warning for clinching  
One official warning for illegal technique  
One official warning for talking  
This is considered 3 official fouls – athlete is disqualified
  
4. All unofficial warnings are not accumulative

E.g. If an athlete receives:  
One unofficial warning for spitting out mouthpiece  
One unofficial warning for talking  
One unofficial warning for clinching  
These are considered as 3 unofficial warnings on separate infractions
  
5. Providing rest due to foul
  - a. If a foul negatively affects the physical state of an athlete, the referee can provide up to a maximum of 5 minutes of rest for the affected athlete.
  - b. If the athlete is unable to continue after the 5-minute rest period, the referee and the Chief Official must make a decision on the outcome of the bout. The following are suggested:
    - a. If the foul was deemed unintentional and deemed not to have significant impact, the affected athlete should lose the bout by RSC (safety)
    - b. If the foul was deemed intentional than the affected athlete should be declared the winner by DQ.
    - c. If the foul was deemed unintentional but is deemed to have significant impact the affected athlete should win by DQ.



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## E. Scoring Knockdowns/Standing 8 counts

1. If a referee issues a standing 8 count due to a knocked down or for a safety call the following procedure shall occur:
  - a. The Chief Official will make a note of the standing 8 count on their bout documents.
  - b. Each judge will make a note of the standing 8 count on their round card.
  - c. Each judge will award 2 clicks to the opponent that caused the standing 8 count.

## F. Scoring Bouts

1. Referee does not score the bout
  - a. He/she controls the bout
  - b. He/she issues infractions
  - c. He/she has the right to stop a bout
2. The winner for EACH JUDGE has a greater total accumulative points (all rounds added together)

E.g. Judge A –           First round 10-9 (Blue Athlete)  
                                  Second round 9-10 (Red Athlete)  
                                  Third round 9-10 (Red Athlete)

Total accumulative score – 28-29 (Red Athlete) **Judge A scores the bout for the Red Athlete**

## G. Kicking Requirements

1. Athletes are expected to execute hard kicks consistently throughout the duration of each round.
2. The kicks must be thrown with the intent of landing on scoring areas and land with impact.
3. Kicks may be blocked by the opponent, however the intent must be evident.
4. Failure to kick consistently throughout a round will result in a penalty.



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## H. Types of decisions

- a. Unanimous decision: 3 judges score the bout for one athlete
- b. Majority decision: 2 judges score the bout for one athlete  
1 judge scores the bout a draw
- c. Split decision: 2 judges score the bout for one athlete  
1 judge scores the bout for the other athlete
- d. Draw: 3 judges score the bout even
- e. Majority Draw: 2 judges score the bout even  
1 judge scores the bout for one athlete

## I. Premature ending of bout

1. A bout can be halted under specific conditions prior to the competition of the scheduled rounds. These conditions are: Knock out - KO; Referee Stops Contest - RSC (safety) - RSC (injury)
2. Some of these conditions carry a suspension period and/or specific requirements to continue competition.
3. It is the requirement of the athlete and coach to understand these conditions and adhere to these in the club environment and in future competitions.

*For more information on these categories please see Safety requirements Section VII.*

## J. Protests

1. The scoring of the judges are final
2. An official protest at the event will be allowed under the following conditions:
  - a. Protests must be directed to the Chief Official only, at the end of the competition.
  - b. Protest must only be presented by the coach of the athlete only.
  - c. The protest must be accompanied by a fee of \$100 cash
  - d. The CO will address the protest after the event, when appropriate to do so.



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- e. Protest must state reason for protest with **decorum**.
  - f. The CO has the authority to not address the protest if it is not presented appropriately.
  - g. Protest will only be allowed for the following conditions:
    - i. Belief that the addition of score cards was faulty
    - ii. Belief that judges mixed up corners
    - iii. Belief that a KO rule was violated – that directly resulted in decision
    - iv. Belief that an illegal agreement has been entered into
  - h. If the protest is found to be valid and the decision is changed then the payment will be returned, the athlete passports will be corrected and an incident report completed.
  - i. If the protest is found not to be valid then the protest will be closed by the CO and an incident report completed. The payment and report will be forwarded to the CSC office by the CO.
4. An official protest can be made to KO after the competitive event for the following 2 reasons only: (1) objection of the scoring; (2) official's actions affecting the decision.
- a. The protest must be done in writing only, sent via registered mail within 72 hours of the event with a money order of \$250 payable to Kickboxing Ontario.
  - b. The protest can only be made by a registered coach or official.
  - c. The PSO will appoint a 3 person committee to address the issue.
  - d. If the protest is due to the scoring of a bout – the committee will re-score the bout with the KO video footage only. The re-scoring of the bout will be final.
  - e. When the committee re-scores bouts – they determine, in their capacity, if the original judges scoring of the bout was grossly inaccurate. If this assessment is made then the bout decision is overruled. If the committee feels that the bout scoring was close and the original decision was a fair assessment of the bout, the outcome is not overruled.
5. If a protest is found to be valid and results in the change of the bout outcome, the following procedure will be completed:
- a. The athletes involved (and their coaches) will be notified and provided the results of the protest.



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- b. The PSO will be notified and requested to address the issue within their officiating committee and provide re-training, mentoring or suggestions to the officials involved.
- c.
- d. A refund of \$150 will be provided to the initiator of the protest for protests due to official's errors.
- e. No refund is provided for changes to bout decisions due to re-scoring bouts.

## K. Exhibitions

Exhibitions are not approved by CSC.

## V REFEREE REQUIREMENTS

### A. Attire

1. The referee must be dressed in black trousers, black shoes, a KO shirt and a black tie.
2. The referee must wear rubber surgical gloves that are in good order.
3. The referee is the representative of KO while fulfilling his/her duties.
4. The referee that is not carrying out his/her duties at an event should remove their official attire.

### B. Pre-Bout Role

1. The referee must enter the ring before any athlete enters the ring.
2. The referee must walk from corner to corner examining the ring floor for cleanliness and to ensure that the ropes are secure.
3. The referee must indicate to the Chief Official if any aspect of the ring requires maintenance.



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## C. Athlete Inspection

1. The referee shall inspect each opponent according to the Referee Protocol
2. The referee shall start/end each athletes' Inspection with the appropriate commands

**Command – '(Color) inspection.'**

**Command – '(Color) inspection complete'**

## D. Commencing Bout

1. The referee will fulfill the official's checks according to the established protocol.
2. The referee will begin the bout with the command:

**COMMAND – 'BOX/KICKBOX/THAIBOX'**

## E. Bout Activity

1. The referee will observe the athletes and ensure that they are engaging in the particular discipline of KO kickboxing with correct legal techniques.
2. The referee will position themselves so that they do not interfere with the bout but so that they can step between athletes to halt bout if required.

## G. Commands

1. The Referee is required to fulfill all COMMANDS and signals according to established KO protocols.
2. The referee is required to use their voice for the COMMANDS – BREAK – STOP and KICKBOX.
3. The remainder of the COMMANDS requires only the use of the appropriate KO hand signals.

## H. Break/Stop

1. The command 'BREAK' requires that both athletes immediately stop activity and take one full step away from each other and then resume the bout. The referee is not required to verbally commence the bout.
2. The command 'STOP' requires that bout athletes immediately stop activity, take one full step away from each other and disengage from competition and await instruction from the referee.



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## I. Ending Rounds

1. Upon hearing the round indicator the referee COMMANDS – ‘STOP’ and directs athletes to their respective corners.
2. The referee collects the three judges’ score cards and checks them for correct notations.
3. The referee takes the score cards to the Chief Official for review and recording.
4. The referee then moves to one of the neutral corners during the rest period.
  - a. The referee can briefly remind any corner if they are close to a disqualification due to infractions or if they are not executing techniques with appropriateness.
  - b. The referee can briefly remind any coaches if they are close to being dismissed for coaching during the round or are failing to follow correct protocol.

## J. Ending Bouts

1. The referee reviews the final scoring provided by the Chief Official.
2. The referee directs both athletes to the center of the ring and stands between them.
3. The referee takes one step backwards and raises his/her hand towards the athlete that has won.
4. The referee directs the athletes to the ringside doctor for the post-bout inspection.

## K. Downs

1. A knock down occurs under the following conditions:
  - a. When any part of the body touches the canvas other than the feet due to the impact of a legal technique that lands on a legal target area.
  - b. When any part of the body is forced outside of the ropes or partly outside of the ropes due to the impact of a legal technique that lands on a legal target area. If the ropes were not present the athlete would have fallen on the canvas.
  - c. When the athlete falls on the ropes due to the impact of a legal technique that lands on a legal target area.
2. The following will occur upon any knockdown:



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- a. The opponent must immediately move to the closest neutral corner or the neutral corner that the referee instructs them to go to. They will stay in the corner facing the inside of the ring so they are visible to the referee.
- b. The referee shall face the downed athlete and count aloud from one to eight with intervals of a second between each number. The referee shall indicate each number with their fingers so that the athlete can see the count.
- c. If the opponent does not move to the neutral corner immediately, the referee will stop counting and instruct the opponent to do so. The counting shall continue where it was stopped.

## 3. Resuming the Bout

- a. The athlete must stand up before the number eight is reached by the referee, make eye contact with the referee and raise their arms into a boxing position indicating that they are okay to continue.
- b. The referee will ask them to take three steps forward, which they must do with balance.
- c. The referee will ask them if they are able to continue, which they must verbally say yes, and nod their head.
- d. If the 3 conditions above are met, and if the referee feels the athlete has the ability to continue, they can resume the bout.
- e. The referee cleans the downed athlete's gloves first and then motions to the opponent to move to the center of the ring.
- f. The referee ensures that the athletes are a minimum of 2 meters apart and then begins the activity with the command ' BOX/KICKBOX/THAIBOX'

## 4. Ending the Bout after a Down

- a. If the downed athlete stands up before the count of eight is reached but the referee determines that the athlete is visibly injured when they reach the count of eight, they will continue the count till the number 10. Once the number 10 is reached they will make the hand signal for a DQ. The bout results in a **RSC (injury)**
- b. If the downed athlete is motionless during the count and the referee feels that they are unconscious, the referee will stop the count at 4, make the motion of a DQ and quickly call in the doctor into the ring. The bout results in a **KO decision.**

- i. No other persons are allowed into the ring before the doctor.
- ii. The referee is not to move the downed athlete



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- c. If the downed athlete is making a concerted effort to stand up during the count, the referee will continue the count. Once they reach eight, if the athlete has not stood up, the referee will continue the count till 10 and then make the motion of a DQ and quickly call the doctor into the ring. The bout results in a **KO decision**.
  - i. No other persons are allowed into the ring before the doctor.
  - ii. The referee is not to move the downed athlete
- d. If the downed athlete stands up before the count of eight, the referee can end the bout by **RSC (injury)** under the following conditions:
  - i. The athlete does not raise their hands in a boxing position and make eye contact with the referee.
  - ii. The athlete is unable to complete the task of walking forward and/or answering the referee's question to resume the bout.

## L. Additional Commands

1. Coaches Infractions (Speaking during rounds)
  - a. If a coach is seen talking the referee will call 'BREAK' to halt the bout.
  - b. The referee will point to the offending coach with index finger and make eye contact and then place his/her finger over his/her lips (signaling silence).
  - c. The referee will then commence the bout with 'BOX.'
  - d. If the Coach is seen talking a second time the referee will again halt the bout and then point at the offending coach with index finger and single the coach to leave the corner.
  - e. The Chief Official is responsible to ensure that the coach is no longer in the athlete's corner and that there is a replacement for the athlete.

## VI COACHING REQUIREMENTS

### A. Registration

1. All coaches acting as corner persons must have their annual coaching card on their possession during all competitive events.
2. Coaches are required to complete the following requirements:
  - a. Register annually
  - b. Take a minimum of a Level I Coaching Course
  - c. Provide evidence of a Police Screen (with a vulnerably sector search) – required every 3 years



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## B. Attire

1. All coaches and seconds must be dressed in full athletic wear. This includes full-length athletic pants, running shoes and a sport shirt (eg. T-shirt). Corner jackets are permitted.
2. No hats of any kind may be worn
  - a. Religious apparel is permitted but must be requested in writing prior to the competition.
3. Shirts with any offensive messages or images are not permitted.
4. If a coach or second does not have the appropriate attire the referee and/or chief official will inform them at which point they will be given 60 seconds to fulfill the requirements or resign from the cornering duties. If the notified coach/second is not dressed appropriately, the athlete will be disqualified.

## C. Positioning

1. Only three people are allowed in the athlete's corner – one coach and two seconds.

During rest periods – *The main coach is allowed in the ring*  
*One second is allowed on the canvas – outside the rope*  
*One second is allowed on the floor – outside the ring*
2. During the progress of rounds, coaches and seconds must be a minimum of ½ meter distance from the ring.
  - a. Before the beginning of any round all towels, buckets and stools must be removed from the ring and platform completely.
  - b. The coach and seconds must be seated during the progress of the round with their heads below the level of the platform.
3. Any form of talking or coaching is not permitted during the progress of any round.
  - d. A second may be disqualified for talking during rounds and may not be replaced.
  - e. A coach may be disqualified for talking during rounds and can be replaced by a second.
4. All coaches and seconds must be registered members of CSC and have all taken a minimum of a Level I coaching certification course.

## VII. HEALTH and SAFETY REQUIREMENTS

### A. Standing 8 Counts



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A standing '8' count is designed to protect the safety of the athlete by allowing the referee to assess the affected athlete and determine if he/she is fit to continue the bout. The following require the issuing of a standing '8' count:

1. An athlete receives an unprotected legal scoring technique to the head, which directly results in the head snapping back a minimum of 45 degrees from the perpendicular axis. The movement of the head must be due to the impact of the legal technique and not due to a push.
2. An athlete receives an unprotected legal scoring technique to the head, which directly results in the head rotating 45 degrees or more from original position. The rotation of the head must be due to the impact of the legal technique and not due to a push.
3. An athlete receives an unprotected legal scoring technique to any legal target area and is visibly affected immediately or within the next few moments. This can include any of the following – signs of dizziness or lack of balance; loss of muscular control; or unable to focus on the opponent.
4. An athlete receives 4 consecutive unprotected scoring techniques to any legal target area.
5. An athlete is retreating and receives 2 unprotected legal scoring techniques on a minimum of 3 concurrent occasions during the advancement of the opponent without any legal scoring technique retaliation.
6. Any part of the body touches the canvas due to the impact of a scoring technique that lands on a legal scoring area. The only exception is that of a legal sweep.
7. Any part of the body falls on the ropes or goes in between the ropes due to the impact of a legal technique that lands on a legal target area.

## B. Premature Stoppages

The following are the types of stoppages and the requirements imposed by CSC and all provincial/territorial affiliates:

1. **Knock-Outs (KO)** – The following are conditions that result in a KO decision:
  - a. An athlete is downed due to the impact of a legal technique on a legal target area and is in a state of unconsciousness.
  - b. An athlete is downed due to the impact of a legal technique on a legal target area and is conscious but is unable to stand by the count of 8.
2. The following protocol must be followed for a **KO decision**:



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- a. The doctor shall be brought into the ring to examine the athlete and make the appropriate decision for the immediate care of the athlete.
  - b. The athlete shall be examined immediately afterwards and accompanied to their home or suitable accommodation by the coach of the athlete, or by his coach and guardian if they are a minor.
  - c. A notation of a KO must be inputted in the athlete's passport by the doctor/chief official. In addition, the Chief Official shall indicate in the passport and the final bout documents, the suspension period (start and end) and the requirement of a medical note to resume kickboxing after the suspension period is completed.
  - d. The KO'd athlete is not required to stay in the ring for the official decision and should be taken to the dressing room for a neurological assessment by the event doctor.
  - e. The athlete is not permitted to participate in a sanctioned competition or club sparring for a 60 day period after the date of the KO decision.
  - f. The athlete is only permitted to resume kickboxing after the 60 day rest period once they have taken a special examination and are certified by a qualified doctor of medicine to be fit to engage in kickboxing competition. This letter must be provided to the club coach, the KO office and the provincial affiliate.
  - g. An athlete that has received two KO results in a period of one year shall not take part in competition or sparring for a period of 120 days.
  - h. An athlete that has received three KO results in a period of one year shall not take part in a competition or sparring for a period of one year from the third KO.
  - i. Any athlete that has suffered a KO must comply with any recommendations made by the doctor for further examination.
3. **RSC (injury)** – The following are conditions that result in a RSC (injury) decision:
- a. An athlete is downed due to the impact of a legal technique on a legal target area is able to stand by the count of 8 but the decision of the referee, doctor or chief official is to stop the bout.
  - b. An athlete is downed three times during a bout.
  - c. The athlete is visually injured and the doctor determines that they require medical assessment.
4. The following protocol must be followed for a **RSC (injury)** decision:
- a. The doctor shall be brought into the ring to examine the athlete and make the appropriate decision for the immediate care of the athlete.
  - b. The athlete shall be examined immediately afterwards and accompanied to their home or suitable accommodation by the coach of the athlete, or by his coach and guardian if they are a minor.



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- c. A notion of a RSC (injury) must be inputted in the athlete's passport by the doctor/chief official. In addition, the Chief Official shall indicate in the passport and the final bout documents, the suspension period (start and end) and the requirement of a medical note to resume kickboxing after the suspension period is completed.
  - d. The athlete is not required to stay in the ring for the official decision and should be taken to the dressing room for an assessment by the event doctor.
  - e. The athlete is not permitted to participate in a sanctioned competition or club sparring for a 30 day period after the date of the RSC (injury) decision.
  - f. The athlete is only permitted to resume kickboxing after the 30 day rest period once they have taken a special examination and certified by a qualified doctor of medicine to be fit to engage in kickboxing competition. This letter must be provided to the club coach, the KO office and the provincial affiliate.
  - g. The event doctor can indicate if an additional examination is required by the athlete before they are permitted to engage in competition or sparring.
5. **RSC (safety)** - The following are conditions that result in a RSC (safety):
- a. An athlete receives three standing 8 counts in a bout.
  - b. A coach throws in the towel to stop the bout.
  - c. An athlete motions to the referee, coach or opponent that they do not wish to continue.
  - d. An athlete receives a standing 8 count (but is not knocked down) however is visible injured or deemed unfit to continue by the referee, doctor or chief officials.
6. The following protocol must be followed for a **RSC (safety)** decision:
- a. A notion of a RSC (safety) must be inputted in the athlete's passport by the doctor/chief official.
  - b. The event doctor can indicate if an additional examination is required by the athlete before they are permitted to engage in competition or sparring.

## C. Procedure after a KO

1. The athlete must be examined at the conclusion of the competition.



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2. If they show a neurological deficit they are to be sent with a note detailing the deficit with their coach and guardian (if they are a minor) to the nearest Emergency Room of the closest hospital.
3. If the athlete shows no neurological deficit they may be sent home in the company of a companion but the athlete is not to drive a motorized vehicle.
4. The athlete is to be provided a 'Head Injury Sheet' by the Chief Official indicating the areas they and their companion must observe over the next 24-48 hours. These include:
  - a. Increased drowsiness
  - b. Difficulty in rousing the athlete
  - c. Vomiting or nausea
  - d. Continued headache
  - e. Clear fluid or bleeding from ear or nose
  - f. Weakness in limbs
  - g. Convulsions
5. The athlete should only consume clear fluids for 8-12 hours after the injury.
6. No alcohol, sedatives, tranquillizers, sleeping pills or aspirin should be taken by the athlete.



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