



# **GAMMA-India**

## **K1 Rule-set**

## MINIMUM & MAXIMUM AGE LIMIT FOR ATHLETES

- Kids: 8 to 9 years
- Pre-Cadets: 10 to 11 years
- Cadets: 12 to 13 years
- Juniors: 14 to 15 years
- Teenager: 16 to 17 years
- Adults: 18 years and older
- Veterans: 40 years and older

## WEIGHT CATEGORIES

<b>Kids 8-9 years</b> <b>Boys &amp; Girls Weight Categories</b> Separate by gender - 18,0 kg   - 39,7 lbs - 21,0 kg   - 46,3 lbs - 24,0 kg   - 52,9 lbs - 27,0 kg   - 59,5 lbs - 31,0 kg   - 68,3 lbs - 34,0 kg   - 75,0 lbs - 37,0 kg   - 81,6 lbs - 41,0 kg   - 90,4 lbs - 45,0 kg   - 99,2 lbs + 45,0 kg   + 99,2 lbs	<b>Younger Cadets 12-13 years</b> <b>Boys &amp; Girls Weight Categories</b> Separate by gender - 31,0 kg   - 68,3 lbs - 34,0 kg   - 75,0 lbs - 37,0 kg   - 81,6 lbs - 40,0 kg   - 88,2 lbs - 44,0 kg   - 97,0 lbs - 48,0 kg   - 105,8 lbs - 52,0 kg   - 114,6 lbs - 57,0 kg   - 125,7 lbs +57,0 kg   + 125,7 lbs
<b>Older Cadets 14-15 years</b> <b>Boys &amp; Girls Weight Categories</b> Separate by gender - 40,0 kg   - 88,2 lbs - 44,0 kg   - 97,0 lbs - 48,0 kg   - 105,8 lbs - 52,0 kg   - 114,6 lbs - 57,0 kg   - 125,7 lbs - 62,0 kg   - 136,7 lbs - 67,0 kg   - 147,7 lbs - 72,0 kg   - 158,7 lbs +72,0 kg   + 158,7 lbs	<b>Pre-Cadets 10-11 years</b> <b>Boys &amp; Girls Weight Categories</b> Separate by gender - 27,0 kg   - 59,5 lbs - 31,0 kg   - 68,3 lbs - 34,0 kg   - 75,0 lbs - 37,0 kg   - 81,6 lbs - 41,0 kg   - 90,4 lbs - 45,0 kg   - 99,2 lbs - 50,0 kg   - 110,2 lbs +50,0 kg   + 110,2 lbs
<b>Juniors 16 - 17 years / Adults 18 – 40 years / Veterans 41+</b>	
<b>Male Weight Categories</b> - 52,2 kg   - 115 lbs - 56,7 kg   - 125 lbs - 61,2 kg   - 135 lbs - 65,8 kg   - 145 lbs - 70,3 kg   - 155 lbs - 77,1 kg   - 170 lbs - 83,9 kg   - 185 lbs - 93,0 kg   - 205 lbs + 93,0 kg   + 205 lbs	<b>Female Weight Categories</b> - 47,6 kg   - 105 lbs - 52,2 kg   - 115 lbs - 56,7 kg   - 125 lbs - 61,2 kg   - 135 lbs - 65,8 kg   - 145 lbs - 72,6 kg   - 160 lbs + 72,6 kg   +160 lbs

## **DURATION OF BOUTS**

1) Kids: 8 to 9 years  
Pre-Cadets: 10 to 11 years  
2 min, 2 round & 1 min break

2) Cadets: 12 to 13 years  
Juniors: 14 to 15 years  
Teenager: 16 to 17 years  
2 min, 3 rounds & 1 min break

3) Adults: 18 years and older  
Veterans: 40 years and older  
3 mins, 3 rounds & 1 min break

## **REFEREE & JUDGES COMMITTEE**

The referee committee (Officials) for one combat area at international tournaments consists of:

- One (1) Referee inside the combat area
- Three (3) Judges scoring the fight, evenly distributed around the combat area
- One (1) Technical assistant - Timekeeper
- One (1) Technical assistant – Scorecard keeper
- One (1) Doctor

## **ATHLETE EQUIPMENT & ATTIRE**

1. Gloves and shingpads compulsory for all amateur fights
2. Mouth piece compulsory
3. Groin protectors compulsory for all male athletes optional for female athletes
4. Handwraps strictly prohibited for 18 and below athletes. Optional for athletes 18+
5. Only neoprene sleeves on the ankles and knees are allowed
6. Tight fitting T shirts/Rashguards must be worn by all athletes. Kids, Pre-Cadets, Cadets & Juniors T shirts/Rashguards compulsory. 16+ T shirts for male athletes is not allowed.
7. Full sleeves T shirts/Rashguards are not allowed
8. Shorts/Tights compulsory for all athletes. Length of Shorts/tights must be such that it is above the knee
9. Full length Tights/track pants are not allowed
10. Head gear & chest protectors are not allowed.
11. No threads, body tapping, piercings, ornaments, head bands, etc or any other external objects are to be worn or carried by an athlete into the fight area

## **JUDGING CRITERIA**

-All bouts will be evaluated and scored by three (3) judges.

- The 10 Point Must System will be the standard of scoring a bout.
- Under the 10-Point Must Scoring System, 10 points will be awarded to the winner of the round and nine points or less will be awarded to the loser, except for a rare even round, which is scored (10-10).
- Judges shall evaluate Martial Arts techniques with the most weightage in scoring awarded to effective striking. Clinching and control of the combat area.

## **SCORING CRITERIA**

- A round is to be scored as a 10-10 Round when both contestants have competed for whatever duration of time in the round and there is no difference or advantage between either athlete. A 10-10 Round should be a very rare exemption.
- A round is to be scored as a 10-9 Round when an athlete wins by a close margin; where the winning athlete lands the better strikes during the round
- A round is to be scored as a 10-8 Round when a contestant wins the round by a large margin by technical dominance, and duration of striking in a round.
- A round is to be scored as a 10-7 Round when an athlete is completely dominated by technical dominance and duration of striking in a round.

## **DECISIONS**

### 1) Technical Knockout (TKO)

#### A) Referee Stoppage

The referee stops the contest because the athlete is knocked down by a clean strike or kick to the

head and is not intelligently defending himself/herself.

- Due to Strike
- Laceration
- Corner Stoppage
- Did not answer the bell

#### B) Medical Stoppage

- Laceration
- Doctor Stoppage
- Loss of control of bodily function (vomit, urine, faeces)

### 2) Knockout (KO)

The referee stops the contest because the athlete cannot intelligently defend him/herself due to Strikes

### 3) Disqualification

When an injury sustained during the bout because of an intentional foul is severe enough to terminate the bout.

Multiple fouls have been assessed and/or there is flagrant disregard for the rules and/or referee's commands.

#### 4) No Contest

When a bout is prematurely stopped due to accidental injury and insufficient time has not been completed to render a decision via the score cards.

#### 5) Counts/Knockdowns

For athletes that are 16 and below, 2 counts overall in a fight the fight is over

For athletes that are 16 and above, 3 counts overall in a fight the fight is over

### **DECISIONS**

#### -Unanimous Decision

When all three judges score the bout for the same athlete.

#### -Spilt Decision

When two judges score the bout for one athlete and one judge scores for the opponent.

#### -Technical Decision

When a bout is prematurely stopped due to injury from an accidental foul and an athlete is leading on the score cards.

### **DRAWS**

#### -Unanimous Draw

When all three judges score the bout a draw.

#### -Majority Draw

When two judges score the bout a draw.

#### -Spilt Draw

When all three judges score differently and the score total results in a draw.

#### -Technical Draw

When an injury is sustained during competition as a result of an intentional foul and the bout was allowed to continue, subsequently requiring stoppage due to the injury from either a legal or illegal strike to the affected area after 1/2 of the scheduled rounds, plus 1 second has been completed, if the injured athlete is even or behind on the score cards at the time of stoppage, the decision is a Technical Draw.

### **FOULS**

#### -Butting with the head

The head may not be used as a striking instrument in any fashion. Any use of the head as a striking instrument whether head-to-head, head to body or otherwise is illegal.

#### -Eye gouging of any kind

Eye gouging by means of fingers, chin, or elbow is illegal. Legal strikes or punches that contact the athlete's eye socket are not eye gouging and shall be considered legal attacks.

-Biting or spitting at an opponent

Biting in any form is illegal. An athlete must recognise that a referee may not be able to physically observe some actions and must make the referee aware if they are being bitten by an opponent.

-Hair pulling

Pulling of the hair in any fashion is an illegal action. An athlete may not grab a hold of his opponent's hair to control their opponent in any way. If an athlete has long hair, they may not use their hair as a tool for holding or choking in any fashion.

-Takedowns/trips of any kind are illegal

-Trapping of kicks or knees is not allowed in any position/situations

-Hanging on an opponent in a clinch is not allowed

-For the age categories where knees are allowed,

a) only a single knee strike is allowed in a clinch. Multiple knees thrown in a clinch could lead to point deductions.

b) Multiple knees can be thrown if a clinch is not initiated by either fighter.

-Strikes to the spine or the back of the head;

The back of the head starts at the crown of the head with a one 1-inch (2,5 cm) variance to either side, running down the back of the head to the occipital junction. This area stretches out at the occipital junction (nape of the neck) to cover the entire width of the neck. It then travels down the spine with a one 1-inch (2,5 cm) variance from the spine's centreline, including the tailbone.

-Elbow strikes

All elbow strikes to any target in any position are strictly prohibited.

-Groin attacks of any kind

Any attack to the groin area including, striking, grabbing, pinching, or twisting is illegal. It should be clear that groin attacks are the same for male and female.

-Punching, Kneeing and/or kicking a grounded opponent is illegal

-Holding opponent's gloves or shorts

An athlete is not allowed to control their opponent's movement by holding onto their opponent's shorts or gloves.

-Straight forward or straight side kick to the knee of the opponent All straight kicks to the knees are not allowed.

-Timidity (avoiding contact, or consistently dropping the mouthpiece, or faking an injury)  
Timidity is defined as any athlete who purposely avoids contact with his opponent or runs away from the action of the bout. Timidity can also be called by the Referee for any attempt by an athlete to stall time or delay the action of the bout by falsely claiming a foul, injury, purposely dropping or spitting out their mouthpiece and any other action deemed to be the intention.

-Turning/showing back to an attacking opponent could lead to a warning or a count from the referee

-Use of abusive language in the combat area

The use of abusive language is not allowed during the competition. It is the sole responsibility of the Referee to determine when language crosses over the line to abusive. It should be clear that athletes can talk during a match. The mere use of auditory language is not a violation of this rule. Examples of abusive language would be (racially motivated or derogatory language).

-Flagrant disregard of the referee's instructions;

An athlete must follow the instructions of the referee at all times. Any deviation or non-compliance may result in the disqualification of the athlete.

-Attacking an opponent after the bell or break

The end of a round is signified by the sound of the bell (or horn) and the call of time by the Referee. Once the Referee has made the call of time, any offensive action initiated by the athlete shall be considered illegal.

-An athlete shall not engage their opponent in any fashion during a time-out or break of action in competition

Once the Referee has called for a stop of the action to protect an athlete who has been incapacitated or is unable to continue to compete in the bout, athletes shall cease all offensive actions against their opponent.

-Interference from an athlete's corner

Interference is defined as any action or activity aimed at disrupting the bout or causing an unfair advantage to be given to a corner's athlete.

Corners are not allowed to distract the referee or influence the actions of the referee in any fashion.

## **FOUL PROCEDURES**

If a foul is committed, the Referee shall:

-Call Time

- Check the condition and safety of the athlete who was fouled
- Assess the foul for potential point(s) deduction and/or time considerations
- No coaching of an athlete is allowed during time-outs

### **TIME CONSIDERATION**

- If a foul to the groin occurs and the athlete is able to continue, the fouled athlete may have up to five (5) minutes to recover.
- Athletes who are injured severely enough by a foul and require medical consultation may be given up to two (2) minutes, at the referee's discretion, for evaluation by the ringside physician before a decision to continue is rendered.
- At no time may a Referee call a timeout to evaluate the impact of a legal strike, other than when a laceration is present.



## **GAMMA INDIA KICKBOXING RULES**

<b>Details</b>	<b>Kids</b>	<b>Pre Cadets</b>	<b>Cadets</b>	<b>Juniors</b>	<b>Teens</b>	<b>Adults</b>
Age	8-9	10-11	12-13	14-15	16-17	18+
Power	Semi Contact	Semi Contact	Semi Contact	Semi Contact	Full Contact	Full Contact
Rounds	2 x 2mins	2 x 2mins	3 x 2mins	3 x 2mins	3 x 3mins	3 x 3mins
Counts	2	2	2	3	3	3
Punches to head	Yes	Yes	Yes	Yes	Yes	Yes
Punches to body	Yes	Yes	Yes	Yes	Yes	Yes
Punches to legs	No	No	No	No	No	No
Flying Punches	No	No	No	No	Yes	Yes
Kicks to head	No	No	No	No	Yes	Yes
Kicks to Body	Yes	Yes	Yes	Yes	Yes	Yes
Kicks to leg	Yes	Yes	Yes	Yes	Yes	Yes
Flying kicks	No	No	No	No	Yes	Yes
Clinch	No	No	No	No	Yes	Yes
Trips	No	No	No	No	No	No
Knees	No	No	No	No	No	1 knee per clinch
Elbows	No	No	No	No	No	No
Handwrap	No	No	No	No	Yes	Yes