



International Fight and Fitness Sports Federation

Kickboxing Competition Rules in IFSF

1. Weight Classes:

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Competitors are categorized into weight divisions to ensure fair matchups. Common weight classes include lightweight, middleweight, and heavyweight, with specific weight limits determined by the organizing body.

2. Scoring System:

- **Effective Strikes:** Points are awarded for clean and effective strikes to legal target areas, which typically include the head and torso.
- **Knockdowns:** A knockdown occurs when a fighter is knocked to the canvas from a legal strike. The downed fighter has a count administered by the referee, and points are usually awarded to the standing fighter.
- **Three Knockdown Rule:** Some competitions may enforce a three knockdown rule where a fighter knocked down three times in a round may be declared knocked out (TKO).

3. Techniques Allowed:

- **Punches:** Straight punches, hooks, and uppercuts.
- **Kicks:** Front kicks, roundhouse kicks, and low kicks to the legs.



- **Knee Strikes:** Knee strikes are allowed but typically to the body only.
- **Clinching:** Clinching is permitted but often limited in duration, and fighters are expected to actively work while in the clinch.

4. Duration of Matches:

- **Rounds:** Typically consist of three 3-minute rounds for amateur bouts and three 5-minute rounds for professional bouts.
- **Extra Rounds:** In the event of a draw, an extra round may be added to determine the winner.

5. Attire and Equipment:

- **Gloves:** Standard boxing gloves are worn, usually between 8 oz to 10 oz for lighter weight classes and up to 12 oz for heavier divisions.
- **Mouthguard:** Mandatory for all fighters.
- **Groin Protector:** Required for male fighters.

6. Prohibited Actions:

- **Headbutts:** Strictly prohibited.
- **Elbows:** Elbow strikes are generally not allowed.
- **Throws and Sweeps:** Techniques from grappling sports like throws and sweeps are not permitted.



7. Judging Criteria:

- Judges score rounds based on effective striking, knockdowns, aggressiveness, ring control, and defense. Emphasis is placed on clean techniques and effective use of scoring opportunities.

8. Refereeing and Officials:

- Matches are officiated by a referee who ensures adherence to the rules, safety of the fighters, and fair play. Additional judges score the bout from different angles around the ring.

9. Decision and Penalties:

- **Decision:** The winner of the match is determined by judges' scorecards or by knockout.
- **Penalties:** Fighters may receive warnings or point deductions for infractions such as low blows, excessive clinching, or unsportsmanlike conduct.

10. Anti-Doping Measures:

- Competitions may enforce anti-doping regulations, with random testing to ensure fair play and athlete safety.

11. Respect for Tradition:



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- **As with all combat sports, K1 kickboxing promotes respect for opponents, referees, and officials, with fighters expected to adhere to rules of fair play and sportsmanship.**