

# GLOBAL BOXING FEDERATION

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## CONTACT SPORTS - OFFICIAL AMATEUR RULEBOOK

Edition 2014, July

### INTRODUCTION

This Rulebook replaces all previously issued rules. It also reflects the official GBF Amateur Competition Rules.

These current rules are valid for all member states. Consideration can be given to local legal requirements and obligations if required.

The official language of the WRC is English. This Rulebook can be translated in to other languages by the WRC. In case of any discrepancies, the official English version shall prevail.

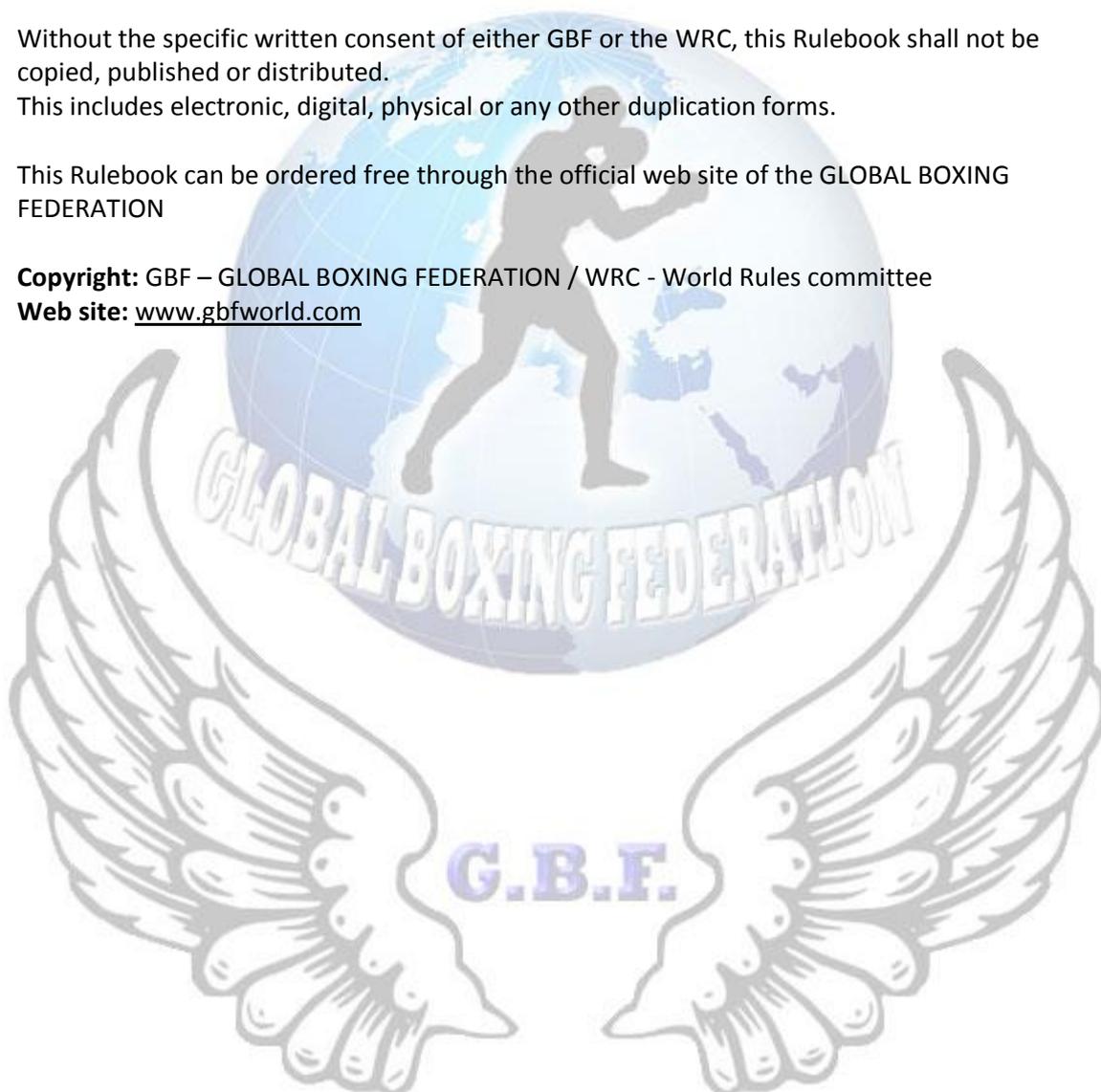
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# GLOBAL BOXING FEDERATION

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## 1. Part – General

### 1. GBF / WRC

#### 1.1. GBF

GBF is the GLOBAL BOXING FEDERATION, head office in Spain. The affiliated National Federations are members of the federation GBF.

The WRC is the World Rules Committee with head office by the current World head referee. The WRC consists of the GBF World Head Referee plus four elected Referees.

The WRC can make alterations or omissions to the existing rules, as well as implement new ones. The WRC can also be used as an arbitrary body in certain cases. The WRC also handles the Referee affairs at larger amateur tournaments.

The WRC members are elected on to the Committee from the GBF Head office only. If a member retires for any reason, the World Head referee can nominate a replacement, in acceptance of the GBF Head office only.

#### 1.2. Amateur Status

1.2.1 The term “Amateur” was previously used to group all fighters of the Full-Contact, Kick boxing or Thai-Boxing divisions.

It shall be used in this Rulebook to describe all Fighters that are not Professionals.

1.2.2 Fighters shall be considered Amateurs providing they do not meet one or more of the following conditions:

The fighter is under a professional contract.

The fighter has never participated in a tournament or gala of 5 rounds of 3 minutes (Thai-Box A - Class).

The fighter has never participated in a tournament or gala of more than 5 rounds.

The fighter is listed on a Pro-Rank list of one of the following, or similar organizations:

GBF, ISKA, WAKO Pro, WKA

(Organizations with similar character are also to be considered. The above list is an example, and not necessarily complete.)

1.2.3 If a fighter thinks that he/she is listed on a Pro-Rank list, and shouldn't be, he/she must report it to the National Federation, and to the Organization responsible for the list, to apply for a confirmation of his/her Amateur Status. The WRC will decide upon the application to remain classified as an Amateur. The Amateur status will be granted while the application is pending.

1.2.4 Non-Amateurs cannot participate on Amateur events. If the WRC is informed about a contradiction to this rule, one or more of the following actions can be taken:

a) Disqualification of the Non-Amateur

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- b) A ban/suspension. The WRC will decide upon the length of time.
- c) A fine of minimum 100 EUR
- d) Revocation of a title achieved. A revocation of a World Title requires the approval of the GBF HEAD OFFICE

## 1.3. Doping

1.3.1 It is not permitted to apply any substances to boost the performance, if such substance is banned by one of the appropriate Organizations as a doping substance (IOC, Anti-Doping Agency, National Olympic Committee, WADA etc.).

1.3.2 GBF, the WRC, the tournament Promoter and the Official Doctor can and may perform controls. With the authorization of the GBF, other qualified Organizations and persons may perform such controls where the law requires it.

1.3.3 Fighters that intentionally avoid, obstruct or evade such controls, or manipulate them in any way, can be disqualified and banned, for a time period to be determined by the WRC.

1.3.4 The privacy, especially of Kids and Female Competitors, must be respected. Doping controls have to be made by a qualified person of the same gender. Where this is not possible, a member of the WRC of the same gender supervises the collection of the test sample.

## 1.4. Registration

1.4.1 Fighters who want to be admitted to any competition, tournament or gala, need to fulfill the following conditions:

- a) To possess a GBF issued or accepted Sport Book (Sport Pass)
- b) To have a valid license stamp for the current year applied in the Sport Book
- c) Proof of an appropriate entry in the Sport Book to show they are "Fit to Fight". A Medical assessment must not be older than 12 months.  
(Forms only competitors need not to comply with this rule)
- d) Not to be excluded for medical or any other reason from participating in the event
- e) To be able to show a medical attest of a performed EEG examination, in case of experiencing 3 head knockouts within a period of less than 12 months. The EEG must be made after the banned period.
- f) In case of female participants, not to be pregnant.

### 1.4.2 Entries into the GBF Sport Book

The Promoters of a tournament, a competition or a gala are responsible to make the following entries to the GBF sport book:

- a) Place, date and name of the event
- b) Discipline and score of the fighter
- c) Any Knockout, Stoppage or Surrender Instead of the Promoter, the Head Referee, GBF Area/Ring Supervisor, or in case of a Knockout, Stoppage or Surrender a doctor can make the entries.

### 1.4.3 Banning periods after a Knockout, Stoppage or Surrender:

- a) 1 month after the incident

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- b) 3 months after the second incident
- c) 12 months after the third incident within 12 months (EEG required).

After a 12 month ban due to three Stoppages/Knockouts or Surrenders within 12 months, the fighter has also to submit a medical assessment with a negative EEG examination result, before being admitted to any competition again.

1.4.4 Identification of the competitors on International events, the competitors have to prove their identity and nationality by showing Government issued ID.  
Competitors that show an ID card issued by the GBF, displaying the 5-digit MAP number, need not to produce further identification. The 5-digit MAP number means that they have already had their passport or ID scanned.

#### 1.4.5 Chosen Country Nationalities

A competitor who can prove his/her special relations to a country other than the one of his/her nationality must submit one of the following documents to the GBF:

- a) Birth certificate of the country of choice
- b) Marriage certificate with a citizen of the country of choice
- c) A permanent residence permit of the country of choice

The application has to be submitted in writing through the GBF in the chosen country. The GBF of the chosen country must apply then to the GBF head office. A competitor who has chosen a country via this method can only change again after obtaining a new citizenship, or after moving to another country for permanent residence there.

#### 1.5 Age Categories

Kid a kid is less than thirteen years on the FINAL DAY of Competition.

Junior A Junior should have reached 13 years but be less than 18 years on the FINAL DAY of Competition.

Adult an Adult Man or Lady should have reached 18 years but be less than 36 years on the FINAL DAY of Competition.

Veteran A Veteran Man or Lady should have reached 36 years but be less than 40 years of age on the FINAL DAY of Competition.

Master A Master or a Lady Master should have reached the age of 40 years on the FINAL DAY of Competition.

#### 1.6 Weigh-In

1.6.1 The weigh-ins has to be completed at least two hours prior to the first fight.

1.6.2 International Tournaments, Competitions or Galas Whenever possible, a selection of volunteer Referees that are preferably from different countries, supervise the weigh-in on International Competitions the day before the start of the competition.

#### 1.6.3 Male and Female participants

Whenever there are male and female participants, the medical examinations have to be held in separate rooms, or if in the same room, then during different times. Furthermore, the examinations have to be done by medical staff of the same gender if possible.

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## 1.6.4 Bonds

Fighters, both amateur and professional, may be required to post appearance bonds with a promoter for whom they are to appear. In the event the fighter fails to appear, this bond is to be forfeited and divided 50% to the promoter and 50% to the fighter's opponent for training expenses. The amount of the forfeit money must be specified in the fighter's contract.

## 1.7 Competition – Management

### Fighting Area / Ring

#### 1.7.1 Matted Area (Semi-Contact, Forms and Light-Contact - if Light-Contact is not held in the Ring

- a) The fighting area has to be square, and each side must have a length of 6m to 8m.
- b) On two sides facing each other, 1m from the center of the square to the outside, two parallel lines are to be marked, on which the competitors line up at the beginning of the fight.
- c) Around the fighting area, a safety strip of 1m has to be kept clear. No Spectators or Referee-Tables are allowed to be placed within that strip. The strip can be marked out on the floor.
- d) The Timekeeper and Scorekeeper (for Semi Contact) are located at the Referee-Table facing the Center Referee.
- e) In case there is only one fighting area, sufficient space for the Medics and/or Emergency Personnel must be provided at the Referee-Table.
- f) The Referee-Table must be equipped with the following items:

- Pool lists
- Score displays
- Table stop watch, plus hand stop watch in reserve
- Acoustic signal (Bell, Whistle, Horn)
- A Bean-Bag is also permitted
- Spare papers / pencils
- PC and printer permitted

#### 1.7.2 Boxing Ring (All Full-Contact Sports and Light-Contact)

- a) The Boxing rings must correspond to the norm of the AIBA (Association International de Boxe Amateur).
- b) The Boxing ring, all side protections and the ropes must be inspected for suitability and safety prior to the first fight.
- c) The usual side length of the square is a minimum of 4.5m and a maximum of 6.10m. (Side length of the ropes) The ring must be surrounded by 4 ropes.
- d) The four corners must be made of metal. The diagonal distance between them shall not exceed 10.6m (outside measurement).
- e) The height of the corners shall not be more than 1.32m (52") above the platform of the ring.
- f) All corners must be covered with commonly used cushions in order to avoid possible injuries.
- g) None of the 4 ropes may have a diameter of less than 2.5cm (1").
- h) The lowest rope must be placed 33.02cm (13") above the platform, the top rope no more than 1.32m.
- i) All ropes must be covered with a soft tightly fitted material.
- j) The platform itself may be placed at a minimum height of 90cms, and not higher than 1.20m above the ground. It must be covered with a foam or similar material below the ring floor layer.
- k) Stairs have to be placed in the red and blue corner.
- l) The Referee-Tables must be equipped with the following items:

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- Pool lists
- Score displays
- Table stop watch, plus hand stop watch in reserve
- Acoustic signal (Bell, Whistle, Horn)
- A Bean-Bag is also permitted
- Spare papers / pencils
- PC and printer permitted

m) Tables and chairs for the Judges are to be provided along the three other sides of the Ring.

n) If there is only one ring in use, sufficient space for the medics and/or emergency personnel is to be provided at the Referee-Table.

o) To avoid possible injuries, Camera Operators are not permitted on the platform during the rounds.

## 1.8 Referee licenses

### 1.8.1 Judge & Referee

F National Judge & Referee for local events

E National Judge & Referee for national events

D National Judge & Referee for national and international events

C International Judge & Referee for national and international events

B International Judge & Referee for all events including local titles

A International Judge & Referee for all events including local and national pro titles

A 1 International Supervisor

1.8.3 All National Licenses F, E, and D can be awarded by the local Head Referee of each country after the Annual Referee Seminar. These licenses are valid for 24 months and have to be renewed thereafter.

1.8.4 The International Licenses C and B will be given directly from the WRC Head Referee after the International Referee Seminar. These licenses have to be confirmed by the WRC and are valid for three years, unless otherwise shortened.

1.8.5 All International Referees are responsible to extend their own licenses at least every third year.

The A License and finally the A1 Supervisor License can be awarded only by majority decision from the WRC. These licenses are valid for three years. All international A class Referees and Supervisors are responsible to extend their own licenses at least every third year.

International Referees & Judges

1.8.6 The minimum age is 18 years and the Referee or Judge must be a member of a National GBF Federation. They must attend international seminars.

1.8.7 A basic knowledge of the English language is recommended, but not compulsory. All International Seminars will be held in English.

1.8.8 Members of the GBF head office are identified by a special ID-Card.

1.8.9 Members of the World Rules Committee (WRC) and Referees of the categories A, B and C are identified by a ID Card marked with "REFEREE".

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1.8.10 To be nominated as A – Referee and A1 Supervisor

The majority of the WRC Members must support the nomination.

1.8.11 To be nominated as B – Referee

The IRC Chairman must support the nomination.

1.8.12 To be nominated as C – Referee

The appropriate Country Head Referee or Country Representative must support the nomination. A National Referee cannot gain international status without the permission of their Country Head Referee.

1.8.13 The WRC can make the attendance of seminars, and/or the successful passing of a test, as well as sufficient command of English (the official language of the WRC), as a condition for an A or B – Referee nomination. The nominations are to be confirmed periodically, at least every 2 years.

1.8.14 Licensed Referees will be registered in a central database. Their names, category, nationality and MAP-number will be published on the official WRC web site.

1.8.15 Nationality

The following two variants are suitable for the composition of the Referee Team on Continental & World Championships:

- a) There can be one Judge of the nationality of the Red competitor. There must also be one Judge of the nationality of the Blue competitor. The other Judge must be from a neutral country, (from neither of the competitors' nationalities).
- b) All Judges are of a different nationality than either the Red or the Blue Competitor. This is the preferred choice.

1.8.16 If a Referee has several nationalities, or if he, based on the exception of the nationality principle, has chosen a country, he has to step down whenever an opponent is of either one of the Referee's nationality, or of the country of choice.

Conflict of Interest

1.8.17 A person who intends to be a Referee on any event cannot act as a Judge, Coach or Country Representative at the same time.

1.8.18 The Referees has the obligation to report themselves any possible conflict of interest. In case of an omission, the present WRC Members, after consulting with the Head Referee, may impose one or more of the following measures:

- Warning
- Exclusion of a further participation as a Referee on the event Reduction of the Referee compensation
- Withdrawal of the Referee's License for a time determined by the WRC
- Head Referee

1.8.19 At every competition, a Head Referee has to be designated. He/She is responsible for the whole Referee organization, and supervises the work on all fighting areas and/or rings.

Area Supervisor

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1.8.20 At a competition with several fighting areas or rings, the Head Referee designates Area Supervisors who supervise all proceedings on their fighting area or ring. The Area Supervisor places the Referees on his fighting area or ring according to their nationality or affiliation to a school, club or particular fighter. He reports the results according to the instruction of the Head Referee.

1.8.21 The Head Referee can exchange Referees who are obviously not neutral or who violate the official GBF competition rules, and can overrule their decisions.

## Protests

1.8.22 The individual judgments of the Referees/Judges are not subject to protests.

1.8.23 The decision of the official Doctor is not subject to protests.

Protests are only possible in the following cases, and may only be placed after depositing a fee of 100 EUR in cash with the Area Supervisor or the Head Referee:

1. A proven agreement between the Judges/Referees
2. The mathematical addition of the scores is wrong
3. An obvious mix up between the Blue and Red corner occurs
4. The official GBF Rules were violated

1.8.24 Video recordings or any photographic media cannot be used to justify a protest. Any type of recording is not evidence in a dispute and cannot be submitted as such.

1.8.25 A protest does not hinder the ongoing of a competition. The Head Referee can though interrupt the continuation of the fights for a short period, if the result of the protest has a significant influence on the proceedings.

1.8.26 After hearing protest from both parties and the Referee involved, the Head Referee makes the final decision. No further discussion shall continue on the subject at the venue. Any further disputes must be emailed within seven days of the incident to [HYPERLINK mailto:events@gbf.es](mailto:events@gbf.es) where the matter can be taken further. Any monies lost due to the decision of the Head Referee at the venue, shall be retained until a decision by the WRC has been reached.

1.8.27 Any dispute must be made without aggression, and only by the Team Manager or Coach of the Fighter. Any other presence will only be at the invitation of the Head Referee. The Head Referee, after hearing both sides, must only make his/her decision based upon the GBF rules.

1.8.28 The protest fees, if the protest is not successful, shall flow into the general account of the WRC for future Referee training and development. If in the case of a protest being put in after the competition, the WRC then makes the decision after hearing protest from both parties and the Referee involved. The National Federation has a limit of 30 days to make a statement in a matter of protest. If the decision of protest leads to a loss of a European - or World Title, the final decision can only be given by the WRC. All monies shall be returned in the case of a successful protest.

## Referee Clothing

1.8.29 During the pre-elimination fights, up to the semifinals, a black T-shirt with the print "REFEREE" and GBF logo will be allowed. For the finals or Title Fights, all Referees must wear

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gray trousers, a black shirt with an GBF print and a bow tie. If necessary a dark blue blazer with a GBF logo can also be worn.

1.8.30 To eradicate injuries, it's forbidden to wear any jewelry, watches or pens etc. Judges that have no body contact with the Competitors are not included in this rule. The use of medical gloves is recommended.

1.8.31 Registration of Referees per country for World Championships and European Championships

For every 25 competitors of a country, one Referee must be present.

1-25 competitors 1 Referee

26-50 competitors 2 Referees

51-75 competitors 3 Referees

76-100 competitors 4 Referees

101-125 competitors 5 Referees

126 and more competitors 6 Referees

Any country that does not fulfill the requirements shall be fined 200 Euro for each missing Referee. This goes into the general account of the WRC.

Each country is responsible for training and licensing their own Referees in time for World and European Championships.

The training for the F, E and D graded Referees is a matter of each country. However, the WRC does offer seminars.

All countries which pre-register their Referees for Championships and get confirmation from WRC will receive priority.

1.8.32 The Referees' payment is equal to the starting fee of a single competitor each day. It will be paid out on the morning before the finals start.

1.8.33 The Promoter is responsible for taking care of the Referees. This includes providing a separate room with food and beverages. It is also necessary that the Referee Tables are provided with mineral water.

## 4. PART – LIGHT CONTACT

### LIGHT CONTACT RULES

#### 4.1.1 The Fighting Area

The GBF try to ensure that all Light Contact events are conducted in the ring. GBF consider Light Contact to be a Ring sport, but it is also understood that it may be necessary to hold such contests on matted areas. Every effort should be made by Promoters to hold the discipline within the ring.

The style of fighting shall be Boxing with kicks. The power used should be approximately twenty percent of full power. All fights must be in a Boxing Ring with four ropes supporting the sides. All Ropes should be tight, to ensure the Fighters stay in the Ring. (The ropes should be tighter at the top rope and slacking off slightly towards the bottom rope). The Ring must have a Blue Corner, a Red Corner and two neutral corners. Seating for the Fighters is optional. No person, other than the Centre Referee and the two Fighters may enter the ring during a round. If either Fighter voluntarily leaves the Ring, or any other person enters the Ring, (including Medics), the fight is over, and cannot continue.

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One Coach shall be allowed in to the Ring to instruct his Fighter in between rounds, but must leave the ring before the start of the next round. A Fighter may have two people represent him/her, but only one may enter the Ring during rest periods.

All Coaches must be at ground level during the fight, and the Ring must be clear of any items. Supporters must not touch the Ring during the fight, or during the rest periods. The Referee must stop time to clear the area of unauthorized personnel.

Banging of the Ring by anyone outside the Ring will not be allowed, and could cause a Warning to be given to the Fighter of the representative concerned.

Water spillage's must be cleaned up by the Fighters' representatives. No water may be spat on to the Ring floor, or the surrounding area. It is the responsibility of the Corner Representatives to ensure that any bodily fluids be mopped up hygienically.

## 4.1.2 Ages of the Fighters

Kid A kid is less than thirteen years on the FINAL DAY of Competition

Junior A Junior should have reached thirteen years but be less than eighteen years on the FINAL DAY of Competition

Adult An Adult Man or Lady should have reached eighteen years but be less than thirty six years on the FINAL DAY of Competition

Veteran A Veteran Man or Lady should have reached thirty six years but be less than forty years of age on the FINAL DAY of Competition

Master A Master should have reached the age of forty years on the FINAL DAY of Competition

## 4.1.3 Rounds

The number of rounds, and length of rounds of any Competition can be determined by the Promoter. The amount of rounds may be one, two or three. Rounds must not be longer than two minutes per round.

## 4.1.5 Scoring

Punch to Head	1 point
Punch to Body	1 point
Front Foot Sweep	1 point
Kick to Body	2 points
Kick to Head	3 points
Jump Kick to Body	3 points
Any Jump Kick to Head	3 points

## 4.1.6 Scoring Areas

Like in Semi Contact

## 4.1.7 Illegal Areas

Like in Semi Contact

Scoring should not be on offensive techniques alone, and defense, ring-craft, fitness, etc. should be scored just as highly.

## THE USE OF CLICKERS IS RECOMMENDED

## 4.1.8 Legal Techniques.

Like in Semi Contact

## 4.1.9 Illegal Techniques

Like in Semi Contact

## 4.1.10 Illegal Actions

Like in Semi Contact

## 4.1.11 Fighter's Equipment

Like in Semi Contact

## 4.1.12 Clothing

Like in Semi Contact

## 4.1.13 Equipment Check

Each Fighter is subject to an equipment check prior to the start of the fight. The checks are to be done by the Line Judges, but only from the same gender. If there is no female Judge / referee in duty, a female official must check all female competitors.

## 4.2.1 Start of the fight.

Both Fighters shall be checked for their safety gear whilst in their own corners. The responsibility to check the Fighters lies with the Centre Referee. The Referee shall call both Fighters to the center of the Ring where instructions shall be given to the Fighters by the Referee. The Coaches, if they have listened to the Referee's instructions, must then return to their corners, and must leave the Ring leaving their corner clear. Both Fighters must touch gloves to show a sportsmanlike attitude.

The Referee must check that the Medics, Timekeeper and all Judges are ready before raising his arm, and shouting "Fight".

## 4.2.2 During the fight.

The fighters must fight, using Boxing and kicking techniques until the Referee says "Stop". If the Fighter needs to adjust safety equipment, they should take one step back, and indicate the "T" sign with their hands. Time should be stopped by the Referee in this instance. Repeated adjustments of safety equipment may incur a Warning from the Referee. The Referee should stop time to issue a Warning, call the Fighter to the middle, raise one finger for a first warning, two fingers for a second warning etc, and show each Judge that this Fighter is being issued a warning. The fight should be restarted with the word "Fight". If a Fighter is out of condition, or being overwhelmed, a standing eight count may be issued by the Referee.

The Fighter not receiving the count must be sent to the neutral corner. The time does not stop for a count, and a count cannot be saved by the end of the time. The count must be concluded. In between rounds, the Referee should stand in a neutral corner.

## 4.2.3 Ending the fight.

Once the Timekeeper indicates the end of Time, the Referee should call "Stop", indicate that the fight is over, and send both Fighters back to their corners. The Referee should collect the Scorecards from the Judges, pass them to the Senior Judge, and call both Fighters back to the centre. The winner will be indicated by raising the arm of the Fighter with a majority, split or unanimous decision. The Fighters should thank the Referee for his/her efforts, and must touch gloves with their opponent, and acknowledge the opposing Coach.

## 4.2.4 Medical Requirements

The minimum standard of qualification for attending Medical Staff is a valid First Aid Certificate. The medical must have a full First Aid kit. The Promoter is responsible for supplying adequate First Aid cover. Ambulance personnel and/or a Doctor is a recommendation, but it is not an essential requirement.

If the Medical Staff are otherwise engaged, or leave their post, all fights must be stopped until the medical cover returns.

No Medic = No fight! Medical Staff must stay until the final fight is over, and they are satisfied that they won't be required any further and that there is no further risk of a delayed problem or condition. Medical examination of Fighters prior to the start of the Tournament is recommended by GBF, but not compulsory. All Fighters compete at their own risk, but it is recommended that if a Fighter looks unwell, a medical examination should be sought by the Centre Referee. No local anesthetics, plasters or bandages may be administered before or during any contest.

The power involved in Light-Contact Fighting must be minimal. Any excess power must be punished by the Centre Referee. The choices available to the Centre Referee are as follows, depending on the severity.

1. To warn the fighter
2. To issue a point reduction (Minus Point)
3. To disqualify the fighter

## 4.2.5 The Referee Warning System

Like in Semi Contact

## 4.2.7 Injuries

If a fighter gets injured and cannot continue, the Centre Referee must ask the Judges if there was a foul. Between the three Judges, there needs to be a majority decision to decide whether it was an accident or not. The Centre Referee cannot make the decision.

If a Fighter is injured and the fight is over because of a foul, the innocent injured Fighter is declared the winner.

If a Fighter is injured and the fight is over because of an accident, the Referee will ask the Judges to complete the Scorecard up to the point of the injury. The scorecards will denote a winner. Any unfinished rounds cannot be scored, and if the injury occurs in the first round, and is an accident, a "no contest" is awarded. If the tournament is a knockout style tournament, the uninjured Fighter is allowed to progress to the next round, or in the case of a final, is declared the winner.

There is a standing 8 count in Light Contact. This incurs a Minus Point penalty to the Fighter concerned. The standing 8 count can only be used for Fighters that are either out of condition, or being blitzed badly so that they cannot cope. Three counts in one round, or four counts in a bout incurs a finish to the fight, in favour of the other Fighter.

In the event that a strike dazes an opponent, the Referee must stop the time and then speak with his Judges. If the MAJORITY decide "foul", the Referee must penalise the offender. If the MAJORITY decide that there was an accident, there will be no penalty. The penalty can be a warning or a Minus Point.

Before a fallen Fighter resumes fighting after having slipped or fallen to the canvas, the Referee will wipe the Fighter's gloves free of any dirt or moisture.

The Doctor or medical can decide that the Fighter cannot continue.

A Referee or Judge cannot decide how badly a Fighter is injured and must take advice from the Medical Team.

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No protest can be made about a Medical Decision.

The Referee cannot change any of the GBF rules, and cannot overrule the Medical decision.

## 4.3.4 Continual Kicking Rule

There is no Minimum Kick Count for Light Contact under GBF rules. Each Fighter must CONTINUALLY KICK throughout the round. If a Fighter kicks ten times in the first thirty seconds, and does not kick for the next ninety seconds, they haven't continually kicked. A fair ratio of Kicks to Punches must be used throughout the whole round.

If a Judge feels that one, or both, of the Fighters have not adhered to the Continual Kicking Rule, they must inform the Referee at the end of each round. The Referee should then speak to the Fighter before the next round to indicate the Judge's concern. Continual refusal to regularly kick may result in a Warning from the Centre Referee. This is at the discretion of the Centre Referee, and may escalate to a Minus Point for repeated Warnings.

## 5. Part – FULL-CONTACT

### FULL-CONTACT RULES

#### 5.1.1 Draw Lists

Heats must be seeded at all World level competitions wherever rankings are available. Each fighter's name, country and number must be listed. A minimum of four fighters per weight class is obligatory. If there are less than four fighters per category, they must move up to the next higher weight category. In that case each country must get a minimum of one copy of all Drawing Lists and Name Lists of contestants for free. They should get it at least a few hours before the start of the tournament. There is no way to protest after the drawing.

#### 5.1.2 Physical Examination

All fighters must submit to a physical examination by the designated attending physician. At the examination, the fighter must present his/her international fight book (sport pass), which must have been signed by the National Association Physician, no longer than 12 months ago. The attendance of a Doctor (Physician) in Full Contact, Low kick, K -1 and Thai Boxing is obligatory, a First-Aid Team is not enough!

The Official Physician who mandatory attends every match, is the final authority in questions of the safety of the Fighters.

He or she may, at any time, stop or terminate a match at his or her discretion.

Any match must be supervised by an approved Doctor (Physician). Any and all directions and/or orders from the attending

Physician must be immediately complied with. The attending Physician must be qualified as a General Practitioner. If there are more than 200 fighters, a second Physician is recommend.

The attending Physician must follow the rules and regulation of the National Health Board in question as well as be approved by the authorities where such rules apply. No match may start or proceed before the attending Physician is in place, and the Physician may not leave his/her place prior to the decision in the last match.

The attending Physician shall be ready to assist if a serious emergency arises, and to administer First Aid in the event of less serious injuries.

The Doctor has the right to interrupt or stop a contest by ringing the bell or calling "stop" to the Referee if he /she thinks a Fighter is in danger, and the Referee has not stopped the fight. He/she is also responsible to respond when a Referee calls him/her in case of an injured Fighter.

Nobody may attempt to aid a Fighter during a round before the attending Physician has had the opportunity to see the injured fighter. This includes Seconds. If the Doctor enters the ring

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or he/she must examine the presumed injury, the fight is over and the Judges have to finish the point sheets (point cards). The result is “won by TKO” or “Disqualification” by unanimous or majority decision. Doctor decisions are in any case final decisions, there is no protest possible.

If a fighter is not in possession of his or her fight book with the annual GBF license stamp at the time of the physical examination and the weigh-in, he or she shall not be permitted to fight.

## 5.1.3 DIVISIONS AND ROUNDS

The Fighters must be in good physical shape and have a good sportsmanlike attitude.

The Fighters must be well groomed and presentable. The nails of hands and feet must be cut short. The hair must be short or freshly washed. Male Fighters with hair of a length that could pose a problem during the fight (i.e. shoulder length or more), must follow the rules concerning long hair that apply to female fighters.

Male and female junior fighters are not allowed to fight real matches except for Light Contact before the age of 16, and then only on condition of having at least 1 year of fighting experience as well as the written approval of the National Association Physician.

From the age of 14 years, and providing the local laws allow, Fighters can participate in Cadet Full Contact which have separate rules to be adhered to. Kids and juniors are explicitly not allowed to participate in Full Contact (except 14-17 year olds in Cadet Full Contact), Kick boxing, MMA or Thai boxing.

## 5.1.4 Clothing

Clothing for the 4 GBF amateur ring sport fighting categories

Full Contact Kicks above the waist Long trousers with bare upper body

Kickboxing with Low Kicks Kicks to inner/outer thigh Thai shorts and bare upper body

K-1 style Kicks to legs. Knees to body Thai shorts and bare upper body

Thai-Boxing Kicks to legs, Knees/elbows to body Thai shorts and bare upper body

## 5.1.5 Rounds

In all Full Contact / Thai / K-1 / Low Kick divisions, the Fight will be conducted over 3 rounds of 2 minutes. There is a break of 1 minute duration between rounds.

No match featuring Kids and Juniors may go over more than 3 rounds of 2 minutes.

No match featuring Amateur Fighters may go over more than 5 rounds of 2 minutes.

## 5.1.6 Rules of conduct inside and outside of the ring.

It is the duty of every Fighter to show fair play in the ring. Should a Fighter not be ready to continue the match because his/her safety equipment is not working properly, or for other reasons, he shall retreat one step and raise one arm.

Should a fighter be sent down for the count or in any other way be incapacitated, his/her opponent shall immediately retreat to the nearest neutral corner and wait for the Referee to signal that the match can proceed again.

When a fighter receives a Warning or a reprimand from the Referee, he/she must bow in the direction of the Referee to indicate that he/she has understood the reason why.

At the conclusion of the fight, the Fighters shall approach the Referee, standing in the center of the ring. Each Fighter shall stand either side of the Referee (nearest to their own corner) and await the Speaker’s announcement of the verdict. The

Referee then raises the arm of the winner.

After the fight the Competitors salute each other and the Opponent’s Seconds, after which both Fighters bow to the Referee in recognition of his/her efforts.

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Violation of GBF rules and regulations, or infringements of the unwritten laws of good sportsmanship and fair play may lead to a Warning or Disqualification for a shorter or longer duration of time, depending on the seriousness of the violation or infringement.

## 5.1.7 The Fighter

All Fighters shall be clean and proper.

It is the sole prerogative of the GBF to decide whether facial hair (moustaches, sideburns, beards or a combination of these) or the length of the hair poses a safety hazard to the Fighters, or poses an obstacle to the unhindered observation of the match. The Referee can insist that such facial hair be removed, or in the case of long hair, be contained by a net. Excessive use of grease or similar substances is prohibited. The Referee can insist that Vaseline, grease or any other similar substances be removed before the fight can start or proceed.

## 5.1.8 The Fighter's Equipment

All fighters must be equipped in all divisions with approved safety equipment in the form of padded protectors.

1. Individually fitted breast-protector for all Females eligible to fight Full Contact
2. Individually fitted groin-protector for all Male and Females eligible to fight Full Contact
3. Foot protectors which must cover all of the upper foot, and the heel. (FULL-CONTACT only)
4. Shin protectors in full contact, K-1 and Thai Boxing compulsory (but not football type)
5. Individually fitted Head-Protector (Helmet). The top of the head must be protected too. Open helmets are forbidden. No visors or face guards are allowed, except a written confirmation from GBF head office.
7. Individually fitted tooth-protector (gum shield)
8. Hand-bandages to a maximum of 2.5 meters
9. Boxing Gloves. 10 OZ in all weight categories

The fighters have the responsibility of bringing their own personal equipment and that of their Seconds to all GBF matches and tournaments.

The hands of the fighters must be protected by bandages of soft elastic material, no more than 2 inches (5.08 cm) wide.

Adhesive plaster may be applied directly to the skin in such a manner that it protects the part of the hand closest to the wrist.

Its direct application may not exceed 1 (one) unbroken winding on the hand, although it is permitted that the plaster cross the back of the hand 2 (two) times. It may not be placed higher on the hand than at a distance of 1 (one) inch (2.54 cm) from the knuckles when the hand is made into a fist. Over this a layer of elastic bandage is applied and held in place by self-adhesive plaster. The bandages must be approved by the Referee or by the Tournament Director.

All fighters with long hair may wear approved hair bands or metal free holders. They must do so if the hair is long enough to pose a safety hazard or could hinder the observation of the fight.

No Fighter may participate in any match without an up-to-date GBF fight book with official annual GBF license stamp.

Officials shall verify that Fighters compete in their proper weight class. The count of victories is made by adding the number of victories the individual fighter has had (not the number of matches which are irrelevant) and then classifying the fighter accordingly. In order to qualify for a professional status, fighters must have competed in at least 3 approved and verified 3 or 4 round bouts as amateurs.

## 5.1.10 FIGHTERS CLASSIFICATION

Fighters will be separated by class, N (novice) class to A class, Classification will be defined by the numbers of bouts a fighter wins, not the number of bouts they have had. Fighters will be classified as follows:

- N class - 3 wins
- C class + 3 wins
- B class + 6 wins
- A class + 12 wins

After having signed a professional contract and having fought as a professional it is no longer possible to revert to amateur status. Except after the first pro fight, the fighter could request for revert in re-amateur status in written form to the WRC.

## 5.1.11 Seconds

The Second may give up on behalf of his/her Fighter if he/she deems it irresponsible to let the fight continue. This is indicated by the second throwing a towel into the ring.

Prior to every tournament the Head Referee shall call a meeting with all the Judges, Referees and Seconds to clear up any questions about rules, regulations and the general proceedings of the tournament. No rules can be changed during this meeting.

Seconds shall support and advise their Fighters during the intermission between rounds. Each fighter may have 2 seconds and only one of these may enter the ring during the intermission. During the rounds neither of the Seconds may enter the ring, or in any other manner hinder or disturb the proper proceeding of the fight. Seconds shall comply with any and all directions by the Referee. Prior to each round the Seconds must remove buckets, stools, towels from the ring, and if necessary wipe the floor clean of spilt water.

The Seconds shall have at their disposal a towel, a sponge, water and grease for the fighter. During the rounds the seconds may give advice (just in a proper manner), help or in any way encourage the Fighter. Should a Second violate this rule, the Referee can issue a warning or expel the Second, or disqualify the Fighter.

A Second who has been expelled may not function as Second in the remaining part of the tournament.

A match starts when the Referee gives the command "fight" to begin the first round, and it finishes when the Referee stops the fight in the last round. Only the Fighters and the Referee may be present in the ring during the match. If any other person enters the ring, the fight is immediately over and cannot continue again.

## 5.2.1 Legal Techniques

### FULL-CONTACT

1. All forms of Boxing in combination with kicks above the waist to the body and the head. Spinning Back Fist is allowed in Full Contact Kick boxing
2. Rear (reverse) kicks to the body or the head, spinning back kicks to the body and to the head with full contact to knock out the opponent. Foot sweeps are permitted.

## 5.2.2 Warnings and Minus Points

In case of a serious violation of the following points the Referee shall stop the fight with the command "Stop", stop the Time by indicating a "T" sign to the Timekeeper, and issue a warning to the Fighter. The Warning shall be issued clearly and in such a manner that the Fighter in question understands the reason for the Warning. The Referee shall clearly indicate which fighter has received the Warning by pointing his hand. If a Fighter has got a "Warning" because of a foul, no point is to be deducted by the Judges, but they should immediately award the other fighter with one extra successful punch. If a fighter has got a second Warning

because of a foul, no point is to be deducted, but the Judges shall immediately award the other fighter with another two successful punches.

Following a Warning the referee shall let the match proceed by commanding "Fight". Should a fighter receive 3 warnings in one match, immediately he/she gets penalized simultaneously with the first Minus Point (Penalty Point), and one point must be deducted by the Judges on the Scorecard. After three Minus Points in a match, he/she shall immediately be disqualified simultaneously with the last Minus Point being issued.

The Warnings and Penalty (Minus) Points are given for using any illegal technique or doing prohibited actions. This also applies to the Coach or Second.

### 5.2.3 Illegal Techniques (Fouls)

#### FULL-CONTACT

All forms of biting are prohibited.

All strikes, blows and punches executed with the palm side of the gloves are prohibited.

All kicks to the back and the back of the neck are prohibited.

Any form of butting with the head is prohibited.

All attacks (strikes, punches, kicks) against the joints are prohibited.

Kicks to the groin are prohibited.

Attacking a downed Opponent is prohibited. Also attacking an Opponent who touches the floor with his gloves is prohibited.

Spitting out one's tooth protector (gum-shield) is prohibited.

Any kind of throwing

Holding the ropes and attacking an opponent,

Any form of clinching or holding the opponent is prohibited.

All types of strikes with the elbows are prohibited.

Any form of kicking with the knees is prohibited.

All kicks against the thighs or under the waistline are prohibited, excluding Foot Sweep.

Punching to the back or top of the head is prohibited.

Punching or Kicking after the Referee calls Stop, or after the bell.

#### INTENTIONAL EVASION OF CONTEST

A Fighter intentionally avoiding any physical contact with his opponent will receive a Warning from the Referee. If a Fighter continues to avoid a confrontation with his opponent after receiving a Warning during that round, he may be penalized by the Referee with a Minus Point. If the Fighter continues to evade action, either in the same round or in any round, the Referee may, at his discretion, award more penalties, or stop the bout and declare a Technical Knockout.

In an instance where the Fighter is purposely going down without being hit, the Referee will automatically administer a Standing 8-count, as specified in the rule on Knockdowns.

### 5.2.4 GBF Amateur Division Scoring Rules.

In all ring sport disciplines

The GBF amateur division's scoring rules in matches have 10 points as the maximum score and 6 points as a minimum score.

The use of "clickers", point adding machines, is recommended.

The points are awarded to the Fighters by the Judges during each round.

Points are given for clean hits according to the following criteria:

Any legal strike or punch to the body or to the head, to a legal area 1 point

Any legal foot sweep if the opponent is downed, 1 point

Any legal kick to the body, to a legal area, 1 point

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- Any legal kick to the head, to a legal area, 2 points
- Any legal jumping kicks to the body, 2 points
- Any legal jumping kicks to the head, 3 points
- Any legal low kick, 1 point (in low kick, K-1 rules and Thai Boxing )
- Any legal knee strike, 1 point (in K-1 rules and Thai Boxing)
- Any legal elbow strike to the body 1 point (in Thai Boxing only)

The Judges shall base their evaluation of the fight on the following guidelines:

1. Best technique.
2. Effective Parries and Counterattacks.
3. Best combinations.
4. Fighting spirit and initiative.
5. Good sportsmanship and fair play.
6. Number of clean hits scored.
7. Number of minus points and knock downs.
8. Defense
9. Ring-Craft
10. Fitness

To score points all effective legal kicks or punches must hit directly without being blocked or parried on any legal area. For punches and blows the technique must be delivered with the striking zone of the closed glove.

KICKBOXING SCORING CRITERIA - The kicker will always have the advantage

## 5.2.5 Scoring and points in all ring sports

Decisions shall be made after the following guidelines:

### Victory on points (P)

If no Fighter dominates and the round is even, the score for the round is 10:10. Following this, points are subtracted from each Fighter's score according to the number of Minus points they have been awarded by the Referee.

The winning Fighter of a round gets 10 Points, his/her opponent gets 9 points. If a Fighter offers no reply during the round, a score of 10:8 can be recorded by the Judges even if there are no Minus Points or Knockdowns.

If an official warning was given because of a "foul", the Judges shall immediately mark these warnings with the letter W (for warning) under "fouls" on the scorecard to indicate that the Fighter has received a Warning.

If an official Minus Point was given because of a "foul" and not just a warning, each Judge must deduct 1 point from the scorecard of the involved fighter, immediately when the round is over. (i.e. 10:9 assuming neither Fighter dominated). The Judges shall always mark these points with the letter M (for Minus Point) under "fouls" on the scorecard to indicate that the Fighter has received a Minus Point.

If a second official Minus Point was given in the same round, each Judge must deduct 2 points from the score of the involved fighter, immediately when the round is over.(i.e.10:8 assuming neither Fighter dominated)

In case of a third official Minus Point in that match, the fight is over immediately by Disqualification.

If a Fighter gets counted, each Judge must deduct 1 point from the Scorecard, immediately when the round is over (i.e. 10:9 becomes 10:8 because of the Knockdown).

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The Judges shall always mark this knockdown with the letter K (for Knockdown) under “KD” in the Scorecard to indicate that the Fighter has received a Knockdown.

At the conclusion of the match all rounds are added up to the final score (i.e. 30:27) and the Fighter with more points on the Scorecards shall be declared the winner.

Should a Judge observe a violation that has apparently escaped the notice of the Referee, and if he/she subsequently imposes a reasonable sanction upon the fighter committing the violation, he/she shall indicate that he/she has done just that by marking the points of the violating fighter with the letter J (for judge’s minus) and in writing state his/her reasons for the sanction. This incurs a Minus Point for the Fighter concerned.

Victory by attending Physician stopping the contest or because of injury (DOD)

The attending Physician is the supreme authority in questions relating to the safety of the Fighters, and may demand that the match be stopped.

If one of the Fighters is injured, it is only the Doctor’s decision to stop the fight, or the Fighter him/herself or his/her Coach wants to retire from the fight.

The attending Physician may stop any match regardless of it being a World or European Championship or any other important match. Should the attending Physician wish to stop a match to examine a fighter, he/she must first inform the Referee. The Referee then stops the match until the Physician has examined the Fighter, but only to decide that the fight can continue or not. This examination must take place in the ring and have a maximum duration of one minute. Any kind of treatment of the Fighter is explicitly forbidden and would finish the fight immediately. Should this time not be sufficient, the Referee shall stop the match and declare the opponent the winner.

If one of the Fighters is injured and the fight is over because of a foul, the innocent Fighter is declared the winner. In case of an accident, the Judges have to finish their Scorecards, and the contestant with the highest number of points is declared the winner. If both Fighters are injured or knocked-out simultaneously, and neither is able to continue the match, the Judges shall add up each Fighter’s points, up to the time the fight was stopped, and the fighter leading on points shall be declared the winner.

Should this situation occur in the first round, the match shall be declared “No Contest” and no winner is declared.

Giving Up (SUR)

In cases where a Fighter voluntarily gives up because of injuries, or for any other reason, or if he or she does not resume fighting immediately after the intermission between rounds, the opponent shall be declared the winner. In these cases the Second shall throw a towel into the ring to signal that his/her Fighter gives up.

Victory by Referee stopping contest (RSC)

The Referee may stop a match if a Fighter is clearly outmatched or if he/she is a hazard to his/her own safety after the following guidelines:

If a Fighter in the judgment of the Referee is clearly overmatched and will face unnecessary punishment in the ring should the match be allowed to go on.

If a Fighter in the judgment of the Referee is unable to continue the match due to injuries or for any other physical reasons, the Referee must stop the match and call the official match Doctor to the ring.

No referee can decide how seriously a fighter is injured; He / She must call the doctor!

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## No Contest (NC)

A match may be stopped by the Referee before the prescribed time due to circumstances beyond the control of the Fighters or the Referee:

1. The referee has to stop the match before the first round has finished.
2. The safety equipment of the ring has been damaged.
3. The ring is unsafe for use.
4. The lighting over the ring is failing
5. Weather conditions force the referee to stop the match.

Under such circumstances the match shall be stopped and a "no contest", with no winner is declared.

## Victory by Walk-Over (WO)

If one Fighter is present in the ring and ready to fight and his/her opponent fails to show after his/her name has been called over the loudspeaker, the Referee shall signal the Referee's Table to start with the running of 1 minute. If the opponent has not entered the ring within a time limit of 1 minute, the Timekeeper shall strike the gong to signal that the match has been stopped. The Referee shall then announce the Fighter who was first in the ring & declare him/her the winner by "Walk-Over".

The Judges shall note this on their cards, which are then collected. The Judges shall then summon the fighter who has won on Walk-Over to the center of the ring, and thereafter the announcement of the decision, raise his/her hand and declare him/her the winner.

### 5.2.6 The Three Knockdown Rule

There will be a "Three Knockdown Rule" in effect in any bout. The Referee will in all circumstances have to stop the contest when 3 Knockdowns or Standing 8 counts in one round, or 4 standing counts in the fight occur. Before a fallen Fighter resumes fighting after having been knocked down, or having slipped or fallen to the canvas, the Referee will wipe the Fighter's gloves free of any dirt or moisture.

### 5.2.7 Minimum Kicking Requirement - MKR Rule

In all matches there will be no Minimum Kicking Requirement. Kicking Judges will not be required.

### 5.2.8 Knockdowns

Method of counting over a Fighter who has been downed

When a Fighter is knocked down, the Referee will send the standing fighter to the furthest neutral corner of the ring, pointing to that corner. He will audibly announce the passing of the seconds, and continue the count holding up fingers in front of the Fighter who was knocked down.

If a Fighter is knocked down, the Referee will begin a mandatory eight count. If the Fighter then appears able to continue, he will allow the bout to resume. The Referee's count is the only official count. The Referee shall not count past eight if a Fighter has risen to his feet. A fighter may not be saved by the bell, even in the last round. However, if the bell sounds, ending a round, before a Fighter begins to fall, the Fighter will be allowed to return to his corner, being helped, if necessary, by only one of his Seconds.

Should the opponent fail to stay in the furthest neutral corner, the Referee will cease counting until he has returned to it, and then resume the count at the point from which it was interrupted. If the Fighter does not rise before the count of ten, he will be declared Knocked Out and the bout will be awarded to his opponent.

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If, in the Referee's opinion, the downed Fighter will not be able to rise by the count of ten, and he believes the fighter requires more immediate attention, he may signal the end of the bout before the count of ten by waving his arms in front of his face and immediately summoning the Fighter's corner personnel and the Ring Physician to attend the downed Fighter.

No referee can decide how seriously a fighter is injured, He / She must call the doctor!

A Fighter will be declared Knocked Down if any portions of his body other than his feet touch the floor. A Fighter will not be declared Knocked Down if he is pushed or accidentally slips to the floor. The decision as to whether a contestant has been pushed or slipped to the floor, rather than being knocked down, will be made by the Referee.

If the fighter taking the count is still down when the Referee calls the count of ten, the Referee will wave both arms to indicate that he has been Knocked Out, and will signal that the opponent is the winner. A round's ending before the Referee reaches the count of ten, will have no bearing on the count. There is no saving by the bell.

In all bouts, the fallen Fighter must rise before the count of ten to avoid being knocked out.

The Referee may determine during the rest period between rounds, that a Fighter is unable to continue the bout safely and is thus the loser of the bout by Technical Knockout.

The Referee may, at his discretion, request that the ringside Physician examine a Fighter during the bout. Should the examination occur during the course of a round, the clock shall be stopped until the examination is complete.

If both Fighters go down simultaneously, counting will be continued as long as one of them is down. If both Fighters remain down until the count of ten, the bout will be stopped, and the decision will be a Technical Draw. If one Fighter rises before the count of ten and the other Fighter remains down, the first Fighter to rise shall be declared the winner by Knockout. If both Fighters rise before the count of ten, the round will continue.

If a Fighter gets counted, each Judge must deduct 1 point from the scorecard, immediately when the round is over.

The Judges shall always mark this knockdown with the letter K (for knockdown) under "KD" in the Score-Card to indicate that the Fighter has received a knockdown.

## 6. Part – KICK BOXING with Low Kicks

### KICK BOXING RULES

The rules for this style are as per Full-Contact ...

All forms of Boxing in combination with kicks above the waist to the body and the head.

Spinning Back Fist is allowed in Kickboxing with Low kicks

Kicks are allowed (Low Kicks) to the thighs, inside and outside. (Tibia) Kicks are only allowed higher than four inches above the knee.

Foot and Shin Protectors are compulsory (not voluntary) in Kickboxing with Low Kicks

Fighters must wear Thai Shorts.

Under Low kick rules, leg checking is allowed within the parameters defined by the rules that govern leg kicks and strategies for blocking with the legs.

It is the Fighter's choice whether or not to follow-up his legal sweeping attempt. Follow-up techniques must land on the opponent prior to any part of his body touching the floor (other

than the soles of his feet). As always, striking a downed opponent is illegal. A successful sweep is not considered a knockdown.

## 7. Part K-1 Rules

### K-1 RULES

The rules for K-1 are the same as for low kick...

Shin Protectors are compulsory (not voluntary) in Kickboxing with K-1 rules

Clinching is not allowed but - under K-1 Rules, limited "neck wrestling" is permitted for the purpose of executing ONE knee strike to the front or sides of the torso (lower limit the waistline, level with the navel - upper limit the chest, immediately below the line of the clavicle). A fighter may not continue a "neck wrestling" strategy after the first knee strike under K -1 Rules. The Referee has immediately to break the fighters or stop the fight after the first knee strike.

Under K-1 Rules, supporting one leg for a single attempt to kick out the other is allowed, provided that the attempt is made within five seconds in the Referee's estimation. Only one such attempt is allowed and must be executed away from the illegal area around the knee joint.

Under K-1 Rules, leg checking is allowed within the parameters defined by the rules that govern leg kicks and strategies for blocking with the legs.

It is the Fighter's choice whether or not to follow-up his legal sweeping attempt. Follow-up techniques must land on the opponent prior to any part of his body touching the floor (other than the soles of his feet). As always, striking a downed opponent is illegal. A successful sweep is not considered a knockdown.

## 9. Part – Thai Boxing

### MUAY THAI – THAI BOXING RULES

The rules for this style are as per K-1.

Shin Protectors are compulsory (not voluntary) in Thai Boxing, but no Foot Protectors

The following are acceptable techniques...

1. Knee attacks to the body and kicks with the shin to the thighs, body and the head (and the arm if used with force).
2. Clinching (holding) and attacking at the same time with knees and elbows (to the body ) or any strikes.
3. Elbow strikes to the body.
4. Flat throws below the waist line, only in clinching situations.
5. The use of Spinning Back Fist only with focus on the opponent.
6. The use of Kicks to the whole leg above or below the knee.

Fighters must wear Thai Shorts, under Thai rules, supporting one leg for a single attempt to kick out the other is allowed, provided that the attempt is made within five seconds in the

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Referee's estimation. Only one such attempt is allowed and must be executed away from the illegal area around the knee joint.

Under Thai rules, leg checking is allowed within the parameters defined by the rules that govern leg kicks and strategies for blocking with the legs.

It is the Fighter's choice whether or not to follow-up his legal sweeping attempt. Follow-up techniques must land on the opponent prior to any part of his body touching the floor (other than the soles of his feet). As always, striking a downed opponent is illegal. A successful sweep is not considered a knockdown.

Fouls are the same like in Low kick plus...

Any kind of throwing above the waistline

Holding the ropes and attacking an opponent, also in clinching situations

Linear or striking/kicking to the spine

## 7.1.0 Thai Boxing Scoring Criteria

7.1.1 The winner of a bout is determined by two main scoring criteria:

a) The number of clean Muay Thai techniques striking a legitimate target, or used successfully against an opponent.

Muay Thai techniques include all punching techniques using the fist and forearm, all elbow strikes, all knee strikes, Round Kicks, Front, Side and Back Push Kicks and Muay Thai throws.

Legitimate targets include all areas of the body (except deliberately striking the groin area or any part of the back), the tibia (shin) when used in a blocking action, and the forearm when used in a blocking action.

b) The effectiveness of the techniques.

## PROTESTS

All protests over the decision of a match shall be verbally registered only by the protesting Fighter and/or his Chief Handler to the GBF Supervisor prior to the end of the event, who will note the nature of the protest in his Supervisor's report. All protests must be received at the appropriate GBF office, in writing and accompanied by all pertinent evidence, no later than 10 days following the bout in question.

No protest will be considered unless accompanied by the appropriate fee: Euro 100.00

All decisions by the GBF Supervisor are final. The standard for review is "clear" evidence which would justify a change of decision, or "clear" circumstances which in the best interest of the sport, would justify a change in decision. Any questions on the rules of the GBF should be directed to the GBF Supervisor.