



KICKBOXING RULES

1. Fights of 3 Rounds of 2 Minutes, with 1 Minute breaks.
2. Hooking and holding prohibited (2 warnings only).
3. No grabbing on the ropes while kicking.
4. When a knockout occurs, the referee will designate a neutral corner.
5. No spinning back fist. This is an illegal technique.
6. 3 knockouts and/or 3 counts of 8 in the same round, or a total of 4 counts during the fight will be disqualified.
7. Required equipment:
 - Safety kicks
 - Shin pads that cover the foot
 - Jockstrap
 - Mouth guard
8. Only soft contact lenses are permitted. Ponytails must be tucked inside the head gear.
9. No jewelry and/or body piercings allowed during the fight. The medical bracelet is to be handed to the corner man.
10. Absolutely no tape allowed on the gloves.
11. No oily substance (i.e. Vaseline) allowed on helmets.
12. No electrical tape or masking tape allowed on fighting equipment.
13. A maximum of 3 corner men allowed. The corner men must be registered ISKA members. Only 1 corner man is allowed in the ring between rounds.

14. At the sound of the whistle, you have 10 seconds to leave the ring.
15. If a boxer is not wearing their mouth guard once the fight has begun, a penalty point will be given for delaying the fight.
16. Absolutely no hitting on the ring.
17. Abusive language is not permitted. The use of such language will result in a penalty or disqualification.
18. It is prohibited to hang towels and/or water containers on the ring.
19. During the round, corner men must remain seated at all times (only 1 warning will be given).
20. Verify the order of your fighter and ensure he is always ready in case of a quick victory of the preceding fight.
21. Start the fight with a traditional bow to the referee and the fighters.
22. Sportsmanship is required before, during and after the fight.

Rules In Effect 18 June 2023.

Head Referee I.S.K.A. - PQ