



NAK OFFICIAL LIGHT CONTINUOUS RULES

Revised January 2025

Equipment

The correct uniform and protective equipment **MUST** be worn by all competitors:

- Groin guards are compulsory for all male competitors.
- Chest protection for female competitors (13+) is compulsory.
- Gum shields and head guards are compulsory for all competitors.
- 10oz (minimum) boxing gloves
- Shin and instep pads OR shin and boots must be worn.
- Head guards are compulsory for all competitors.
- Competitors must wear a club/team T-Shirt and K1 style shorts which finish above the knee.

No jewellery, such as earrings or other visible piercings.

Rounds

All junior super light continuous K1 rules matches will be 2 x 1 minute rounds.

All adult super light continuous K1 rules matches will be 2 x 1 minute 30 second rounds.

The matches will be officiated by 2 judges and 1 referee who will decide the winner at the end of the match using the 10 point must system.

In the event of a draw, the competitors will fight again for an extra 30 seconds.

At this point, the officials must make a decision. There cannot be another draw and the centre referee has the final decision.

The match will not be stopped unless it is for the referee to give penalties or reset the fighters.

Contact

We would like to remind all competitors that this category is SUPER LIGHT CONTINUOUS.

Therefore all contact must remain at the absolute minimum level.

In the **FIRST** event of excessive contact, a warning will be given by the centre referee.

There will be no exceptions.

A second warning will be given if the over contact continues and a point will be deducted.

A third warning will result in instant disqualification from the match.

There are no exceptions. The referee's decision is final.

Disqualification can still occur in the very first instance of over contact if the level is severe enough. The referee will make an immediate decision in this case as to disqualify the competitor or not. The referee's decision is final.

Contact to the head and body must remain SUPER LIGHT for the entire match.

Techniques must not be followed through.

Competitors will be immediately penalised for excessive contact with a point being taken away by the referee - there will be no exceptions.

Scoring

A score will be awarded when the following criteria are met:

- A technique thrown towards the head/face lands without excessive force. The opponents head must not move as a result of being struck.

Head: Front and side are all legal target areas.

- A technique targeted at the mid section must land but it must be light.

Torso: Front, back and side.

- Kicks thrown to the legs MUST land above the knee.
- Competitors can clinch but after one strike they must release their opponent.

Excessive clinching and striking will result in penalties.

Techniques which land on the opponents shoulders, neck, throat or below the knee will not score.

The referee may stop the bout if he/she thinks the competitor does not have the will to continue or the fighter is outclassed.

Legal and Illegal Techniques:

- Kicks: Front, side, back, hook (heel kick) with the sole of the foot only, roundhouse kick, crescent kick, axe kick (with the sole of the foot only) and jumping/spinning variations are allowed.
- Knee strikes in the clinch are permitted. There must be only one technique thrown in the clinch before releasing.
- Hands: Jab, cross, uppercut, hook are permitted.
Elbow strikes and spinning back fists are not permitted and will result in a penalty if executed.

Further illegal techniques:

- Avoiding the fight by turning and running away.
- Elbows
- Spinning back fist
- Snapping back fist
- Hammer fist
- Strikes to the groin
- Continuously exiting the area.
- Wrestling.
- Ducking below the opponent's waist.
- Attacking an opponent who is on the floor.
- Exiting the area.
- Continuing to fight after "stop" or "break".
- Hip/suplex throws
- Heel hooks
- Spinning sweeps

Comments

Competitors may request that the referee stop time in order to make adjustments to their safety equipment.

Time cannot be stopped in order for the fighter to 'catch their breath' and doing so may result in an official warning.