



NAK OFFICIAL FREESTYLE POINTS 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.
- Closed hand 'semi contact' gloves must be worn. Boxing gloves are not allowed.
- Shin protection with boots - no shin and instep pads.
- The uniform should consist of a Club/Team T Shirt and Kickboxing trousers.

No jewellery, such as earrings or other visible piercings.

Rounds

All junior matches will be 2 x 1 minute rounds.

All adult matches will be 2 x 1 minute 30 second rounds.

If a competitor achieves a 10 point difference before the time is up, they will be deemed the winner.

In the event of a draw, the match will go to extra time and 30 seconds will be added to the clock. The competitor with the highest score after the extra time is the winner.

If the score remains the same, the match will go to sudden death. The first person to score a clean and clear technique is the winner.

Contact

We would like to remind all competitors that this category is SUPER LIGHT CONTACT POINTS. It is NOT SEMI CONTACT POINTS. Therefore all contact must remain at the minimum level.

In the **FIRST** event of excessive contact, a warning will be administered 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 will be no exceptions.

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 is allowed in all matches, **BUT** it must remain 'SUPER LIGHT'. When a strike makes contact with a competitors head, the head should not move as a result of

the strike. In the first instance of over contact to the head, a warning will be given. In the second instance a point will be deducted. The third time will result in disqualification.

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

Techniques must not be followed through.

Please remember that instant disqualification can occur if the referee deems contact at a severe level.

Scoring

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

- A technique thrown towards the head/face can land but it must be without excessive force. The head should not move as a result of being struck.

Head: Front, back and side are all legal target areas.

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

Torso: Front and side

Techniques which land on the opponents shoulders, neck, throat, legs or back 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.
- Hands: straight punches, jumping punches, back fist, ridge hand are allowed. Chops, hooks, elbows, uppercuts and spinning back fist are not permitted.

Avoiding fighting and running around the area will result in a penalty.

Executing techniques from the floor is not allowed.

Turning, running away, intentionally falling to the floor, clinching, throwing blind techniques and wrestling with an opponent will result in a penalty.

Intentionally exiting the matted area will result in a penalty.

When throwing jumping techniques, competitors must land with good balance. Fighters must land with no other part of their body other than their feet touching the floor.

Further illegal techniques:

- Avoiding the fight by turning and running away.
- Elbows
- Spinning back 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

Points

- 1 point = all punching techniques
- 2 points = any kick to the body
- 3 points = any kick to the head
- = sweep and follow up

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.