



# WKC RULES & DIVISIONS: CONTINUOUS POINT SPARRING

## JUNIORS

BOYS -9YRS	GIRLS -9YRS	BOYS 10-11YRS	GIRLS 10-11YRS	BOYS 12-13YRS	GIRLS 12-13YRS	BOYS 14-15YRS	GIRLS 14-15YRS	BOYS 16-17YRS	GIRLS 16-17YRS
-25 KG	-25 KG	-30 KG	-30 KG	-40 KG	-40 KG	-50 KG	-45 KG	-60 KG	-50 KG
-30 KG	-30 KG	-35 KG	-35 KG	-45 KG	-45 KG	-55 KG	-50 KG	-65 KG	-55 KG
-35 KG	-35 KG	-40 KG	-40 KG	-50 KG	-50 KG	-60 KG	-55 KG	-70 KG	-60 KG
-40 KG	-40 KG	-45 KG	-45 KG	-55 KG	-55 KG	-65 KG	-60 KG	-75 KG	-65 KG
+40 KG	+40 KG	-50 KG	-50 KG	-60 KG	-60 KG	-70 KG	-65 KG	-80 KG	-70 KG
		-55 KG	-55 KG	+60 KG	+60 KG	+70 KG	+65 KG	+80 KG	+70 KG
		+55 KG	+55 KG						

## ADULTS

MEN 18 YRS+	WOMEN 18 YRS+	MEN 35 YRS+	WOMEN 35 YRS+	MEN 42 YRS+	WOMEN 42 YRS+	MEN 48 YRS+	WOMEN 48 YRS+	MEN 54YRS+	WOMEN 54YRS +
-60 KG	-50 KG	-75 KG	-65 KG	-75 KG	-65 KG	-75 KG	-65 KG	-75 KG	-65 KG
-65 KG	-55 KG	-85 KG	-70 KG	-85 KG	-70 KG	-85 KG	-70 KG	-85 KG	-70 KG
-70 KG	-60 KG	+85 KG	+70 KG	+85 KG	+70 KG	+85 KG	+70 KG	+85 KG	+70 KG
-75 KG	-65 KG								
-80 KG	-70 KG								
-85 KG	+70 KG			<b>Veterans can only compete in two age categories</b>					
-90 KG									
+90 KG									

## 3 PERSON TEAMS

<b>BOYS -9 YRS</b> -30, -40, +40 KG	<b>BOYS 10-11 YRS</b> -40, -50, +50 KG	<b>BOYS 12-13 YRS</b> -50, -60, +60 KG	<b>BOYS 14-15 YRS</b> -60, -70, +70 KG	<b>BOYS 16-17 YRS</b> -70, -80, +80 KG	<b>MEN 18YRS+</b> -75, -85, +85 KG	<b>VETERAN MEN</b> -75, -85, +85 KG
<b>GIRLS -9 YRS</b> -30, -40, +40 KG	<b>GIRLS 10-11 YRS</b> -40, -50, +50 KG	<b>GIRLS 12-13 YRS</b> -50, -60, +60 KG	<b>GIRLS 14-15 YRS</b> -55, -65, +65 KG	<b>GIRLS 16-17 YRS</b> -60, -70, +70 KG	<b>WOMEN 18YRS+</b> -60, -70, +70 KG	<b>VETERAN WOMEN</b> -65, -70, +70 KG

- Age is determined as of January 1<sup>st</sup> of the year the Championship is held
- Juniors must compete in their appropriate age category
- Veteran adults can compete in their age category as well as lower age categories
- All competitors must compete in the same weight division for the entire tournament; moving up a weight division is not allowed.

**Overview:** Continuous Point Sparring, also known as Light Contact, is a skill-based competition format where the goal is to outscore your opponent by throwing and landing controlled techniques. It is not a full contact fighting match. Judges score the match based on who they determine has outscored their opponent. Influencing their decision are ring generalship, defence, fitness level, sportsmanship and technique.

The Centre Referee will stop the match any time a competitor throws a technique that does not have the proper control, fighters clinch or fighters stand toe-to-toe and make no effort to move or throw skilled techniques.



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## 1. Fighting Area

- a) The fighting area must be square. Each side must be 8 metres in length (8 metres x 8 metres) maximum or (7 metres x 7 metres) minimum.
- b) Around the fighting area, a safety zone of 2 metres must be kept clear, only referee tables are allowed to be placed within this safety zone. The zone can be marked. No spectators are allowed to be within that zone.
- c) The Timekeeper and Scorekeeper are located at the referee-table facing the Head Referee.
- d) In case there is only one fighting area, sufficient space for the medics and/or emergency personnel must be provided at the referee-table.
- e) The referee-table must be equipped with the following items: The draw sheets, score displays, stopwatch, bean bag, paper, and pencils.

2. **Rounds:** In all Junior divisions (17 years of age and under) the match consists of two rounds of one minute. There is a 30-second break between rounds. The Gold Medal match will be three rounds of one minute. In the 18 YRS+ divisions the matches consist of two rounds of two minutes with a one-minute break between rounds. The Gold medal match is also two rounds. In the veteran divisions the matches consist of one round. The Gold medal final match is also one round of two minutes.

3. **The competitor:** The competitor must be dressed in a clean and appropriate National Team uniform. The competitor should be wearing a clean t-shirt with long pants. The pants must reach the feet and be open on the bottom. There should be no zip fasteners, pockets or buttons. Competitors cannot wear any metal objects that may cause injuries to the opponent. Piercings, chains, watches or earrings are not allowed. Eyeglasses are forbidden; soft contact lenses are allowed at the competitor's own risk. Competitors may wear badges of their respective clubs, associations or sponsors. Names and slogans are permitted if they do not offend public decency. Long hair must be fastened by an elastic band.

4. **Competitor Equipment:** The equipment must include a helmet, mouth guard (gum shield), 10 oz boxing gloves, safety kicks, elbow pads, groin protector that must be worn under clothes (men and women), shin guards that must be worn under clothes. Breast protector for female juniors, adults and veterans may be worn under their uniform. No face shields are allowed. Competitors may additionally wear hand bandages, maximum length of 3.5 metres though no tape on the fist or knuckles, elbow protectors, and knee protectors, and prescription sport safety goggles.

5. **Scoring Area:** Front, back, side and top of the head. Front and side of the body. Sweeps below mid calves. Every action must be controlled and well-timed. In the event of a downed opponent, the match is stopped immediately. No techniques can be thrown towards a downed fighter.



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6. **Prohibited Actions:** Sweep and kick to knee and thigh (low kick), kick and punch to the groin, kick and punch to the back of the body, scratching, biting, spitting, verbal attacks to the Referees or opponent, kick and punch after stop called, uncontrolled actions, leaving the fighting area, or falling down to waste time:
  - The Referee will stop time to give a warning or minus point.
  - Only one coach is allowed, and he is to stay seated.
  - If the coach believes the rules have not been correctly applied, he/she may indicate to the Centre Referee “T” for time. At no time may the coach enter the fighting area. The referee may award a penalty point.
  - In each fighting area, the Referee acts as the “Ring Inspector.” He is responsible that on his/hers fighting area all WKC rules will be correctly applied.
7. **Scoring System:** Three Judges score the match. The Judges use the “10-point must” system. This means that the Judge awards the fighter winning the round 10 points. The loser receives 9 points. Scores can be affected by penalty points awarded by the Centre Referee. All Judges and referees must declare a winner of the match. They cannot decide on a draw. They declare a winner by show of hands, pointing towards the winning fighter.
8. **Judges Score the Match On:** total number of points scored, defence, technique, overall conditioning, good sportsmanship, number of minus points, warnings. Kicking techniques are valued more than punching techniques due to the skill level involved.
9. **Penalty Points:** The Centre Referee works on a 3-warning system. This means the Centre Referee can warn a fighter twice for an infraction, like heavy contact. On the third warning a penalty point or minus point is given. The fourth warning results in disqualification. The Centre Referee does hold the power to disqualify a fighter immediately for a gross violation of the rules. In this case they may ask side Judges for their opinions.
10. **Stopping the Match:** A match can be stopped in three ways: The corner throws in the towel, the doctor/medical staff decides that a fighter is unable to continue, or the Centre Referee stops the match. In the first situation if a corner stops the match, the opposition fighter is declared the winner. If the doctor/medical staff decides a fighter cannot continue, then the Centre Referee must decide if the cause of the injury was due to an accident or the result of a foul. If the fighter is hurt from an accident (twisted ankle, pulled muscle) that fighter bows out and his or her opponent is declared the winner. If the fighter is hurt as the result of a foul (any technique that lands with excessive contact), the injured fighter is declared the winner. However, that fighter cannot fight again that day (a medical note is required to fight the following days).



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11. **Protest:** The scoring of the Judges is final. Protests against the decisions of a Judge can only be accepted if the competition rules have not been correctly applied. A Judges verdict given at the conclusion of any division shall be binding and may be altered only in the event that the Centre Judge and Supervisor deem that one of the following circumstances has occurred: **1.** A conspiracy has taken place, or an illegal agreement has been entered into to affect the result of the match. **2.** The addition of the scorecards is faulty; one Judge mixed up the corners, resulting in the victory being given to the wrong competitor. **3.** A clear violation of the rules and regulations directly affecting the outcome of the match has been perpetrated. Protest shall be directed to the Centre Judge and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made. The Centre Referee will decide on the protest after hearing evidence from the protesting side and the Judges concerned. Video will not be accepted. If a satisfactory resolution is not reached, the Chief Referee for Light Contact at the World Championships will decide the protest.
12. **Centre Referee Hand Signals for Warnings:** The Centre Referee must tell the Timekeeper to “stop the time” to inform the offending Competitor why they are being warned. Then, the Referee will show him/her by the warning hand signal and then whip their finger and say “no”. Contact too strong/punch the palm. Striking in an illegal area/show the illegal area. Blind scoring/turn the body and strike a punch or kick. Holding or Grappling/hold your own arm and pull. Turning the body or run away/similar. Speaking during the fight/ fingers and thumb open and close.
13. **Team Fighting:** All team fighting matches are decided by number of individual wins. In a three-person competition, the first team to win two matches wins the Team Fight. Fighters must fight the person that matches their weight class. Fighters must fight in the weight class and age category they entered for the individual competition. All rules for team matches remain the same as the individual competition rules.