



2025 WKC RULES & REGULATIONS: 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 18YRS +	WOMEN 18YRS +	MEN 35YRS +	WOMEN 35YRS+	MEN 42YRS+	WOMEN 42YRS+	MEN 48YRS+	WOMEN 48YRS +
-60 KG	-50 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
-70 KG	-60 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						
-90 KG							
+90 KG							

3 PERSON TEAMS

BOYS -9YRS	BOYS 10-11YRS	BOYS 10-11YRS	BOYS 12-13YRS	BOYS 16-17YRS	VETERAN MEN	MEN 18YRS+
-30, -35, +35 KG	-45 KG	+45 KG	-50 KG	-60, -70, +70 KG	-75, -85, +85 KG	-75, -85, +85 KG
GIRLS -9yrs	GIRLS 10-11YRS	GIRLS 12-13YRS	GIRLS 14-15YRS	GIRLS 16-17YRS	VETERAN WOMEN	WOMEN 18YRS+
-30, -35, +35 KG	-45, -55, +55 KG	-50, -60, +60 KG	-55, -65, +65 KG	-55, -65, +65 KG	-65, -70, +70 KG	-60, -70, +70 KG

- Age as of January 1st, the year of the Championship
- 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: Light Contact or continuous sparring is designed to be a skilled event 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 fight based on who they feel outscored their opponent. Influencing their decision is ring generalship, defence, fitness level, sportsmanship and technique.

The Center referee will stop the match any time a competitor throws a technique that does not have the proper control.



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1. Fighting Area

- a) The fighting area has to be square. Each side must be 8m in length (8 x 8) maximum or (7 x7) minimum.
- b) Around the fighting area, a safety zone of two metres has to 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 has to be provided at the referee-table.
- e) The referee-table must be equipped with the following items: The draw sheets, score displays, stop watch, bean bag, paper and pencils.

2. **Rounds:** In all Junior/kids divisions the match consists of one round of two minutes. The gold medal match is, two rounds of two minutes. In the 18yrs+ 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 all veteran divisions the matches are one round. The Gold medal final match is two rounds 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 as long as they do not offend public decency. Long hair must be fastened by an elastic band.

4. **Competitor Equipment:** The equipment must include: 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. No Face shields are allowed. Competitors may additionally wear: Hand bandages, maximum length of 3.5 metres though no tape on the first or knuckles, Elbow and knee protectors, Breast protector for female kids is recommended. 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 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/she is to stay seated.
 - If the coach feels the rules have been enfeebled, he may indicate to the centre referee using the sign “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 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. The side judges must declare a winner of the match. They cannot decide on a draw. Even if both fighters win one round each, the judge must decide on an overall match winner.
8. **Judges Score the Match On:** total number of points scored, defense, technique, overall conditioning, good sportsmanship, number of minus points, warnings.
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 unable to continue. 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 a legal or illegal technique. If the technique was legal or the injury was not the result of anything the illegal action the other fighter did, the opposing fighter is declared the winner. If the injury was a direct result of an illegal technique or action then the injured fighter is declared the winner. The centre referee may consult with the side judges on these matters.



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11. **Protest:** The scoring of the Judges is final. Protests against the decisions of a Judge can only be accepted in the event that 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 Center 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 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 Center 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 Center 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 Championships will decide the protest.
12. **Center Referee Hand Signals for Warnings:** The Center 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. **Possible Situations:** In the event of a strike that dazes an opponent, the centre referee must stop the time, then ask his judges what they saw. If the majority decide on “foul” then the referee will penalise the offender. If they decide on “accident” there is no penalty. If one of the competitors is injured, it is only the decision of the doctor, the competitor or his coach to stop the fight. An injured fighter has 5 minutes to resume the match. If they cannot continue at that time the match is over. The referee cannot decide how seriously a competitor is injured. The referee must always call the doctor/ medic. If one of the competitors is injured and the fight is over because of a foul, the innocent competitor is declared winner. In case of an accident, the competitor with the highest number of points is declared winner. If a draw, the uninjured competitor is the winner. If an athlete is out of condition, the referee will declare RSC, after discussion with his judges.
14. **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.