



Rules and Regulations

Full Contact Kickboxing *Low Kick Kickboxing* *Thai Boxing*

The following document is provided to members of the *Council of Amateur Sport Kickboxing*.

Throughout this document the acronym *CASK* will be used for the *Council of Amateur Sport Kickboxing Incorporated*.

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COMITÉ DE KICKBOXING AMATEUR COUNCIL OF AMATEUR SPORT KICKBOXING

MISSION

The Council of Amateur Sport Kickboxing / Comité de Kickboxing Amateur (CASK) will be the national leader in promoting excellence in the sport of amateur kickboxing through events, courses, and certification of athletes, coaches, and officials.

Center of Excellence

CASK is dedicated to the highest level of excellence in the planning, implementation and review of each of its programs and operations. The effort is to build upon any successes and always look for areas of improvement and systems growth.

Focus on Safety and Health

CASK has established the highest safety standards to ensure the well being of all athletes, coaches and recreational participants involved in amateur kickboxing.

Industry Leader

CASK strives to be a leader within the sport martial arts/kickboxing sector. This goal will be realized through the core objective of meeting the needs of all stakeholders within the industry including school/gym owners, event promoters, sanctioning bodies, all levels of athletes, to the general public.

Fostering Cooperation

CASK will work openly with all individuals and groups committed to the cooperative growth of amateur kickboxing. A fundamental principle of CASK is to foster a cooperative framework within the sector.

Demonstrating Ethics and Values

CASK is committed to upholding the highest ethical principles in all of its operations and events. All CASK leaders will demonstrate appropriate conduct, positive attitudes, and will always work to create an environment that is safe, healthy and harassment free.

Worldwide Presence

CASK will be internationally known for its domestic operations and development of national amateur teams. CASK will network and affiliate itself with sanctioning bodies, national organizations, and event promoters committed to the principles and values of the organization.

FULL CONTACT RULES AND REGULATIONS

I. EVENT REQUIREMENTS

The Event Coordinator is responsible for ensuring the safety of all athletes and the smooth running of the event in accordance to CASK regulations and all regulation if a provincial commission or sport body regulates amateur kickboxing in the respective jurisdiction.

A. Application

The following documents are mandatory for each Event Coordinator. Document 1 must be provided to the CASK office a minimum of 90 days (Single Bout Format), 120 days (Tournament Format) prior to the date of the competition. Approval notices will be sent by mail only to the Event Coordinator directly or through the provincial/territorial affiliate. Documents 4-6 must be sent to the CASK office within 72 hours of the event.

1. CASK Coordinator Application must be submitted first with sanctioning fee.
2. All event officials must have a CASK Officials License valid for the current year. The numbers of officials are dependant on the number of bouts and style of competition (Single Bout Format, Tournament Style Format).
3. All coaches must have a valid CASK Coaches License valid for the current year.
4. All athletes must have a CASK medical exam conducted by the ringside physician and documented on the appropriate form (Pre Bout Medical Exam).
5. All athletes must have a post-bout medical check conducted by the ringside physician and documented on the appropriate form (Post Bout Medical Check).
6. Only CASK Bout forms are to be used for recording results of each match.

B. Officials

1. Mandatory Officials
 - a. Chief Official – there must be a ***CASK Level III Certified Official*** on site during event. This person has final decision over all bouts and officiating and ensures that the rules and regulations are adhered to. The Chief Official is required to officiate the weigh-ins, in addition to overseeing the competition.
 - b. Assistant Chief Official – there must be a ***CASK Level II Certified Official*** on site during the event. The person works with the CO and can assist the referee if required.
 - c. Ring Doctor – A registered ***Canadian Physician*** must be present during the bouts and must conduct medical examinations a minimum of 60 minutes prior to the commencing of the bouts.
 - d. EMT – There must be an ***Emergency Medical Team*** to conduct any acute first aid on athletes. These persons can include certified athletic therapist, paramedic, sport physiotherapist, anyone trained and current first aid and CPR. Records of all incidents must be provided to the CASK office within 48 hours of the event.
 - e. Referees – A minimum of 1 ***CASK Level II Certified Official*** is required for every 12 bouts.
 - f. Judges – A minimum of 4 ***CASK Level I certified officials*** are required for every 12 bouts. Only three judges score each bout – however having more judges is highly recommended.

C. Ring

1. Dimensions – The ring will be a regulation boxing ring that shall measure a minimum of 5.0 m square to a maximum of 6.0 m. These measurements shall be inside the line of the ropes.
2. The ring floor shall extend beyond the ropes a minimum of 0.5 m.
3. The ring floor shall be padded with a surface material of felt, rubber or canvas that covers the entire platform. There must be a padded elastic under layer that is between 2.0 and 4.0 cm thick.
4. The spectator seats must be a minimum of 2 meters away from the platform.
5. The four corner posts shall be well-padded to ensure the safety of the athletes.
6. Two corner posts shall be red and blue to correspond to the athletes and the other two corner posts must be white. Sponsor names can be placed on the posts but must not detract from the color.
7. There will be a minimum of three ring ropes of a thickness of 3 cm that are covered with a padded material. The lowest rope must be a minimum of 40 cm from the ring floor.
8. The ring ropes will be joined at each side by two pieces of sturdy material or thin rope.

D. Ring Equipment

1. The event coordinator shall have the following items for the competition:
 - a. Weigh scale, two stools, timer, buzzer/bell, two ring steps/stairs, broom, mop, cleaning/disinfectant solution, round signs, heavy-duty tape, scissors, extra thin rope, and a whistle for the Chief Official.
 - b. A comprehensive first aid kit with sufficient rubber gloves for the referee(s)
 - c. A minimum of 5 sets of scoring clickers (10 clickers in total)
 - d. A minimum of three sets of red/blue gloves for every 12 bouts.
 - i. The gloves must be 10oz amateur style gloves with no thumbs or attached thumbs and have a white strip to clearly indicate the knuckles area.
 - ii. The gloves must be clean and in good condition with the padding firmly in place with no tears inside the glove or anywhere on the surface area.
 - iii. The gloves must be approved by the chief official.

E. Ringside Documents

1. The Event Coordinator shall have the following documents ringside prior to the beginning of any bouts:
 - a. Event Bout List – with any changes indicated
 - b. Completed pre-bout medical forms
 - c. Post-bout medical forms
 - d. Athlete Licenses
 - e. Adequate round score cards
 - f. Adequate bout score cards
 - g. Adequate disciplinary forms

F. Event Coordinator

The Event Coordinator is responsible for maintaining an organized event with sufficient volunteers, staff, security and other persons required. The Event Coordinator is responsible for:

1. Fulfilling their requirements as outlined in the Rules and Regulation document, Policy document and the Sanctioning Events document.
2. Providing a competent volunteer to assist the Chief Official during the entire event – from weigh in to the completion of the competition.
3. Providing travel expenses to the Officials in accordance to the amounts indicated by CASK.
4. Providing refreshments and snacks to the Officials during the competition.
5. Submitting to the CASK office all event documents and video of all bouts with 72 hours of the completion of the event.
6. Ensuring that the entire duration of the event runs no longer than 3 ½ hours in total.

II. ATHLETE REQUIREMENTS

A. Registered Athletes

1. All athletes must register themselves annually with CASK.
2. The registration involves a physical exam completed by their attending family doctor.
3. Athletes are registered in the following classification:

Novice class	15 bouts or less
Open class	16 bouts or more

- a. A 'bout' is defined as any of: exhibition bout; participation in a light contact rules tournament with ***one tournament equaling one bout***; and amateur boxing bout.
4. The novice class can be further divided into SUBNOVICE (5 bouts or less). This classification should be used in a tournament format when there are sufficient athletes to compete in both NOVICE and SUBNOVICE categories in any weight divisions.
5. Athletes are only allowed to compete with those within their classification.
6. Athletes are divided into the following age categories (male and female)

Junior A	10-12 years
Junior B	13-15 years
Intermediate	16-18 years
Senior	19 years and above

- a. Junior and Intermediate athletes are permitted to compete with an older athlete (without an upgrade) as long as there is no more than 24 months separating their birth dates.
- c. Athletes above 40 years of age are required to provide a completed physical exam conducted by their family physician for each competition entered.
7. Weight Categories

Junior (A & B) 10-15 M&F	Male: Senior & Intermediate	Female: Senior & Intermediate	Veteran M&F Over 40 years	Weight Division	Weight (kgs)
Light Atom - M&F				Light Atom	Under 38
Atom - M&F				Atom	Under 41
Light-Fly - M&F				Light-Fly	Under 45
Fly - M&F		Fly	Fly	Fly	Under 48
Light Bantam - M&F		Light Bantam	Light Bantam	Light Bantam	Under 51
Bantam - M&F		Bantam	Bantam	Bantam	Under 54
Feather - M&F		Feather	Feather	Feather	Under 57
Light - M&F	Light	Light	Light	Light	Under 60
Light Welter - M&F	Light Welter	Light Welter	Light Welter	Light Welter	Under 63
Welter - M&F	Welter	Welter	Welter	Welter	Under 67
Above 67kgs – F only	Light Middle	Light Middle	Light Middle	Light Middle	Under 71
Light Middle – M only	Middle	Middle	Middle	Middle	Under 75
Middle – M only	Light Heavy	Above 75kgs	Light Heavy	Light Heavy	Under 81
Light Heavy – M only	Cruiser		Cruiser	Cruiser	Under 86
Above 81kg – M only	Heavy		Heavy	Heavy	Under 91
	Super Heavy		Super Heavy	Super Heavy	Over 91

- b. In single elimination competitions the following will be the maximum weight differences for **Junior B, Intermediate and Senior**– **Light Atom-Bantam:2kg, Feather-Welterweight:3 kg; Light Middle-Heavyweight:4kg. Super Heavy – no differences, Junior A – 2kgs max. in all divisions**

B. Upgrades

1. Transitional Upgrade - An athlete can upgrade classification (novice-open) or age category prior to meeting the requirement of that new classification or category by completing a CASK upgrade form.
 - a. The upgrade request is made to the CASK office and agreed upon by both provincial affiliate and CASK
 - b. An athlete can only upgrade to one age category higher.
 - c. The transitional upgrade permits the athlete to compete with athletes in their original classification or age category until they meet the actual requirements.
2. Permanent Upgrade – Occurs when the PSO and CASK collectively upgrade the athlete from Novice to Open classification due to their competitive ability as demonstrated in a CASK regulated event. Such athletes can no longer compete against novice level athletes.
3. Once an athlete has reached the open classification (15 bouts), she/he cannot compete with novice level athletes.

C. Equipment

1. All full contact athletes must compete in full pants; Thai Boxing and Low Kick athletes in shorts.
2. Male athletes will not wear a top, all female athletes will wear a Tank top or Shirt.
3. All athletes must report to the ring with:
Feet protectors, shin guards, mouth guard, groin protector, hand wraps, supplied gloves and headgear
 - a. Regulation equipment – Feet protectors must be soft foam or soft rubber and completely cover the top of the foot, ankle, sides of the foot and heel. Only one strip of tape is allowed on the top of the foot protectors. Shin guards must be soft foam or soft rubber and protect from the beginning of the foot protector to the knee but no less than 4 centimeters below the knee.
 - b. Gloves – the Event Coordinator is responsible for providing gloves that are approved amateur 10oz gloves with Velcro straps (no laces). The gloves cannot be professional gloves.
 - c. Headgear – The headgear must be well padded and protect the forehead, sides, back and top of the head. Cheek protectors are not permitted. Foam dipped martial arts headgears are not permitted. Headgear must be the color of the corner – or a neutral color. Headgear must be approved.
 - d. Breast protectors and pelvic protectors are mandatory for women.
 - e. Hand wraps – either gauze or cloth wraps are permitted but neither can be more than 2.5 meters in length and 5 cm in width. Only one layer of gauze or cloth is permitted between the knuckles. Tape is permitted with gauze wraps, but can only be placed on the wrist and back of hand and must not cover the knuckles or be 1 cm above and 1 cm below the knuckles. Tape is permitted with cloth wraps but only one strip at the wrist area and one strip of tape is only permitted between the knuckles. An official shall examine the wraps after the bout. An athlete that does not follow this procedure will be disqualified from the bout.
 - f. Only surgical tape (cloth type) is permitted on hand wraps and feet pads – duck tape, rubber tape, fiber tape, masking tape, scotch tape or construction tape is not permitted.
 - g. All equipment must be clean and in good order. The appropriateness of equipment is at the discretion of referee and chief official.
 - h. No other equipment or items other than those specified in sections a-f are permitted, including but not limited to, elbow pads, any kind of bandages or adhesives, and limb braces.

D. Appearance

1. All contestants must be clean and presentable.
2. If head hair is long it must be held within the headgear.
3. Facial hair is not permitted UNLESS the athlete seeks advance approval from CASK on religious grounds.
4. No body piercing is allowed (eg. Ear, nose, belly button)
5. Contact lenses are not permitted.
6. Vaseline, grease, or any foreign substance is not permitted

E. Amateur Status

1. All athletes must be amateur status, where ‘amateur’ is defined as not competing for ‘prize money’ for their participation in any combat sport including but not limited to – boxing, mixed martial arts (MMA), grappling, no holds barred, ju jitsu, toughman contests, or any martial arts events.
 - a. Honorariums are not considered ‘prize money’ but can only be for the cost of travel expenses (flight, train, bus or travel that does not exceed \$0.40/km from destinations), lodging expenses, and meal expenses. These must all be verified with receipts.
2. If an athlete has competed in professional combat events in the past – she/he can apply to reinstate their amateur status. The application must be in writing to the CASK Board and the Board of their provincial/territorial affiliate. The decision to reinstate amateur status must be conferred by consensus of both levels of the organization.

III. COMPETITION REQUIREMENTS

A. Pre-bout Examinations

1. Official weigh-in
 - a. The Chief Official is solely in charge of running the weigh-ins. The Event Coordinator is required to provide any assistance requested by the Chief Official.
 - b. The Event Coordinator is responsible for establishing an appropriate location for the weigh-ins/medicals and for supplying a quality scale.
 - c. No spectators are allowed during the weigh in process.
 - d. Parent/guardians are permitted at junior and intermediate weigh-in and medical exams.
 - e. Athletes must present their CASK license with a valid annual sticker.
 - f. Male athletes must only wear loose fitting shorts for weigh-ins
 - g. Female athletes must only wear loose fitting shorts and a t-shirt or sports top.
 - h. The official weigh-in will be the day of the competition to a minimum of 2 hours prior to the commencing of the competition.
 - i. All athletes must weigh-in during this official time period.
 - j. Coaches are welcome to the weigh-in as long as they do not interfere in the process.
 - k. All athletes must be within their allocated weight division.
 - l. Athletes weighing below or above 2 kgs of their respected weight will be permitted a maximum of one hour to meet the weight requirement.
 - m. Athletes weighing greater or less than 2 kgs of their respected weight will not be allowed to compete in that division or in that bout.
 - n. Athletes are only allowed two official weigh-in opportunities.
 - o. Female athletes will be weighed by female officials, and no males are permitted.
 - p. Male athletes will be only weighed by male officials, and no females are permitted.
2. Official Medical
 - a. A qualified Canadian physician must complete each athlete's pre-bout medical exam.
 - b. The exam must be completed a minimum of one hour prior to the event.
 - c. The medical examiner will use the CASK Pre-Bout examination form
 - i. The CASK form must be stored for 7 years after the event.
 - d. The medical doctor has the authority to declare an athlete unfit to compete.
 - e. The medical exam must be conducted to ensure privacy and confidentiality.
 - f. Athletes are permitted to request an official of the same gender be present if the doctor is of the opposite gender.

B. Competition Duration

1. The overall duration of any single bout competition is 3 hours and 30 minutes.
2. In a tournament format competition – each competition period cannot exceed 3 hours.
3. In a tournament format competition – there cannot be more than 3 competition periods per day.

C. Bout Duration

1. Regulation bouts are 3 x 2 minute rounds – 1 minute rest between rounds
2. Time is only stopped upon the command of the referee
3. Title bouts are be 4 or 5 rounds depending on the title
 - a. Provincial and Regional title are 4 rounds and National titles are 5 rounds
 - b. Prestige non-title bout can be 4 round on the approval by CASK
4. The athletes will touch gloves (shake hands) at the beginning of the bout only. No touching of gloves is permitted during the bout or between rounds.

D. Coaching

1. Only three people are allowed in the athlete's corner – one coach and two seconds.
2. During rest periods – *The main coach is allowed in the ring; One second is allowed on the canvas – outside the rope; One second is allowed on the floor – outside the ring*
3. During the progress of any round all coaches or seconds must be a minimum of ½ meter distant from the ring.
 - a. Before the beginning of any round all towels, buckets, stools must be removed from the ring and platform completely.
 - b. The coach and seconds must be seated during the progress of the round with their heads below the level of the platform.
5. Any form of talking or coaching is not permitted during the progress of any round
 - a. A second may be disqualified for talking during rounds and may not be replaced.
 - b. A coach may be disqualified for talking during rounds and can be replaced by a second.
6. All coaches and seconds must be wearing full athletic pants and athletic shirt, t-shirt or jacket.
 - a. Hats, tank-tops, and shorts are not permitted
 - b. Any clothing that may be deemed offensive by the CASK official is not permitted.
7. The use of any pharmaceutical drugs or local anesthetics by the coach or seconds is forbidden.

IV. SCORING REQUIREMENTS

A. Full Contact Kickboxing Rules

1. Scoring Areas
 - a. Front and sides of head and body, feet (sweeps).
2. Scoring Techniques
 - a. All techniques delivered with the white scoring part of the glove
 - a. Legal kicks must land with the lower leg area which is defined as the ankle, shin, foot, toes, heel and bottom of foot area and constitutes the padded and non-padded areas.
 - b. Legal sweeps must land with the inside or outside of the padded area of the foot onto the inside or outside padded area of the opponent foot.
3. Illegal Scoring Areas
 - a. Back of head, spine, throat, groin, joints, upper and lower legs
4. Illegal Scoring Techniques
 - a. Spinning back-fist, any technique not delivered with the scoring techniques listed in 2.

B. Low-Kick Kickboxing Rules

1. Scoring Areas
 - a. Front and sides of head and body, feet (sweeps), and kicks to the inside and outside of the thigh area (upper leg).
 - b. All kicks delivered to the upper legs must be 3cms above the knee.
2. Scoring Techniques – same as A.
3. Illegal Scoring Areas – same as A with the exception of the upper leg.
4. Illegal Scoring Techniques – Same as A.

C. Thai Boxing Rules

All areas contained within the CASK Rules and Regulations document apply to the discipline of Thai Boxing – except those listed below in this section. Any item below will overrule a related section in the document.

1. Scoring Areas
 - a. Front and sides of head and body
 - b. Inside and outside of upper leg – below waist and 3 cms above the knee
 - c. Inside and outside of lower leg – 3 cms below knee and 3 cms above ankle
2. Scoring Techniques
 - a. All techniques delivered with the white scoring part of the glove
 - b. All techniques delivered with the padded part of the feet pads
 - c. All techniques delivered with the padded part of the shin pads
 - d. All techniques delivered with the bottom of the foot (non padded area)
 - e. Leg catch retaliation – An athlete can execute a legal scoring technique while holding a leg, but is not permitted to take more than two steps while holding the leg.

3. Illegal Scoring Areas

- a. Back of head, spine, throat, groin, joints

4. Illegal Scoring Techniques

- a. Spinning back first, any technique not delivered with the scoring techniques in 2.
- b. Foot sweeping is illegal

5. Clinching

Clinching is permitted in Thai boxing where it is defined as, 'holding any part of an opponent's upper body (head, neck, arms) while in standing position.'

- a. Clinches must occur when athletes are facing each other.
- b. The referee will break a clinch if the athletes are not in front of each other's arms or if the athletes are separated beyond 90 degrees from center line.
- c. During a clinch scoring techniques are permitted – same point value
- d. The referee will halt the clinch within 3-5 seconds if scoring techniques are not attempted.
- e. The following are not permitted: headlocks, arm/joint locks, holding the ropes, locking the opponent's legs, sweeps, breaking a clinch by back-breaking.
- f. During a clinch an athlete can spin their opponent to the mat using their upper body only, without a sweep or reap throw – scoring value is 2 points.
- g. During a clinch straight punches are not permitted.
- h. Failure to break a clinch when instructed will result in a penalty.

6. Wai Kru

- a. The Wai Kru is not mandatory.
- b. Any athlete has the option to perform the Wai Kru prior to the start of the bout if she/he request it on the sanctioning form.
- c. The length of the Wai Kru will be no longer than 3 minutes.
- d. The Wai Kru cannot have any obscene or derogatory actions.
- e. The Event Coordinator has the option to play traditional Thai music during the time allotted for a Wai Kru.
- f. Only athletes that have requested to perform Wai Krus on the sanctioning form are permitted to do so.

7. Traditional Thai Music

- a. It is an option of the Event Coordinator only to play Traditional Thai music during the course of each round of a Thai boxing bout or during the Wai Kru.
- b. The music must be turned off during in between rounds.
- c. All music must be traditional competitive Thai music (eg. Ching, Klong, Khaek, Pee Java)

8. Chest Protectors

- a. Must be supplied by the Event Coordinator for all bouts that require them.
- b. Mandatory for junior A and junior B (novice and open) athletes.
- c. Mandatory for pre-novice intermediate athletes
- d. Optional for novice intermediate athletes – unless competing with a pre-novice
- e. Not permitted for intermediate open class and any senior class of athletes.

V. JUDGING REQUIREMENTS

A. Attire

2. All judges must be dressed in black trousers, black shoes, and a CASK shirt.
3. Judges are representatives of CASK while fulfilling their duties as such it is required that they will meet the Code of Conduct guidelines during the tenure of any event.
4. A judge that is not carrying out his/her duties at an event should remove their official attire.

B. Scoring Rounds

1. Judging a round is based primarily on the following:

Punch to head or body	1 pt
Kick to body	1 pt
Sweep (unbalances opponent)	1 pt
Kick to head	2 pt
Jump kick to body	2 pt
Jump kick to head	3 pt
Kick to leg (Thai and Low kick)	1 pt
Knee to body/leg (Thai)	1 pt
Thai throw from clinch (Thai)	2 pt

- a. Legal punches must land with the white padded area of the glove only
 - b. Legal kicks must land with the foot area which is defined as the ankle, top, sides, toes, heel and bottom of foot area and does constitute the padded and non-padded areas.
 - c. Legal sweeps must land with the padded area of the foot onto the padded area of the opponent foot.
2. Scoring with a Clicker System
 - a. The three ringside judges keep score of the points throughout the duration of the round.
 - b. At the completion of the round the scores are scored as **Total Points**.
 - c. The total points score is converted to the **Graded Point** system according to the equation:
 - i. Difference of 2 points or less – 10-10 scoring
 - ii. Difference of between 3-6 points - 10-9 scoring
 - iii. Difference of 7 points or more – 10-8 scoring

C. Infractions - Fouls

1. The following are illegal infractions

Kicks below the waist (Low kick and Thai Boxing excepted)
Throwing (Thai Boxing excepted – Upper body legal throws only permitted)
Elbow/knees (Knees permitted to body and legs in Thai Boxing)
Techniques to knees, lower leg, spine, back of head, groin area, neck
Spitting out mouth guard
Clinching (Permitted in Thai Boxing)
Holding kicking leg
Holding ropes
Attacking a downed opponent
Spinning backfist
Blind techniques
Punching with non padded part of glove
Talking
Failing to fight
Pushing
Not listening to referee

D. Scoring Fouls

1. Intentional fouls
 - a. Referee can automatically give an athlete an official foul (2 clicks added to opponent)
 - b. Referee can automatically disqualify an athlete
2. Un-intentional fouls
 - a. First foul - Referee gives one UNOFFICIAL warning (no pts deducted)
 - b. Second foul – Referee gives one OFFICIAL foul (2 clicks added to opponent)
 - c. Third foul – Referee gives second OFFICIAL foul (3 clicks added to opponent)
 - d. Fourth foul – Referee DQ athlete
3. All infractions (Official fouls) are accumulative

*Eg. If an athlete receives:
One official warning for clinching
One official warning for illegal technique
One official warning for talking*

This is considered 3 official fouls – athlete is DQ
4. All unofficial warning are not accumulative

*Eg. If an athlete receives:
One unofficial warning for spitting out mouthpiece
One unofficial warning for talking
One unofficial warning for clinching*

E. Scoring Knockdowns/Standing 8 counts

1. If a referee issues a standing 8 count due to a knocked down or for a safety call the following procedure shall occur:
 - a. The Chief Official will make a note of the standing 8 count on their bout documents.
 - b. Each judge will make a note of the standing 8 count on their round card.
 - c. Each judge will award 2 clicks to the opponent that caused the standing 8 count.

F. Scoring Bouts

1. Referee does not score the bout
 - a. He/she controls the bout
 - b. He/she issues infractions
 - c. He/she has the right to stop a bout
2. The winner for EACH JUDGE has a greater total accumulative points (all rounds added together)

*Eg. Judge A – First round 10-9 (Blue Athlete)
Second round 9-10 (Red Athlete)
Third round 9-10 (Red Athlete)*

*Total accumulative score – 28-29 (Red Athlete) **Judge A scores the bout for the Red Athlete***

G. Kicking Requirements

1. Athletes are expected to execute hard kicks consistently throughout the duration of each round.
2. The kicks must be thrown with the intent of landing on scoring areas and land with impact.
3. Kicks may be blocked by the opponent, however the intent must be evident.
4. Failure to kick consistently throughout a round will result in a penalty.

H. Types of decisions

- a. Unanimous decision - 3 judges score the bout for one athlete
- b. Majority decision - 2 judges score the bout for one athlete
1 judge scores the bout a draw
- c. Split decision - 2 judges score the bout for one athlete
1 judge scores the bout for the other athlete
- d. Draw - 3 judges score the bout even
- e. Majority Draw - 2 judges score the bout even
1 judge scores the bout for one athlete

I. Premature ending of bout

1. A bout can be halted under specific conditions prior to the competition of the scheduled rounds. These conditions are: Knock out - KO; Referee Stops Contest - RSC (safety) - RSC (injury)
2. Some of these conditions carry a suspension period and/or specific requirements to continue competition.
3. It is the requirement of the athlete and coach to understand these conditions and adhere to these in the club environment and in future competitions.

For more information on these categories please see Safety requirements Section VII.

J. Protests

1. The scoring of the referee and judges are final
2. An official protest at the event will be allowed under the following conditions:
 - a. Protests must be directed to Chief Official only
 - b. Protest must state reason for protest with **decorum**
 - c. Protest will only be allowed for the following conditions:
 - i. Belief that the addition of score cards was faulty
 - ii. Belief that judges mixed up corners
 - iii. Belief that a CASK rule was violated – that directly resulted in decision
 - iv. Belief that an illegal agreement has been entered into
 - d. The protest must be accompanied by a processing fee of \$100
 - i. This fee will be returned if the protest is found to be valid.
4. An official protest can be made to the National Sporting Organization (NSO) and/or the Provincial Sporting Organization (PSO) after the competitive event.
Reason included: objections of the decision; inappropriate officials actions affecting the decision.
 - a. The protest must be done in writing only sent via registered mail within 72 hours of the event with a money order of \$250 payable to the Council of Amateur Sport Kickboxing.
 - c. If required CASK will strike up a disciplinary committee to address the issue.
 - d. If the protest is due to the decision of a bout – a neutral body of 3 persons will be selected to address the protest. The re-scoring of the bout will be final.

5. If a protest is found to be correct the following procedure will be completed:
 - a. The athletes involved (and their coaches) will be notified and provided the results of the protest.
 - b. The PSO will be notified and requested to address the issue within their officiating committee and provide re-training, mentoring, or suggestions to the officials involved.
 - c. The athlete's passports will be changed by the PSO/NSO representative only.
 - d. A partial refund of \$100 will be returned to the person that initiated the protest.

K. Exhibitions

1. Exhibitions are permitted and must follow the same protocol as regulated bouts.
2. Athletes are required to control their strikes without full contact.
3. If either or both athletes use excessive force the bout will be halted. The athlete(s) may be disciplined by the Chief Official.

V REFeree REQUIREMENTS

A. Attire

1. The referee must be dressed in black trousers, black shoes, a CASK shirt, and a black tie.
2. The referee must wear rubber surgical gloves that are in good order.
3. The referee is the representative of CASK while fulfilling his/her duties.
4. The referee that is not carrying out his/her duties at an event should remove their official attire.

B. Pre bout Role

1. The referee must enter the ring before any athlete enters the ring.
2. The referee must walk from corner to corner examining the ring floor for cleanliness and to ensure that the ropes are secure.
3. The referee must indicate to the Chief Official if any aspect of the ring requires maintenance.

C. Athlete Inspection

1. The referee shall inspect each opponent according to the Referee Protocol
2. The referee shall start/end each athletes' Inspection with the appropriate commands

Command – ‘ (Color) inspection.’

Command – ‘ (Color) inspection complete’

D. Commencing Bout

1. The referee will fulfill the official's checks according to the established protocol.
2. The referee will begin the bout with the command:

COMMAND – ‘BOX/KICKBOX’

E. Bout Activity

1. The referee will observe the athletes and ensure that they engaging in the sport of kickboxing with correct legal techniques.
2. The referee will position themselves so that they do not interfere with the bout, however so that they can step between athletes to halt bout if required.

G. Commands

1. The Referee is required to fulfill all COMMANDS signals according to established CASK protocols.
2. The referee is required to use their voice for the COMMANDS – BREAK and BOX/KICKBOX.
3. The remainder of the COMMANDS require only the use of the appropriate CASK hand signals.

H. Ending Rounds

1. Upon hearing the round indicator the referee COMMANDS – ‘**BREAK**’ and directs athletes to their respective corners.
2. The referee collects the three judges' score cards and checks them for correct notations.
3. The referee takes the score cards to the Chief Official for review and recording.
4. The referee then moves to one of the neutral corners during the rest period.
 - a. The referee can briefly remind any corner if they are close to a disqualification due to infractions or if they are not executing techniques with appropriateness.
 - b. The referee can briefly remind any coaches if they are close to being dismissed for coaching during the round or are failing to follow correct protocol.

I. Ending Bouts

1. The referee reviews the final scoring provided by the Chief Official.
2. The referee directs both athletes to the center of the ring and stands between them.
3. The referee takes one step backwards and raises his/her hand towards the athlete that has won.
4. The athlete directs the athletes to the ringside doctor for the post-bout inspection.

J. Downs

1. A knock down occurs under the following conditions:
 - a. When any part of the body touches the canvas other than the feet due to the impact of a legal technique that lands on a legal target area.
 - b. When any part of the body is outside of the ropes or partly outside of the ropes due to the impact of a legal technique that lands on a legal target area.
 - c. When the athlete falls on the ropes due to the impact of a legal technique that lands on a legal target area.
2. The following will occur upon any knockdown:
 - a. The opponent must immediately move to the closed neutral corner or the neutral corner that the referee instructs them to go to. They will stay in the corner facing the inside of the ring so they are visible to the referee.
 - b. The referee shall face the downed athlete and count aloud from one to eight with intervals of a second between each number. The referee shall indicate each number with their fingers so that the athlete can see the count.
 - c. If the opponent does not move to the neutral corner immediately, the referee will stop counting and instruct the opponent to do so. The counting shall continue where it was stopped.
3. Resuming the Bout
 - a. The athlete must stand up before the number eight is reached by the referee, make eye contact with the referee and raise their arms into a boxing position indicating that they are okay to continue.
 - b. The referee will ask them to take three steps forward, which they must do with balance.
 - c. The referee will ask them if they are able to continue, which they must verbally say yes and nod their head.
 - d. If the 3 conditions above meet and if the referee feels the athlete has the ability to continue they can resume the bout.
 - e. The referee cleans the downed athlete's gloves first and then motions to the opponent to move to the center of the ring.
 - f. The referee ensures that the athletes are a minimum of 2 meters apart and then begins the activity with the command 'BOX/KICKBOX.'
4. Ending the Bout after a Down
 - a. If the downed athlete stands up before the count of 8 is reached but the referee determines that the athlete is visibly injured when they reach the count of eight – they will continue the count till the number 10. Once the number 10 is reached they will make the hand signal for a DQ. The bout results in a **KO decision**
 - b. If the downed athlete is motionless during the count and the referee feels that they are unconscious, the referee will stop the count at 4 make the motion of a DQ and quickly call in the doctor into the ring. The bout results in a **KO decision**
 - i. No other persons are allowed into the ring before the doctor.
 - ii. The referee is not to move the downed athlete
 - c. If the downed athlete is making a concerted effort to stand up during the count the referee will continue the count. Once they reach 8, if the athlete has not stood up, the referee will continue the

count till 10 and then make the motion of a DQ and quickly call in the doctor into the ring. The bout results in a **KO decision**

- i. No other persons are allowed into the ring before the doctor.
 - ii. The referee is not to move the downed athlete
- d. If the downed athlete stands up before the count of 8 the referee can end the bout by **RSC (injury)** under the following conditions:
- i. The athlete does not raise their hands in a boxing position and make eye contact with the referee.
 - ii. The athlete is unable to complete the task of walking forward and/or answering the referee's question to resume the bout.

K. Additional Commands

1. Coaches Infractions (Speaking during rounds)
 - a. If a coach is seen talking the referee will call 'BREAK' to halt the bout.
 - b. The referee will point to the offending coach with index finger and make eye contact and then place his/her finger over his/her lips (signaling silence).
 - c. The referee will then commence the bout with 'BOX.'
 - d. If the Coach is seen talking a second time the referee will again halt the bout and then point at the offending coach with index finger and single the coach to leave the corner.
 - e. The Chief Official is responsible to ensure that the coach is no longer in the athlete's corner and that there is a replacement for the athlete.

VI COACHING REQUIREMENTS

A. Attire

1. All coaches and seconds must be registered members of CASK and have all taken a minimum of a Level I coaching certification course.
2. All coaches and seconds must be dressed in full athletic wear. This includes full-length athletic pants, running shoes, and a shirt. Corner jackets are permitted.
3. No hats of any kind may be worn
 - a. Religious apparel is permitted but must be requested in writing prior to the competition.
4. Shirts with any offensive messages or images are not permitted.
5. If a coach or second does not have the appropriate attire the referee and/or chief official will inform them at which point they will be given 60 seconds to fulfill the requirements or resign from the cornering duties. If the notified coach/second is not dressed appropriately the athlete will be disqualified.

B. Positioning

1. Only three people are allowed in the athlete's corner – one coach and two seconds.

During rest periods – *The main coach is allowed in the ring*
One second is allowed on the canvas – outside the rope
One second is allowed on the floor – outside the ring
2. During the progress of rounds coaches and seconds must be a minimum of ½ meter distant from the ring.
 - a. Before the beginning of any round all towels, buckets, stools must be removed from the ring and platform completely.
 - b. The coach and seconds must be seated during the progress of the round with their heads below the level of the platform.
3. Any form of talking or coaching is not permitted during the progress of any round
 - d. A second may be disqualified for talking during rounds and may not be replaced.
 - e. A coach may be disqualified for talking during rounds and can be replaced by a second.
4. All coaches and seconds must be registered members of CASK and have all taken a minimum of a Level I coaching certification course.

VII. HEALTH and SAFETY REQUIREMENTS

A. Standing 8 Counts

A standing '8' count is designed to protect the safety of the athlete by allowing the referee to assess the affected athlete and determine if they are fit to continue the bout. The following require the issuing of a standing '8' count:

1. An athlete receives an unprotected legal scoring technique to the head, which directly results in the head snapping back a minimum of 45 degrees from the perpendicular axis. The movement of the head must be due to the impact of the legal technique and not a push.
2. An athlete receives an unprotected legal scoring technique to the head, which directly results in the head rotating 45 degrees or more from original position. The rotation of the head must be due to the impact of the legal technique and not due to a push.
3. An athlete receives an unprotected legal scoring technique to any legal target area and is visibly affected immediately or within the next few moments. This can include any of the following – signs of dizziness or lack of balance; loss of muscular control; unable to focus on the opponent.
4. An athlete receives 4 unprotected scoring techniques consecutively to any legal target area.
5. An athlete is retreating and receives 2 unprotected legal scoring techniques on a minimum of 3 concurrent occasions during the advancement of the opponent without any legal scoring technique retaliation.
6. Any part of the body touches the canvas due to the impact of a scoring technique that lands on a legal scoring area. The only exception is that of a legal sweep.
7. Any part of the body falls on the ropes or goes in between the ropes due to the impact of a legal technique that lands on a legal target area.

B. Premature Stoppages

The following are the types of stoppages and the requirements imposed by CASK and all provincial/territorial affiliates:

1. **Knock-Outs (KO)** – The following are conditions that result in a KO decision:
 - a. An athlete is downed due to the impact of a legal technique on a legal target area and is in a state of unconsciousness.
 - b. An athlete is downed due to the impact of a legal technique on a legal target area and is conscious but is unable to stand by the count of 8.
 - c. An athlete is downed due to the impact of a legal technique on a legal target area and is able to stand by the count of 8 but is visibly injured or hurt as assessed by the referee.
2. The following protocol must be followed for a **KO decision**:
 - a. The doctor shall be brought into the ring to examine the athlete and make the appropriate decision for the immediate care of the athlete.
 - b. The athlete shall be examined immediately afterwards and accompanied to their home or suitable accommodation by the coach of the athlete, or by his coach and guardian if they are a minor.
 - c. A notation of a KO must be inputted in the athlete's passport by the doctor/chief official. In addition, the Chief Official shall indicate in the passport and the final bout documents, the suspension period (start and end) and the requirement of a medical note to resume kickboxing after the suspension period is completed.
 - d. The KO'd athlete is not required to stay in the ring for the official decision and should be taken to the dressing room for a neurological assessment by the event doctor.
 - e. The athlete is not permitted to participate in a sanctioned competition or club sparring for a 60 day period after the date of the KO decision.
 - f. The athlete is only permitted to resume kickboxing after the 60 day rest period once they have taken a special examination and certified by a qualified doctor of medicine to be fit to engage in kickboxing competition. This letter must be provided to the club coach, the CASK office and the provincial affiliate.
 - g. An athlete that has received two KO results in a period of one year shall not take part in competition or sparring for a period of 120 days.

- h. An athlete that has received three KO results in a period of one year shall not take part in a competition or sparring for a period of one year from the third KO.
 - i. Any athlete that has suffered a KO must comply with any recommendations made by the doctor for further examination.
3. **RSC (injury)** – The following are conditions that result in a RSC (injury) decision:
- a. An athlete is downed due to the impact of a legal technique on a legal target area is able to stand by the count of 8 but the decision of the referee, doctor, or chief official is to stop the bout.
 - b. An athlete is downed three times during a bout.
4. The following protocol must be followed for a **RSC (injury)** decision:
- a. The doctor shall be brought into the ring to examine the athlete and make the appropriate decision for the immediate care of the athlete.
 - b. The athlete shall be examined immediately afterwards and accompanied to their home or suitable accommodation by the coach of the athlete, or by his coach and guardian if they are a minor.
 - c. A notion of a RSC (injury) must be inputted in the athlete’s passport by the doctor/chief official. In addition, the Chief Official shall indicate in the passport and the final bout documents, the suspension period (start and end) and the requirement of a medical note to resume kickboxing after the suspension period is completed.
 - d. The athlete is not required to stay in the ring for the official decision and should be taken to the dressing room for an assessment by the event doctor.
 - e. The athlete is not permitted to participate in a sanctioned competition or club sparring for a 30 day period after the date of the RSC (injury) decision.
 - f. The athlete is only permitted to resume kickboxing after the 30 day rest period once they have taken a special examination and certified by a qualified doctor of medicine to be fit to engage in kickboxing competition. This letter must be provided to the club coach, the CASK office and the provincial affiliate.
 - g. The event doctor can indicate if an additional examination is required by the athlete before they are permitted to engage in competition or sparring.
5. **RSC (safety)** - The following are conditions that result in a RSC (safety):
- a. An athlete receives three standing 8 counts in a bout.
 - b. A coach throws in the towel to stop the bout.
 - c. An athlete motions to the referee, coach or opponent that they do not wish to continue.
 - d. An athlete receives a standing 8 count (but is not knocked down) however is visible injured or deemed unfit to continue by the referee, doctor or chief officials.
6. The following protocol must be followed for a **RSC (safety)** decision:
- a. A notion of a RSC (safety) must be inputted in the athlete’s passport by the doctor/chief official.
 - b. The event doctor can indicate if an additional examination is required by the athlete before they are permitted to engage in competition or sparring.

C. Procedure after a KO

- 1. The athlete must be examined at the conclusion of the competition.
- 2. If they show a neurological deficit they are to be sent with a note detailing the deficit with their coach and guardian (if they are a minor) to the nearest Emergency Room of the closest hospital.
- 3. If the athlete shows no neurological deficit they may be sent home in the company of a companion but the athlete is not to drive a motorized vehicle.
- 4. The athlete is to be provided a ‘Head Injury Sheet’ by the Chief Official indicating the areas they and their companion must observe over the next 24-48 hours. These include:
 - a. Increased drowsiness
 - b. Difficulty in rousing the athlete
 - c. Vomiting or nausea
 - d. Continued headache

- e. Clear fluid or bleeding from ear or nose
 - f. Weakness in limbs
 - g. Convulsions
5. The athlete should only consume clear fluids for 8-12 hours after the injury.
 6. No alcohol, sedatives, tranquilizers, sleeping pills or aspirin should be taken by the athlete.