



Sport Kickboxing Federation™ Continuous Fighting Rules

Rules	SKF Continuous Point Fighting ®
Ranks	<ul style="list-style-type: none"> • <u>Novice</u>: Maximum of 1 year martial arts training or 2 continuous fight matches (which ever occurs first) • <u>Intermediate</u>: Maximum of 2 years martial arts training or 5 continuous matches (whichever occurs first) • <u>Advance</u>: Minimum of 2 years martial arts training or 6 + continuous or Kickboxing matches
Age	Children / Youth / Adults
Protectors	Head gear, Mouth guard, Interior groin cup, Foot gear Youth, Adults –Point fighting gloves (chops)
Uniform	Same as NO FACE CONTACT
Rules of play	<ul style="list-style-type: none"> • 1 min 30second of fighting time (5 rounds, 18 second each) • techniques to head 1% power (touch sparring) • Techniques to the body thrown with 10% power (light contact) • No strikes below the waist Except for the sweep (boot to boot) • No strikes to the spine or back of the head • No strikes when opponent is down • No knee or elbow strikes • Fighters must stay inbounds at all times • The first competitor to reach 3 points deficit is an automatic winner • The judges will award points at each stoppage. (18 seconds intervals) • In case of a tie at the end of the official time there will be additional sudden death “18 second intervals” added in order to decide the winner. <p style="margin-left: 20px;">In the case the match is drawn twice in the sudden death over time the lighter competitor shall be the winner of the match.</p>
Penalties	<ul style="list-style-type: none"> • Center Referee does not have sole decision on any warning, disqualification or any decision made to regards of bout in play. • Three different levels of warnings may be gives as a result of infraction of the rules in SKF Continuous Point fighting. <ul style="list-style-type: none"> 1) Kaykouko (First Level Warning) : Lowest level of warning for minor infractions, however receiving two <i>Kaykouko</i> will result in a <i>Hansukou Choi</i> 2) Hansukou Choi (Second Level Warning) : This warning is considered a medium warning for the more serious infractions. A <i>Hansukou Choi</i> will result in a loss of point to the competitor in fault. Any fighter receiving two <i>Hansukou Choi</i> will result in an automatic <i>Hanskou</i> (disqualification) 3) Hansukou (Third level Warning) : This warning is the strongest warning and is reserved for the most serious infractions. A <i>Hansukou</i> will result in an immediate disqualification of the recipient. • Any strikes resulting in a knock-out or a knock-down will be a cause for warning or disqualification. • If a fighter falls down as a result of loss of balance it does not count as a knockdown. • Any injury, cut or bleeding caused as a direct result of an uncontrolled strike will result in disqualification of the fighter. • Any strike to the foul areas of the body may result in <i>Kaykouko</i>. In the case that the injured fighter is unable to continue the fighter at fault will receive an automatic <i>Hansukou</i> and will be disqualified. • A competitor who goes out of bound on purpose (not forced by opponent) will receive a Pre warning the first time, If repeated the competitor will receive a <i>Kaykouko</i>, If repeated a third time he/she will receive a <i>Hansukou Choi</i> and a point will be deducted. A fighter is only considered out of bound if both of his feet are completely outside of the line (heel to toe). • Attempt to injure or excessive contact will result in A <i>Hansukou Choi</i>. <p>Any unsportsmanlike misconduct will result in the disqualification of the competitor.</p>
Titles	<p>SKF Titles will be awarded to competitors according to their rating and they must meet the criteria as follows:</p> <ul style="list-style-type: none"> • Local Champion • City Champion • Provincial Champion • National Champion (2 round +) • Continental Champion (2 round +) • World Champion (3 round +)