



Sport Kickboxing Federation™ Continuous Fighting Rules

Rules	SKF Face Contact ®
Ranks	<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	Youth (13 - 17yrs) Adults (18 +)
Protectors	Head gear, Mouth guard, Interior groin cup, Foot gear Youth, Adults -Boxing gloves (16 oz)– Children- Boxing gloves (10oz)
Uniform	Pants (preferred)– T-shirts or jackets – Belts (preferred)
Rules of play	<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 • Disqualification is awarded after 2nd Warning and with all judges’ agreement – Warning = A warning in SKF is considered a penalty against the participant given the warning – Center Referee will watch all Judges’ flags and only with an unanimous (2 out of 3 judges) decision will call out “Warning” to score keeping table. They will then place a red mark against participant’s name, which will eventually lead to final decision of placing for that participant. Center Ref. can give only one pre-warning to participant with no penalty given without unanimous decision needed • A participant who is throwing his/her techniques at more than 50% power will not be penalized unless those techniques actually connect their opponent • A competitor entering the ring or caught in the middle of the match without proper safety equipment will be disqualified if proper gear is not obtained in 2 min time • Swearing, bad sportsmanship or not listening to the referee’s direction will be cause for a disqualification with unanimous judges decision only • Competitors not following the rules of play will be warned, and on the second warning, disqualified • In a Draw scenario – if one participant has a penalty against his/her name they will automatically lose that bout – there will be no 30 second match to determine the winner • In a Draw scenario there will be only two 30-second tie breaker matches to determine winner. If participants are stilled tied after the second 30 second match – the participants will go to the scales. The lighter participant will automatically be the winner.
Penalties	<ul style="list-style-type: none"> • Disqualification is awarded after 2nd Warning and with all judges’ agreement • A competitor entering the ring or caught in the middle of the match without proper safety equipment will be disqualified if proper gear is not obtained in 2 minutes time. • Swearing, bad sportsmanship or not listening to the referee’s direction will be cause for a disqualification • Competitors not following the rules of play will be warned, and on the 2nd warning, disqualified • Any strike, throw, takedown, or submission delivered with malicious intent will be considered excessive force and may result in immediate disqualification
Titles	SKF Titles will be awarded to competitors according to their rating and they must meet the criteria as follows: <ul style="list-style-type: none"> • Local Champion • City Champion • Provincial Champion • National Champion (2 round +) • Continental Champion (2 round +) • World Champion (3 round +)