



## Sport Kickboxing Federation™

Rules	SKF Ground®																
Ranks	<p><u>Novice:</u> Maximum of 1 year martial arts training or 2 continuous fight matches (which ever occurs first)</p> <p><u>Intermediate:</u> Maximum of 2 years martial arts training or 5 continuous matches (whichever occurs first)</p> <p><u>Advance:</u> Minimum of 2 years martial arts training or 6+ continuous or Kickboxing matches</p>																
Age	<p>Youth (13 - 17yrs)</p> <p>Adults (18 + )</p> <p>Senior (40+)</p>																
Protectors	<p>Head gear, Foot gear, Mouth Guard, Interior Groin Cup, Grappling or point Gloves.</p> <p>Chest protectors and Shin Pads optional. For adults only the head gear is optional.</p>																
Uniform	<p>Pants (preferred)– T-shirts or jackets – Belts (preferred)</p>																
Rules of play	<ul style="list-style-type: none"> <li>• 1 min 30 sec, 10 seconds on ground only, 5 sec upright clenching</li> <li>• 50 % power thrown</li> <li>• No hand techniques to face or head</li> <li>• Control kicks to the head</li> <li>• No spinning side fist</li> <li>• Sweeps must be boot to boot</li> <li>• All play must be continuous unless the referee stops the play</li> <li>• No strikes to spine or back of the head</li> <li>• No strikes when opponent is downed or on the ground</li> <li>• No Elbow techniques</li> <li>• When grabbing opponent with one hand, maximum 3 strikes allowed.</li> <li>• No submission on the ground (objective to achieve mounted position)</li> <li>• No strikes with fingers or nerve attacks</li> <li>• No neck cranks, No throws on head or neck, No head butting</li> <li>• No eye poking or gouging</li> <li>• No hair pulling or throat strikes</li> <li>• No groin strike</li> <li>• No biting, pinching or scratching Punching is allowed on the ground to the body only.</li> <li>• 2 min total, 20 sec on ground from dominant control position, (10 sec Novice), if player on bottom is able to reverse position he will be given 20 sec to achieve submission. 5 sec upright clenching</li> <li>• Control face or head contact – no penetration</li> <li>• Low kicks to thigh only</li> <li>• Knee only to the body, legs above the waist (Intermediate/Advanced only)</li> <li>• Submission allowed (except toe, wrist or finger)</li> </ul>																
Penalties	<ul style="list-style-type: none"> <li>• Disqualification is awarded after 2<sup>nd</sup> Warning and with all judges' agreement</li> <li>• 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.</li> <li>• Swearing, bad sportsmanship or not listening to the referee's direction will be cause for a disqualification</li> <li>• Competitors not following the rules of play will be warned, and on the 2<sup>nd</sup> warning, disqualified</li> <li>• Any strike, throw, takedown, or submission delivered with malicious intent will be considered excessive force and may result in immediate disqualification</li> </ul>																
Scoring System	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%;">• Standing Superiority</td> <td style="width: 16.5%;">Gets 1 point</td> <td style="width: 16.5%;">Opponent – 0 points</td> <td style="width: 33%;">Tie – 1 point each</td> </tr> <tr> <td>• Takedown Superiority</td> <td>Gets 1 point</td> <td>Opponent – 0 points</td> <td>Tie – 1 point each</td> </tr> <tr> <td>• Ground Superiority</td> <td>Gets 1 point</td> <td>Opponent – 0 points</td> <td>Tie – 1 point each</td> </tr> <tr> <td>• Total Superiority</td> <td>Gets 2 point</td> <td>Opponent – 0 points</td> <td>Tie – 0 points</td> </tr> </table>	• Standing Superiority	Gets 1 point	Opponent – 0 points	Tie – 1 point each	• Takedown Superiority	Gets 1 point	Opponent – 0 points	Tie – 1 point each	• Ground Superiority	Gets 1 point	Opponent – 0 points	Tie – 1 point each	• Total Superiority	Gets 2 point	Opponent – 0 points	Tie – 0 points
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Titles	<p>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"> <li>• Local Champion</li> <li>• City Champion</li> <li>• Provincial Champion</li> <li>• National Champion (2 round +)</li> <li>• Continental Champion (2 round +)</li> <li>• World Champion (3 round +)</li> </ul>																