



Sport Kickboxing Federation™ Continuous Fighting Rules

Rules	SKF No Face Contact®
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 (6 - 12yrs) Youth (13 - 17yrs) Adults (18 - 39) Senior (40 +)
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"> • 1 min 30 sec round • 50 % power thrown • No hand techniques to face or head • Control kicks to the head • No spinning side fist • No sweep • All Kicks must be above the waist • All play must be continuous unless the referee stops the play • No strikes to spine or back of the head • No strikes when opponent is down • No Knee or Elbow techniques
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 • 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 the participant's name, which will eventually lead to final decision of placing for that participant. Center Ref. can give only 1 pre-warning to participant with no penalty given without unanimous decision needed. • 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 • 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 2nd warning, disqualified <p>In a Draw scenario there will be only 2 - 30 second tie breaker matches to determine winner. If participants are stilled tied after the 2nd 30 second match – the participants will go to the scales. The lighter participant will automatically be the winner.</p>
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 +)