

K1

Rules for the conduct of professional K1 contests in Victoria

To receive this form in an accessible format [email the Combat Sports Unit](mailto:combat.sports@sport.vic.gov.au)
<combat.sports@sport.vic.gov.au>

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.

© State of Victoria, Department of Health and Human Services, July 2018.

ISBN 978-1-76069-499-9

Available at [Boxing and combat sports](http://www.sport.vic.gov.au/our-work/boxing-and-combat-sports) <http://www.sport.vic.gov.au/our-work/boxing-and-combat-sports>

Contents

- 1. Purpose 5**
- 2. General..... 5**
- 3. Definitions 5**
- 4. Weight divisions..... 5**
 - Weight divisions –professional K1 contestants..... 7
- 5. The weigh-in..... 8**
- 6. The promoter 9**
 - General requirements 9
 - The ring..... 9
 - Contestants’ gloves10
 - Changes to the advertised main event or major supporting contest10
- 7. The contestant11**
 - General requirements11
 - Contestant attire11
 - Jewellery11
 - Bandages11
 - Contestants’ gloves12
 - Non-fight periods.....12
 - Concussed contestants.....13
 - Non-fight periods and return to contest requirements14
- 8. Concussion management guidelines15**
 - Return to fight strategy.....15
- 9. The trainer17**
 - General requirements17
 - Bandages17
 - Contestants’ gloves17
- 10. The referee.....19**
 - General requirements19
 - The referee’s attire19
 - Duties of the referee before a contest commences19
 - Duties of a referee during a contest.....20
 - Powers of a referee20
 - Accidental low blow21
 - Mandatory eight count21
 - Calling time for medical examination22
 - Stopping the contest.....22

11. The medical practitioner.....	25
General requirements	25
Medical equipment for use by the Medical Practitioner.....	25
Before the commencement of a contest.....	25
Pre-contest examination.....	25
During the contest	26
Authority to stop a contest.....	26
Post-contest examination	27
12. The judges.....	28
General requirements	28
The judge's attire	28
Judges' responsibilities and obligations	Error! Bookmark not defined.
The judging guidelines – evaluation criteria.....	Error! Bookmark not defined.
10 Point Must System.....	Error! Bookmark not defined.
13. The timekeeper.....	32
General requirements	32
A timekeeper's attire.....	32
The timekeeper's equipment.....	32
The role of the timekeeper.....	32
Cessation of a count.....	32
14. Code of conduct.....	34
15. Contact information.....	34

1. Purpose

- 1.1 K1 is a full contact sport involving kicking, punching and knee strikes.
- 1.2 The purpose of these rules is to supplement the requirements of the Professional Boxing and Combat Sports Act 1985 (the Act) and the Professional Boxing and Combat Sports Regulations 2008 (the Regulations) that apply to professional K1 contests in Victoria.
- 1.3 These rules are issued by the Professional Boxing and Combat Sports Board of Victoria in the interests of safety and integrity of professional K1 in Victoria.

2. General

- 2.1 It is a condition of any license, registration or permit issued by the Professional Boxing and Combat Sports Board that all license, registration or permit holders comply with these rules.
- 2.2 A breach of any such condition may result in a license, registration or permit being cancelled or suspended or any license, registration or permit conditions being varied.
- 2.3 The Board may vary, revoke or waive these rules at any time.

3. Definitions

the Act means the Professional Boxing and Combat Sports Act 1985 (Vic).

approved shorts means shorts approved by the Board.

the Board means the Professional Boxing and Combat Sports Board as defined in section 14 of the Act.

a foul means any of the following:

- (a) using the head or elbow to deliver a blow;
- (b) attacking more than once or walking while holding the opponent's kicking leg;
- (c) striking while holding or clinching the opponent's neck with both hands;
- (d) striking the opponent:
 - i. in the back of the head;
 - ii. neck;
 - iii. groin area

(collectively, "unauthorised areas");

- (e) delivering wrestling, judo throwing, or submissions techniques;
- (f) thumbing, choking or biting the opponent;
- (g) holding the ropes;
- (h) attacking the back of the head with a punch;
- (i) voluntarily exiting the ring during the course of a bout;
- (j) delivering a backspin blow in an unauthorised area;

- (k) striking the opponent while they are down or in the process of getting up;
- (l) hitting with an open glove, butt of the hand, or wrist;
- (m) hitting or kicking an opponent who is partly out of the ring and prevented by the ropes from assuming a position of defence;
- (n) intentionally going down without being hit;
- (o) jabbing at an opponent's eyes with the thumb of the glove;
- (p) hitting or kicking after the bell ending the round has sounded;
- (q) q. pushing an opponent about the ring or onto the ropes;
- (r) persistently ducking below the waistline;
- (s) any dangerous or unsportsmanlike conduct;
- (t) intentionally spitting out the mouthguard;
- (u) strikes to the knees;
- (v) takedowns, throwing or grabbing;
- (w) clubbing;
- (x) karate chopping style strikes;
- (y) attacking when the referee is breaking the contestants apart; and
- (z) using substances forbidden by the World Anti-Doping Association.

a legal action means the allowed techniques for modified K1 and K1 contests listed below:

- (a) punches;
- (b) kicks;
- (c) catch and release of the kick – if a contestant catches the kick, the contestant is allowed one strike and then they must release the opponent;
- (d) repeated or multiple kneeing without a clinch around the neck;
- (e) single knee with a one handed clinch around the neck (must release the opponent after the single knee); and
- (f) spinning back fist.

promoter means any person who is licensed by the Board to promote a professional contest.

promotion means an event consisting of one or more professional contests and includes any preliminary arrangements in connection with such an event.

recorder means a member of the Combat Sports Unit or a delegate appointed by the unit who records the judges' scores and provides final results to the announcer.

judge means a person appointed by the Board who determines the points scored by each contestant in a professional contest.

referee means a person appointed by the Board who controls, or exercises any form of control, over the conduct of professional contestants during a professional contest.

match-maker means a person who acts on behalf of a promoter to arrange professional contests between professional contestants.

a knockdown occurs when a contestant receives a strike and:

- (a) a part of his or her body other than the feet touch the canvas; or

- (b) he or she cannot protect him or herself and, for whatever reason, is in a position where he or she cannot fall.

seconds means a licensed trainer or the corner of the contestant.

timekeeper means a person appointed by the Board who measures time with the assistance of a clock or stopwatch for the purposes of signalling the beginning and end of a round of a professional contest.

trainer means a person who supervises the training or instruction of a professional contestant or who accompanies a professional contestant in the ring to give advice or assistance during a professional contest.

4. Weight divisions

- 4.1 Weight divisions are the currently recognised weight divisions for professional K1 contestants in Victoria as set by the Board.
- 4.2 Weight classes are defined in maximum allowable kilograms.
- 4.3 The current weight divisions for professional K1 contestants in Victoria are as follows:

Weight divisions –professional K1 contestants

Weight class	Minimum (kgs)	Maximum (kgs)
Straw weight		up to 47.62
Light Flyweight	over 47.62	up to 48.98
Flyweight	over 48.98	up to 50.80
Super Flyweight	over 50.80	up to 52.16
Bantamweight	over 52.16	up to 53.52
Super Bantamweight	over 53.52	up to 55.25
Featherweight	over 55.34	up to 57.15
Super Featherweight	over 57.15	up to 58.96
Lightweight	over 58.96	up to 61.23
Super Lightweight	over 61.23	up to 63.50
Welterweight	over 63.50	up to 66.67
Super Welterweight	over 66.67	up to 69.85
Middleweight	over 69.85	up to 72.57
Super Middleweight	over 72.57	up to 76.20.
Light Heavyweight	over 76.20	up to 79.37
Cruiserweight	over 79.37	up to 90.89
Heavyweight	over 90.89	No Limit

5. The weigh-in

- 5.1 There will be one official weigh-in unless otherwise approved by the Board.
- 5.2 The weigh-in will be held no more than 24 hours before the scheduled start time of the promotion unless otherwise approved by the Board.
- 5.3 If any bout of a promotion is postponed for more than 24 hours after the original scheduled date, all contestants for those bouts postponed must weigh in again.
- 5.4 The scales used for weigh-ins shall be provided by the Board.
- 5.5 All contestants must be at the official weigh-in unless otherwise approved by the Board.
- 5.6 Contestants are to weigh in wearing only underwear (including a sports bra or like for female contestants) and/or shorts or attire as otherwise approved by the Board. For the avoidance of doubt no shoes will be permitted to be worn on the scales when a contestant is being weighed in on the scales.
- 5.7 A contest will only be permitted to proceed if the contestant falls within the following weight restrictions:
 - (a) If the lighter contestant's weight is less than 57.15 kilograms then the difference in weight between the two contestants must be no more than two kilograms;
 - (b) If the lighter contestant's weight is between 57.15 and 72.57 kilograms then the difference in weight between the two contestants must be no more than five kilograms;
 - (c) If the lighter contestant's weight is between 72.57 and 79.38 kilograms then the difference in weight between the two contestants must be no more than six kilograms; or
 - (d) If the lighter contestant's weight is between 79.38 and 90.72 kilograms then the difference in weight between the two contestants must be no more than eight kilograms.
- 5.8 Contestants are allowed two hours after the official weigh-in commencement time to make the required weight and are allowed any number of times on the scales during that time.
- 5.9 If a contestant is unable to make the agreed weight, the trainer of that contestant's opponent may accept or refuse the bout at their sole discretion.
- 5.10 For a title contest, if either contestant fails to make weight the Board should follow the approved protocols of the relevant title sanctioning organisation.

6. The promoter

General requirements

- 6.1 The promoter must comply with all of the conditions of their promotion permit, including the Code of Conduct.
- 6.2 The promoter must also ensure that:
- (a) the ring complies with the specifications outlined herein;
 - (b) the contestants' gloves comply with the rules outlined herein;
 - (c) all contestants are registered;
 - (d) all trainers hold a current trainer's licence;
 - (e) the contestant's corners are marked red or blue or as otherwise approved by the Board;
 - (f) that there are no more than four seconds in a contestant's corner at any one time;
 - (g) ringside security is maintained;
 - (h) the lighting is adequate for the conduct of the contest;
 - (i) a bucket is placed in each contestant's corner;
 - (j) petroleum jelly is made available for application to the head of contestants;
 - (k) a sufficient number of clean buckets are available for the use of the contestants;
 - (l) any water, ice, or liquid spilt is wiped up between rounds;
 - (m) stools are available for contestants between rounds;
 - (n) a spinal board is kept beside the ring; and
 - (o) that paramedics have a clear, unobstructed route to access the ring and evacuate an injured contestant (the evacuation route). The promoter is to inspect this route with the medical practitioner and Board members prior to the commencement of the contest.

The ring

- 6.3 All professional K1 contests in Victoria must be conducted in a ring that meets the specifications below.
- 6.4 The ring used in professional K1 contests must not be less than 4.9 metres squared nor more than 6.1 metres squared by measurement taken inside the ropes.
- 6.5 The platform must be strongly constructed, level and free from any obstructing projections.
- 6.6 The platform must extend for at least 0.5 metres outside the line to the ropes and not be more than 1.2 metres above the floor.
- 6.7 The platform must have:
- (a) a rubber (jig-saw) mat or similar material not less than 0.015 metres thick; and
 - (b) a canvas apron which must be stretched tightly and secured to the outer edges of the platform.
- 6.8 The ropes must:
- (a) be four in number and each not less than 0.025 metres in diameter;

- (b) be tightly drawn from the corner post and heights at approximately 0.32 metres, 0.65 metres, 0.97 metres and 1.3 metres from the ring floor;
- (c) be covered in a soft, smooth material; and
- (d) where sisal or similar ropes are used they must be joined vertically on each side at equal distance by two pieces of close textured canvas 0.03 to 0.04 metres wide which must not slide along the ropes.

6.9 The turnbuckle must be well padded.

Contestants' gloves

- 6.10 Gloves are to be supplied by the promoter.
- 6.11 All gloves used for any bout of a promotion must be approved by the Board.
- 6.12 The thumbs of all gloves should be fixed to the main body of the glove.
- 6.13 All contestants up to and including the Welterweight division (max 66.68 kilograms) must wear regulation 227 grams (8 oz.) gloves.
- 6.14 All contestants above the Welterweight division must wear regulation 283 grams (10 oz.) gloves.
- 6.15 All gloves must be new or in as new condition.
- 6.16 All gloves are to be sufficiently clean to the satisfaction of the Board prior to being supplied to the contestants.
- 6.17 All gloves and external taping must be approved by the Board prior to each bout.
- 6.18 No liquid, powder or any other substance (other than tape to secure the gloves around the wrist as approved by the Board) is to be applied to a contestant's gloves.

Changes to the advertised main event or major supporting contest

- 6.19 If a change to the advertised main event or major supporting contest of a promotion is made, the Promoter must give notice by displaying a notice at the box office and making an announcement of the change from the ring before the opening contest.
- 6.20 If there is a change to the advertised main event or major supporting contest and any of the patrons decide that they want their tickets refunded, the promoter must refund the price of the tickets if the tickets and the ticket stubs are presented at the box office within 30 minutes after the (first) announcement is made.

Four or eight contestant tournaments / eliminator contests

- 6.21 Where a multi person tournament or eliminator contest is to be held, the maximum number of rounds for any single contestant should not exceed 12.
- 6.22 In the event of a draw, there may be an option for a "extra round" to decide a winner.
- 6.23 The extra round is a stand-alone round, with the winner of the round being deemed the winner of the bout. The extra round is scored on the 10 point must system with judges encouraged not to score the extra round 10-10 so a winner may be declared.
- 6.24 In the event of an injury preventing the winner of a qualifying bout being able to continue to the next round, the next best qualifier may be used as a substitute.

7. The contestant

General requirements

- 7.1 Contestants must ensure compliance with all conditions of their registration, including the Code of Conduct.
- 7.2 Contestants must be over the age of 18 to compete in any professional K1 contest.
- 7.3 A contestant must not be under the influence of alcohol or prohibited drugs.
- 7.4 A contestant must comply with any drug testing requirement required by the Board from time to time.
- 7.5 At all times during a bout, a contestant must wear a mouth piece as fitted by a dentist or an advanced dental technician.
- 7.6 All male contestants must wear an approved groin protector.
- 7.7 Long hair shall be secured with soft and non-abrasive materials.
- 7.8 A contestant must not commit a foul during a bout.
- 7.9 The contestant must not leave the ring during the rest period between rounds. If this occurs the contestant will be disqualified and the contest will be deemed to be over.
- 7.10 Contestants will not be permitted to start their bout until such time as the Board has approved of their bandages, and their gloves.
- 7.11 No liquid, powder or any other substance (other than tape to secure the gloves around the wrist as approved by the Board) is to be applied to a contestant's gloves. The contestant and the trainer will be held jointly and severally responsible if there is a breach of this rule.

Contestant attire

- 7.12 The following items of clothing are prohibited during competition:
 - (a) gi;
 - (b) gi pants;
 - (c) shirts; and
 - (d) long pants.
- 7.13 All female contestants must compete in a sports bra, fitted lycra rash guard or equivalent or other attire as approved by the Board.
- 7.14 No clothing can be comprised of any solid or hard material of any kind.

Jewellery

- 7.15 A contestant is not permitted to wear any jewellery or other piercing accessories while competing in a contest.

Bandages

- 7.16 A soft surgical bandage or similar material not exceeding 5 centimetres in width may be worn on each hand of the contestant.

- 7.17 One layer of adhesive tape no more than 2.5 centimetres in width may be placed on the back of each hand to protect that part of the hand near the wrist but must not extend past the base of the knuckles when the hand is clenched to make a fist.
- 7.18 Adhesive tape up to 1.5 metres in length and 2.5 centimetres in width may be used to secure the bandage between the wrist and the knuckles but must not extend past the base of the knuckles when the hand is clenched to make a fist.
- 7.19 A thin strip of adhesive tape may be placed between the fingers to help keep the bandages in place.
- 7.20 No liquid, powder or any other substance is to be applied to the hands before or after they are bandaged.
- 7.21 All bandaging and taping must be performed in the dressing room and be approved and signed off by a Board member or a person delegated by the Board to perform this function.

Contestants' gloves

- 7.22 Gloves are to be supplied by the promoter.
- 7.23 All gloves used for any bout of a promotion must be approved by the Board.
- 7.24 The thumbs of all gloves should be fixed to the main body of the glove.
- 7.25 All contestants up to and including the Welterweight division (max 66.68 kilograms) must wear regulation 227 grams (8 oz.) gloves.
- 7.26 All contestants above the Welterweight division must wear regulation 283 grams (10oz.) gloves.
- 7.27 All gloves must be new or in as new condition.
- 7.28 All gloves are to be sufficiently clean to the satisfaction of the Board prior to being supplied to the contestants.
- 7.29 All gloves and external taping must be approved by the Board prior to each bout.
- 7.30 No liquid, powder or any other substance (other than tape to secure the gloves around the wrist as approved by the Board) is to be applied to a contestant's gloves.

Non-fight periods

- 7.31 Contestants must comply with all non-fight periods imposed by a medical practitioner or the Board.
- 7.32 Any non-fight period imposed by the Board will supersede any shorter non-fight period imposed by a medical practitioner.
- 7.33 A non-fight period will begin from the day after the date of the relevant promotion unless otherwise specified.
- 7.34 The applicable non-fight periods are set out in the table below titled Non-Fight Periods and Return To Contest Requirements.
- 7.35 For the purposes of calculating a non-fight period following a knockout, technical knockout or concussion, 'successive' means a knockout, technical knockout or concussion (or any combination of each) occurring within 12 months of any preceding knockout, technical knockout or concussion.
- 7.36 The Board may suspend a contestant's registration when the Board considers this to be in the interests of the contestant's health or safety.

- 7.37 Contestants must comply with any direction given by a medical practitioner or the Board to obtain a medical clearance or undertake medical testing.

Concussed contestants

- 7.38 The ringside doctor's finding that a contestant is concussed is final. Any reference to a 'concussed contestant' in these rules includes contestants who are found to be concussed by the ringside doctor.
- 7.39 A concussed contestant must follow the concussion management guidelines set out below or as otherwise prescribed, in writing, by a health care professional who has experience in treating brain injuries (e.g. ringside doctor or concussion specialist).
- 7.40 Where a concussed contestant is required to obtain a medical clearance before the contestant's next contest, the medical clearance shall be completed in accordance with any guidelines or direction made by the Board.

Non-fight periods and return to contest requirements

Outcomes	Concussion status	Applicable to	Minimum non-fight period	Medical review after contest	Concussion management guidelines	Medical clearance	Successive KO, TKO &/or concussion
KO	Concussed	Loser	30 days	As directed by the Board or ringside doctor.	Observe concussion management guidelines	Need for medical clearance at ringside doctor's discretion	60 then 90 days
TKO	Concussed (as diagnosed by ringside doctor or other medical practitioner)	Loser	30 days	As directed by the Board or ringside doctor.	Observe concussion management guidelines	Need for medical clearance at ringside doctor's discretion	60 then 90 days
TKO	Not concussed (as diagnosed by ringside doctor)	Loser	30 days	As directed by the Board or ringside doctor.	Observe concussion management guidelines	Need for medical clearance at ringside doctor's discretion	60 then 90 days
Concussed	Concussed (as diagnosed by ringside doctor or other medical practitioner)	Winner / loser / draw	30 days	As directed by the Board or ringside doctor.		Need for medical clearance at ringside doctor's discretion	60 then 90 days
Heavy punishment, lacerations, fractures and other injuries where there is no concussion	Not concussed	Winner / loser / draw	15 days or at ringside doctor's discretion	As directed by the Board or ringside doctor.		Need for medical clearance at ringside doctor's discretion	
Not concussed	Not concussed	Winner / loser / draw	15 days				
Four knockouts, technical knockouts or concussions (or any combination of each) in 12 months			12 month suspension or as otherwise agreed by the Board				
Four consecutive knockouts, technical knockouts or concussions (or any combination of each)			12 month suspension or as otherwise agreed by the Board				

8. Concussion management guidelines

8.1 Concussed contestants must:

- (a) not drink alcohol while symptoms persist, particularly not after a contest;
- (b) get as much rest as possible (physical and cognitive) – avoid physically demanding activities (e.g. training, heavy physical work) or those that require a lot of thinking or concentration (e.g. computer work or video games) while symptoms persist;
- (c) not return to sparring until medical clearance has been obtained from a medical practitioner;
- (d) immediately attend a hospital emergency department if the following symptoms are experienced:
 - repeated vomiting
 - increasing and persistent headache
 - loss of consciousness
 - inability to stay awake during times when usually awake
 - confusion
 - restlessness
 - agitation
 - convulsions
 - seizures
 - difficulty walking
 - difficulty balancing
 - weakness or numbness
 - blurring or difficulty with vision
 - slurred speech
- (e) see a health care professional who has experience in treating brain injuries (e.g. ringside doctor or other concussion specialist) if symptoms persist for more than 10 days; and
- (f) observe the Return To Fight Strategy set out below or as otherwise prescribed by a health care professional who has experience in treating brain injuries (e.g. ringside doctor or concussion specialist).

Return to fight strategy¹

Stage 1: Initial period

An initial period of **24/48 hours** of both relative **physical and cognitive rest** is recommended before beginning Phase 1 of this graduated strategy.

There should be at least **48 hours (or longer) for each step of the progression**. If any symptoms worsen during exercise, contestants should go back to the previous step.

Stage	Activity type	Description
1.	Return to symptom limited activity	Daily activities that do not provoke symptoms

¹ Adapted from Nalepa B, Alexander A, Pardini J, et al. 'Fighting to keep a sport safe: Toward a structured and sport-specific return to play protocol', *The Physician and Sports Medicine*. February 2017.

Stage 2: Return to general fitness

A fighter may only advance to this stage once concussion symptoms have resolved. It is recommended that Stage 2 not be commenced for **at least one week**.

Stage	Activity type	Description
2.1	Light aerobic activity	Walking, elliptical, stationary cycling at slow to medium pace. No resistance training.
2.2	Moderate aerobic activity	Jogging, swimming, skipping, other aerobic activities. No head impact activities.
2.3	Sport-specific activity	Sprinting, mitts, bag/footwork, walk-through grappling. No partner work. May start progressive resistance training.

Stage 3: Return to non-contact fighting activities

Stage	Activity type	Description
3.1	Bag/mitt work with movement	Tests fighter ability to punch and/or kick in multiple planes.
3.2	Shadow boxing/drills	Re-introduces fighter to sport environment and re-establishes footwork.
3.3	One-sided sparring & grappling	Fighter begins to spar without the concern of contact. Reacts to opponents movements and begins to get timing back for punches, kicks and body position.

Stage 4: Return to non-contact fighting activities

A fighter may only advance to this stage when **medical clearance has been obtained** from a medical practitioner fully appraised of the concussion episode.

Stage	Activity type	Description
4.1	Sparring – short duration	First step of live sparring. Rounds of short duration with long breaks. Number of rounds is small to begin with but can be increased as tolerated.
4.2	Sparring – longer duration	Rounds at this stage can begin to lengthen in duration while breaks between can shorten. Number of rounds can increase as fatigue allows.
4.3	Full contact practice	Full return to normal training. Return to normal rounds and time limits based on sport and next potential bout. Contestant should be able to tolerate normal parameters of training/sparring and it training without a return of symptoms.
4.4	Return to fight/contest	

9. The trainer

General requirements

- 9.1 A trainer must comply with all of the conditions of their trainer's licence, including the Code of Conduct.
- 9.2 A trainer must display their license at all times during a promotion.
- 9.3 Only one licensed trainer can accompany the contestant to the centre of the ring during the referee's instructions.
- 9.4 During each round all trainers must be seated or crouched down.
- 9.5 Before the round begins one trainer must remove any towels, buckets, stools, etc. from the platform of the ring and wipe away all excess water and/or ice from the platform.
- 9.6 Between rounds only one licensed trainer can enter the ring and communicate directly to the contestant.
- 9.7 Trainers must remain out of the ring during rounds.
- 9.8 A trainer may seek to terminate a bout by throwing a towel into ring. The referee or medical practitioner will be the final arbiter of the termination of the bout.
- 9.9 Trainers must ensure that no excessive use of grease or any other foreign substance is to be used on the face or body of a contestant.

Bandages

- 9.10 The trainer is responsible for ensuring that the contestant's bandages comply with the rules set out below.
- 9.11 A soft surgical bandage or similar material not exceeding 5 centimetres in width may be worn on each hand of the contestant.
- 9.12 One layer of adhesive tape no more than 2.5 centimetres in width may be placed on the back of each hand to protect that part of the hand near the wrist but must not extend past the base of the knuckles when the hand is clenched to make a fist.
- 9.13 Adhesive tape up to 1.5 metres in length and 2.5 centimetres in width may be used to secure the bandage between the wrist and the knuckles but must not extend past the base of the knuckles when the hand is clenched to make a fist.
- 9.14 A thin strip of adhesive tape may be placed between the fingers to help keep the bandages in place.
- 9.15 No liquid, powder or any other substance is to be applied to the hands before or after they are bandaged.
- 9.16 All bandaging and taping must be performed in the dressing room and be approved and signed off by a Board member or a person delegated by the Board to perform this function.

Contestants' gloves

- 9.17 Gloves are to be supplied by the promoter.
- 9.18 All gloves used for any bout of a promotion must be approved by the Board.
- 9.19 The thumbs of all gloves should be fixed to the main body of the glove.

- 9.20 All contestants up to and including the Welterweight division (max 66.68 kilograms) must wear regulation 227 grams (8oz.) gloves.
- 9.21 All contestants above the Welterweight division must wear regulation 283 grams (10oz.) gloves.
- 9.22 All gloves must be new or in as new condition.
- 9.23 All gloves are to be sufficiently clean to the satisfaction of the Board prior to being supplied to the contestants.
- 9.24 All gloves and external taping must be approved by the Board prior to each bout.
- 9.25 No liquid, powder or any other substance (other than tape to secure the gloves around the wrist as approved by the Board) is to be applied to a contestant's gloves.

10. The referee

General requirements

- 10.1 The referee must comply with all of the conditions of their referee licence, including the Code of Conduct.
- 10.2 A referee must not be under the influence of alcohol or prohibited drugs whilst officiating.
- 10.3 A referee must not consume alcohol or take prohibited drugs while officiating.
- 10.4 A referee must be in possession of their license during a promotion.

The referee's attire

- 10.5 A referee must wear the following clothing during a promotion:
 - (a) long, black trousers;
 - (b) a long or short sleeved, black or white collared shirt; and
 - (c) closed toe, non-slip shoes.
- 10.6 A referee's attire should not feature any distinguishing badges, pockets, names, logos, trademarks, or distinctive signs of any kind, except where prior approval of the Board has been granted.
- 10.7 A referee must not wear spectacles during a bout.
- 10.8 Contact lenses may be worn.

Duties of the referee before a contest commences

- 10.9 Prior to the start of a contest the referee must:
 - (a) give instructions to all contestants in the dressing room;
 - (b) inspect the contestants and the contestants' gloves to make sure that no foreign substance or substances have been applied to either the bodies or the gloves of the contestants to the possible detriment of their opponent;
 - (c) examine each contestant to ensure they are wearing a groin guard (if applicable) and a mouth piece;
 - (d) not allow a bout to commence until the contestant is wearing a groin guard (if applicable) and mouth piece;
 - (e) ascertain where the timekeeper, judges and medical practitioner are seated;
 - (f) call the contestants together before each bout for final instructions;
 - (g) not allow a contest to commence without a medical practitioner being seated at the ring side;
 - (h) agree with the medical practitioner on a clear, pre-determined means, whether by bell, hammer, prescribed hand signal or another method, by which:
 - (i) the medical practitioner can indicate the need for or desirability of a medical examination of a contestant during the contest;
 - (ii) the medical practitioner can stop the contest; and

- (iii) the referee can indicate to the medical practitioner the need for or desirability of a medical examination of a contestant during the contest.

Duties of a referee during a contest

- 10.10 During a contest, a referee must:
- (a) observe and assess at all times the contestants' ability to defend him or herself;
 - (b) see that the rules are strictly observed by contestants;
 - (c) maintain control of the contest at all times;
 - (d) in the event that a contestant's gloves or dress become undone or displaced during the contest, stop the contest and have it attended to;
 - (e) when the referee has disqualified a contestant or stopped a contest, inform the recorder which contestant they have disqualified or the reason they have stopped the contest to enable the recorder to correctly instruct the announcer;
 - (f) call 'Time' at the first opportune moment without interfering with the immediate action if a mouthpiece is involuntarily dislodged during competition. The referee shall reinsert the mouthpiece and restart the contest. The referee may instruct the corner to clean the mouthpiece if the referee deems necessary.
 - (g) only assist a knocked down contestant if the referee has signalled the termination of the contest.
- 10.11 A referee must carry out all actions in a definite manner so that there is no doubt as to their intention.

Powers of a referee

- 10.12 A referee may issue a warning to a contestant if that contestant commits one or more fouls but whose conduct does not merit disqualification.
- 10.13 A referee may direct the judges to deduct a penalty point in the event that a contestant commits one or more fouls.
- 10.14 If a contestant is cut by a deliberate foul and the bout is not stopped, the referee must deduct one point from the offending contestant.
- 10.15 If the referee applies a penalty point, the referee must:
- (a) order 'Stop' and instruct the time keeper to call 'Time';
 - (b) point to the offending contestant and demonstrate the nature of the offence; and
 - (c) take hold of the offending contestant and point vertically to each judge in turn to indicate that they are to deduct a penalty point.
- 10.16 Only one penalty point can be deducted for any one incident.
- 10.17 If a referee believes a contestant is only displaying defensive skills, the referee must call time and administer a warning. If the contestant continues to only show defensive skills, the referee may award a penalty and can terminate the contest.
- 10.18 If a referee believes a contestant is intentionally refusing to engage an opponent for a prolonged period of time, the referee must call time and administer a warning. If the contestant continues to utilise passive tactics after receiving a warning during a round, points will be deducted from the contestant's total score as determined by the referee.

- 10.19 A referee must also disqualify a contestant in the following instances:
- (a) upon the third point deduction for the same foul; or
 - (b) where the contestant commits a deliberate foul which causes an injury to their opponent rendering the opponent unable to continue.
- 10.20 The referee has the power to;
- (a) call 'Time' for a medical examination of a contestant by the medical practitioner; and
 - (b) stop the fight,
- as set out below.

Accidental low blow

- 10.21 If a contact results in an accidental low blow the referee must ask the contestant if they able to continue immediately whether they require a rest.
- 10.22 In the case of the requirement of a rest, the referee will call 'Time' and the rest period will commence.
- 10.23 The contest will resume at the end of the 'Time' period as determined by the referee which can be up to a maximum of five minutes.
- 10.24 If the contestant cannot continue after the maximum five minutes, the referee will count to 10 over the contestant. If the contestant rises before the end of the count the bout will continue. If the contestant does rise, the referee shall stop the contest.
- 10.25 If the contest is stopped:
- (a) before two rounds have been completed of a three round bout; or
 - (b) before three rounds have been completed of a five round bout,
- the result shall be a "no contest".
- 10.26 If the contest is stopped:
- (a) after two rounds have been completed of a three round bout; or
 - (b) after three rounds have been completed of a five round bout,
- the result shall be a technical decision awarded to the contestant who is ahead on points.

Mandatory eight count

- 10.27 The mandatory eight count applies in all K1 contests.
- 10.28 When there is a knockdown, the referee must require that contestant to take a count of eight seconds whether or not the contestant arises before the count of 8 has been reached.
- 10.29 The count is for the benefit of the fallen contestant and the knockdown is scored against that contestant regardless of the length of the count. If the referee is of the opinion that the 'downed' contestant cannot continue with the contest, the referee must count out that contestant.
- 10.30 In the case of a knockdown, the time keeper must immediately start counting off the seconds and count the time until the contestant has been counted out by the referee or the referee has ordered the contestant to continue.
- 10.31 The referee must direct the contestant who delivered the knockdown to the neutral corner, then pick up the count from the time keeper and audibly continue the count, indicating each second

by a clean motion of his or her arm or hand, until the eight count is completed or the contestant has been counted out.

- 10.32 If the opponent fails to remain in the neutral corner, the referee must cease counting until the opponent has returned to that corner and then the referee must continue the count from the point at which it was interrupted.
- 10.33 If a contestant is knocked down and displays behaviour such that the referee believes a count is unnecessary because the contestant cannot continue with the contest, the referee must wave both arms around their head and indicate the contest has been ceased.
- 10.34 The referee's count is the official count.

Standing eight count

- 10.35 A referee may call a standing eight count (also known as a protection count) on a competitor who has not been knocked down but who appears hurt. During the count the referee will determine if the boxer is fit to continue.

Calling time for medical examination

- 10.36 The referee must call 'Time' for a medical examination of a contestant if the medical practitioner indicates to the referee the desirability of a medical examination of a contestant during the contest.
- 10.37 The referee must, at any time, request the medical practitioner to examine a contestant during the contest if, in the view of the referee:
- (a) there may be a serious impairment of a contestant's ability to defend him or herself;
 - (b) there may be a likelihood of serious injury to a contestant's health; or
 - (c) it may be desirable to do so in the interests of the safety or welfare of a contestant.
- 10.38 To call time for a medical examination, the referee must:
- (a) order 'Stop', and instruct the time keeper to call 'Time'; and
 - (b) communicate to the medical practitioner using the pre-determined, agreed method that he or she is to examine a contestant.
- 10.39 The referee must confer with the medical practitioner about the need for a medical examination following any round in which a contestant receives:
- (a) heavy punishment;
 - (b) a significant number of heavy blows to the head; and/or
 - (c) appears to be suffering from signs and symptoms consistent with a concussion.
- 10.40 If a medical examination occurs during the course of a round, the clock will be stopped until the examination is completed.
- 10.41 If a medical examination occurs between rounds, the clock will continue to run. If the medical examination is not complete by the sounding of the bell for the next round, the clock will be stopped until the examination is completed.

Stopping the contest

- 10.42 The referee must stop a contest if:
- (a) a contestant is knocked down and is unable to rise within a count of 10 seconds;

- (b) a contestant is clearly knocked down three times in any round;
 - (c) in the view of the referee there is a serious impairment of a contestant's ability to defend him or herself;
 - (d) there is a likelihood of serious injury to a contestant's health if the contest were to continue;
 - (e) it is desirable to do so in the interests of the safety or welfare of a contestant;
 - (f) so instructed by the medical practitioner; or
 - (g) so instructed by a member of the Board.
- 10.43 To stop the contest, the referee must:
- (a) order 'Stop';
 - (b) take effective steps to prevent physical contact between the contestants if required; and
 - (c) then wave both arms in the air to indicate that the contest is stopped.
- 10.44 Subject to the paragraph below, if the contest is stopped due to injuries to a contestant and, in the opinion of the referee, the injury was caused:
- (a) by a legal blow, the contestant delivering the blow must be declared the winner of the contest; or
 - (b) by a deliberate foul, the contestant who committed the foul must be disqualified and the opponent declared the winner of the contest; or
 - (c) accidentally and the contest is stopped:
 - (i) in Round 2 of a 6 round or less bout;
 - (ii) in Round 3 of a 7 to 10 round bout; or
 - (iii) in Round 4 in an 11 to 12 round bout,
the bout must be declared a technical draw; or
 - (iv) at any later time, the contestant ahead on points must be declared the winner of the contest.
- 10.45 When a contestant is cut by a deliberate foul and the contest continues but where the injury is later worsened to the point that the contest is stopped, the outcome will be as follows:
- (a) where the injury is worsened by another deliberate foul, the referee must disqualify the offending contestant and declare the injured contestant the winner of the contest; or
 - (b) where the injury is worsened by a legal punch and the contest is stopped:
 - (i) in Round 2 of a 6 round or less bout;
 - (ii) in Round 3 of a 7 to 10 round bout; or
 - (iii) in Round 4 in an 11 to 12 round bout,
the bout must be declared a technical draw; or
 - (iv) at any later time, the contestant ahead on points must be declared the winner of the contest.
- 10.46 The referee determines, and must advise the judges and timekeeper, whether an injury was caused by legal, illegal or accidental action.
- 10.47 Should the contest be stopped because of impairment or injury to both contestants, the referee will declare the contest a technical draw.

Contestant not competing honestly

- 10.48 If the referee is of the opinion that one or both of the contestants are not honestly competing through collusion, stalling or faking, the referee must stop the contest after the end of the last round to render no decision.
- 10.49 If the referee is of the opinion that a knockdown is not legal or a fall is pre-arranged, the referee must stop the bout and give no decision.
- 10.50 The referee must report in writing to the Board on the above matters or if there has been a dispute involving a disregard of the Act, Regulations or Rules.

11. The medical practitioner

General requirements

- 11.1 The medical practitioner is required to show proof of medical registration if requested by the Board.
- 11.2 The medical practitioner must not be under the influence of alcohol or prohibited drugs.

Medical equipment for use by the Medical Practitioner

- 11.3 The medical practitioner is responsible for supplying all necessary medical equipment (except where indicated below). The list below sets out minimum equipment requirements – it is the responsibility of the attending medical practitioner to supplement this as he or she sees fit.
 - (a) basic doctor's bag kits, including disposal gloves and gauze swabs;
 - (b) auriscope and ophthalmoscope;
 - (c) airway support equipment;
 - (d) oxy-viva mask; and
 - (e) oxygen.
- 11.4 The spinal board is provided by the Promoter. The medical practitioner must consult with the Promoter to determine the location of the spinal board before the first contest begins.
- 11.5 Pre and post contest examination forms are provided by the Combat Sports Unit.

Before the commencement of a contest

- 11.6 The medical practitioner and the referee must agree on a clear, pre-determined means, whether by bell, hammer, prescribed hand signal or another method, by which:
 - (a) the medical practitioner can indicate the need for or desirability of a medical examination of a contestant during the contest; and
 - (b) the medical practitioner can stop the fight.
- 11.7 The medical practitioner is to inspect the evacuation route with the promoter and Board members prior to the commencement of the contest.
- 11.8 The medical practitioner must nominate a person who will contact emergency services if required. The medical practitioner and the nominated person must agree on a clear, pre-determined means, whether by prescribed hand signal or another method, by which the medical practitioner will instruct the person to call emergency services. The nominated person must know the name and street address of the venue.

Pre-contest examination

- 11.9 The medical practitioner is required to undertake a pre-contest examination of each contestant using Form 6, Part A (as found in the Schedule of the Regulations). The form must be completed prior to each contestant's bout.
- 11.10 To allow time to complete pre-contest contestant examinations, the medical practitioner should arrive at the venue of the promotion at least one hour before the first bout.

- 11.11 The pre-contest contestant examination may be completed at the weigh-in if the medical practitioner is in attendance.
- 11.12 The relevant form (Form 6) will be provided to the medical practitioner by the Combat Sports Unit at the promotion or weigh in.

During the contest

- 11.13 A contest can only start or continue when a medical practitioner is at ringside.
- 11.14 The medical practitioner must sit ringside in a position:
 - (a) adjacent to the stairs to allow prompt access to the ring;
 - (b) that allows effective communication with the referee; and
 - (c) that ensures that they have an unobstructed view of the combatants at all time during a contest, including between rounds.
- 11.15 Injuries may not be treated by the medical practitioner during the contest without stopping the contest; however, treatment of injuries requiring the stopping of the contest should begin immediately upon being identified.
- 11.16 The medical practitioner may examine a contestant at any time during the contest in order to determine if:
 - (a) there is a serious impairment of the contestant's ability to defend him or herself;
 - (b) there is a likelihood of serious injury to the contestant's health if the contest were to continue; or
 - (c) it is desirable to do so in the interests of the safety or welfare of the contestant.
- 11.17 The medical practitioner will indicate the need to examine a contestant to the referee using the predetermined agreed method.
- 11.18 If the medical practitioner wishes to examine a contestant at the end of a round or during the break, the medical practitioner must wait until the bell for the next round has sounded before conducting the examination.
- 11.19 Epistaxis or lacerations may be evaluated with gentle pressure to determine the severity of bleeding and extent of injury without disqualifying the contestant unless specific treatment is necessary.
- 11.20 The referee must confer with the medical practitioner about the need for a medical examination following any round in which a contestant:
 - (a) heavy punishment;
 - (b) a significant number of heavy blows to the head; and/or
 - (c) appears to be suffering from signs and symptoms consistent with a concussion.

Authority to stop a contest

- 11.21 The medical practitioner has the authority to stop a contest at any time if, in the view of the medical practitioner:
 - (a) there is a serious impairment of a contestant's ability to defend him or herself;
 - (b) there is a likelihood of serious injury to a contestant's health if the contest were to continue; or

(c) it is desirable to do so in the interests of the safety or welfare of a contestant.

11.22 The medical practitioner will stop a contest by communicating to the referee using the predetermined agreed method.

Post-contest examination

11.23 The medical practitioner is required to undertake a post-contest examination for each Contestant using Form 6, Part B at the completion of each bout, and return the form to the Board or its representative.

12. The judges

General requirements

- 12.1 A judge must comply with all of the conditions of their judge's licence, including the Code of Conduct.
- 12.2 The Board will appoint three licensed judges for each bout of a promotion.
- 12.3 A judge must not be under the influence of alcohol or prohibited drugs whilst officiating.
- 12.4 A judge must not consume alcohol or take prohibited drugs while officiating.
- 12.5 A judge must display their license at all times during a promotion.

The judge's attire

- 12.6 A judge must wear the following clothing:
 - (a) long black trousers; and
 - (b) long or short sleeved, black or white collared shirt.
- 12.7 A judge's clothing should not feature any distinguishing badges, pockets, names, logos, trademarks, distinctive signs etc. of any kind, except where prior approval of the Board has been granted.

The role of a judge

- 12.8 Each judge must independently judge the merits of the two contestants and shall decide the winner according to the rules of the bout.
- 12.9 Judges must not communicate with any contestant, trainers or corners before, during, or after a promotion.
- 12.10 The judge must not speak to a contestant, nor to another judge/or other persons seated around the ring during the bout.
- 12.11 The number of points awarded to each contestant must be entered by the judge on their score card immediately after the end of each round.
- 12.12 The judge must sign the scorecard at the end of the bout.
- 12.13 The referee will collect the scorecards from each judge and hand them to the recorder for official scores and final results.

Scoring

- 12.14 The judges must score all contests and determine the winner through the use of the 10-point must system.
- 12.15 The winner of each round must receive ten points and their opponent between nine and seven points, depending on the decisiveness by which the round was won. For example:
 - 10 – 10:** in the case of a round being even a judge will allocated ten points to both contestants. This should only be used if after all scoring criteria have been used no contestant has gained any advantage.

- 10 – 9:** when either contestant has the slightest advantage they will receive ten points and their opponent nine point.
- 10 – 8:** these scores will be given when one contestant has had a comfortable win or when there has been one knockdown.
- 10 – 7:** these scores will be given when one contestant has had a dominant win and there has been more than one knockdown.
- 12.16 Drawn rounds should be avoided wherever possible unless, after all elements have been taken into account, a judge cannot separate the contestants.
- 12.17 Each and every round should be scored individually.
- 12.18 Apart from other points gained or lost in a round, a clean knockdown will command a one point advantage to the contestant who delivered the blow.
- 12.19 Two knockdowns within a round will command a two point advantage.
- 12.20 Sweeps are not counted as a knockdown.
- 12.21 In a round where both contestants have been knocked down, the knockdowns cancel each other out.
- 12.22 Points will be awarded for the following:
- (a) Accuracy and effectiveness;
 - (i) The number of strikes that land cleanly;
 - (ii) The effectiveness of each strike;
 - (b) Impact
 - (i) The amount of clear physical impact one competitor has on the other;
 - (ii) In an even round one hard strike or a short flurry could win the round for that competitor;
 - (iii) One hard strike or short flurry will not win the round for that competitor if his opponent has otherwise dominated the round, unless that flurry or strike resulted in an eight count or knockdown.
 - (c) Control/domination
 - (i) Ring control;
 - (ii) ring generalship (ability of one contestant to dictate the pace and style of the contest);
 - (iii) physical condition/endurance;
 - (iv) aggressive attacks that land clean on a target doing damage;
 - (v) effective defence against an opponent's attack.
 - (vi) technique combined with hard and accurate strikes;
- 12.23 Elements to be considered when scoring close rounds include:
- (a) the number of blows landed;
 - (b) clean hitting;
 - (c) weight of blows;
 - (d) offence;

- (e) defence; and
- (f) effective aggression i.e. strikes landing. Aggression should not be confused with effective aggression.

12.24 There will be no score recorded in an unfinished round.

12.25 The judges will deduct points for any foul as directed by the referee.

12.26 If a point or points are deducted before a round is completed, these points will be taken off the tally at the end of the bout. The point or points to be deducted are noted by the judge in the relevant section of the scorecard, but only deducted by the official recorder.

Official outcomes

12.27 The official outcome of a contest is determined by the combination of judges' scores or if the contest is stopped by the referee or the medical practitioner due to the condition of a contestant.

12.28 The possible outcomes are set out in the below table:

Outcome	Circumstances
Unanimous points	Three judges giving a contestant the win
Split points	Two judges give the same contestant a win
Draw	All three judges score the contest a draw
Majority draw²	Two judges score the contest a draw and one judge awards the decision to either contestant on a points decision
Split draw²	Two judges score opposite contestants as the winner, and the third judge scores the contest a draw
TKO	The referee stops the contest without counting to ten
KO	A contestant is knocked down and is unable to get to their feet within the standard 10-second countdown
Disqualification	The referee disqualifies a contestant after three warnings or if a contestant is injured and unable to continue due to a deliberate illegal technique from their opponent.
No contest²	Both contestants commit a violation of the rules, or a contestant is unable to continue due to an injury from an accidental illegal technique or accidental head clash

12.29 In the case of a majority draw, split draw or no contest occurring in a title contest the champion will retain the title.

The decision is final

12.30 A decision rendered at the end of any contest is final and cannot be changed unless the Board, on written application from the promoter, contestant or trainer or sanctioning body under whose rules the contest was conducted, determines that any one of the following occurred:

- (a) there was collusion by persons affecting the result of any contest;
- (b) the completion of the scorecard of the judges' shows an error which would mean that the decision was given to the wrong contestant; and/or
- (c) there was a clear violation of the Act, Regulations or Rules governing the contest which affected the result.

² In the case of a majority draw, split draw or no contest occurring in a title contest the champion will retain the title.

12.31 If the Board determines that any of the above occurred with regard to any contest then any rendering will be at the sole discretion of the Board and any decision rendered will be final, the decision rendered can be changed at the Board's discretion.

13. The timekeeper

General requirements

- 13.1 A timekeeper must comply with all of the conditions of their timekeeper's licence, including the Code of Conduct.
- 13.2 The timekeeper must not be under the influence of alcohol or prohibited drugs whilst officiating.
- 13.3 The timekeeper must not consume alcohol or take prohibited drugs while officiating.
- 13.4 The timekeeper must display their license at all times during a promotion.

A timekeeper's attire

- 13.5 The timekeeper must wear the following clothing:
 - (a) long black trousers;
 - (b) collared shirt, long or short sleeved, black or white in colour.
- 13.6 The timekeeper's attire should not feature any distinguishing badges, pockets, names, logos, trademarks, distinctive signs etc. of any kind, except where prior approval of the Board has been granted.

The timekeeper's equipment

- 13.7 The timekeeper is responsible for providing their own equipment for a contest which comprises:
 - (a) a bell;
 - (b) two stopwatches; and
 - (c) a whistle.

The role of the timekeeper

- 13.8 During a contest, the timekeeper is required to:
 - (a) sound the bell at the end of each round;
 - (b) stop the time if a contest has been stopped by the referee by calling 'stop';
 - (c) restart the time when the referee calls 'fight' to restart the contest;
 - (d) start the second stopwatch if the referee calls 'time' for a foul or a medical practitioner to enter the ring;
 - (e) sound the whistle ten seconds before the end of the rest period between rounds; and
 - (f) advise the announcer to call 'Seconds out' and announce the number of the ensuing round before sounding the whistle.

Cessation of a count

- 13.9 If at the end of any round, except for the final round, a contestant is down and the referee is in the course of counting over the fallen contestant, the bell indicating the end of the round must not be sounded by the timekeeper.

- 13.10 If the fallen contestant rises before the count of 10 and the referee gives the command to continue indicating the continuation of the bout, the bell must then be sounded by the timekeeper.

14. Code of conduct

- 14.1 The following behaviours at a promotion or at an event related to a promotion may result in the suspension or cancellation of a license or registration:
- (a) violent, threatening, obscene, indecent or abusive language or behaviour;
 - (b) vilification of any kind towards another person;
 - (c) discrimination against another person based on their age, gender or sexual orientation;
 - (d) discrimination against another person based on their race, culture, religion or any other irrelevant personal characteristic;
 - (e) sexual harassment, intimidation or victimisation of another person; and/or
 - (f) conduct that is detrimental to the reputation or interests of the boxing or combat sports industries.

15. Contact information

The Combat Sports Unit can be contacted during business hours on:

(03) 9096 9833 or [email the Combat Sports Unit](mailto:combat.sports@sport.vic.gov.au) <combat.sports@sport.vic.gov.au>

Any written correspondence regarding these Rules and information should be addressed to:

Professional Boxing and Combat Sports Board of Victoria

GPO BOX 4057, Melbourne VICTORIA 3001