



# K-1 PRO REGULATIONS 2024





# SCOS – Pro Regulations „K-1“ 2024

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## Purpose

According to this rulebook, all competitions are conducted. It serves as a guide for all instances and participants of the association.

All conditions for the competition are clearly defined. The SCOS organization provides a fair platform for amateur competition athletes and contributes to presenting combat sports, especially kickboxing and K-1, positively to the public.

We strive for fair and regulated competition conditions for athletes in Switzerland. Our top priority is safety within the confines of this sport. We emphasize that technique and skill are paramount.

The regulations are discussed and re-evaluated annually at the planning meeting. Thus, all trainers of the organization can have an influence.

## Weight Classes\*

in KG	
Men	Women
-60	-50
-63.5	-55
-67	-57
-71	-60
-75	-63.5
-83	-65
-86	-67
-91	-71
+91	-75
	-81
	+81

## Combat Duration

**C-Class:** 3 x 2min. (1min. break)

**B-Class:** Super Fight 3 x 3min. (1min. break), Title Fight 5 x 2min. (1min. break)

**A-Class:** Super Fight 3 x 3min. (1min. break), Title Fight 5 x 3min. (1min. break)



## Strength Classes

### **C-Class:**

Are beginners, meaning the fighters have 4-10 fights.

### **B-Class:**

The fighters already have competition experience and bring considerable experience, roughly equivalent to 10 to 20 fights.

### **A-Class:**

These fighters have gathered national and international experience and face their opponents at the highest level.

### **Scoring per Round:**

**3 Judges**

Slight Superiority

**10 : 9**

Clear Superiority

**10 : 8**

Even High Level

**10 : 10**

### **Point Deductions:**

- Counting **1 point deduction**
- 3x Counting in the same round **End of fight**
- Clearly visible low blow\* (intentional or not) **1 point deduction**
- Clear striking after stop **1 point deduction**
- Striking with elbow or headbutt, knee to the head **1 point deduction**
- Multiple consecutive knees **1 point deduction**
- Unsportsmanlike behavior from coach or fighter **1 point deduction**
- 3rd warning **1 point deduction**
- **3x spitting out mouthguard** **1 point deduction**

*\*Point deduction for low blow:*

*The referee is obligated to consult with the judges whether it was an intentional or accidental low blow. The majority decides whether a point deduction occurs or not.*

## Warnings

- Clinching, grappling, pushing
- Turning away, diving too deep
- More than one knee in succession
- Unclean techniques (inside punch, low kick below knee, blind techniques, etc.)
- **Spitting out mouthguard after the second time**



## Counting

- After the impact of a blow
- **In case of refusal to fight or delay**

## Decisions

- Majority decision (the opinion or vote of the majority wins)
- In Super Fights, an additional round for decision-making or a draw can be determined in consultation between the supervisor and the organizer.
- Title fights must be decided within the 5 rounds to be contested.

## Ringside Doctor

The ring doctor can stop the fight in favor of health.

## Weigh-in

Weight on the scale counts with or without clothes! For Super Fights, there is a 300g tolerance.

## Attire

Female and male fighters of all age categories wear standard boxing or Thai boxing shorts made of satin or cotton, ending approximately 10cm above the knee, but maximum up to the knee. The shorts must not have pockets or zippers. Drawstrings must be on the inside of the shorts. Female participants wear a short, sleeveless, fitted top made of synthetic fiber or cotton. The chest protector must be worn under the top. Male participants fight shirtless.

## Techniques

### **Boxing techniques:**

Straight punches, hook punches, uppercut punches

### **Kick techniques:**

Kicks to the thighs, body (front and side), head (front and side). Holding a kick followed by punches is allowed. However, the leg must be released shortly after holding it. Throwing is not allowed.

### **Knee techniques:**

Knees to the head are allowed. It should be noted that only one knee may be struck followed by punches, and only then may the knee be used again.

### **Foot techniques:**

Sweeps are allowed but must be performed completely on the ground. Not allowed at calf height.

### **Spinning Back Fist or Kick:**

Allowed

**Clinching combined with multiple knees is not allowed.**



## Protective Gear:

### C-A Class:

- Mouthguard
- Groin protector (mandatory for girls as well)
- Chest protector for women (depending on age, not always necessary)
- Bandages:
  - 1. Elastic cotton fabric: to provide adequate compression and support without restricting hand movement.
  - 2. Gauze or bandages: the use of medical gauze or special bandages for additional padding and stability is allowed.
  - 3. It is important that hard or unyielding materials, such as plaster or rolled tape, are not allowed as they could pose a risk of injury to the opponent.
  - No tape over the knuckles
  - No old pre-made hand wraps
  - The same rules apply for foot wraps as in points 2 and 3."