



RULES AT A GLANCE
***Contact strictly enforced!**
***No Knockouts!**

SMA Sport Kick Boxing Rules

Skill Levels:

Under 18 months = beginners,
Over 18 months but less than 30 months = intermediate,
Over 30 months but less than 48 months years rank of brown belt = advance division,
Over 48 months rank of black belt = expert division
Divisions may be combined if less than four competitors are entered.
Divisions will be set by Age skill then weight in all youth 17 and under division

Uniform requirements:

SKB High kick rules (SKBH) Long Pants Mandatory (above waist kicks only)
SKB Low kick rules (SKBL) Kicks to the out side calve and thigh (No Joint Kicks). Fighting Shorts Mandatory ,
Rash Guard optional
SKB Oriental rules (SKBO) Same as SKBL with/knees to body, Fighting Shorts Mandatory , Rash Guard optional

Equipment Requirements:

Youth 17 and under Full Gear as noted mandatory, Mouth piece, Groin Cup Protector (boys), Headgear with faceguards MANDATORY. SKBH, SKBL and SKBO divisions must wear shin and foot pads that cover the toes. minimum 12 oz. Boxing gloves
All Adult divisions wear full gear plus 16 oz. gloves (some available at tournament) .
18 and Over head gear is MANDATORY face shield is OPTIONAL but highly recommended, additional Waiver needs to be signed for no face shield option

Scoring

SMA Sport Kick Boxing is based on scoring points only – NO KNOCKOUTS. Therefore, bruises, blood, etc will have no bearing on the scoring, rather who lands the most effective strikes or techniques in the legal scoring areas of their opponent. A minimum of six (6) kicks must be thrown during the round. Failure to complete all kicks will result in penalty points being awarded.

Round Lengths: Elimination matches will be (2) 45 second rounds. Matches for first and second will be (2) 1 minute rounds with a 1 minute tie breaker round if needed Kickboxing Director, Center Referee, and/or Executive Producer reserves the right to adjust length of final elimination rounds (1st & 2nd, or Grand Championship rounds) as deemed necessary for the safety of the fighters upon discretion

Contact information
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