



Regulations of amateur sports competition of the UNIVERSAL FIGHTING RULES

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Touch Contact



Art.1 Definition.

- 1 The competition is a form of fun, sports competition between two players, using a soft baton.
- . Touch Contact is a competition in which competitors do not have physical contact with each
- 2 other, and points are scored for trephining an opponent with a soft baton.
3. The formula is interrupted to award points or warnings.

Art.2 Age categories (by date of birth).

- 1 Child 7-9 years.
- . Junior Cadet 10-12 years.
- 2 Senior Cadet 13-15 years.
- . Junior 16-18 years.
- 3 Seniors +18 years old.
- . Elite+ 35 years (the athlete can also compete in Seniors).

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5Art.3 Growth categories.

. *(Senior cadets, juniors, seniors can compete in 2 growth categories - in their own and higher).*

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1 Children: - 125 cm, - 135 cm, -145 cm, - 155 cm,+ 155 cm.

. Junior Cadets: - 135 cm, -145 cm, - 155 cm, + 155 cm.

2 Cadets girls - 155 cm, - 165 cm,+ 165 cm.

. Cadets boys - 150 cm, - 160 cm, - 170 cm, + 170 cm.

3 Women juniors: - 160 cm, - 170 cm, + 170 cm.

6 Junior men - 175 cm, - 185 cm, + 185 cm.

4 Senior women - 160 cm, - 170 cm, + 170 cm.

7 Senior men - 175 cm, - 185 cm, + 185 cm.

. Elite men - 175 cm, + 175 cm.

8 Elite women - 165 cm, +165 cm.

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Article 4 Battlefield.

Tatami mat, with a minimum size of 6 by 6 meters (larger battlefields are allowed).

Article 5 Combat time.

- 1 1 round x 1.5 minutes.
- . Overtime to the first point of advantage.

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Article 6 Dress code for players.

- 1 Long martial arts pants. T-shirt (t-shirt) or kimono sweatshirt. The upper part of the garment should
- . be tucked into the pants. In the case of a kimono, or other traditional attire, it may remain let out, but
- 2 tied tightly with a belt. The contestant may not have jewelry (earrings, chains, etc.) or hairpins. The
- . total outfit of the fighter for the fight, must not contain any hard The players fight barefoot.

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or sharp-edged items.

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Article 7 Protective Equipment.

1.Required protective equipment:

- A helmet that covers the top of the head (face grille until age 12),
- mouthguard (recommended),
- Crotch protector (recommended),
- breast protector (recommended).

2.Soft baton length of 60 cm (supplied by the competition organizer).



Art.8 Rules of combat.

- 1 The duel is a technical competition. The formula is conducted by the Board Judge. The Formula is
scored by the Board Judge and two Side Judges (by decision of the Chief Judge of the competition,
2 only one Side Judge is allowed). A competitor can only touch the mat with his feet, otherwise the fight
is stopped. Points are added up after for the entire duration of the duel. The result is known
4 throughout the duel. After each scoring action, the fight is stopped (time is not), all judges score it,
the Board Judge quickly decides to award the point(s) to one of the players, or both players. The
5 board judge may indicate differently from the side judges. The competition ends ahead of time in
favor of one of the players if the player has gained a 6:0 advantage or if the advantage is 10 points
6 (e.g. 11:1, 12:2, etc.). Abrasions or touches with the opponent's soft baton are not scored.
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10.The contestants return to their initial positions (the center of the tatami) each time before
resuming competition.
11.Points, after which the player inflicting the hit fell down through his own fault are
not recognized.
12.The player must look at the opponent while inflicting hits (results in a penalty system).
13.The competitor may hold his guard with his free hand, but this hand must not be adjacent to the
body or head (results in a penalty system).
14.Hits that reached the opponent immediately after the earlier hit in the hand are not scored (the
Judge does not award points and resumes competition).
15.The winner is the player who scores more points in regular time.
16.In the event of a tie, extra time is ordered until the first point advantage obtained.
17.A competitor may leave the battlefield 2 times with impunity during the duel (exit with at least
one whole foot). The third exit of a competitor behind the mat means awarding 1 point to the
opponent. The fourth exit of a competitor behind the mat means disqualification of the
competitor.
18.It is not allowed to intentionally push a player out (results in a penalty system).
19.The board referee may punish a player with sharpening for actions that do not comply with the
rules and for unsportsmanlike behavior of the player, coach or fans, including the use of



vulgarity and exerting pressure on the judges (the penalty system results).

20. The board referee may admonish a competitor a maximum of three times during the entire match (including 2 times for exits off the mat and one admonishment for another offense). No time is withheld in the event of an admonition. Admonishments must be carried out in a manner understandable to the competitor, and the competition must be resumed as soon as possible.

21. The board judge and the chief judge may hold a consultation with the rest of the judges in case of controversial, unclear situations (the time of competition is stopped and the players are sent to their corners).

22. During the competition, a competitor can have a maximum of 2 seconds.

Article 9 Permitted Hit Sites.

- 1 Head full.
- . Thorax (front and side).
- 2 Legs (front and sides)
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- 3

Article 10 Scoring.

- 1 A hit to the head - 2 points.
- . A hit on the torso - 1 point.
- 2 Hitting the legs - 1 point.
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Article 11 Permitted techniques.

- 1 Hits inflicted with an authorized technique in an authorized body zone.
- . Blocking and nailing punches (do not grab the opponent's limbs).
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Article 12 Prohibited techniques.

- 1 Push forward.
- . Trephination in the back of the body (except for the head).
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Article 13 Penalty System.

1. The board judge may punish a player with: a warning, a negative point as a result of the second warning, a second negative point as a result of the third warning, disqualification (as a result of the fourth warning or in the case of a flagrant violation of the rules). During the warning, combat time is
- 2 stopped. A warning may be given to a player for the following offenses:
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 - Physical contact with the opponent (bumping into the opponent with the body,
 - . clinching, etc.),
 - Use of prohibited techniques,
 - attacking in forbidden hit areas,
 - Pushing a competitor, pushing him off the mat,
 - Poor holding of the guard (when the free hand touches the body or head),
 - escape,
 - Looking away while performing techniques,
 - Unsportsmanlike conduct of a player, coach, second, supporter,
 - Challenging the decisions of the Judges, discussing with the Judges,
 - All actions that do not comply with the rules and regulations and fair play.
4. Each time after giving a warning, the board judge briefly explains what the player received it for.
5. The board referee does not have to immediately give a player a warning for misconduct, in case the player did it for the first time or inadvertently, and the misconduct did not endanger the safety of the other player. In such a case, the referee merely admonishes the player, without suspending the time of the fight.



Article 14 Disqualification.

A competitor may be disqualified in the Touch Contact formula for the following offenses:

- Exhaustion of the limit of three warnings,
- causing injury to an opponent, due to a violation of the rules,
- A flagrant violation of these rules and regulations by a player, coach or seconder,
- Failure to stand up in his corner in a regulatory readiness to fight, within 2 minutes of the first call,
- Placing the recording device on or near the judge's table,
- The fourth exit of a competitor off the mat,
- The approach of unauthorized persons to the judges' table.

Article 15 Judicial Commands.

- 1 Fight (signal to start or resume fighting).
 - . Stop (signal to stop fighting).
- 2 Time (duel time stop signal).
 - . Let go (when players hold on).
3. Warning (warning signal).
6. Minus point (award of negative points).
7. Disqualification.
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Article 16 Doping.

Any form of doping in athletes, judges, seconds, coaches is prohibited.



Article 17 Other Provisions.

1. In case of any ambiguity and lack of understanding of the rules and regulations, for the safety of the tournament participants, the player and coach are obliged to consult with the chief judge of the competition or the organizer. Judges during the competition may intervene in any case they
2. consider to be a violation of fair play and a violation of the rules for the safe conduct of the duel. Only one person (a coach or a person authorized by the club to contact the referees) can approach
3. the referees' table. No recording devices may be placed on or around the judges' table. In PFKB competitions, a competitor can take part regardless of the training belt he or she holds. Since in
4. different martial arts ranks are given according to different criteria, they cannot be considered as an
5. indicator of a competitor's training. The competitor's coach is responsible for the competitor's skills and preparation for safe participation in the competition. The rules and regulations may be amended for organizational, participant safety or other reasons by those designated to do so.
- 6.



Point Fighting



Art.1 Definition.

- 1 The competition consists of a technical battle between two players.
 - . The fight is interrupted to award points or a warning.
- 2 During the fight, you must not aim to knock out your opponent.

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Art.2 Age categories (by date of birth).

- 1 Child 7-9 years.
 - . Junior Cadet 10-12 years.
- 2 Senior Cadet 13-15 years.
 - . Junior 16-18 years.
- 3 Seniors +18 years old.
 - . Elite+ 35 years (the athlete can also compete in Seniors).

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Art.3 Growth categories.

(Senior cadets, juniors, seniors can compete in 2 growth categories - in their own and higher).

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- 1 Children: - 125 cm, - 135 cm, -145 cm, - 155 cm,+ 155 cm.
 - . Junior Cadets: - 135 cm, -145 cm, - 155 cm,+ 155 cm.
- 2 Cadets girls - 155 cm, - 165 cm,+ 165 cm.
 - . Cadets boys - 150 cm, - 160 cm, - 170 cm, + 170 cm.
- 3 Women juniors: - 160 cm, - 170 cm, + 170 cm.
- 6 Junior men - 175 cm, - 185 cm, + 185 cm.
- 4 Seniors women - 160 cm, - 170 cm,+ 170 cm.
- 7 Senior men - 175 cm, - 185 cm, + 185 cm.
 - . Elite men - 175 cm,+ 175 cm.

80.Elite women - 165 cm, +165 cm.

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Article 4 Battlefield.

Tatami mat, with a minimum size of 6 by 6 meters (larger battlefields are allowed).

Article 5 Combat time.

1. 2 rounds x 1.5 minutes (the Chief Judge of the competition may reduce the duration of the round, before the start of the competition).
2. Break 45 seconds (Referee Chief competition may shorten time break, before the start of the competition).
3. Overtime to the first point of advantage.

Article 6 Dress code for players.

- 1 Long martial arts pants (without pockets, zippers or other protruding or hanging parts), T-shirt (t-shirt) or kimono sweatshirt. The upper part of the garment should be tucked into the pants. In the case of a
- 2 kimono, or other traditional attire, it may remain let out, but tied tightly with a belt. The contestant
- 3 may not have jewelry (earrings, chains, etc.) or hairpins. The total outfit of the fighter for the fight, must not contain any hard
- 4 The players fight barefoot.
- 5 or sharp-edged items.

Article 7 Protective Equipment.

Required protective equipment:

- A helmet that covers the top of the head (face grille until 12),
- ,
- Crotch protector (mandatory for men)
- Breast protector (women - required)



- Boxing gloves (maximum 12 oz) or "open" gloves for point fighting (semi-contact).
Gloves must be appropriate for the age of the fighter (cannot be too small, or too large)
- Foot protectors with covered heel and toe,
- tibia protectors.

Art.8 Rules of combat.

- 1 The duel is a technical fight - the force of the blows must be controlled. The fight is conducted by the
 . Board Judge. The fight is scored by the Board Judge and two Side Judges (by decision of the Chief
 2 Judge of the competition, only one Side Judge is allowed). A competitor can only touch the mat with
 . his feet, otherwise the fight is stopped. Points are added up after for the entire duration of the duel.
- 4 The result is known throughout the duel. After each scoring action, the fight is stopped (time is not),
 : all judges score it, the Board Judge quickly decides to award the point(s) to one of the players, or both
 5 players. The board judge may indicate differently from the side judges. The fight ends prematurely in
 . favor of one of the fighters if the fighter has gained an advantage of 6:0 or if the advantage is 10 points
 6 (e.g. 11:1, 12:2, etc.). Abrasions or touches of the opponent are not scored (known as underfoot).
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 9.
- 10.Each time, the competitors return to their initial positions (the center of the tatami) before
 resuming the fight.
- 11.Points after which the striking player fell down through his own fault are not recognized.
- 12.The player must look at the opponent while dealing blows (results in a penalty system).
- 13.The winner is the player who scores more points in regular time.
- 14.In the event of a tie, extra time is ordered until the first point advantage obtained (until the first
 hit).
- 15.A competitor may leave the battlefield 2 times with impunity during the duel (exit with at least one
 whole foot). The third exit of a competitor behind the mat means awarding 1 point to the opponent. The
 fourth exit of a competitor behind the mat means disqualification of the competitor.
- 16.It is forbidden to intentionally push a fighter or to inflict "push" punches instead of strikes



(results in a system of penalties).

17.The board referee may punish a player with a warning for fighting in violation of the rules and for unsportsmanlike behavior of the player, coach or fans, also for using vulgarity and putting pressure on the judges (penalty system results).

18.The board referee may admonish a competitor a maximum of three times during the entire bout (including 2 times for going off the mat and one admonishment for another offense). In the case of an admonition, the time of the bout is not suspended. Admonishments must be carried out in a manner that is understandable to the competitor, and the bout must be resumed as soon as possible.

19.The board referee and the chief referee may confer with the rest of the judges in case of controversial, unclear situations (the time of the fight is stopped and the fighters are sent to their corners).

20.During the fight, a competitor can have a maximum of 2 secondaries.

Article 9 Permitted Hit Sites.

- 1 Head whole (except for the top of the head).
- . Thorax (front and side).

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Article 10 Scoring.

- 1 Hand blow to the head - 1 point
- . Hand blow to the torso - 1 point
- 2 Kick to the torso - 1 point
- . Kick the head - 2 points
- 3 Jump kick to the torso - 2 points
- . Jump kick to the head - 3 points
- 4 Undercut - 1 point (when the opponent, as a result of the undercut, stops touching the mat with
- . his feet only)

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Article 11 Permitted techniques.

- 1 All blows delivered with the front and top of the glove (no spinning blows).
- . All kicks with the entire surface of the foot.
- 2 Blocking and nailing punches (do not grab the opponent's limbs).
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Article 12 Penalty System.

1. The board judge may punish a player with: a warning, a negative point as a result of the second warning, a second negative point as a result of the third warning, disqualification (as a result of the fourth warning or in the case of a flagrant violation of the rules). During the warning, combat time is
- 2 stopped. A warning may be given to a player for the following offenses:
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 - attacking with uncontrollable force,
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 - Use of prohibited techniques,
 - attacking in forbidden hit areas,
 - Pushing a competitor, pushing him off the mat,
 - clinching,
 - grasping limbs,
 - The use of so-called "push" blows,
 - escape,
 - Looking away while performing techniques,
 - Unsportsmanlike conduct of a player, coach, second, supporter,
 - Challenging the decisions of the Judges, discussing with the Judges,
 - All actions that do not comply with the rules and regulations and fair play.
4. Each time after giving a warning, the board judge briefly explains what the player received it for. The board referee does not have to immediately give a player a warning for misconduct, in case
5. the player did it for the first time or inadvertently, and the misconduct did not endanger the safety of the other player. In such a case, the referee merely admonishes the player, without suspending the time of the fight.



Article 13 Disqualification.

A player may be disqualified for the following offenses:

- Exhaustion of the limit of three warnings,
- causing injury to an opponent, due to a violation of the rules,
- A flagrant violation of these rules and regulations by a player, coach or seconder,
- Failure to stand up in his corner in a regulatory readiness to fight, within 2 minutes of the first call,
- The fourth exit of a competitor behind the mat,
- Placing the recording device on or near the judge's table,
- The approach of unauthorized persons to the judges' table.

Article 14 Judicial Commands.

- 1 Fight (signal to start or resume fighting).
 - . Stop (signal to stop fighting).
- 2 Time (duel time stop signal).
 - . One Point (awarding one point to a competitor).
- 3 Two points (awarding two points to a competitor).
 - . Three points (awarding three points to a competitor).
- 4 Admonition (signal).
- 8.Warning (warning signal).
- 5.Minus point (awarding a minus point).
10. Disqualification.
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Article 15 Doping.

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Any form of doping in athletes, judges, seconds, coaches is prohibited.



Art.16 Other provisions.

1. In case of any ambiguity and lack of understanding of the rules and regulations, for the safety of the tournament participants, the player and coach are obliged to consult with the chief judge of the competition or the organizer. Judges during the competition may intervene in any case they
2. consider to be a violation of fair play and a violation of the rules for the safe conduct of the duel. Only one person (a coach or a person authorized by the club to contact the referees) can approach
3. the referees' table. No recording devices may be placed on or around the judges' table. In PFKB competitions, a competitor can take part regardless of the training belt he or she holds. Since in
4. different martial arts ranks are given according to different criteria, they cannot be considered as an
5. indicator of a competitor's training. The competitor's coach is responsible for the competitor's skills and preparation for safe participation in the competition. The rules and regulations may be amended for organizational, participant safety or other reasons by those designated to do so.
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Light Contact



Art.1 Definition.

1. The competition involves a technical battle between two fighters, where the force of the blows must be controlled.
- 2 The struggle is continuous.
 - . During the fight, you must not aim to knock out your opponent.
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Art.2 Age categories (by date of birth).

- 1 Junior cadet 10-12 years old
 - . Senior Cadet 13-15 years.
- 2 Junior 16-18 years.
 - . Senior +18 years.
- 3 Elite+ 35 years (the athlete can also compete in Seniors).
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Art.3 Weight categories

5 *(The athlete competes only in his weight category).*

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- 1 Junior Cadets: - 35 kg, - 40 kg, - 45 kg, +50 kg.
 - . Junior cadets: - 35 kg, - 40 kg, - 45 kg, +50 kg.
- 2 Senior cadets girls: - 45 kg, - 50 kg, - 55 kg, + 55 kg.
 - . Boys senior cadets: - 45 kg, - 50 kg, - 55 kg, - 60 kg, -65 kg, + 65 kg.
3. Women juniors: - 50 kg, - 55 kg, - 60 kg, + 60 kg.
- 4 Junior men: - 60 kg, - 65 kg, - 70 kg, - 75 kg, - 80 kg, + 80 kg.
- 5 Senior women: - 50 kg, - 55 kg, - 60 kg, + 60 kg.
- 6 Senior men: - 60 kg, - 65 kg, - 70 kg, - 75 , - 80 kg, - 85 kg, - 90 kg, + 90 kg.
- 7 Elite men: - 75 kg, - 80 kg, - 85 kg, - 90 kg, + 90 kg.
- 8 0. Elite women: - 75 kg, - 80 kg, - 85 kg, - 90 kg, + 90 kg.
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Article 4 Battlefield.

Tatami mat, with a minimum size of 6 by 6 meters (larger battlefields are allowed).

Article 5 Combat time.

1. 2 rounds x 1.5 minutes (the Chief Judge of the competition may reduce the duration of the round, before the start of the competition).
2. Break 1 minute (the Chief Judge of the competition may shorten the break time, before the start of the competition).
3. Overtime 1 round x 1 minute.

Article 6 Dress code for players.

1. Long martial arts pants (without pockets, zippers or other protruding or hanging parts) or short martial arts shorts. T-shirt (t-shirt) or kimono sweatshirt. The upper part of the garment should be tucked into the pants. In the case of a kimono, or other traditional attire, it may remain let out, but tied tightly with a belt. The contestant may not have jewelry (earrings, chains, etc.) or hairpins. The total outfit of the fighter for the fight, must not contain any hard

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or sharp-edged items.

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Article 7 Protective Equipment.

Required protective equipment:

- A helmet that covers the top of the head (face grille until age 12),
- ,
- Crotch protector (mandatory for men and boys, recommended for women),
- Breast protector (women - required from the age of 16, recommended from the age of 12),
- Boxing gloves (maximum 12 oz). The gloves must be suitable for



The age of the athlete (they can't be too small, or too big).

- Foot protectors with covered heel and toe,
- tibia protectors.

Art.8 Rules of combat.

- 1 The duel is a technical fight - the force of the blows must be controlled.
 - . The fight is conducted by the Board Judge.
 - 2 The fight is scored by the Board Judge and two side Judges.
 - . The competitor who scores more points in the regulation time of the fight wins.
 - 3 The verdict is announced by the Board Judge, after providing information from the side Judges.
 - . A competitor can only touch the mat with his feet, otherwise the fight is stopped.
 - 4 Points are added up after for the entire duration of the duel.
 - . Abrasions or touches of the opponent are not scored (known as underfoot).
 - 5 Points after which the striking player fell down through his own fault are not recognized.
- 10.The player must look at the opponent while dealing blows (results in a penalty system). 11.In the event of a tie, the board judge decides whether one of the players wins or
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 - .
 - 7 f the competitors (based on the fighting style of the players), or administers overtime.
 - .
 - 8 12.A competitor may leave the battlefield 2 times with impunity during the duel (exit with at least one whole foot). The third exit of a competitor behind the mat means awarding 1 point to the opponent. The
 - 9 fourth exit of a competitor behind the mat means disqualification of the competitor.
- 13.It is forbidden to intentionally push a player or to inflict "pushed" blows instead of punches (results in a penalty system).
- 14.The board referee may punish a player with a warning for fighting in violation of the rules and for unsportsmanlike behavior of the player, coach or fans, also for using vulgarity and putting pressure on the judges (penalty system results).
- 15.The board referee may admonish a competitor a maximum of three times during the entire bout (including 2 times for going off the mat and one admonishment for another offense). In the case of an admonition, the time of the bout is not suspended. Admonishments must be carried out in a manner that is understandable to the competitor, and the bout must be resumed as soon as possible.
- 16.The board referee and the chief referee may confer with the rest of the judges in case of controversial, unclear situations (the fight time is stopped and the competitors



Seconded to their corners).

17. During the fight, a competitor can have a maximum of 2 secondaries.

Article 9 Permitted Hit Sites.

- 1 Head front and sides.
- . Thorax (front and side).
- 2

Article 10 Scoring.

- 1 Hand blow to the head - 1 point
- . Hand blow to the torso - 1 point
- 2 Kick to the torso - 1 point
- . Kick the head - 2 points
- 3 Jump kick to the torso - 2 points
- . Jump kick to the head - 3 points
- 4 Undercut - 1 point (when the opponent, as a result of the undercut, stops touching the mat with
- . his feet only)
- 5

Article 11 Permitted techniques.

- 1 All blows delivered with the front and top of the glove (no spinning blows).
- . All kicks with the entire surface of the foot.
- 2 Blocking and nailing punches (do not grab the opponent's limbs).
- .
- 3

Article 12 Penalty System.

1. The board judge may punish a player with: a warning, three negative points as a result of the second warning, another three points as a result of the third warning, disqualification (as a result of the fourth warning or in the case of a flagrant violation of the rules). During the warning,
- 2 combat time is stopped. A warning may be given to a player for the following offenses:
- .
- 3
- .



- attacking with uncontrollable force,
 - Use of prohibited techniques,
 - attacking in forbidden hit areas,
 - Pushing a competitor, pushing him off the mat,
 - clinching,
 - grasping limbs,
 - The use of so-called "push" blows,
 - escape,
 - Looking away while performing techniques,
 - Unsportsmanlike conduct of a player, coach, second, supporter,
 - Challenging the decisions of the Judges, discussing with the Judges,
 - All actions that do not comply with the rules and regulations and fair play.
4. Each time after giving a warning, the board judge briefly explains what the player received it for.
 5. The board referee does not have to immediately give a player a warning for misconduct, in case the player did it for the first time or inadvertently, and the misconduct did not endanger the safety of the other player. In such a case, the referee merely admonishes the player, without suspending the time of the fight.

Article 13 Disqualification.

A player may be disqualified for the following offenses:

- Exhaustion of the limit of three warnings,
- causing injury to an opponent, due to a violation of the rules,
- A flagrant violation of these rules and regulations by a player, coach or seconder,
- Failure to stand up in his corner in a regulatory readiness to fight, within 2 minutes of the first call,
- The fourth exit of a competitor behind the mat,
- Placing the recording device on or near the judge's table,
- The approach of unauthorized persons to the judges' table.



Article 14 Judicial Commands.

- 1 Fight (signal to start or resume fighting).
 - . Stop (signal to stop fighting).
- 2 Time (duel time stop signal).
 - . Admonition (signal).
3. Warning (warning signal).
6. Minus point (award of negative points).
4. Let go (when players hold on).
8. Disqualification.

Article 15 Doping.

Any form of doping in athletes, judges, seconds, coaches is prohibited.

Art.16 Other provisions.

1. In case of any ambiguity and lack of understanding of the rules and regulations, for the safety of the tournament participants, the player and coach are obliged to consult with the chief judge of the competition or the organizer. Judges during the competition may intervene in any case they
 2. consider to be a violation of fair play and a violation of the rules for the safe conduct of the duel. Only one person (a coach or a person authorized by the club to contact the referees) can approach
 3. the referees' table. No recording devices may be placed on or around the judges' table. In PFKB competitions, a competitor can take part regardless of the training belt he or she holds. Since in
 - 4 different martial arts ranks are given according to different criteria, they cannot be considered as an
 - . indicator of a competitor's training. The competitor's coach is responsible for the competitor's skills
 - 5 and preparation for safe participation in the competition. The rules and regulations may be
 - . amended for organizational, participant safety or other reasons by those designated to do so.
- 6.



KICK LIGHT



Art.1 Definition.

1. The competition involves a technical battle between two fighters, where the force of the blows must be controlled.
- 2 The struggle is continuous.
 - . In the Kick light formula, low to the thighs are allowed.
- 3 During the fight, you must not aim to knock out your opponent.
- .
- 4

. Art.2 Age categories (by date of birth).

- 1 Junior Cadet 10-12 years.
 - . Senior Cadet 13-15 years.
- 2 Junior 16-18 years.
 - . Seniors +18 years old.
- 3 Elite+ 35 years (the athlete can also compete in Seniors).
- .
- 4

. Art.3 Weight categories

5 *(The athlete competes only in his weight category).*

- .
- 1 Junior Cadets: - 35 kg, - 40 kg, - 45 kg, +50 kg.
 - . Junior cadets: - 35 kg, - 40 kg, - 45 kg, +50 kg.
- 2 Senior cadets girls: - 45 kg, - 50 kg, - 55 kg, + 55 kg.
 - . Cadets stari boys: - 45 kg, - 50 kg, - 55 kg, - 60 kg, -65 kg, + 65 kg.
- 3. Women juniors: - 50 kg, - 55 kg, - 60 kg, + 60 kg.
- 4 Junior men: - 60 kg, - 65 kg, - 70 kg, - 75 kg, - 80 kg, + 80 kg.
- 5 Senior women: - 50 kg, - 55 kg, - 60 kg, + 60 kg.
- 6 Senior men: - 60 kg, - 65 kg, - 70 kg, - 75 , - 80 kg, - 85 kg, - 90 kg, + 90 kg.
- 7 Elite men: - 75 kg, - 80 kg, - 85 kg, - 90 kg, + 90 kg.
- 8 0. Elite women: - 75 kg, - 80 kg, - 85 kg, - 90 kg, + 90 kg.

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Article 4 Battlefield.

Tatami mat, with a minimum size of 6 by 6 meters (larger battlefields are allowed).

Article 5 Combat time.

1. 2 rounds x 1.5 minutes (the Chief Judge of the competition may reduce the duration of the round, before the start of the competition).
2. Break 1 minute (the Chief Judge of the competition may shorten the break time, before the start of the competition).
3. Overtime 1 round x 1 minute.

Article 6 Dress code for players.

1. Long martial arts pants (without pockets, zippers or other protruding or hanging parts) or short martial arts shorts. T-shirt (t-shirt) or kimono sweatshirt. The upper part of the garment should be tucked into the pants. In the case of a kimono, or other traditional attire, it can remain let out, but tied tightly with a belt. The contestant may not have jewelry (earrings, chains, etc.) or hairpins. The total outfit of the fighter for the fight, must not contain any hard The players fight barefoot.
- 4 or sharp-edged items.

Article 7 Protective Equipment.

Required protective equipment:

- A helmet that covers the top of the head (face grille until 12),
- ,
- Crotch protector (mandatory for men and boys, recommended for women),
- Breast protector (women - required from the age of 16, recommended from the age of 12),



- Boxing gloves (maximum 12 oz). Gloves must be appropriate for the age of the athlete (not too small, or too large).
- Foot protectors with covered heel and toe,
- tibia protectors.

Art.8 Rules of combat.

- 1 The duel is a technical fight - the force of the blows must be controlled.
 - . The fight is conducted by the Board Judge.
- 2 The fight is scored by the Board Judge and two side Judges.
 - . The competitor who scores more points in the regulation time of the fight wins.
- 3 The verdict is announced by the Board Judge, after providing information from the side Judges.
 - . A competitor can only touch the mat with his feet, otherwise the fight is stopped.
- 4 Points are added up after for the entire duration of the duel.
 - . Abrasions or touches of the opponent are not scored (known as underfoot).
- 5 Points, after which the striking player fell down through his own fault, are not recognized.
- 6 10.The player must look at the opponent while dealing blows (results in a penalty system).
- 7 11.In case of a tie the board judge makes decision to win one of the players
 - . (based on the fighting style of the players), or stewards overtime.
- 8 12.A competitor may leave the battlefield 2 times with impunity during the duel (exit with at least one whole foot). The third exit of a competitor behind the mat means awarding 1 point to the opponent. The fourth exit of a competitor behind the mat means disqualification of the competitor.
- 9 13.It is forbidden to intentionally push a player or to inflict "pushed" blows instead of punches
 - . (results in a penalty system).
- 14.The board referee may punish a player with a warning for fighting in violation of the rules and for unsportsmanlike behavior of the player, coach or fans, also for using vulgarity and putting pressure on the judges (penalty system results).
- 15.The board referee may admonish a competitor a maximum of three times during the entire bout (including 2 times for going off the mat and one admonishment for another offense). In case of an admonition, the time of the bout is not suspended. Admonishments must be carried out in a manner that is understandable to the competitor, and the bout must be resumed as soon as possible.



16.The board referee and the chief referee may confer with the rest of the judges in case of controversial, unclear situations (the time of the fight is stopped and the fighters are sent to their corners).

17.During the fight, a competitor can have a maximum of 2 secondaries.

Article 9 Permitted Hit Sites.

- 1 Head front and sides.
 - . Thorax (front and side).
- 2 Legs (inner and outer thigh).
 - .
- 3

Article 10 Scoring.

- 1 Hand blow to the head - 1 point
 - . Hand blow to the torso - 1 point
- 2 Kick to the torso - 1 point
 - . Kicked low kick - 1 point
- 3 Kick the head - 2 points
 - . Jump kick to the torso - 2 points
- 4 Jump kick to the head - 3 points
 - . Undercut - 1 point (when the opponent, as a result of an undercut, stops touching the mat with
- 5 his feet only)
 - .

6

Article 11 Permitted techniques.

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- 1 All blows delivered with the front and top of the glove (no spinning blows).
 - . All kicks with the entire surface of the foot.
- 2 Low kick to the thighs (inflicted only with the top surface of the foot or shin - front kick and
 - . side kick are strictly prohibited).
- 3 Blocking and nailing punches (do not grab the opponent's limbs).
 - .



Article 12 Penalty System.

1. The board judge may punish a player with: a warning, three negative points as a result of the second warning, another three points as a result of the third warning, disqualification (as a result of the fourth warning or in the case of a flagrant violation of the rules). During the warning, combat time is stopped. A warning may be given to a player for the following offenses:
 - 2 .
 - 3 - attacking with uncontrollable force,
 - 4 .
 - 5 - Use of prohibited techniques,
 - 6 - attacking in forbidden hit areas,
 - 7 - Pushing a competitor, pushing him off the mat,
 - 8 - clinching,
 - 9 - grasping limbs,
 - 10 - The use of so-called "push" blows,
 - 11 - escape,
 - 12 - Looking away while performing techniques,
 - 13 - Unsportsmanlike conduct of a player, coach, second, supporter,
 - 14 - Challenging the decisions of the Judges, discussing with the Judges,
 - 15 - All actions that do not comply with the rules and regulations and fair play.
4. Each time after giving a warning, the board judge briefly explains what the player received it for.
5. The board referee does not have to immediately give a player a warning for misconduct, in case the player did it for the first time or inadvertently, and the misconduct did not endanger the safety of the other player. In such a case, the referee merely admonishes the player, without suspending the time of the fight.



Article 13 Disqualification.

A player may be disqualified for the following offenses:

- Exhaustion of the limit of three warnings,
- causing injury to an opponent, due to a violation of the rules,
- A flagrant violation of these rules and regulations by a competitor, coach or seconder,
- Failure to stand up in his corner in a regulatory readiness to fight, within 2 minutes of the first call,
- The fourth exit of a competitor behind the mat,
- Placing the recording device on or near the judge's table,
- The approach of unauthorized persons to the judges' table.

Article 14 Judicial Commands.

- 1 Fight (signal to start or resume fighting).
- . Stop (signal to stop fighting).
- 2 Time (duel time stop signal).
- . Admonition (signal).
- 3.Warning (warning signal).
- 6.Minus point (award of negative points).
4. Let go (when players hold on).
8. Disqualification.

Article 15 Doping.

Any form of doping in athletes, judges, seconds, coaches is prohibited.



Art.16 Other provisions.

1. In case of any ambiguity and lack of understanding of the rules and regulations, for the safety of the tournament participants, the player and coach are obliged to consult with the chief judge of the competition or the organizer. Judges during the competition may intervene in any case they
2. consider to be a violation of fair play and a violation of the rules for the safe conduct of the duel. Only one person (a coach or a person authorized by the club to contact the referees) can approach
3. the referees' table. No recording devices may be placed on or around the judges' table. In PFKB competitions, a competitor can take part regardless of the training belt he or she holds. Since in
4. different martial arts ranks are given according to different criteria, they cannot be considered as an
5. indicator of a competitor's training. The competitor's coach is responsible for the competitor's skills and preparation for safe participation in the competition. The rules and regulations may be amended for organizational, participant safety or other reasons by those designated to do so.
- 6.



UFR TATAMI



Art.1 Definition.

1. The competition involves a technical battle between two fighters, where the force of the blows must be controlled.
- 2 The struggle is continuous.
 - . Fighting takes place in three styles (boxing, light contact, kick light).
- 3 During the fight, you must not aim to knock out your opponent.

4

. Art.2 Age categories (by date of birth).

- 1 Junior Cadet 10-12 years
 - . Senior Cadet 13-15 years.
- 2 Junior 16-18 years.
 - . Senior +18 years.
- 3 Elite+ 35 years (the athlete can also compete in Seniors).

.

4

. Art.3 Weight categories

- 5 *(The athlete competes only in his weight category).*

.

- 1 Junior Cadets: - 35 kg, - 40 kg, - 45 kg, +50 kg.
 - . Junior cadets: - 35 kg, - 40 kg, - 45 kg, +50 kg.
- 2 Senior cadets girls: - 45 kg, - 50 kg, - 55 kg, + 55 kg.
 - . Cadets stari boys: - 45 kg, - 50 kg, - 55 kg, - 60 kg, -65 kg, + 65 kg.
3. Women juniors: - 50 kg, - 55 kg, - 60 kg, + 60 kg.
- 4 Junior men: - 60 kg, - 65 kg, - 70 kg, - 75 kg, - 80 kg, + 80 kg.
- 5 Senior women: - 50 kg, - 55 kg, - 60 kg, + 60 kg.
- 6 Senior men: - 60 kg, - 65 kg, - 70 kg, - 75 , - 80 kg, - 85 kg, - 90 kg, + 90 kg.
- 7 Elite men: - 75 kg, - 80 kg, - 85 kg, - 90 kg, + 90 kg.
- 8 0. Elite women: - 75 kg, - 80 kg, - 85 kg, - 90 kg, + 90 kg.

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Article 4 Battlefield.

Tatami mat, with a minimum size of 6 by 6 meters (larger battlefields are allowed).

Article 5 Combat time.

1. 3 rounds x 1 minute (the Chief Judge of the competition may shorten the duration of the round, before the start of the competition).
2. Break 45 seconds (the Chief Judge of the competition may shorten the break time, before the start of the competition).
3. Overtime 1 round x 1 minute.

Article 6 Dress code for players.

1. Long martial arts pants (without pockets, zippers or other protruding or hanging parts) or short martial arts shorts. T-shirt (t-shirt) or kimono sweatshirt. The upper part of the garment should be tucked into the pants. In the case of a kimono, or other traditional attire, it may remain let out, but tied tightly with a belt. The contestant may not have jewelry (earrings, chains, etc.) or hairpins. The total outfit of the fighter for the fight, must not contain any hard or sharp-edged items.

Article 7 Protective Equipment.

Required protective equipment:

- A helmet that covers the top of the head (face grille until 12),
- ,
- Crotch protector (mandatory for men and boys, recommended for women),
- Breast protector (women - required from 16 years of age, recommended from 12 years of age),
- Boxing gloves (maximum 12 oz). The gloves must be suitable for



The age of the athlete (they can't be too small, or too big).

- Foot protectors with covered heel and toe,
- tibia protectors.

Art.8 Rules of combat.

- 1 The duel is a technical fight - the force of the blows must be controlled.
 - . The UFR Tatami formula features three style rounds:
- 2
 - a. Round 1 - competitors fight hand techniques only.
 - b. Round 2 - competitors fight under the rules of Light Contact.
 - c. Round 3 - competitors fight under the rules of the Kick Light regulations.
- 3 The fight is conducted by the Board Judge.
 - . The fight is scored by the Board Judge and two side Judges.
- 4 The competitor who scores more points in the regulation time of the fight wins.
 - . The verdict is announced by the Board Judge, after providing information from the side Judges.
- 5 A competitor can only touch the mat with his feet, otherwise the fight is stopped.
 - . Points are added up after for the entire duration of the duel.
- 6 Abrasions or touches of the opponent are not scored (known as underfoot).
10. Points, after which the striking player fell down through his own fault, are not recognized.
- 7 11. The player must look at the opponent while dealing blows (results in a penalty system).
12. In case of a tie the board judge makes decision to win one of the players
- 8 (based on the fighting style of the players), or stewards overtime.
13. A competitor may leave the battlefield 2 times with impunity during the duel (exit with at least
- 9 one whole foot). The third exit of a competitor behind the mat means awarding 1 point to the opponent. The fourth exit of a competitor behind the mat means disqualification of the competitor.
14. It is forbidden to intentionally push a player or to inflict "pushed" blows instead of punches (results in a penalty system).
15. The board referee may punish a player with a warning for fighting in violation of the rules and for unsportsmanlike behavior of the player, coach or fans, also for using vulgarity and putting pressure on the judges (penalty system results).
16. The board referee may admonish a player a maximum of three times during the entire duel (including 2 times for going off the mat and one admonishment for another offense).



In the case of an admonition, no fight time is withheld. Admonitions must be carried out in a way that the competitor understands, and the fight must be resumed as soon as possible.

17. The board referee and the chief referee may confer with the rest of the judges in case of controversial, unclear situations (the time of the fight is stopped and the fighters are sent to their corners).

18. During the fight, a competitor can have a maximum of 2 secondaries.

Article 9 Permitted placeshits.

- 1 Head front and sides.
 - . Thorax (front and side).
- 2 Legs (inner and outer thigh).
 - .
- 3

Article 10 Scoring.

- 1 Hand blow to the head - 1 point
 - . Hand blow to the torso - 1 point
- 2 Kick to the torso - 1 point
 - . Kicked low kick - 1 point
- 3 Kick the head - 2 points
 - . Jump kick to the torso - 2 points
- 4 Jump kick to the head - 3 points
 - . Undercut - 1 point (when the opponent, as a result of an undercut, stops touching the mat with
- 5 his feet only)
 - .
- 6

Article 11 Permitted techniques.

- 7
- 1 All blows delivered with the front and top of the glove (no spinning blows).
 - . All kicks with the entire surface of the foot.
- 8
- 2 Low kick to the thighs (inflicted only with the top surface of the foot or shin - front kick and
 - . side kick are strictly prohibited).
- 3
4. Blocking and nailing punches (do not grab the opponent's limbs).
 - .



Article 12 Penalty System.

1. The board judge may punish a player with: a warning, three negative points as a result of the second warning, another three points as a result of the third warning, disqualification (as a result of the fourth warning or in the case of a flagrant violation of the rules). During the warning, combat time is stopped. A warning may be given to a player for the following offenses:
 - 2 .
 - 3 .
 - attacking with uncontrollable force,
 - Use of prohibited techniques,
 - attacking in forbidden hit areas,
 - Pushing a competitor, pushing him off the mat,
 - clinching,
 - grasping limbs,
 - The use of so-called "push" blows,
 - escape,
 - Looking away while performing techniques,
 - Unsportsmanlike conduct of a player, coach, second, supporter,
 - Challenging the decisions of the Judges, discussing with the Judges,
 - All actions that do not comply with the rules and regulations and fair play.
4. Each time after giving a warning, the board judge briefly explains what the player received it for.
5. The board referee does not have to immediately give a player a warning for misconduct, in case the player did it for the first time or inadvertently, and the misconduct did not endanger the safety of the other player. In such a case, the referee merely admonishes the player, without suspending the time of the fight.



Article 13 Disqualification.

A player may be disqualified for the following offenses:

- Exhaustion of the limit of three warnings,
- causing injury to an opponent, due to a violation of the rules,
- gross violation of these rules by the competitor, coach or seconder,
- Failure to stand up in his corner in a regulatory readiness to fight, within 2 minutes of the first call,
- The fourth exit of a competitor behind the mat,
- Placing the recording device on or near the judge's table,
- Approach of unauthorized persons to the judges' table.

Article 14 Judicial Commands.

- 1 Fight (signal to start or resume fighting).
 - . Stop (signal to stop fighting).
- 2 Time (duel time stop signal).
 - . Admonition (signal).
3. Warning (warning signal).
6. Minus point (award of negative points).
4. Let go (when players hold on).
8. Disqualification.

Article 15 Doping.

Any form of doping in athletes, judges, seconds, coaches is prohibited.

Art.16 Other provisions.

1. In case of any ambiguity and lack of understanding of the rules and regulations, for the safety of the tournament participants, the player and coach are obliged to consult with the chief judge of the competition or the organizer.



2. Judges during the competition may intervene in any case they consider to be a violation of fair play and a violation of the rules for the safe conduct of the duel. Only one person (a coach or a
3. person authorized by the club to contact the referees) can approach the referees' table. No recording devices may be placed on or around the judges' table. In PFKB competitions, a
4. competitor can take part regardless of the training belt he or she holds. Since in different martial
5. arts ranks are given according to different criteria, they cannot be considered as an indicator of a competitor's training. The competitor's coach is responsible for the competitor's skills and preparation for safe participation in the competition. The rules and regulations may be amended for organizational, participant safety or other reasons by those designated to do so.
- 6.



UFR RING



Art.1 Definition.

- 1 The competition consists of a technical battle between two competitors in full contact.
 - . The struggle is continuous.
- 2 Fighting takes place in three styles (boxing, light contact, kick light).
 - .
- 3

Art.2 Age categories (by date of birth).

- 1 Junior 16-17 years.
 - . Seniors +18 years old.
- 2

Art.3 Weight categories

(The athlete competes only in his weight category).

1. Women juniors: - 50 kg, - 55 kg, - 60 kg, - 65 kg, -70 kg,+ 70 kg.
- 2 Junior men: - 60 kg, - 65 kg, - 70 kg, - 75 , - 80 kg, - 85 kg, - 90 kg, + 90 kg.
 - . Senior women: - 50 kg, - 55 kg, - 60 kg, - 65 kg, - 70 kg,+ 70 kg.
- 3 Senior men: - 60 kg, - 65 kg, - 70 kg, - 75 , - 80 kg, - 85 kg, - 90 , + 90 k
- .
- 4

Article 4 Battlefield.

Ring, ring for MMA (Octagon).

Article 5 Combat time.

1. 3 rounds x 1.5 minutes (the Chief Judge of the competition may shorten the duration of the round, before the start of the competition).
2. Break 30 seconds (the Chief Judge of the competition may shorten the break time, before the start of the competition).
3. Overtime 1 round x 1 minute.

before



Article 6 Dress code for players.

- 1 Short shorts for martial arts.
 - . Competitors fight without shirts, female athletes in t-shirts (t-shirts) or tops.
- 2 The contestant may not have jewelry (earrings, chains, etc.) and hairpins.
 - . The total outfit of the fighter for fighting, must not contain any hard or sharp-edged elements.
- 3 The players fight barefoot.

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. Article 7 Protective Equipment.

5

. Required protective equipment:

- A helmet that covers the top of the head,
- ,
- Perineal protector (mandatory for men, recommended for women),
- breast protector (women),
- Boxing gloves (maximum 12 oz). Gloves must be appropriate for the age of the athlete (not too small, or too large).
- Foot protectors with covered heel and toe,
- tibia protectors.

Art.8 Rules of combat.

- 1 The duel takes place in full contact.
 - . The UFR Ring formula features three style rounds:
- 2
 - a. Round 1 - competitors fight hand techniques only.
 - . b. Round 2 - competitors fight under the rules of Light Contact.
 - c. Round 3 - fighters fight under the rules of Kick Light additionally knee strikes to the torso.
- 3 The fight is conducted by the Board Judge.
 - . The fight is scored by the Board Judge and two Side Judges.

4

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- 5 The competitor who scores more points in the regulation time of the fight wins.
 - . The verdict is announced by the Board Judge, after providing information from the side Judges.
- 6 A competitor can only touch the mat with his feet, otherwise the fight is stopped.
 - . Points are added up after for the entire duration of the duel.
- 7 Abrasions or touches of the opponent are not scored (known as underfoot).
10. Points, after which the striking player fell down through his own fault, are not recognized.
81. The player must look at the opponent while dealing blows (results in a penalty system).
12. In case of a tie the board judge makes decision to win one of the players
 - 9 (based on the fighting style of the players), or stewards overtime.
13. A competitor may leave the battlefield 2 times with impunity during the duel (exit with at least one whole foot). The third exit of a competitor behind the mat means awarding 1 point to the opponent. The fourth exit of a competitor behind the mat means disqualification of the competitor.
14. It is forbidden to intentionally push a player or to inflict "pushed" blows instead of punches (results in a penalty system).
15. The board referee may punish a player with a warning for fighting in violation of the rules and for unsportsmanlike behavior of the player, coach or fans, also for using vulgarity and putting pressure on the judges (penalty system results).
16. The board referee may admonish a competitor a maximum of three times during the entire bout (including 2 times for going off the mat and one admonishment for another offense). In case of an admonition, the time of the bout is not suspended. Admonishments must be carried out in a manner that is understandable to the competitor, and the bout must be resumed as soon as possible.
17. The board referee and the chief referee may confer with the rest of the judges in case of controversial, unclear situations (the time of the fight is stopped and the fighters are sent to their corners).
18. During the fight, a competitor can have a maximum of 2 secondaries.

Article 9 Permitted Hit Sites.

- 1 Head front and sides.
 - . Thorax (front and side).
- 2 Legs (inner and outer thigh).
- .
- 3



Article 10 Scoring.

- 1 Hand blow to the head - 1 point
- . Hand blow to the torso - 1 point
- 2 Kick to the torso - 1 point
- . Kicked low kick - 1 point
- 3 Kick the head - 2 points
- . Knee kick to the torso - 1 point
- 4 Jump kick to the torso - 2 points
- . Jump kick to the head - 3 points
- 5 Undercut - 1 point (when the opponent, as a result of the undercut, stops touching the mat with
- . his feet only)
- 6

Article 11 Permitted techniques.

- 1 All blows delivered with the front and top of the glove (no spinning blows).
- . All kicks with the entire surface of the foot.
- 2 Low kick to the thighs (inflicted only with the top surface of the foot or shin - front kick and
- . side kick are strictly prohibited).
- . Blocking and nailing blows (it is allowed to intercept the opponent's leg and deliver one blow).
- 4 Knee kicks to the torso.
- 5

Article 12 Penalty System.

1. The board judge may punish a player with: a warning, three negative points as a result of the second warning, another three points as a result of the third warning, disqualification (as a result of the fourth warning or in the case of a flagrant violation of the rules). During the warning,
- 2 combat time is stopped. A warning may be given to a player for the following offenses:
- .
 - 3 - Use of prohibited techniques,
 - .



- attacking in forbidden hit areas,
 - pushing a competitor,
 - clinching,
 - grasping limbs,
 - The use of so-called "push" blows,
 - escape,
 - Looking away while performing techniques,
 - Unsportsmanlike conduct of a player, coach, second, supporter,
 - Challenging the decisions of the Judges, discussing with the Judges,
 - All actions that do not comply with the rules and regulations and fair play.
4. Each time after giving a warning, the board judge briefly explains what the player received it for.
 5. The board referee does not have to immediately give a player a warning for misconduct, in case the player did it for the first time or inadvertently, and the misconduct did not endanger the safety of the other player. In such a case, the referee merely admonishes the player, without suspending the time of the fight.

Article 13 Disqualification.

A player may be disqualified for the following offenses:

- Exhaustion of the limit of three warnings,
- causing injury to an opponent, due to a violation of the rules,
- A flagrant violation of these rules and regulations by a competitor, coach or seconder,
- Failure to stand up in his corner in a regulatory readiness to fight, within 2 minutes of the first call,
- Placing the recording device on or near the judge's table,
- The approach of unauthorized persons to the judges' table.

Article 14 Judicial Commands.

- 1 Fight (signal to start or resume fighting).
- . Stop (signal to stop fighting).

2



- 3 Time (duel time stop signal).
- . Admonition (signal).
- 4.Warning (warning signal).
- 6.Minus point (award of negative points).
7. Let go (when players hold on).
8. Disqualification.

Article 15 Doping.

Any form of doping in athletes, judges, seconds, coaches is prohibited.

Art.16 Other provisions.

1. In case of any ambiguity and lack of understanding of the rules and regulations, for the safety of the tournament participants, the player and coach are obliged to consult with the chief judge of the competition or the organizer. Judges during the competition may intervene in any case they
2. consider to be a violation of fair play and a violation of the rules for the safe conduct of the duel. Only one person (a coach or a person authorized by the club to contact the referees) can approach
3. the referees' table. No recording devices may be placed on or around the judges' table. In PFKB competitions, a competitor can take part regardless of the training belt he or she holds. Since in
- 4 different martial arts ranks are given according to different criteria, they cannot be considered as an
- . indicator of a competitor's training. The competitor's coach is responsible for the competitor's skills
- 5 and preparation for safe participation in the competition. The rules and regulations may be changed
- . for organizational, participant safety or other reasons, by those designated to do so.
- 6.



K 1



Art.1 Definition.

- 1 The competition consists a stand-up fight between two fighters.
 - . The duel takes place in full contact.
- 2 The struggle is continuous.
 - . In the K 1 formula, kicks from the knee to the torso are allowed.
- 3

4Art.2 Age categories (by date of birth).

- 1 Junior 16-18 years.
 - . Seniors +18 years old.
- 2

Art.3 Weight categories

(The athlete competes only in his weight category).

- 1.Women juniors: - 50 kg, - 55 kg, - 60 kg, + 60 kg.
- 2 Junior men: - 60 kg, - 65 kg, - 70 kg, - 75 kg, - 80 kg,+ 80 kg.
 - . Senior women: - 50 kg, - 55 kg, - 60 kg, + 60 kg.
- 3 Senior men: - 60 kg, - 65 kg, - 70 kg, - 75 , - 80 kg, - 85 kg, - 90 kg, + 90 kg.
- .
- 4

Article 4 Battlefield.

Boxing ring or MMA octagon.

Article 5 Combat time.

1. 3 rounds x 2 minutes (the Chief Judge of the competition may shorten the duration of the round, before the start of the competition).
2. Break 1 minute (the Chief Judge of the competition may shorten the break time, before the start of the competition).
3. Overtime 1 round x 1 minute.



Article 6 Dress code for players.

1. Short shorts for martial arts
2. Men fight with an exposed torso, women in T-shirts (t-shirts) or tops.
- 3 The contestant may not have jewelry (earrings, chains, etc.) and hairpins.
The total outfit of the competitor for fighting, must not contain any hard or
- 4 sharply pointed.
5. The players fight barefoot.

Article 7 Protective Equipment.

Required protective equipment:

- A helmet that covers the top of the head,
- ,
- Perineal protector (mandatory for men, recommended for women),
- breast protector (women),
- Boxing gloves (maximum 12 oz). Gloves must be appropriate for the age of the athlete (not too small, or too large).
- Foot protectors with covered heel and toe,
- tibia protectors.

Art.8 Rules of combat.

1. The fight is conducted by the ring judge
2. The fight is scored by three side Judges.

The competitor who scores more points in the regulation time of the fight wins.

contestant, who scored more points w regulation time
or knocked out his opponent.

5. The verdict is announced by the ring Judge, after providing information from the side Judges (in case of a win on points).
6. In the event of a tie, the ring judge decides that one of the fighters wins (based on the fighters' fighting style), or administers overtime.
7. Points are added up after for the entire duration of the duel.



- 8 A competitor can only touch the ring with his feet, otherwise the fight is stopped.
 - . Abrasions or touches of the opponent are not scored (known as underfoot).
 10. Points after which the striking player fell down through his own fault are not recognized.
 11. The player must look at the opponent while dealing blows (results in a penalty system).
 12. A competitor may leave the battlefield 2 times with impunity during the duel (exit with at least one whole foot). The third exit of a competitor behind the mat means awarding 1 point to the opponent. The fourth exit of a competitor behind the mat means disqualification of the competitor.
 13. It is forbidden to intentionally push a player or to inflict "pushed" blows instead of punches (results in a penalty system).
 14. The ring judge may punish a competitor with a warning for fighting in violation of the rules and for unsportsmanlike behavior of the competitor, coach or fans, also for using vulgarity and putting pressure on the judges (penalty system results).
 15. The ring referee may admonish a competitor a maximum of three times during the entire bout (including two admonishments for exiting the mat and one admonishment for another offense).
- In
- case of an admonition, the time of the bout is not suspended. Admonishments must be carried out in a manner that is understandable to the competitor, and the bout must be resumed as soon as possible.
16. The ring judge and the Chief Judge may hold a consultation with the rest of the judges in case of controversial, unclear situations (the fight time is stopped and the fighters are sent to their corners).
 17. During the fight, a competitor can have a maximum of 2 secondaries.

Article 9 Permitted Hit Sites.

- 1 Head front and sides.
- . Thorax (front and side).
- 2 Legs (inner and outer thigh).
- .
- 3
- .



Article 10 Scoring.

- 1 Hand blow to the head - 1 point
- . Hand blow to the torso - 1 point
- 2 Kick to the torso - 1 point
- . Kicked low kick - 1 point
- 3 Knee kick to the torso - 1 point
- . Kick the head - 2 points
- 4 Jump kick to the torso - 2 points
- . Jump kick to the head - 3 points
- 5 Undercut - 1 point (when the opponent, as a result of the undercut, stops touching the mat with
- . his feet only)
- 6

Article 11 Permitted techniques.

- 1 All blows delivered with the front and top of the glove (no spinning blows).
- . All kicks with the entire surface of the foot.
- 2 Low kick to the thighs (inflicted only with the top surface of the foot or shin - front kick and
- . side kick are strictly prohibited).
- 3 Knee kick to the torso.
- 4 Blocking and nailing blows (it is allowed to intercept the leg and deliver one blow).

Article 12 Penalty System.

1. The ring judge may punish the competitor with: a warning, three negative points a result of the second warning, another three points as a result of the third warning, disqualification (as a result of the fourth warning or in the case of a flagrant violation of the rules). During the warning, combat
- 2 time is stopped. A warning may be given to a player for the following offenses:
- .
- 3 - attacking with uncontrollable force,
- . - Use of prohibited techniques,



- attacking in forbidden hit areas,
 - Pushing a competitor, pushing him off the mat,
 - clinching,
 - grasping limbs,
 - The use of so-called "push" blows,
 - escape,
 - Looking away while performing techniques,
 - Unsportsmanlike conduct of a player, coach, second, supporter,
 - Challenging the decisions of the Judges, discussing with the Judges,
 - All actions that do not comply with the rules and regulations and fair play.
4. Each time after giving a warning, the ring judge briefly explains what the competitor received it for.
 5. The ring judge does not have to immediately give a warning to a competitor for misconduct, ~~in~~ case the competitor did it for the first time or inadvertently, and the misconduct not endanger the safety of the other competitor. In such a case, the referee merely admonishes the competitor, without suspending the fight time.

Article 13 Disqualification.

A player may be disqualified for the following offenses:

- Exhaustion of the limit of three warnings, causing injury to an opponent, due to a
- violation of the rules, Gross violation of these rules by a player, coach or seconder,
- Failure to stand up in his corner in a regulatory readiness to fight, within 2 minutes of the
- first call, The fourth exit of a competitor behind the mat, Placing the recording device on or near the judge's table, The approach of unauthorized persons to the judges' table.
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Article 14 Judicial Commands.

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- 6.

