



# **GCO WKU**



GCO Official  
Rulebook  
2012

### **Competitor Responsibilities:**

- It is the responsibility of the Competitor to know the rules and be ready for competition when called to do so.
- All Competitors must have in their possession their ID badge on a lanyard at all times to enter access to the Venue and competition area when called on by the Center Referee. It also shows proof of who you are and the Divisions you are registered to compete in.
- If a Competitor or Coach feels that a Referee should be removed before the match for good reason, they must request it before the match begins. They must ask the Center Referee or Del Sampson in a proper and sportsmanlike manner.

### **Competitor Uniform and Safety Equipment:**

- Competitors must be dressed in a clean and proper uniform.
- The Competitors top must have sleeves covering anywhere from the mid area of the upper arm to the elbow.
- The Competitors pants must extend to the feet. No zipper fasteners, pockets or buttons allowed.
- Traditional uniforms are permitted.
- The waistline must always be visible, even if the Competitor chooses or not to wear their belt. If a Competitor wears their top on the outside of their pants they must wear their belt.
- Competitors are not allowed to wear any metal objects that may cause injury to their opponent. Piercing, chains, watches or earrings are not allowed.
- Patches of your respective clubs, associations or sponsor along with names, slogans are permitted as long as they do not offend public decency.
- Headbands, hairnets and scarves are not allowed since they may slip. Long hair must be tied together with an elastic band. Hair grips are not allowed.
- Fingers nails and toe nails must be trimmed to avoid cuts.

### **Mandatory Safety Equipment: See illustrations on page 10**

- All Competitors must supply their own mandatory and optional gear.
- All Safety equipment must be in good working order, free of rips, tears and of loose or excessive tape.
- Head Guard-must cover the top and back of the head. Preferred Head Guard is a Kwon Shocklite, SAP X-Fighter or Top Ten Avantgarde. Competitors must supply one (1) red head guard and one (1) blue head guard. No foam dipped headgear will be allowed.
- Mouth Guard (mouth guard straps are not allowed).
- Breast Guard for Females 13 years old and up must be worn under the top.
- Gloves-open hand must have fingers and thumbs covered.
- Groin Guard-Male and Female must be worn under the pants.
- Shin Guards-must be worn under the pants. No instep guards allowed.
- Kicks-must cover the sides, heel and top of the foot including the toes.

### **Optional Safety Equipment:**

- Hand wraps-maximum length, 3.5 meters. No tape on the fist or knuckles.
- Elbow, forearm and knee guards.
- Breast Guard-for females 12 years old and younger is highly recommended.
- Kwon or Ringstar shoes designed for Point Fighting only.
- Face Guards-are allowed in Kids and Juniors divisions only.
- Only "Sport Eyeglasses" are allowed to be worn under the Face Guard in Kids and Juniors divisions only.

### **Coaches Responsibilities:**

- Every Coach must wear a Team Warm Up suit to coordinate with their representing country. If they are not properly dressed they have two (2) minutes to be fitted with their Team Warm Up or they will be removed.
- Coaches must also wear sport shoes which must be clean.
- Flip flops, shorts, hats, sunglasses and music/phone devices are not allowed.
- He/She must be seated at all times during the match and behave in a disciplined and sportsmanlike manner.
- Any Coaches that do not follow the Referees instructions may receive a warning or even disqualify their fighter.
- Only one (1) coach is allowed in the Eliminations. Two (2) coaches are allowed in the Finals and Team Competition.
- Only Coaches are allowed to make an Official Protest. (See Protest).
- The Coach may throw in the towel for his/her Competitor when they want to retire from the competition.

### **Age and Weigh-In:**

- The age of a Competitor is on June 30th of the current competition year and is their legal competition age for that year.
- Only Veterans and Executives are allowed to drop down one (1) age Division.
- No one is allowed to compete up in a Division.
- The weigh-in has to be completed at least two hours prior to the first competition.
- Whenever possible, a selection of volunteer Referees, preferably from different countries, supervises the weigh-in in the international competitions on the day before the competition.

### **Tolerance:**

- Generally, there is no tolerance. Only Kids and Juniors will be allowed a half kilo discrepancy of weight.
- Only 3 participants from each country and for each weight-division are permitted.
- No overbooking is allowed, except with written consent from HQ which could be given in electronic form (e-mail). Each representative shall apply for above mentioned HQ consent minimum 1 month prior the competition in written or electronic (e-mail) form.

- "Overbooking" in the case of above mentioned exception of a weight-class in any age-division has to be fought off in a way that the number of participants of the same country in one particular weight-division is reduced to three (3).
- The corresponding National Coach or Country Representative can influence the placement of his competitors for the "fight-off" during the pool drawing.

#### Medical Examination:

- All Competitors must present a medical check no older than 12 months from the first day of competition undersigned by physician. Otherwise a Competitor has to undergo medical check by the present Doctor who is designated by the Promoter of the tournament. Whenever there are Male and Female participants, the medical examinations have to be held in separate rooms or in case of availability of one room only during different times.
- If a Competitor does not have in possession his or her Fight-Book with the annual license stamp at the time of the physical examination and the weigh-in, he or she shall not be permitted to compete.

#### Protest:

- The scoring of the Judges is final.
- Protests against the decisions of a Judge can only be accepted in the event that the competition rules have not been correctly applied.
- A Judges verdict given at the conclusion of any division shall be binding and may be altered only in the event that the Center Judge and Supervisor deem that one of the following circumstances has occurred:
  1. A conspiracy has taken place or an illegal agreement has been entered into affect the result of the match.
  2. The addition of the scorecards is faulty; one judge mixed up the corners, resulting in the victory being given to the wrong competitor.
  3. A clear violation of the rules and regulations directly affecting the outcome of the match has been perpetrated.

Protest shall be directed to the Center Judge and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (video will not be accepted). The protest must be accompanied by a processing fee of Hundred (100) Euros. The fee will be returned if the protest is found to be valid.

- The protest fee will be transferred to the account of the training of future referees.
- The Center Judge will decide on the protest after hearing evidence from the protesting side and the judges concerned. (Video will not be accepted). His/her decision is final.
- Decisions of the official Doctor can be subject to protests if the second Doctor is present at the event. The second Doctor will make a decision about the protest.

#### **Weight and Age Divisions:**

- Kids Girls 12 years old and under /-25kg, -30kg, -35kg, -40kg, -45kg, -50kg, +50kg
- Kids Boys 12 years old and under /-25kg, -30kg, -35kg, -40kg, -45kg, -50kg, +50kg
- Junior Girls 13-17 years old /-40kg, -45kg, -50kg, -55kg, -60kg, +60kg
- Junior Boys 13-17 years old /-40kg, -45kg, -50kg, -55kg, -60kg, -65kg, -70kg, +70kg.
- Adult Women 18-34 years old /-50kg, -55kg, -60kg, -65kg, +65kg
- Adult Men 18-34 years old /-60kg, -65kg, -70kg, -75kg, -80kg, -85kg, -90kg, +90kg.
- Veteran Women 35-44 years old /-60kg, +60kg.
- Veteran Men 35-44 years old /-70kg, -80kg, +80kg.
- Executive Women 45 years old and up /-60kg, +60kg.
- Executive Men 45 years old and up /-80kg, +80kg.

#### **Team Competition:**

- Female Teams consist of three (3) members from the (kids, juniors and women).
- Male Teams consist of five (5) members from the (kids, juniors and men).
- Each Team is allowed One (1) competitor for an alternate, in case a member of the Team is injured during competition.
- The Team Coach that is the winner of the coin toss will have the option to decide if they want to send out their first Competitor or have the opposing Team send out their first Competitor. After the first match the Team Coaches must take turns sending out their next Competitor.

#### **Team Weight Classes for Kids Divisions:**

- The Team Coach has the option to pick from two (2) separate weight divisions to fill a spot. (For example a Girls Team Coach can pick either a -25kg or -35kg.
- Kids Girls Divisions are: 1x -25kg or -35kg/ 1x -40kg or -45kg/ 1x -50kg or +50kg.
- Kids Boys Divisions are: 1x -25kg or -30kg / 1x -35kg or -40kg/ 2x -45kg or -50kg/ 1x +50kg.
- Team Coaches do not have to follow a specific order when they decide on which weight class they want to send out. But once a Team Coach sends out their Competitor the opposing Coach must match their Competitor from the same weight Division.

#### **Team Weight Classes for Juniors and Adults:**

- There are no weight divisions in the Junior and Adult Team competition.
- The Team Coaches will choose their Competitors alternatively matching the weight Divisions from both Teams.



### Team Scoring and Time:

- The Team score is based on wins.
- The length of each Team Competition is two (2) minutes.
- All warnings are for the individual match only and are not carried over to the next match.
- In the event of a draw, all match points are added up and the Team with the highest total number of points is declared the winner.
- If there is still a tie in the number of points after all match points have been totaled, the extra time rule applies to the last two (2) Competitors.

### Referee's Responsibilities:

- Center Referees should have the Doctor inspect the Competitors injuries even if they are minor and try to monitor them through out the Competition.
- Referees can not decide how serious a Competitor is injured.
- If a Competitor is injured. The Competitor, Doctor or Coach can stop the match.
- For instances other than injuries to the Competitor, only the Center Referee and Supervisor have the ability to stop the match.
- Every competition must have a Center Referee and two (2) Corner Referees at opposing corners. All three (3) Referees must be constantly moving through out the competition placing themselves in a good position to see contact from both competitors. The Corner Referees must stay outside of the competition area during competition to allow space for the Center Referee and Competitors.
- The Center Referee should be the most experienced Referee in the ring and is thoroughly versed on the rules and order of competition. He/she promotes the safety of the Competitors, enforces the rules and ensures fair play.
- The Center Referee starts and stops the match, awards points, makes warning decisions, administrates the voting of the other Referees, communicates clearly with the scorekeeper and timekeeper, and announces the winner of each match.
- Added Powers of the Referee: 1) Match starts and ends only with his/her command (not the command of the timekeeper). 2) Has final decision on any disputes on score. 3) Has the power to issue warnings and award penalty points without a majority decision to the Competitor or Coach. 4) Can overrule a majority call only to issue a warning. 5) Automatically has power to disqualify a Competitor who receives four (4) warning points. 6) Has power to issue time-outs. A Competitor can ask for a time-out (to fix safety gear or a possible injury) but it is the determination of the Center Referee to issue one.
- The disqualification of a Competitor, where disqualification is not automatic, is determined only by a majority vote of the three (3) Referees.
- Once the Center Referee calls for a Competitor and they are not at ringside and ready for competition, the four (4) minute rule applies.
- Once the Center Referee calls for a Competitor that is not ready or is missing or not having the proper equipment, the four (4) minutes rule applies.

- The four (4) minute rule: The Center Referee will tell the Timekeeper to start the clock and after each minute, the Competitor is not at ringside or in proper equipment they will receive one (1) warning. After the 2nd and 3rd minute, one (1) point will be awarded to the opposing Competitor. After the four (4) minutes the Competitor will automatically be disqualified.
- In the event of a strike that dazes an opponent, the Center Referee must stop the time and then ask the Corner Referees "what they saw and if that was an illegal technique or an accident?" An "illegal technique" results in a warning to the offender and an "accident" results in no warnings issued.
- If a Competitor is injured and the match is over because of the injury from the offender, the injured Competitor is declared the winner. In the case of an accident, the Competitor with the highest number of points is declared the winner. If the score is a draw, the uninjured Competitor is declared the winner.
- If a Competitor is out of condition, the Center Referee will stop the clock and ask the Corner Referees their opinion and may stop the competition with an RSC (Referee Stopping Contest).
- If a Competitor voluntarily steps out of bounds or is refusing to engage in the match the Center Referee has the option to add ten (10) seconds to the clock. This is separate from other violations.

#### **Referees can not:**

- Disqualify a Competitor for any reason other than those stated in the chapter above or mentioned herein.
- At anytime impose, change or alter any of the rules.

#### **Equipment Check:**

- The Corner Referees will check the Competitor's safety equipment that is close to them from head to toe.
- Competitors not allowing Referees to check any equipment, or for covered equipment such as a hard plastic or metal knee, ankle and wrist braces will be automatically disqualified.
- Females wearing breast and groin protection are checked by asking first.
- In case of an injury the Competitor was found not to have the correct safety equipment he/she will be disqualified.

#### **Time of Match:**

- Elimination round in all Divisions is one (1) round with a two (2) minute time limit.
- Final rounds in all Divisions is two (2) rounds with a two (2) minute time limit for each round with a one (1) minute rest between rounds.
- If there is a tie score at the end of the Elimination or the Final match, there will be no rest and competition will continue with a one (1) minute round to break the tie.
- If there is still a tie score after the extra one (1) minute round, there will be no rest and the Competitor that scores the first point is declared the winner.

### Start of Competition:

- The Center Referee will take his/her place in the center of the ring facing the score table. Once the Competitors have been approved from the Corner Referees on their safety equipment the match is ready to begin.
- The Center Referee will check that the Coaches are seated and the Corner Referees and Scorekeeper/Timekeeper are making eye contact with him/her.
- The Center Referee will ask that the Competitors to touch gloves and then back up to their red or blue starting lines. The Center Referee will then say "start the time" and immediately say "fight".
- The clock must continue to run through out the match until the Center Referee tells the Timekeeper to "stop the time". (Usually for a Competitor to fix their gear or when the Center Referee is issuing a warning.)
- The clock will continue to run when the Center Referee tells the fighters "stop" and is calling or awarding points.

### Awarding Points:

- The Center Referee will refer all fighters by Red or Blue when awarding points, warnings and winner of the match.
- The Center Referee will say "stop" when he/she or one of the Corner Referees sees a point and raises their hand and the clock remains running.
- All three (3) Referees must respond to a hand signal quickly when the Center Referee says "stop" during competition. (see hand signals)
- If there is a delay in signals from any of the Corner Referees once the Center Referee says "stop" he/she has the power to call it off or disregard the signal.

### End of Competition:

- The match is over when the time has expired and only when the Center Referee says "stop" or "time". The Timekeeper will also throw in the bean bag close to the Competitors feet when time expires.
- The Center Referee can still award points or warnings after the time expired, only when there as been an exchange seconds before the time as expired.
- The difference of ten (10) points in the Eliminations ends the match (0-10/ 2-12).
- There is no point's difference in the Finals.
- When the match is over the Center Referee will take one hand of each Competitor and raise the hand of the winner.

### What is a Point:

- A point(s) is a Martial Arts technique that is scored by the Competitor that is inbounds, in an up right position, with good balance, controlled technique and making eye contact at the target area.
- The Competitor may still score if the Referees feel they were thrown or pushed to the floor.
- All hand techniques = 1 point



- Foot Sweep = 1 point (a foot sweep or spinning sweep must be made in an upright position and make contact to their opponents foot below the ankle in the inside of the foot or heel to heel. The opponent is swept if his/her balance is broken and at least three (3) parts of his/her body touches the mat.
- Kick to the body = 1 point
- Kick to the head = 2 points
- Jump kick to the body = 2 points
- Jump kick to the head = 3 points
- A Competitor that has fallen to the floor can get scored upon with a punch only to a legal target area within the three (3) seconds after they have fallen down. If there is no exchange the Center Referee will say "stop" and have the opponent to stand up and continue the match. A grounded Competitor can not attempt to up kick their opponent to avoid getting punched. Doing so will result in one (1) warning to the grounded Competitor and two (2) points to their opponent.

#### **Amount of Contact:**

- Light to Moderate contact is allowed in the Scoring areas only.

#### **Scoring Areas:**

- Entire head and face (including the face guard). Front and sides of the body above the waist. Sweeps below the ankle.

#### **Legal Techniques:**

- Jab, reverse punch, back fist, ridge hand, front kick, side kick, spinning back kick, roundhouse kick, hook kick, crescent kick, axe kick, sweep, spinning sweep

#### **Illegal Techniques:**

- Palm hand, spinning back fist, knife hand, elbow and knee strikes, throws, pushing with arms, low kicks and punches below the waist and back of the body, head butts, using thighs, scratching, biting, spitting, verbal attacks to the Referees or his/her opponent.

### Referee Scoring:

- Points are awarded by a majority vote of all Referees. Although the majority of referees do not have to agree on the same technique being scored, only that a point(s) was scored to the same fighter. In this case the Center Referee will award points to "lesser of the two" points scored.
- Example A: If the Blue fighter receives (2) two points from a Referee and (1) one point from another Referee they will receive (1) one point.
- Example B: If the Blue fighter receives (3) three points from a Referee and (1) one point from another Referee they will receive (1) one point.
- Example C: If the Blue fighter receives (3) three points from a Referee and (2) two points from another Referee they will receive (2) two points.
- Example D: If the Blue fighter receives (3) three points from a Referee and (2) two points from the second Referee and (1) one point from the third Referee they will receive (1) one point.
- If both Competitors clash and score at the same time, they will both receive one (1) point.
- A Competitor cannot receive a warning and still receive a point on the same call. Any warning will overrule a point (s).
- A Competitor can receive a point for a proper technique and another point from a warning issued to his/her opponent.
- Referees are allowed to show point(s) on one hand and warning on the other hand to the offending fighter. Example: A referee wants to give the red fighter one point for a punch and the blue fighter a warning for excessive or late contact.

### Out of Bounds/ Exit Rule:

- Out of bounds is when the entire foot is outside of the competition area.
- The attacking Competitor can score if the defender is out of bounds as long as he/she scores prior to the Center Referee calling "stop".

### Referee Hand Signals:

- Yes, I saw the points/ raise up the hand and show the number of points.
- No, did not see contact made/ both hands crossed in front of the face.
- No score/ both hands crossed in front of the legs.
- A Competitor stepped out of bounds/ point to the area line and swings the arm.
- Both Competitors scored (clash)/ raise up both hands and show all points.
- Illegal techniques/ raise up the arm and circle the hand.

#### **Center Referee Hand Signals for Warnings:**

- The Center Referee must tell the Timekeeper to “stop the time” to inform the offending Competitor why they are being warned. Then, the Referee will show him/her by the warning hand signal and then whip their finger and say “no”.
- Contact too strong/ punch the palm.
- Striking in an illegal area/ show the illegal area.
- Blind scoring/ turn the body and strike a punch or kick.
- Holding or Grappling/ hold your own arm and pull.
- Turning the body or run away/ similar.
- Speaking during the fight/ fingers and thumb open and close.

#### **Warning Points:**

- All infringements of the rules, depending on how serious they are, may result in a warning or disqualification.
- Warnings from (unsportsmanlike coaches, improper safety equipment, illegal techniques, stepping out of bounds, etc.) are all accumulative to the Competitor.
- Warnings will be carried out the entire match.
- Only Team Competition is when the warnings do not carry over to the next match
- If the severity of the first rules violation is deemed by the Center Referee to be too severe, a warning point can be issued immediately and the first warning will be forfeited. (Always falling down, punching extremely late or excessive contact).
- Only one warning is allowed for breaking the rules before a warning point is awarded. After the first warning is given, a warning point is awarded for each and every rules violation. If a Competitor receives four (4) warnings (three warning points) in any one match, he/she will be disqualified.

### Mandatory Safety Equipment:

- Preferred Head Guard is a Kwon Shocklite, SAP X-Fighter or Top Ten Avantgarde. Competitors must supply one (1) red head guard and one (1) blue head guard. No foam dipped headgear will be allowed.



Mouth guard



- Breast Guard for Females 13 years old and up must be worn under the top.
- Groin Guard-Male and Female must be worn under the pants.

Female Breast Guard



Female Guard



Male Guard



- Gloves-open hand must have fingers and thumbs covered.
- Kicks-must cover the sides, heel and top of the foot including the toes.
- Special competition shoes strike light



- Shin Guards-must be worn under the pants. No instep guards allowed.

