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World Kickboxing Federation

Rules and Regulations of the

WKF BOXING und BKFC Division

Edition August 2024

This set of rules replaces all previously issued rules. It also reflects the official WKF “BOXING and BKFC” competition rules.

These current rules apply to all member states. If necessary, local legal requirements and obligations can be taken into account.

The official language of IRC is English. This set of rules can be translated into other languages by IRC. In the event of any discrepancies, the official English version shall prevail.

This set of rules can be ordered free of charge from the official website of the World Kickboxing Federation. **www.wkfworld.com**

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General:

1. Each round shall be of three (3) minutes duration with one (1) minute intermission between rounds. Females Box only two (2) Minute rounds!

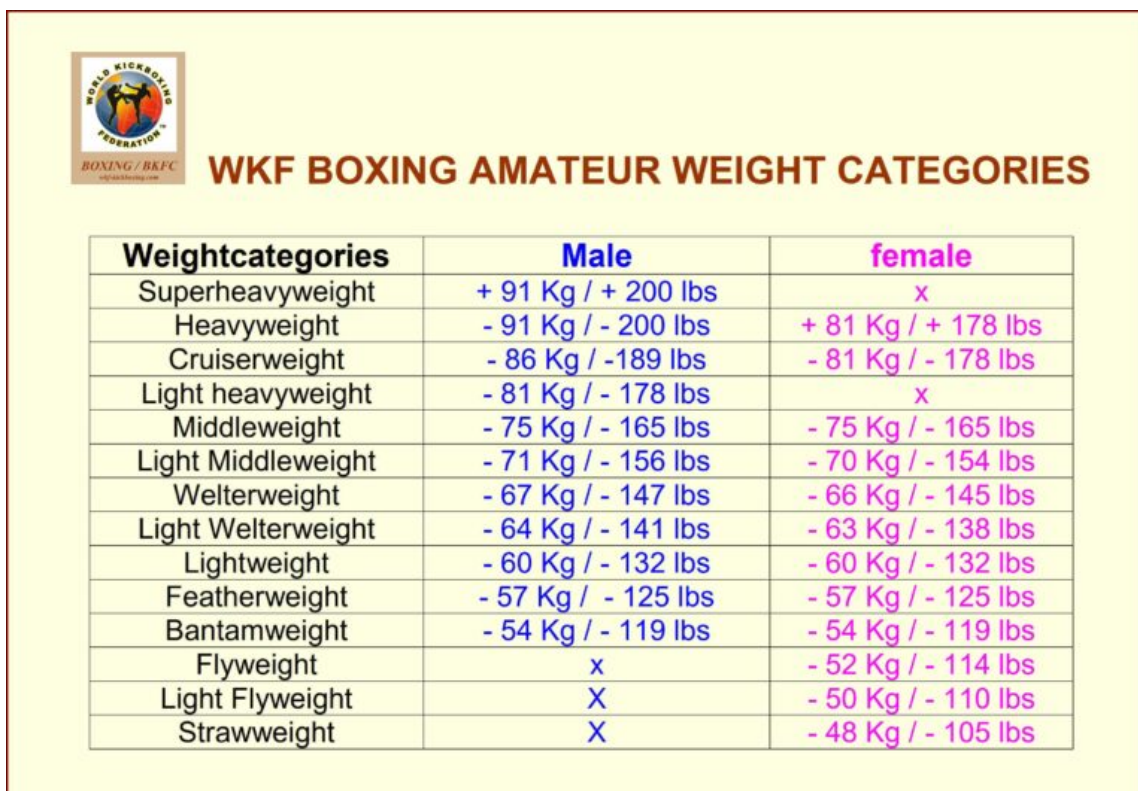
2. Three judges shall score the contests and determine the winner through the use of the ten (10) point must system. In this system the winner of each round receives ten (10) points and the Opponent an appropriately lesser number. Under no circumstances will the scoring be less than ten (10) to six (6) exclusive of penalty point's deductions.

3. For WKF sanctioned title fights: all score cards will be picked up after each round and the tally made by the WKF Supervisor.

4. For WKF-sanctioned amateur boxing tournaments, the existing amateur weight classes for women and men apply accordingly. Fight time for men as usual 3 x 3 minutes, women 3 x 2 minutes. WKF approved head protection is optional, but if a fighter requests head protection, the other fighter must also use head protection!

I AMATEUR DIVISION

In the WKF Amateur Division, the Olympic weight classes in boxing are as follows:



The image shows a table titled "WKF BOXING AMATEUR WEIGHT CATEGORIES" with a logo for the World Kickboxing Federation (WKF) in the top left corner. The logo features a stylized figure in a boxing stance within a circular frame, with the text "WORLD KICKBOXING FEDERATION" and "BOXING / BKFC" below it. The table lists 15 weight categories for both male and female athletes, with weights given in kilograms (Kg) and pounds (lbs). The male weights are in blue text, and the female weights are in pink text. The Superheavyweight category for females is marked with an 'x', indicating it is not applicable.

Weightcategories	Male	female
Superheavyweight	+ 91 Kg / + 200 lbs	x
Heavyweight	- 91 Kg / - 200 lbs	+ 81 Kg / + 178 lbs
Cruiserweight	- 86 Kg / - 189 lbs	- 81 Kg / - 178 lbs
Light heavyweight	- 81 Kg / - 178 lbs	x
Middleweight	- 75 Kg / - 165 lbs	- 75 Kg / - 165 lbs
Light Middleweight	- 71 Kg / - 156 lbs	- 70 Kg / - 154 lbs
Welterweight	- 67 Kg / - 147 lbs	- 66 Kg / - 145 lbs
Light Welterweight	- 64 Kg / - 141 lbs	- 63 Kg / - 138 lbs
Lightweight	- 60 Kg / - 132 lbs	- 60 Kg / - 132 lbs
Featherweight	- 57 Kg / - 125 lbs	- 57 Kg / - 125 lbs
Bantamweight	- 54 Kg / - 119 lbs	- 54 Kg / - 119 lbs
Flyweight	x	- 52 Kg / - 114 lbs
Light Flyweight	X	- 50 Kg / - 110 lbs
Strawweight	X	- 48 Kg / - 105 lbs

In the WKF Amateur Division there are only **ONLINE** registrations for tournaments with the official WKF registration program! Please use the standard Google browser.

1. The following applies to WKF sanctioned amateur tournaments in boxing:

Each round in **AMATEUR BOXING** with voluntary head protection must last three times three minutes, with a one minute break between rounds. For females three times two minutes rounds.

2. Three judges evaluate the round and determine the winner using the ten point system. With this system, the winner of each round receives ten points and the opponent receives a correspondingly lower number. Under no circumstances will the score be less than ten to six, without deduction of penalty points.

3. If the referee “counts” one rating point must be deducted. Three times counting in one round or count four times before the final bell ends the fight by “K.O.” - knock out” immediately.

PROFI BOXING DIVISION

II Weigh-In

WKF PRO BOXING WEIGHT CLASSES

Weight classes	Lbs / ponds	KG – Kilogramm
Heavyweight	+224 lbs	+101,605 kg
Bridgerweight	200-224 lbs	90.719-101,605 kg
Cruiserweight	176-200 lbs	79.38-90.719 kg
Light Heavyweight	169-175 lbs	76.205-79.379 kg
Super Middleweight	161-168 lbs	72.576-76.204 kg
Middleweight	155-160 lbs	69.854-72.575 kg
Super Welterweight	148-154 lbs	66.679-69.853 kg
Welterweight	141-147 lbs	63.504-66.678 kg
Super Lightweight	136-140 lbs	61.236-63.503 kg
Lightweight	131-135 lbs	58.968-61.235 kg
Super Featherweight	127-130 lbs	57.154-58.967 kg
Featherweight	123-126 lbs	55.339-57.153 kg
Super Bantamweight	119-122 lbs	53.525-55.338 kg
Bantamweight	116-118 lbs	52.164-53.524 kg
Super Flyweight	113-115 lbs	50.803-52.163 kg
Flyweight	109-112 lbs	48.989-50.802 kg
Light Flyweight	106-108 lbs	47.628-49.988 kg
Minimumweight	105 lbs und darunter	47.627 kg

WKF Women's Professional boxing World Ratings

ATOMWEIGHT	- 108 lbs	- 49.1 kg
SUPERATOMWEIGHT	108-111 lbs/	49.2-50.5 kg
FLYWEIGHT	111.1-114 lbs/	50.6-51.8 kg
SUPERFLYWEIGHT	114.1-117 lbs/	51.9-53.2 kg
BANTAMWEIGHT	117.1-120 lbs/	53.3-54.5 kg
SUPERBANTAMWEIGHT	120.1-124 lbs/	54.6-56.4 kg
FEATHERWEIGHT	124.1-128 lbs/	56.5-58.2 kg
LIGHTWEIGHT	128.1-132 lbs/	58.3-60.0 kg
SUPERLIGHTWEIGHT	132.1-137 lbs/	60.1-62.3 kg
LIGHTWELTERWEIGHT	137.1-142 lbs/	62.4-64.5 kg
WELTERWEIGHT	142.1-147 lbs/	64.6-66.8 kg
SUPERWELTERWEIGHT	147.1-153 lbs/	66.9-69.5 kg
LIGHTMIDDLEWEIGHT	153.1-159 lbs/	69.6-72.3 kg
MIDDLEWEIGHT	159.1-165 lbs/	72.4-75.0 kg

1. Contestants for a Championship contest shall be weighed between 4:00pm and 8:00pm (local time) on the day prior to the scheduled match at a place determined by the Local Boxing Commission and in the presence of a Commission representative and the WKF Supervisor.

The scales to be used at the official weigh-in must be available to both contestants at least two hours prior to the official weigh-in. The weigh-in time may be altered at the discretion of the WKF Supervisor.

2. Weight determines championships, if either of the Contestants (Champion or Challenger) fails to make the prescribed weight by the official weigh-in, they have two hours to re-weigh and make weight in the presence of the WKF Supervisor and the local Commissioner.

3. If the Champion fails to make the weight, the title will be declared vacant, but the fight may still continue as a championship bout at the discretion of the WKF. Supervisor present at the time.

If the Challenger wins, they shall be declared the new Champion. If the Challenger fails to make the weight, the bout shall go on as a non-title bout. If the contest is for a vacant title and one the Challengers fails to make the weight, the fight may continue as a championship bout and if the Challenger who has made the weight wins, they shall be declared the new Champion.

4. Under no circumstances will the WKF participate in or sanction a bout for its title when one fighter is overweight; when there is a difference of more than 10 pounds between the two participants when the lighter of the two weighs more than 160 pounds and not more than 175 pounds; or 8 pounds between the two participants when the lighter of the two weighs more than 147 pounds and not more than 160 pounds;

or 6 pounds between the two participants when the lighter of the two weighs more than 135 pounds and not more than 147 pounds; or 4 pounds between the two participants when the lighter of the two weighs more than 112 pounds and not more than 135 pounds; or 2 pounds between the two participants when the lighter of the two weighs not more than 112 pounds.

III Medical Requirements

In order to encourage the preservation and protection of the health and welfare of Boxers who compete in bouts that are licensed for the WKF title, both the Champion and the Challenger must submit all medical reports of the Boxer's medical condition as required by the local WKF Boxing division having jurisdiction over the bout.

Prior to the contest, each Contestant must also receive a physical examination and approval by the Physician appointed by the local WKF Boxing division. The examination shall meet the standards as dictated by the local WKF Boxing division. At least one Physician shall be present at ringside and be seated at close proximity to each Boxer's corner.

IV Knockdown and Knockout

1. A boxer shall be considered to be "down" when any part of their body, other than their feet are on the canvas or if they are hanging helplessly over the ropes as a result of a legal blow as rules by the Referee, who is the only person authorized to determine this, or if they are still rising from the down position and not standing upright.
2. The mandatory **eight (8) count** rule shall be in effect in all WKF sanctioned title bouts.

No standing eight (8) count is permitted

Three knockdowns in any one round do automatically terminate the fight. If in the Referee's judgment the knockdowns have been indecisive and clearly with no injurious effect upon the Boxer, the contest may be continued but with good sense and judgment and the Boxer's welfare always paramount.

3. When the Contestant is knocked down, the Referee shall audibly announce the count as he motions with his right arm downward indicating the end of each sound of the count. If the Contestant taking the count is still down when the Referee calls the count of ten (10), the Referee shall wave both arms indicating that the Contestant has been knocked out.

4. When a Contestant has been knocked down, the Referee shall order the Opponent to the farthest neutral corner of the ring and pick up the count from the Timekeeper or the official counting for knockdowns. Should the Opponent fail to stay in the corner as directed by the Referee, the Referee shall stop the count at the point that it was interrupted.

In the event of any knockdown, the Timekeeper's count will cease when picked up the Referee whose count shall prevail and be relied on by the Contestant.

5. A Contestant, who has been knocked out of the ring (body off the apron) as a result of a legal blow, may not be helped back in by their Corner people. The Referee shall allow the Contestant twenty (20) seconds to re-enter the ring and stand. Should the Contestant fail to re-enter the ring on his own by the allotted time, the Referee shall wave both arms to indicate that they have been knocked out and raise the hand of the opponent as the winner.

6. A Contestant **may not be saved by the bell** in any round. If a Contestant is down and the round has terminated, the Referee shall continue the count until the Contestant rises or is counted out. If a Contestant fails to rise before the count of ten (10), they shall be declared a loser by knockout in the round just concluded.

V Illegal Actions

1. It is expressly understood that a Championship contest is not to be terminated by the effects of a low blow. The protection that must be used by both Contestants is sufficient protection to withstand any so-call low blow which might incapacitate either one of the Contestants.

2. If one of the Contestants, after the Referee instructs them to continue, indicates an unwillingness to continue because of a claim of a low blow, the contest shall be terminated and the contest shall be awarded to their Opponent.

3. In case of any type of accident found, the Referee shall determine if the fouled contestant can immediately continue or not. If the Referee determines that their chances have been jeopardized as a result of the foul, the Referee may order an interval of not more than **five (5) minutes rest**. The bout shall continue hereafter if caused by a low blow.

4. Any Contestant who deliberately fouls their Opponent during a contest shall be penalized with a deduction of points or disqualification, depending on the severity of harmfulness of the foul and its effect on the Opponent.

VI Fight Injuries

1. FAIR BLOWS

When an injury is produced by a fair blow and because the severity of the injury, the contest cannot continue, the injured boxer shall be declared the loser by technical knockout.

2. SELF-SUSTAINED

If a boxer injures themselves, such as a broken bone or sprain and is unable to continue for any other self-sustained physical reason, they shall have lost by technical knockout.

3. INTENTIONAL FOULS

If a Contestant intentionally fouls their Opponent and as a result an injury is produced and due to the injury, in the Referee's opinion the Contestant cannot continue, the offender shall be declared the loser by disqualification.

If in the subsequent rounds the same injury should become so severe that the contest has to be suspended, the decision will be awarded as follows:

- a). Technical draw, if the injured Boxer is behind on points or even on the score cards of the Judges.
- b) Technical decision, if the injured Boxer is ahead on points on the score cards of the Judges.

4. ACCIDENTAL FOULS

If the Referee sees or determines that a Boxer has been accidentally injured by their Opponent so that they cannot continue, a technical decision shall be awarded to the Contestant who is ahead in points on the scorecards.

If under the same circumstances the fight can continue, the Referee shall notify the Judges, the Commission, and the local WKF Boxing division Commissioner that the injury has been caused by an accidental foul, so that if in the subsequent rounds the injury becomes so severe that the bout has to be stopped, the decision shall be awarded to the Contestant ahead on the score cards.

If a bout has to be stopped as a result of an accidental foul **before four (4) rounds** have been completed, the bout will result in a technical draw.

The fourth round shall be deemed to have ended when the bell rings ending the fourth round.

VII Referee

1. The Referee shall be the Chief official in every Championship contest and shall maintain supervision and control over the contest while it is in progress.
2. Before any Championship contest shall begin, the Referee shall ascertain the name of the Chief Second of each Contestant and shall hold the said Chief Second responsible for the conduct of their respective corner. Shaking hands by the Contestants is permissible immediately following the Referee's instructions.
3. The Referee is empowered to enforce the Rules and Regulations of the local WKF Boxing division and the Rules and Regulations of the WKF Boxing division pertaining to the conduct and behaviour of the Contestants.
4. The Referee shall be the only person authorized to determine if injuries were the result of legal blows, accidental fouls or intentional fouls and such determinations will be at the Referee's sole discretion.
5. The Referee shall have the power to stop a contest at any time (***DOD***) and render a decision at any stage if they consider it to be one-sided or if either Contestant is in such condition that to continue might subject them to serious injury.
6. If a Boxer sustains an injury from a fair blow or foul that the Referee believes may incapacitate the Boxer, the Referee is empowered to interrupt the contest and consult with the Ringside Physician on the advisability of allowing the bout to continue. The Referee is the only one permitted to signal the end of a bout.
7. The Referee and the Contestants acknowledge that the Referee is not to be an agent, servant or employee of the WKF.

VIII Ringside Physician

The Ringside Physician may enter the ring during the course of the round only at the request of the Referee. The Ringside Physician may enter the ring between rounds on their own, and advise the Referee about the condition of either Opponent.

In the event that the Ringside physician advises or recommends to the Referee to end the bout, the Referee shall immediately end the bout and in the event he/she does not do so the WKF will not be liable for any injury or death of the contestant.

IX Timekeeper

Subject to the requirements and discretion of the local WKF Boxing division, it is the WKF recommendation that two timekeepers should be used, but one may suffice. One keeps the time of the rounds, the other is utilized for the knockdown call. Two stopwatches are to be used. For **Male bouts**, the rounds are **three (3) minutes** in duration.

The intervals between rounds shall be of one minute's duration. Ten (10) seconds before the minutes is up, the timekeeper will sound a warning buzzer or whistle and announce "seconds out" in a loud, clear voice.

For Women's bouts, the rounds are two (2) minutes in duration

The intervals between rounds shall be of one minute's duration. Ten (10) seconds before the minutes is up, the timekeeper will sound a warning buzzer or whistle and announce "seconds out" in a loud, clear voice. (*ten seconds warning*) Upon request from the referee, the timekeeper shall indicate that there are ten (10) seconds remaining in each round by knocking loudly on a table with a hammer or similar instrument.

When any part of a boxer's body other than his/her feet, is on the floor, a boxer is '**down**' and the knockdown timekeeper shall immediately start counting the elapsed seconds in a loud, clear voice. He shall indicate each elapsed second with progressive upraised fingers until the referee has either taken up his count or told the contestants to 'box'. It is entirely up to the referee to determine if a knockdown has occurred. If the referee ignores or waves away the timekeeper, then that is the official ruling.

With the exception of the last round, if the referee is in the course of applying a count and the round has been completed, the bell indicating the end of the round will not be sounded. If the boxer rises before ten (10) is counted and the referee gives the command 'box', the bell will be sounded to end the round.

When a referee orders and signals 'time', the timekeeper shall stop the watch and only restart it when the referee orders 'box'.

The timekeeper must always be alert to accept any signals from the referee.

X Illegal Substances

DRUGS AND STIMULANTS

1. The administration or use of drugs, injections or stimulants, either before or during a match, to any Boxer or by any Boxer is prohibited. This includes smelling salts, ammonia capsules or similar irritants. Any contestant who violates this Rule shall be subject to disqualification.

2. The local WKF Boxing division shall order anti-doping examinations immediately before or after the contest. The urine sample shall be supplied in the presence of a member of the Local Boxing Commission, the Commission Physician or their appointee, and a representative of the Boxer.

Such specimen must be collected either at least twelve (12) hours before a bout or twenty four (24) hours after a bout.

The specimen shall be collected in a sterile container and shall be divided in two (2) equal parts also in sterile containers. The specimen shall be labelled with the Boxer's name, date, time and place. The specimen shall be sealed in the presence of the above-witnesses and signed by them.

A second specimen shall be used in case of doubt, spilling or argument.

If it becomes necessary to examine the second specimen, the Boxer in question, or their representative, may observe, in detail, the opening and analysis of the specimen. The Boxer, or their representative, may be accompanied by a qualified adviser selected by them.

The Boxer shall indicate at the time they give the specimen if they are under medication. If the Boxer is under medication, they shall provide evidence that they are using it for therapeutic purposes by means of medical certification and such medication may not be prohibited by the local WKF Boxing division.

Any drugs prohibited by the **International Olympic Committee** shall be considered illegal drugs by the WKF, whether considered performance enhancing or not and shall subject the violator to disqualification.

3. Any substance, other than plain water, given to a Contestant during the course of the bout is absolutely prohibited. A discretionary amount of lubricant may be used around the eyes; however, the use of lubricants, grease or any other foreign substance on the arms, legs or body is prohibited.

4. A discretionary use of coagulants approved by the Ringside Physician, such as adrenalin (1/1000), may be allowed between rounds to stop bleeding of minor cuts or lacerations sustained by a Contestant during the course of the fight.

5. The use of "iron type" coagulants, such as Monsel's solutions, are absolutely prohibited. The administration of any "iron type" coagulants by or to any Contestant is considered a violation and shall be grounds for disqualification.

XI Boxing Gloves

1. weight of gloves to be used in **PRO Championship** contests shall be as follows:

a) Superwelterweights, (-154 LBS / 69,85 Kg) up to and including Heavyweights, shall use **ten (10) ounce** gloves.

b) Minimum weights (+105 LBS / 47,62 Kg) up to and including Welterweights (-147 LBS / 66,67 Kg) , shall use **eight (8) ounce** gloves.

2. The local WKF Boxing division Supervisor shall inspect the gloves of each Contestant prior to the beginning of the contest to insure that the gloves are free of any foreign substance that could be detrimental to an Opponent and are properly laced and taped.

XII Bandages

1. The amount and type of bandages to be used in Championship contests shall be as follows:

a) In all weight classes, up to and including Middleweights, hand bandages shall be restricted to ten (10) yards of soft gauze bandage not more than two (2) inches in width, held in place by not more than six (6) feet of surgeon's tape, one (1) inch in width, for each hand.

b) Super Middleweights, up to and including Heavyweights, shall not use bandages of more than twelve (12) yards in length and not more than eight (8) feet of surgeon's tape, one (1) inch in width, for each hand.

c) The binding of surgeon's tape shall not be applied within one (1) inch of the knuckles of the Contestant's hands. The WKF Boxing division Supervisor shall inspect the bandages to insure they comply with these and all Local Regulations.

XIII Protection Equipment

All Professional Boxers are required to wear a mouthpiece during competition. The round cannot begin without the mouthpiece. If the mouthpiece is dislodged during competition, the Referee will call time and replace the mouthpiece at the first opportune moment without interfering with the immediate action. Points may be deducted by the Referee if they feel the mouthpiece is being purposely spit out.

All female boxers must wear chest protectors and groin protectors

It is the responsibility of the Boxer and coach to take sufficient mouth guards to the ring and ensure that the boxers are fitted with the appropriate protection devices before a bout.

XIV Miscellaneous

The Champion will wear the Championship Belt when coming into the ring, which will be given to the Referee by the Champion and passed to the WKF Supervisor at ringside. At the end of the contest, before the result is announced, the WKF Boxing division Supervisor or their representative, and the Promoter of their representative shall be invited into the ring to immediately proceed with the Championship Belt Ceremony.

Any sanction fee must be transferred 30 days in advance to our official WKF bank account.

The WKF does not arrange, promote, organize or produce Championship contests. It merely promulgates rules governing the contests, licenses the use of its name and awards the Championship belt to the winner.

The scheduling of bouts, safety standards, supplying of safety equipment, ambulances, evacuation and emergency procedures, the provision of doctors or any of the attendant and peripheral matters necessary to supervise and administer any fight for which it has licensed the use of the WKF name are always arranged by the Promoters under the supervision and control and in accordance with the Rules of the WKF Boxing division Supervisor and local Boxing Commission. It is the obligation of the Promoters and/or the Local Boxing Commission to meet all governmental safety standards and to pay for the entire boxing promotion.

That the successful Contestant of the championship hereby agrees to adhere to the WKF Rule that they must defend the said title within the said weight class within a six month period of winning the title or the WKF reserves the right to declare the title vacant. Twelve months after first winning a WKF title the Champion must also face a mandatory designated challenger from the WKF executive who reserves the right to accept a purse bid.

Any WKF titleholder that participates in an unsanctioned title bout will be automatically stripped of their title. Only equivalent titles can be sanctioned with any other federation except e.g. **WBA, WBU, WBC, WBO, IBF**.

The parties undersigned hereby agree to participate in the bout and hereby release, discharge and indemnify and keep indemnified the WKF, its officers, agents and employees, from all claims, actions, demands, judgments and executions which the undersigned, its heirs, executors, administrators, or assigns may have, or claim to have, against the WKF, its officers, agents, and employees from all personal injuries, known or unknown, and injuries to property, real or personal, caused by either directly or indirectly, or arising out of the above sporting activities.

Betting Rules and Conditions

Outright Betting

1. In the event of a delayed fight, bets placed previous to the weigh in will be valid for 30 days. Wagers placed after the weigh-in will be voided unless the fight is reorganized for the following day.
2. A value will be offered in the event of a 'draw' and in the incidence of this taking place, all wagers on either boxer to win, will be voided. In the event of a "Technical Draw" the outcome will be classed as a draw.
3. A knockout will include a technical knockout and a disqualification.

Round betting

1. In the event of a point's decision being awarded earlier to the full number of rounds being completed, wagers will be settled on the round in which the fight was stopped. Bets based on the event of 'winning on points', will only be paid if the complete number of rounds are completed.
2. If a boxer fails to answer the bell, the fight will be considered to have ended in the prior round, regardless of what the official decision may be.
3. If, for any purpose the chosen amount of rounds on which bets are offered is altered, all round by round betting will be void, but match wagers will be valid.
4. Bets will be settled on the official result directly following the fight. Announcements or enquiries after this outcome will not impinge on the conclusion.

XV Rules of the Bare-Knuckle Fighting Championship

All fights last 2 minutes per round and each battle lasts 5 rounds.

Clothing: All fighters must have a groin cup, a mouthpiece, boxing pants and boxing or wrestling shoes. A standard groin guard and chest protector is mandatory for ***all female fighters!***

Fighters are permitted to wrap and tape the wrist, thumb and metacarpal. There should be no gauze or tape within 1 inch of the knuckles.

The fighters stick to the line. There are two lines one meter apart in the centre of the ring where the fighters begin each round. The front foot is on the line and then the referee instructs the fighters to "Knuckle Up" which signifies the start of the round/fight.

Punches with the fist are the only permissible punch and must be delivered with a closed fist. (No kicks, elbows, knees or grappling)

In the clinch, the fighter can use his open hand to fight his way out. If there is a break of three seconds in the fight during the clinch or clinching, the referee will separate the fighters.

If a fighter is knocked down, the referee must count until 8 or decide for knock-out. The fighter has 8 seconds to get back to his feet or the referee will stop the fight. It is NOT permitted to attack a downed fighter. No **“three knock-down rule”** will apply!

If a fighter continues to attack a downed opponent, he/she will be disqualified and the purse may be forfeited. If a fighter is correctly knocked down, the referee will direct the other fighter to move to a neutral corner.

If a fighter is injured and the blood obscures the fighter's vision, the referee may call a timeout and give the cutman 30 seconds to stop the bleeding. If the bleeding from the injury cannot be controlled and the blood continues to obscure the fighter's vision, the referee will stop the fight and award the victory to the other fighter.

All fighters are expected to behave in a completely sportsmanlike manner.

Competition regulations for “Boxing with MAA gloves”

The competition rules and regulations for “bare knuckle fights” essentially apply. As is usual in the WKF, all fights must be conducted with a ring doctor! The protective equipment for men and women remains the same! The fighters are only allowed to strike with the knuckles of their closed fists, no strikes with their open hands.

The usual Olympic 4-rope boxing ring or a commercially available OCTAGON with an internal diameter of at least 6 meters is considered to be the approved fighting area. A 5th rope in a boxing ring is permitted if required.

The BKFC weight classes listed below are binding. A WKF sanctioned event can also be held in the “Open Weight” tournament mode – i.e. without the individual weight classes.

All brands are permitted as MMA gloves:

AMATEURS 8 OZ with fabric cotton bandages - no tape bandage

PROFESSIONALS: 4 OZ -70 kg lightweight, from 75 kg welterweight 6 OZ with tape bandages.

Round times:

AMATEURS 3 x 2 minutes PRO-AM title 5 x 2 minutes 2 coach

The BKFC weight classes listed below apply here.

PROFESSIONALS 3 x 3 minutes PRO title 5 x 3 minutes 3 coach

The BKFC weight classes listed below apply here.

WKF BKFC WEIGHT CLASSES

for *female* and *male*

Weight classes	Lbs	Kilogramm
Superheavyweight	+243 lbs	+110 kg
Heavyweight	-243 lbs	-110 kg
Cruiserweight	-205 lbs	-93 kg
Light heavyweight	-185 lbs	-84 kg
Middleweight	-175 lbs	-79 kg
Welterweight	-165 lbs	-75 kg
Lightweight	-155 lbs	-70 kg
Featherweight	-145 lbs	-66 kg
Bantamweight	-135 lbs	-61 kg
Flyweight	-125 lbs	-57 kg

