



# KOMBAT KICKBOXING

Official Professional Rules & Regulations

March 12, 2026

## 1. Purpose and Scope

These rules establish the official regulations governing professional Kombat Kickboxing competitions.

They are intended to:

- Ensure fair and competitive bouts
- Protect the safety and health of athletes
- Maintain professional standards for promoters and officials
- Provide consistent regulations for Kombat Kickboxing events worldwide

All fighters, officials, promoters, and participants must comply with these rules in all Kombat sanctioned competitions.

## 2. Spirit of Kombat Kickboxing

Kombat Kickboxing represents the professional kickboxing division within the Kombat sports system.

The Kombat Kickboxing showcases elite stand-up striking competition combining powerful punching, dynamic kicking techniques, and tactical fight strategy.

Kombat Kickboxing promotes the values of:

- Respect
- Discipline
- Courage
- Sportsmanship

The objective is to provide a safe, fair, and professional environment where athletes demonstrate the highest level of striking skill.



### 3. Definition of Kombat Kickboxing

Kombat Kickboxing is a professional stand-up striking combat sport contested inside the Kombat Cage between two competitors.

Fighters compete using legal punches and kicks with the objective of defeating their opponent by:

- Knockout (KO)
- Technical Knockout (TKO)
- Judges' Decision

Kombat Kickboxing is strictly a stand-up striking discipline.

The following are not permitted:

- Grappling
- Wrestling takedowns
- Throws
- Sweeps
- Clinch fighting

### 4. Competition Area

All Kombat Kickboxing contests take place inside minimum of 6m x 6m cage, or preferably 7.6m x 7.6m Cage. Grand Prix and World Title championships must be held in 7.6m x 7.6m Kombat cage.

### 5. Bout Duration

Professional Bouts are 3 Rounds, 3 Minutes per round and 1 Minute rest between rounds.

Championship Bouts are 5 Rounds, 3 Minutes per round and 1 Minute rest between rounds.

### 6. Kombat Kickboxing Weight Categories

FEMALE - Weight Category	
Fin Weight	-54 kg
Fly Weight	54.1 kg – 58 kg
Bantam Weight	58.1 kg – 63 kg
Feather Weight	63.1kg – 68 kg
Light Weight	68.1 kg – 74 kg



MALE - Weight Category	
Fin Weight	-54 kg
Fly Weight	54.1 kg – 58 kg
Bantam Weight	58.1 kg – 63 kg
Feather Weight	63.1 kg – 68 kg
Light Weight	68.1 kg – 74 kg
Welter Weight	74.1 kg – 80 kg
Middle Weight	80.1 kg – 87 kg
Heavy Weight	87.1 kg – 100 kg
Super Heavy Weight	+100.1 kg

## 7. Fighter Eligibility

Fighters must meet the following requirements:

- Minimum age 18 years old
- Signed bout contract and liability waiver
- Approved medical clearance

Required medical tests include:

- HIV
- Hepatitis B
- Hepatitis C

A licensed physician must certify the fighter is medically fit to compete.

## 8. Official Equipment

### Required Protective Equipment

- Official 8 oz Kombat Kickboxing Gloves
- Mouthpiece
- Groin guard (mandatory for male fighters)

### Fighter Attire

Male Fighters:

- Kickboxing pants

Female Fighters:

- Kickboxing pants
- Kickboxing top

No jewelry or unauthorized equipment is permitted.



## **9. Legal Techniques**

The following techniques are permitted:

- Punches to the head and body
- Kicks to the head and body
- Low kicks to the inner and outer thigh
- Spinning kicks
- Knee strikes to the body

Low kicks must land above the knee on the thigh area only.

Kicks to the calf or knee joint are prohibited.

## **10. Catching Kicks**

A fighter may briefly catch an opponent's kick to immediately deliver a strike.

The leg must be released immediately after the strike.

The following are prohibited:

- Holding the leg
- Walking forward while holding the leg
- Sweeping the standing leg
- Dumping or throwing the opponent

## **11. No Clinch Rule**

Clinch fighting is not permitted. If fighters tie up, the referee will immediately call "Break" and separate them. Repeated clinching may result in Warning and Point deduction.

## **12. Fouls (Illegal Techniques)**

The following actions are prohibited:

- Headbutts
- Elbow strikes
- Strikes to the groin
- Strikes to the back of the head
- Sweeps
- Throws or wrestling takedowns
- Holding the cage
- Striking after referee command
- Biting or spitting
- Unsportsmanlike conduct
- Kicks to the knee joint
- Kicks to the calf or below the knee



Groin Strikes - If a groin strike occurs:

- The referee stops the bout immediately
- The injured fighter may receive up to five minutes recovery time

Intentional fouls may result in:

- Warning
- Point deduction
- Disqualification

### **13. Knockdown Rules**

#### Mandatory Standing Eight Count

When a fighter is knocked down from a legal strike, the referee will administer a mandatory standing eight count.

#### Standing Count Continuation

If the fighter rises before eight, the referee continues counting to eight before restarting the fight.

#### Three Knockdown Rule

Three knockdowns in one round result in a Technical Knockout (TKO).

### **14. End-of-Round Knockdown Rule**

If a knockdown occurs at the end of a round, the referee will complete the standing eight count even if the bell sounds.

### **15. Fighter Saved by the Bell**

If a knockdown occurs and the round ends during the count:

The fighter may recover during the rest period.

This rule does not apply in the final round.

### **16. Neutral Corner Rule**

When a knockdown occurs, the standing fighter must immediately move to the neutral corner.



## **17. Referee Commands**

Standard referee commands include:

- Fight
- Stop
- Break
- Time

Fighters must obey all commands immediately.

## **18. Judging System**

### 10-Point Must System

Three judges score each round independently.

- Round winner receives 10 points
- Opponent receives 9 points or fewer

Typical scoring:

10-9 Competitive round

10-8 Dominant round

10-7 Extremely dominant round

## **19. Judges Scoring Criteria**

### Primary Criteria

#### **Effective Striking**

- Clean punches and kicks
- Visible damage
- Knockdowns

### Secondary Criteria

If striking effectiveness is equal:

- Aggression
- Cage Control

## **20. Damage-Based Scoring**

Judges prioritize impact and effectiveness of strikes over total strike volume.

Powerful strikes causing visible damage score higher than light strikes.



## **21. Bout Results**

Bouts may end by:

- Knockout (KO)
- Technical Knockout (TKO)
- Decision
- Disqualification

Decision types - Unanimous Decision, Split Decision & Majority Decision

## **22. Ringside Officials**

Each event must include:

- Event Chairman
- Technical Delegate
- Referee
- Three Judges
- Timekeeper
- Ringside Physician

## **23. Fighter Safety**

A licensed ringside physician must be present at all events. The physician may stop a bout if a fighter is unable to continue safely.

## **24. Referee Stoppage Criteria**

The referee may stop the bout if a fighter cannot intelligently defend themselves.

Examples include:

- Repeated unanswered strikes
- Fighter visibly disoriented
- Fighter trapped and absorbing damage
- Failure to follow referee commands

## **25. No Protest Policy**

All decisions by referees and judges are final.

No protests or appeals will be accepted regarding:

- Judging decisions
- Referee stoppages
- Official rulings during the contest



## **26. Authority of Kombat**

Kombat maintains full authority over all sanctioned Kombat Kickboxing competitions.

Kombat reserves the right to:

- Sanction events
- Appoint officials
- Interpret rules
- Amend regulations when necessary.

*The rules established for Kombat Kickboxing are always subject to the governing laws and ethical standards of the event's location. These rules may be altered or withdrawn as necessary to align with the regulations set by the Athletic Commission, Sanctioning Organization, or another authorized Regulatory Body responsible for overseeing the event. In cases not explicitly addressed in this document, the presiding commission, in consultation with the sanctioning organization and the Kombat Kickboxing Technical Director, possesses the authority to make suitable determinations.*