



USA Sport Kombat

Official Competition Rules

usasportkombat.com

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Chapter 1 - Point Fighting Kombat

Article 1. Definition

Point Fighting is a fast-paced, technical Kombat discipline focused on precision and control. The primary goal is to score defined points using well-controlled, legal techniques, emphasizing speed, agility, balance, and focus. Competition is executed with strictly controlled, light contact, where equal emphasis is placed on hand and foot techniques. The defining characteristic is the delivery of well-controlled, fast techniques. After each valid score (a legal strike to a legal target), the center referee immediately pauses the action, and all judges simultaneously signal the awarded points to the scoring kombat athlete.

Article 2. Age Categories

Age categories will be separated by weight based on event.

- 5 Years & Younger
- 6/7 Years Old
- 8/9 Years Old
- 10-13 Years Old
- 14-17 Years Old
- 18-20 Years Old
- 21-29 Years Old
- 30-39 Years Old
- 40+ Years Old

Article 3. Equipment in Point Fighting

- Head Guard
- Faceshield (13 & under optional) (14+ no faceshields)
- Mouthguard
- Closed hand point fighting gloves
- Breast protection (optional)
- Groin protection
- Elbow pads
- Hand wraps (optional)
- Foot guards
- Shin guards

Article 4. Uniform

- Point fighting uniform (V-neck top or T-shirt and long pants)
- No belts allowed
- No shorts allowed

Article 5. Legal Target Areas

- Head

- Body (front & side)
- Feet (sweeping only)

Article 6. Legal Techniques

- Jab
- Uppercut
- Hook
- Backfist (no spinning backfist allowed)
- Ridgehand
- Front kick
- Round kick
- Side kick
- Hook kick
- Axe kick
- Crescent kick
- Spinning kicks
- Jump kicks
- Foot sweep (to score with a foot sweep, the athlete performing the foot sweep must remain on his feet at all times. A score will be awarded if the opponent touches the floor with any part of his body other than his feet.)

Article 7. Illegal Techniques (automatic penalty)

- Malicious or excessive contact
- Continuation after "Stop/Break" or end of round
- Exits of the fighting area
- Falling to the floor (avoiding the match)
- Techniques to the back, neck, legs, or groin
- Turning back to opponent to avoid the fight
- All blind, uncontrolled techniques
- Any techniques with knee, elbow, knife-hand, head-butts, or shoulder
- Wrestling/grappling
- Throwing/pushing/grabbing
- Slipping gloves for more reach
- Attacking on the floor
- No oil/vaseline on athlete
- No spitting of mouthguard voluntarily
- Unsportsmanlike conduct (warnings, penalty, or even disqualification can result depending on the severity of the misconduct)

Article 8. Awarding Points in Point Fighting Kombat

A point is awarded when a legal technique strikes a legal target area. Arms are immediately to be raised to indicate the kombat athlete who scored. To award a score there must be a minimum of two concurring decisions by the center referee and corner judges.

The authorized striking area of the hand (fist or back of the fist, not the inner hand) or foot must make clean, controlled contact. The center referee and judge must actually see the technique strike the target. Awarding points based on the sound of the strike is not allowed.

The kombat athlete must be looking at the point of contact when executing the technique. All techniques must be used with controlled power. Any technique that simply touches, brushes, or pushes an opponent will not be scored. Any technique with excessive contact will be penalized. Techniques must be retracted.

If a kombat athlete jumps in the air to attack or defend, he must land inside (standing up) the fighting area to score following the execution of the technique, and he must keep his balance. It is not allowed to touch the floor with any part of the body except feet.

If the kombat athlete lands outside the area (with any part of body) after the technique, it is not a score. If a kombat athlete loses his balance due to his own instability following a score and touches the ground with any part of his body other than his feet, the score will not count. If a kombat athlete loses his balance following a score, outside of his control (pushed or tripped), then the score will stand.

Article 8.1 Warnings and Penalties

Warning: If the center referee issues a foul or warning, it is announced in front of the judges. The timekeeper then records it in the electronic system, and it appears on the public screen.

Penalty: If the center referee issues a penalty, it is indicated in front of the judges. The timekeeper records it in the system, and one point is automatically added to the opponent from each judge's total score.

Disqualification: A competitor may be disqualified if they accumulate repeated violations: 4th violation = disqualification. A single offense may lead to immediate disqualification if it is deemed malicious, excessive, or compromising safety. Leaving the fighting area voluntarily multiple times without being pushed/knocked out by the opponent is also grounds for disqualification. Uncontrolled or excessive contact is prohibited and can lead to disqualification. Use of illegal techniques or behavior such as attacking illegal target areas, grabbing or throwing the opponent, striking after break, or unsportsmanlike conduct may result in disqualification. The center referee must confer with the judges (and sometimes the arbitrator/chief referee) before calling a disqualification.

Article 9. In Case of Draw or Tie Score

In case of a draw after time expires, the fight will be extended one more minute. If there is still a draw after extra time, the center referee will start the fight again from the center. The kombat athlete who scores first wins.

Article 10. Referees and Judges Duties

- Center referee stops/calls all scoring and awards points according to majority decision.
- Corner judges check kombat athletes' equipment.
- Corner judges do not talk to kombat athletes or anyone else during the match with exception of the center referee.
- Corner judges should notify the center referee, by signals, about any incidents that would affect points or warnings being given.
- Corner judges must not leave their position until decision is announced by center referee.

Chapter 2 - Light Contact Kombat

Article 1. Definition

Light Contact Kombat is designed to emphasize controlled, technical fighting, as its name suggests. It serves as a bridge between point fighting and full-contact. In this discipline, competitors engage in continuous sparring until the center referee calls "Stop" or "Break." The techniques used are similar to those in full contact sports, but they must be performed with precise control. Both punches and kicks should be used evenly throughout the match. The center referee's role is to ensure the rules are followed, while three judges handle all scoring using an electronic system or clickers.

Article 2. Age Categories

Age categories will be separated by weight based on event.

- 5 Years & Younger
- 6/7 Years Old
- 8/9 Years Old
- 10-13 Years Old
- 14-17 Years Old
- 18-20 Years Old
- 21-29 Years Old
- 30-39 Years Old
- 40+ Years Old

Article 3. Equipment in Light Contact

- Head guard
- Faceshield (13 & under optional) (14+ no faceshields)
- Mouthguard
- 10oz gloves
- Breast protection (optional)
- Groin protection
- Shin instep guards
- Hand wraps (mandatory)
- Foot guards
- Shin guards

Article 4. Uniform

- Kickboxing pants
- T-shirt (must be club/academy T-shirt)
- No belts allowed
- No shorts allowed

Article 5. Legal Target Areas

- Head
- Body (front & side)
- Feet (sweeping only)

Article 6. Legal Techniques

- Jab
- Cross
- Uppercut
- Hook
- No backfist allowed
- Front kick
- Round kick
- Side kick
- Hook kick
- Axe kick
- Crescent kick
- Spinning kicks
- Jump kicks
- Foot sweep (to score with a foot sweep, the athlete performing the foot sweep must remain on his feet at all times. A score will be awarded if the opponent touches the floor with any part of his body other than his feet.)

Article 7. Illegal Techniques (automatic penalty)

- Malicious or excessive contact
- Continuation after "Stop/Break" or end of round
- Exits of the fighting area
- Falling to the floor (avoiding the match)
- Techniques to the back, neck, legs, or groin
- Turning back to opponent to avoid the fight
- All blind, uncontrolled techniques
- Any techniques with knee, elbow, knife-hand, head-butts, or shoulder
- Wrestling/grappling
- Throwing/pushing/grabbing
- Slipping gloves for more reach
- Attacking on the floor
- No oil/vaseline on athlete
- No spitting of mouthguard voluntarily
- Unsportsmanlike conduct (warnings, penalty, or even disqualification can result depending on the severity of the misconduct)

Article 8. Awarding Points in Light Contact Kombat

A judge's responsibility is to award points for all legal techniques (punches, kicks, and sweeps) that clearly land on legal target areas.

The judge clicks the button on their scoring device as follows:

- One click for hand/leg techniques to the body, and for hand techniques to the head.
- Two clicks for a jumping kick to the body or a standard kick to the head.
- Three clicks for a jumping kick to the head.

From the first round onward, all points are continuously added by the judges with red and blue clickers. At the end of the match, the competitor with the higher score will have their color clicker raised by each corner judge. The competitor with the majority decision wins.

Article 8.1 Warnings and Penalties

Warning: If the center referee issues a foul or warning, it is announced in front of the judges. The timekeeper then records it in the electronic system, and it appears on the public screen.

Penalty: If the center referee issues a penalty, it is indicated in front of the judges. The timekeeper records it in the system, and one point is automatically added to the opponent from each judge's total score.

Disqualification: A competitor may be disqualified if they accumulate repeated violations: 4th violation = disqualification. A single offense may lead to immediate disqualification if it is deemed malicious, excessive, or compromising safety. Leaving the fighting area voluntarily multiple times is also grounds for disqualification. Uncontrolled or excessive contact is prohibited and can lead to disqualification. Use of illegal techniques or unsportsmanlike conduct may result in disqualification. The center referee must confer with the judges before calling a disqualification.

Article 9. In Case of Draw or Tie Score

If there is a draw, the judges must select the kombat athlete using the following criteria in order:

- More kicks
- Better defense
- Better techniques

The center referee will raise the hand of the winner once a decision is made.

Article 10. Referees and Judges

- Center referee must ensure the safety of the competitor. This is the referee's top priority.
- Center referee must enforce the rules of fair play and the specific Light Contact regulations.
- Center referee must oversee the competition area and have full control of the area, managing when the match starts, when it pauses, when it ends, warnings, penalties, disqualifications, coaches, and even the spectators around the competition area.
- Corner judges check kombat athletes' equipment.
- Corner judges do not talk to kombat athletes or anyone else during the match with exception of the center referee.
- Corner judges should notify the center referee, by signals, about any incidents that would affect points or warnings being given.
- Corner judges must not leave their position until decision is announced by center referee.
- Corner judges must advise the center referee of a 15-point spread by raising the hand of the color fighter that is up by 15 points or more. Once two judges raise a hand for a 15-point spread, the center official will stop the match and declare a winner by unanimous decision.

Chapter 3 - Kick Light Kombat

Article 1. Definition

Kick Light Kombat is designed to emphasize controlled, technical fighting. It is the same as Light Contact but with leg kicks introduced. It serves as another step after Light Contact. In this discipline, competitors engage in continuous sparring until the center referee calls "Stop" or "Break." The techniques used are similar to those in full contact sports, but they must be performed with precise control. Both punches and kicks should be used evenly throughout the match. The center referee's role is to ensure the rules are followed, while three judges handle all scoring using an electronic system or clickers.

Article 2. Age Categories

Age categories will be separated by weight based on event.

- 5 Years & Younger
- 6/7 Years Old
- 8/9 Years Old
- 10-13 Years Old
- 14-17 Years Old
- 18-20 Years Old
- 21-29 Years Old
- 30-39 Years Old
- 40+ Years Old

Article 3. Equipment in Kick Light Kombat

- Head guard
- Faceshield (13 & under optional) (14+ no faceshields)
- Mouthguard
- 10oz gloves
- Breast protection (optional)
- Groin protection
- Shin instep guards
- Hand wraps (mandatory)
- Foot guards
- Shin guards

Article 4. Uniform

- Kickboxing shorts
- T-shirt (must be club/academy T-shirt)
- No belts allowed
- No pants allowed

Article 5. Legal Target Areas

- Head
- Body (front & side)
- Feet (sweeping only)

Article 6. Legal Techniques

- Jab
- Cross
- Uppercut
- Hook
- No backfist allowed
- Front kick
- Round kick (only kick allowed to the thigh)
- Side kick
- Hook kick
- Axe kick
- Crescent kick
- Spinning kicks
- Jump kicks
- Foot sweep (to score with a foot sweep, the athlete performing the foot sweep must remain on his feet at all times. A score will be awarded if the opponent touches the floor with any part of his body other than his feet.)

Article 7. Illegal Techniques (automatic penalty)

- Malicious or excessive contact
- Continuation after "Stop/Break" or end of round
- Push kicks below the waist
- Kicks to the knee
- Exits of the fighting area
- Falling to the floor (avoiding the match)
- Techniques to the back, neck, legs, or groin
- Turning back to opponent to avoid the fight
- All blind, uncontrolled techniques
- Any techniques with knee, elbow, knife-hand, head-butts, or shoulder
- Wrestling/grappling
- Throwing/pushing/grabbing
- Slipping gloves for more reach
- Attacking on the floor
- No oil/vaseline on athlete
- No spitting of mouthguard voluntarily
- Unsportsmanlike conduct (warnings, penalty, or even disqualification can result depending on the severity of the misconduct)

Article 8. Awarding Points in Kick Light Kombat

A judge's responsibility is to award points for all legal techniques (punches, kicks, and sweeps) that clearly land on legal target areas.

The judge clicks the button on their scoring device as follows:

- One click for hand/leg techniques to the body, for hand techniques to the head, and for round kicks to the thighs. Emphasis should be on the leg kicks in Kick Light Kombat.
- Two clicks for a jumping kick to the body or a standard kick to the head.
- Three clicks for a jumping kick to the head.

If a kombat athlete lifts their foot off the floor to check the opponent's leg kick, no points are awarded.

From the first round onward, all points are continuously added by the judges with red and blue clickers. At the end of the match, the competitor with the higher score will have their color clicker raised by each corner judge. The competitor with the majority decision wins.

Article 8.1 Warnings and Penalties

Warning: If the center referee issues a foul or warning, it is announced in front of the judges. The timekeeper then records it in the electronic system, and it appears on the public screen.

Penalty: If the center referee issues a penalty, it is indicated in front of the judges. The timekeeper records it in the system, and one point is automatically added to the opponent from each judge's total score.

Disqualification: A competitor may be disqualified if they accumulate repeated violations: 4th violation = disqualification. A single offense may lead to immediate disqualification if it is deemed malicious, excessive, or compromising safety. Leaving the fighting area voluntarily multiple times is also grounds for disqualification. Uncontrolled or excessive contact is prohibited and can lead to disqualification. Use of illegal techniques or unsportsmanlike conduct may result in disqualification. The center referee must confer with the judges before calling a disqualification.

Article 9. In Case of Draw or Tie Score

If there is a draw, the judges must select the kombat athlete using the following criteria in order:

- More kicks
- Better defense
- Better techniques

The center referee will raise the hand of the winner once a decision is made.

Article 10. Referees and Judges

- Center referee must ensure the safety of the competitor. This is the referee's top priority.
- Center referee must enforce the rules of fair play and the specific Kick Light Kombat regulations.
- Center referee must oversee the competition area and have full control of the area, managing when the match starts, when it pauses, when it ends, warnings, penalties, disqualifications, coaches, and even the spectators around the competition area.
- Corner judges check kombat athletes' equipment.
- Corner judges do not talk to kombat athletes or anyone else during the match with exception of the center referee.

- Corner judges should notify the center referee, by signals, about any incidents that would affect points or warnings being given.
- Corner judges must not leave their position until decision is announced by center referee.
- Corner judges must advise the center referee of a 15-point spread by raising the hand of the color fighter that is up by 15 points or more. Once two judges raise a hand for a 15-point spread, the center official will stop the match and declare a winner by unanimous decision.