ISKA Canada Amateur Members Association GENERAL Rules & Regulations

January 2026

This Rulebook is specifically for National Directors, Promoters, Officials and Coaches it supersedes all previously issued versions. As a competitor please refer to the specific rulebook for your discipline Tatami Sports or Ring Sports.

Introduction -

The rulebook reflects the official ISKA Canada Amateur Members Association General Rules & Regulations.

These current rules are valid for all member states and must be adhered to although consideration can and will be given to local legal requirements and obligations if required.

The official language of the ARC (Amateur Rules Committee) is English. This Rulebook can be a translated in to other languages by the ARC. In case of any discrepancies, the official English version shall prevail.

Without the specific written consent of either ISKA or the ARC, this Rulebook shall not be copied, published or distributed. This includes electronic, digital, physical or any other duplication.

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1. ISKA Canada Amateur Members Association / ARC (Amateur Rules Committee)

ISKA is the (International Sport Kickboxing Association) is recognised Worldwide as both a regulating body for competitive martial arts, and the governing body for amateur and professional kickboxing.

The ISKA Canada Amateur Members Association includes affiliated National Federations and organises an annual amateur World Championship Kickboxing tournament.

ARC – Amateur Rules Committee

The ARC is the Amateur Rules Committee consists of the ISKA European Director of Amateur Rules and Regulations plus four elected Referees.

The ARC makes alterations or omissions to the existing rules, as well as implementing new ones. The ARC can also be used as an arbitrary body in certain cases.

The ARC Members are voted on to the Committee every two years at the World Congress. It must not be a secret ballot. Presidents from each Country present must vote for one Candidate to be elected. Each President must vote for a foreign Candidate. Proxy voting cannot be counted, and the votes can only be considered valid from Presidents attending the World Congress. In the event of a tie, a show of hands from each President towards each of the tied Candidates will be final.

2. Amateur Status (Definition)

A professional contestant includes any athlete who has received financial compensation for competing in a combat sport.

The term “Amateur“ shall be used in this Rulebook to describe all Fighters that are not Professionals.

Fighters shall be considered Amateurs providing they do not meet one or more of the following conditions -

1. The fighter is under a professional contract
2. The fighter has never participated in a match of 5 rounds of 3 minutes under A Class rules.
3. The fighter has never participated in a match of more than 7 rounds of 2 minutes.
4. The fighter is listed on a Pro-Ranking list of one any major Kickboxing or other combat sport organisation

If a fighter thinks, that he/she is listed on a Pro-Ranking list, and shouldn’t be, he/she **MUST** report it to the National Federation, and to the Organisation responsible for the list, to apply for a confirmation of his/her Amateur Status. The ARC will decide upon the application to remain classified as an Amateur. The Amateur status will be granted while the application is pending.

Non-Amateurs cannot participate on Amateur events. If the ARC is informed about a contradiction to this rule, one or more of the following actions can be taken -

1. Disqualification of the Non-Amateur
2. A ban/suspension. The ARC will decide upon the length of time.
3. A fine of minimum **$150** CAD
4. Revocation of a title achieved. A revocation of a World Title requires the approval of the ISKA Executive Board.

3. Doping (Definition and Controls)

It is not permitted to apply any substances to boost the performance, if such substance is banned by one of the appropriate organisations as a doping substance. (IOC, Anti-Doping Agency, National Olympic Committee, WADA etc.).

ISKA, the ARC, the tournament Promoter and the Official Doctor can and may perform controls. With the authorisation of the ISKA, other qualified organisations and persons, may perform such controls where the law requires it.

Fighters that intentionally avoid, obstruct or evade such controls, or manipulate them in any way, can be disqualified and banned, for a time period to be determined by the ARC,

The privacy, especially of Junior and Female Competitors, must be respected. Doping controls have to be made by a qualified person of the same gender. Where this is not possible, a member of the ARC of the same gender supervises the collection of the test sample.

4. Registration (Sport Pass, Licence and Identification

ISKA Canada reserves the right to request an MRI or MRA scan at any time prior to an athlete's upcoming bout, if our medical staff determines it is necessary for the athlete's safety.

Fighters which want to be admitted to any tournament, need to fulfil the following conditions -

1. To possess a ISKA issued or accepted Sport Book (Sport Pass)
2. To have a valid license stamp for the current year applied in the Sport Book
3. Proof of an appropriate entry in the Sport Book to show they are "Fit to Fight". A Medical assessment must not be older than 12 months. (Forms competitors need not to comply with this rule)
4. Not to be excluded for medical or any other reason from participating in the event.
5. To be able to produce a normal results MRI/MRA brain scan, in case of experiencing 3 head knockouts within a period of less than 12 months. The MRI/MRA brain scan must be made after the Medical Suspension period.
6. In case of female participants, not to be pregnant.

Entries into the ISKA Sport Book

The Promoters of a tournament are responsible to make the following entries to the ISKA sport book -

1. Place, date and name of the event
2. Discipline and score of the fighter
3. Any Knockout, Stoppage or Surrender

Instead of the Promoter, the Head Referee, ISKA Area/Ring Supervisor, or in case of a Knockout, Stoppage or Surrender a doctor can make the entries.

Identification of the competitors

ISKA Canada has **updated and modified** this item, and the **new digital version** will be used moving forward.

Chosen Country Nationalities

A Competitor who can prove his/her special relations to a country other than the one of his/her nationality must submit one of the following documents to the ISKA -

1. Birth certificate of the country of choice
2. Marriage certificate with a citizen of the country of choice
3. A permanent residence permit of the country of choice

The application has to be submitted in writing through the ISKA in the chosen country. The ISKA of the chosen country must apply then to the ISKA Executive Committee. A competitor who has chosen a country via this method, can only change again after obtaining a new citizenship, or after moving to another country for permanent residence there. The ISKA Executive Committee decides upon such applications, which have to be submitted at least 1 month prior to the competition the fighter intends to participate.

5. Medical Suspension (After Knockout, Stoppage or Surrender)

ISKA Canada will fully follow the current **BC Athletic Commission** (BCAC) regulations regarding medical suspensions:

- **60-day** suspension following a TKO
- **90-day** suspension following a KO

These suspensions will be strictly enforced for all participating athletes.

After a 12 months ban due to three stoppages/Knockouts or Surrenders within 12 months, the fighter **MUST** submit a medical assessment with a negative MRI/MRA brain scan examination result before being allowed to compete again.

6. Age Categories

- Kids: 7–9 years
- Juniors: 10–15 years
- Cadets: 16–18 years
- Adults: 18–35 years
- Veterans: 36–40 years
- Masters: 41 years and over

Experience-Based Divisions

To ensure athlete safety, fair competition, and appropriate rule application, all age categories are further divided by experience level. This structure allows **ISKA** Canada to implement rule variations, contact limitations, and protective requirements based on both age and competitive experience.

Class E – Introductory Level

No prior competitive experience required

Intended for first-time competitors

Emphasis on rule education, controlled contact, and athlete safety

Available for Kids (7+), Juniors, Cadets, Adults, Veterans, and Masters, subject to age-appropriate rules

Competitors are required to submit a signed waiver only.

🥊 ISKA CANADA

DEVELOPMENTAL KICK LIGHT – CLASS "E"

🥋 **Novice Division – 0–24 months experience | Minimum Age: 7**

⚡ CONTACT TYPE

Limited – Controlled Contact

All strikes and kicks must be **intentional** and delivered to clear, legal scoring targets.

- Incidental or abstract contact will not be scored
- ❌ No contact to the head
- ✅ Controlled kicks permitted to the body and legs (above knee and below hip)
- ⚠️ Excessive force will result in warnings or counting

🛡️ EQUIPMENT REQUIREMENTS

All equipment must be ISKA-approved or event-approved

- ✓ Approved Headgear (mandatory)
- ✓ Approved 8oz / 10oz Gloves
- ✓ Approved Shin & Instep Guards
- ✓ Approved Chest/Rib Guard (Red/Blue)
- ✓ Mouthguard (mandatory)
- ✓ Groin Protection (males mandatory / females recommended)

🏥 MEDICAL REQUIREMENTS

Under 14 Years Old:

- Parental waiver required
- Basic medical clearance if requested

14–17 Years Old:

- Valid sport physical (within 12 months)
- Parental waiver

18+ Years Old:

- Full medical exam
- Blood work (as required by BC Athletic Commission)

Note: ISKA Canada accepts valid medicals from recognized combat sport authorities (within 1-year validity).

⏱️ SCORING DURATION

📊 3 Rounds × 1 Minute

No stopping time unless injury or technical issue

🎯 POINTS SYSTEM

Technique	Points
Punch to Head	N/A
Punch to Body	1
Kick to Body	2
Kick to Leg	1
Controlled Sweep (clear & legal)	1
Warnings (Max 3)	Deduction

Table 1: Point values for legal techniques

🏆 ROUND FORMAT

Best 2 out of 3 rounds wins the match.

ISKA 10-point must adaptation may be used depending on event structure.

📋 PROCEDURES

No Points or Penalties Unless Specified

- No scoring for strikes delivered during prolonged body lock

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🚫 PROHIBITED TECHNIQUES

Strikes / Kicks

- ❌ No elbows, knees, or joint locks
- ❌ No strikes or kicks to the head
- ❌ No attacks to groin, spine, neck, back of head
- ❌ No kicks to the knee joint

⚖️ DISCIPLINE & PENALTIES

💬 Admonition (Technical Foul)

- Removing equipment intentionally
- Delaying the match
- Asking to stop without valid reason

⚠️ Warnings (Personal Foul)

- 3 Warnings = Match Ends
- Win awarded to opponent

🔴 Forcible Counting

- Excessive contact
- Heavy contact or injury
- 3 Counts = Match Ends

📌 SUMMARY

This Class "E" Developmental Kick Light division is designed for novice competitors with limited experience who are building foundational skills in controlled kickboxing competition. Safety, technique development, and sportsmanship are the primary focus of this division.

Class D – Beginner Level

No prior competitive experience required

Minimum age: 7 years

Athletes must demonstrate understanding of approved contact levels and basic ISKA rules

Available across all age categories with modified rules and mandatory protective equipment

Competitors are required to submit a signed waiver only

ISKA Canada – Class D (Developmental-Intermediate) 🎖️

Experience	30–42 months ⏱️
Minimum Age	10 years 👶👧
Contact Type	Limited / Controlled Contact 🤜

👊 CONTACT RULES

- Single **TOUCH contact** to the head (Jab or Cross ONLY)
- Controlled contact to body, legs, and head
- All strikes must be intentional and directed at scorable targets
- Incidental / abstract hits are **NOT counted**

🛡️ EQUIPMENT REQUIREMENTS

Mandatory:

- Approved helmet 🪖
- Approved 8oz / 10oz gloves 🥊
- Shin-instep guards 🦵
- Red/Blue chest & rib guard 🔴🔵
- Mouthguard 😬
- Groin protection (males) 🛡️

🏥 MEDICAL REQUIREMENTS

Under 14 Years Old:

- Parental waiver required 📝
- Basic medical clearance if requested 🩺

14–17 Years Old:

- Valid sport physical (within 12 months) 📋
- Parental waiver 📝

18+ Years Old:

- Full medical exam 🩺
- Blood work (as required by BC Athletic Commission) 💉

⏱️ MATCH DURATION

- **3 Rounds × 1:30 minutes**
- No stopping time (except injury or technical issues)
- Best 2 out of 3 rounds wins 🏆

📊 SCORING SYSTEM

Strikes

Technique	Points
Punch to Head 👊	1 point
Punch to Body 🥊	1 point
Kick to Body 🦵	2 points
Kick to Leg 🦿	1 point
Kick to Head 🚫	NOT allowed (0 points)

Table 1: Strike scoring values

⚠️ **NO HEAD CONTACT AT ALL FOR UNDER 14 YEARS OLD**

Fouls / Discipline

Infraction	Penalty
Admonition ⚠️	1 point to opponent
Warning 🟧	2 points to opponent
Maximum 3 warnings 🚫	Match ends

Table 2: Disciplinary penalties

📋 PROCEDURAL RULES (No Points Awarded)

- No points scored while holding or in clinch 🤝

🚫 PROHIBITED TECHNIQUES

Head Restrictions

- Only **ONE head touch** (Jab or Cross) per combination
- No consecutive head targeting
- No hooks, uppercuts, overhands, backfists to head
- No kicks to the head
- No wild/reckless strikes

Completely Illegal ⛔

- No elbows 💪
- No knees 🦵
- No joint locks 🔒
- No attacks to groin, spine, neck, back of head, inside leg ⚠️
- No knee kicks
- No overhead throws, pile drivers, or body slams 🤸

⚖️ PENALTIES

Violation	Result
3 Warnings 🟧🟧🟧	Loss
3 Counts (heavy contact/injury) 🩹	Loss
Blood or excessive/uncontrolled contact 🩸	DQ
Unsportsmanlike behavior 👎	Automatic DQ

Table 3: Disqualification criteria

Document prepared by: ISKA Canada
Class Level: D (Developmental-Intermediate)
Date: March 2026

ISKA Canada – Class D (Developmental-Intermediate) 🥋

Experience	30–42 months ⏱️
Minimum Age	10 years 👦👧
Contact Type	Limited / Controlled Contact 🤜

👊 CONTACT RULES

- Single **TOUCH contact** to the head (Jab or Cross ONLY)
- Controlled contact to body, legs, and head
- All strikes must be intentional and directed at scorable targets
- Incidental / abstract hits are **NOT counted**

🛡️ EQUIPMENT REQUIREMENTS

Mandatory:

- Approved helmet 🪖
- Approved 8oz / 10oz gloves 🥊
- Shin-instep guards 🦵
- Red/Blue chest & rib guard 🔴🔵
- Mouthguard 😬
- Groin protection (males) 🛡️

🏥 MEDICAL REQUIREMENTS

Under 14 Years Old:

- Parental waiver required 📝
- Basic medical clearance if requested 🩺

14–17 Years Old:

- Valid sport physical (within 12 months) 📋
- Parental waiver 📝

18+ Years Old:

- Full medical exam 🩺
- Blood work (as required by BC Athletic Commission) 💉

⏱️ MATCH DURATION

- **3 Rounds × 1:30 minutes**
- No stopping time (except injury or technical issues)
- Best 2 out of 3 rounds wins 🏆

📊 SCORING SYSTEM

Strikes

Technique	Points
Punch to Head 👊	1 point
Punch to Body 🥊	1 point
Kick to Body 🦵	2 points
Kick to Leg 🦵	1 point
Kick to Head 🚫	NOT allowed (0 points)

Table 4: Strike scoring values

⚠️ **NO HEAD CONTACT AT ALL FOR UNDER 14 YEARS OLD**

Fouls / Discipline

Infraction	Penalty
Admonition ⚠️	1 point to opponent

Warning 🟧	2 points to opponent
Maximum 3 warnings 🚫	Match ends

Table 5: Disciplinary penalties

📋 PROCEDURAL RULES (No Points Awarded)

- No points scored while holding or in clinch 🤝

🚫 PROHIBITED TECHNIQUES

Head Restrictions

- Only **ONE head touch** (Jab or Cross) per combination
- No consecutive head targeting
- No hooks, uppercuts, overhands, backfists to head
- No kicks to the head
- No wild/reckless strikes

Completely Illegal ⛔

- No elbows 💪
- No knees 🦵
- No joint locks 🔒
- No attacks to groin, spine, neck, back of head, inside leg ⚠️
- No knee kicks
- No overhead throws, pile drivers, or body slams 🤸

⚖️ PENALTIES

Violation	**Result**
3 Warnings 🟧🟧🟧	Loss
3 Counts (heavy contact/injury) 🩹	Loss
Blood or excessive/uncontrolled contact 🩸	DQ

Unsportsmanlike behavior 👎	Automatic DQ

Table 6: Disqualification criteria

Document prepared by: ISKA Canada
Class Level: D (Developmental-Intermediate)
Date: March 2026

Class C – Intermediate Level (Transition Phase)

- Minimum six (6) Class D bouts with demonstrated readiness
- Advancement based on a winning record and/or approval by the ISKA Chief Referee
- Athletes with documented equivalent experience in another recog- nized combat sport may be approved
- Minimum age: 12 years, subject to medical and technical approval
- Competitors must submit a signed waiver
- Competitors must submit a valid annual medical examination

🥊 Competitive KICK LIGHT

🏆 ADVANCED (Class "C")

Minimum Age: 14 years | **Experience:** 36–48 months recommended

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👊 CONTACT TYPE

- ✅ Controlled contact to the head
- 💪 Light to Moderate contact to the body and legs
- 🎯 Techniques must be clean, technical, and controlled
- ⚠️ No intention to injure or knock out
- ❌ Excessive force may result in warning or disqualification

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🛡️ EQUIPMENT REQUIREMENTS

Required Equipment	Specification
🪖 Headgear	Approved (Open Face)
🥊 Gloves	Approved 10oz
🦵 Shin Guards	Shin–Instep Guards
😬 Mouthguard	Mandatory
🛡️ Groin Guard	Males Mandatory
🦺 Chest Guard	Mandatory Under 14
🔴🔵 Corner Gear	Red / Blue

Note: Organizers may provide protective equipment except mouthguard & cup.

🏥 MEDICAL REQUIREMENTS

Under 14 Years

- 📝 Parental Waiver required

14–17 Years

- 🩺 Annual Physical Examination
- ✅ Valid Medical Clearance (Up to 1 Year)

18+ Years

- 🩺 Full Medical Examination
- 💉 Bloodwork (Hep B, Hep C, HIV as required by commission)
- ✅ Valid within 1 year

💡 **Recognition of Other Bodies:** We accept valid medicals from other recognized combat sport bodies (e.g., Muay Thai BC, Boxing BC) if within the approved timeframe.

⏱️ SCORING

🕐 DURATION

- ⏱️ 3 Rounds x 2 Minutes
- 🔁 1 Minute Rest Between Rounds
- 🏅 The best of two rounds winner
- ⚡ Continuous action (unless referee stops for safety)

📊 POINT SYSTEM

Technique	Points
👊 Punch to Head (Controlled)	1
👊 Punch to Body	1
🦵 Kick to Body	2
🦵 Kick to Leg	1
🦶 Kick to Head	3
🔥 Clear Combination (3+ strikes landed clean)	1
🧱 Push-out (Ring Exit)	1

🎯 Judging Criteria

1. ✨ Clean technique
2. 🔥 Volume & effective combinations
3. 🎪 Ring control
4. ⚖️ Balance & composure
5. 🤝 Sportsmanship

⏳ **Victory Conditions:**

- 🏅 Best 2 out of 3 rounds wins
- ⚠️ 3 knockdowns in one round = referee stops contest

🚫 PROHIBITED TECHNIQUES

❌ Strikes Not Allowed

- 🚫 No elbows
- 🚫 No knees
- 🚫 No spinning backfist to head
- 🚫 No blind or wild swinging (haymakers)
- 🚫 No excessive force to head
- 🚫 No superman punch
- 🚫 No attacks to groin, spine, neck, back of head
- 🚫 No sweeps attacking knee joint

⚖️ PENALTIES

🟡 Admonition (Technical Foul)

- ✋ Holding
- 💥 Excessive contact
- 😤 Unsportsmanlike conduct
- 🥊 Intentionally removing equipment

🟠 Warnings (Personal Foul)

⚠️ **3 Warnings = Disqualification**

🛑 FORCIBLE COUNTING

- ⚠️ 3 Standing Counts = TKO
- 🛑 Referee may stop contest for safety at any time

📋 SUMMARY

This document outlines the official rules and regulations for **Competitive KICK LIGHT - ADVANCED (Class "C")** competition. All participants must adhere to these guidelines to ensure fair, safe, and competitive matches.

Key Highlights:

- 🎯 Emphasis on controlled, technical striking
- 🛡️ Comprehensive safety equipment requirements
- 🏥 Mandatory medical clearances based on age
- 📊 Clear point system rewarding clean technique
- 🚫 Strict enforcement of prohibited techniques
- ⚖️ Progressive penalty system

For questions or clarification regarding these rules, please contact your event organizer or sanctioning body.

Document Version: 1.0
Effective Date: March 2026
Governing Body: ISKA Canada

Class B – Advanced Level

- Minimum six (6) Class C bouts with a majority winning record
- Advancement may be granted following a competency assessment by a certified ISKA official
- Age — Minimum age: 16 years.
- Competitors must submit; A signed waiver, and a valid annual medical examination completed no later than 30 days prior to the bout, including all required blood tests.
- Successfully pass a pre-fight medical examination conducted by a licensed physician at official weigh-ins on the night before the event.

🥊 COMPETITIVE UNIFIED RULES KICKBOXING

🏆 **HI-PERFORMANCE (Provincial) – Class "B"**

Minimum 48–60 months experience | Minimum age: 15

💥 CONTACT TYPE: Full-Contact

- Full contact to head and body
- All strikes must be clean and intended to score
- No prolonged holding

✅ TECHNIQUES ALLOWED

- Punches to head and body
- Kicks to head and body
- Spinning back fist (if permitted by sanctioning body)
- Controlled clinch with immediate action

🥋 EQUIPMENT REQUIRED

- Approved headgear (if amateur rule set requires)
- 10oz boxing gloves (or as per weight division)
- Approved shin guards (if required under Class B amateur rules)
- Mouthguard (mandatory)
- Groin guard (males mandatory)
- Chest protector (females mandatory)
- Proper fight shorts (no pockets)

🏥 MEDICAL AND AGE REQUIREMENTS

- Signed Extended Waiver of Liability
- Full Pre-Fight Medical
- **Over 18:** Full Medical including bloodwork (HIV, Hep B, Hep C) as required by BC Athletic Commission
- **Under 18:** Medical clearance + parental consent
- Valid physician clearance from recognized combat sport authority accepted (within 1 year)

📊 SCORING

⏱️ DURATION

- **3 Rounds × 2 Minutes**
- 1 Minute Rest Between Rounds
- No stopping time unless for injury or technical issue

🎯 POINT SYSTEM (10-Point Must System)

- Winner of round receives 10 points
- Opponent receives 9 or fewer depending on dominance
- Knockdowns result in 10–8 round
- 3 Knockdowns in one round = TKO
- Referee stoppage = TKO

Judging Criteria:

1. Effective Striking
2. Ring Control
3. Aggression
4. Defense

⚖️ PROCEDURAL RULES

- No holding and hitting
- No excessive stalling

- Fighters must obey referee commands at all times

🚫 PROHIBITED TECHNIQUES

- No elbows
- No knee to the head
- No strikes to groin, spine, throat, or back of head
- No headbutts
- No throws
- No kicks to knee joint
- No joint locks or takedowns
- No intentional fouls

⚠️ DISCIPLINE

🟡 Admonition (Technical Foul)

- Delaying the fight
- Intentionally removing equipment
- Unsportsmanlike behavior

🟠 Warning (Personal Foul)

- Illegal strike
- Repeated holding
- Striking after break

3 Warnings = Disqualification

🔢 FORCIBLE COUNTING

- 3 Standing 8-Counts in one round = TKO
- 4 Counts in match = TKO
- Referee may stop contest at any time for fighter safety

This ruleset is designed for Hi-Performance (Provincial) Class "B" competition under ISKA Canada sanctioning. All fighters, coaches, and officials must be familiar with these regulations prior to competition.

Document Version: March 2026

Sanctioning Body: ISKA Canada

COMPETITIVE UNIFIED RULES KICKBOXING

HI-PERFORMANCE (Provincial) – Class "B"

Minimum 48–60 months experience | Minimum age: 15

CONTACT TYPE: Full-Contact

- Full contact to head and body
- All strikes must be clean and intended to score
- No prolonged holding

TECHNIQUES ALLOWED

- Punches to head and body
- Kicks to head and body
- Spinning back fist (if permitted by sanctioning body)
- Controlled clinch with immediate action

EQUIPMENT REQUIRED

- Approved headgear (if amateur rule set requires)
- 10oz boxing gloves (or as per weight division)
- Approved shin guards (if required under Class B amateur rules)
- Mouthguard (mandatory)
- Groin guard (males mandatory)

- Chest protector (females mandatory)
- Proper fight shorts (no pockets)

MEDICAL AND AGE REQUIREMENTS

- Signed Extended Waiver of Liability
- Full Pre-Fight Medical
- **Over 18:** Full Medical including bloodwork (HIV, Hep B, Hep C) as required by BC Athletic Commission
- **Under 18:** Medical clearance + parental consent
- Valid physician clearance from recognized combat sport authority accepted (within 1 year)

SCORING

DURATION

- **3 Rounds × 2 Minutes**
- 1 Minute Rest Between Rounds
- No stopping time unless for injury or technical issue

POINT SYSTEM (10-Point Must System)

- Winner of round receives 10 points
- Opponent receives 9 or fewer depending on dominance
- Knockdowns result in 10–8 round
- 3 Knockdowns in one round = TKO
- Referee stoppage = TKO

Judging Criteria:

1. Effective Striking
2. Ring Control
3. Aggression
4. Defense

PROCEDURAL RULES

- No holding and hitting

- No excessive stalling
- Fighters must obey referee commands at all times

PROHIBITED TECHNIQUES

- No elbows
- No knee to the head
- No strikes to groin, spine, throat, or back of head
- No headbutts
- No throws
- No kicks to knee joint
- No joint locks or takedowns
- No intentional fouls

DISCIPLINE

Admonition (Technical Foul)

- Delaying the fight
- Intentionally removing equipment
- Unsportsmanlike behavior

Warning (Personal Foul)

- Illegal strike
- Repeated holding
- Striking after break

3 Warnings = Disqualification

FORCIBLE COUNTING

- 3 Standing 8-Counts in one round = TKO
- 4 Counts in match = TKO
- Referee may stop contest at any time for fighter safety

This ruleset is designed for Hi-Performance (Provincial) Class "B" competition under ISKA Canada sanctioning. All fighters, coaches, and officials must be familiar with these regulations prior to competition.

Document Version: March 2026

Sanctioning Body: ISKA Canada

Class A – High Performance Level

- Demonstrated Class B or equivalent experience required
- Advancement subject to documented competitive history and comprehensive assessment
- Evaluation includes technical proficiency, tactical awareness, rule comprehension, and readiness for high-performance competition
- Minimum age: 18 years
- Competitors must submit; A signed waiver, and a valid annual medical examination completed no later than 30 days prior to the bout, including all required blood tests
- Successfully pass a pre-fight medical examination conducted by a licensed physician at official weigh-ins on the night before the event

FAILURE TO MEET THESE REQUIREMENTS WILL RESULT IN DISQUALIFICATION

ISKA CANADA – UNIFIED KICKBOXING RULES

Class A – Elite Performance 🥊

🏆 ELITE PERFORMANCE – UNIFIED RULES

Class 'A' – National Team Pathway

Minimum Requirements

- 🕐 **Experience:** 54–60 months minimum
- 🎂 **Age:** 18 years minimum
- 🥋 **Division:** Class B completion required
- 📊 **Fight Record:** At least 5 completed bouts in Class B division
- ✅ **Win Record:** Majority winning record in Class B (minimum 3 wins recommended)
- 👨‍⚖️ **Technical Approval:** Required by ISKA Canada Technical Director
- 🏥 **Medical Clearance:** Approved by Commission

👊 CONTACT TYPE: Full Contact

Permitted Contact

- ✓ Full contact to Head, Body, and Legs
- ✓ Punches and kicks must be clear, intentional, and delivered with controlled power
- ✗ Incidental or unclear strikes will not be scored
- ⏱️ Limited clinch (2–3 seconds to strike only)
- 🌀 Spinning attacks permitted
- 🦵 Knees permitted (to body only, if division allows – based on sanctioning approval)

🛡️ EQUIPMENT REQUIRED

Equipment	Requirement
🪖 Headgear	Approved (if amateur division requires)
🥊 Boxing Gloves	10oz (or per weight division regulation)
🦿 Shin Guards	If mandated for amateur class
😬 Mouthguard	MANDATORY
🛡️ Groin Guard	MANDATORY for males
🦺 Chest Protector	If required for amateur/youth divisions
🔴🔵 Corner Equipment	Approved Red/Blue Corner Equipment

Table 1: Required protective equipment by category

⚠️ **Elite Exemption:** Athletes with a minimum of 5 verified fight wins may qualify to compete without protective gear, pending review and approval by ISKA Canada and the Athletic Commission.

🏥 MEDICAL / AGE REQUIREMENTS

Pre-Competition Documentation

- 📝 Signed Extended Waiver of Liability
- 🩺 Full Medical Examination (within approved timeframe)
- 💉 Full Bloodwork (required for 18+ if mandated by commission)
- 🎂 **Age Category:** Prime Division 18–39 (Masters division separate)

📊 SCORING SYSTEM

⏱️ BOUT DURATION

- **Standard:** 3 Rounds × 2 Minutes
- **Alternative:** 3 Rounds × 3 Minutes (depending on sanctioning level)
- **Rest Period:** 1-minute rest between rounds

- **Time Management:** No stopping time unless injury or referee intervention

🎯 LEGAL SCORING TECHNIQUES

Technique	Points
👊 Clean Punch to Head	1
👊 Clean Punch to Body	1
🦵 Kick to Body	2
🦵 Kick to Leg	1
🦵 Kick to Head	3
🦵 Controlled Knee to Body	1
⚠️ Standing 8 Count	Dominance scoring

Table 2: Point values for legal scoring techniques

⚖️ 10-Point Must System (Unified Rules Standard)

Judged under:

1. 🎯 Effective Striking
2. 🥋 Ring Control
3. 💪 Aggression
4. 🛡️ Defense

📋 PROCEDURAL RULES

Clinch and Engagement Rules

- ⏱️ Clinch limited to 2–3 seconds (must actively strike)
- ⚠️ Excessive holding will result in warning

👨‍⚖️ Referee Authority

The referee may issue:

1. 🗣️ **Verbal Warning** – Initial infraction notice
2. ⚠️ **Official Warning** – Point deduction

3. 🛑 **Standing 8 Count** – Fighter evaluation
4. ❌ **Disqualification** – Severe or repeated violations

🚫 PROHIBITED TECHNIQUES

❌ Illegal Strikes

Category	Prohibited Actions
💢 Elbows	No elbow strikes permitted
🎯 Target Areas	✗ Groin strikes ✗ Spine strikes ✗ Back of head ✗ Throat strikes ✗ Knee joint attacks

Table 3: Prohibited striking techniques and target areas

🤼 Illegal Throws

- ✗ No hip throws
- ✗ No wrestling-style takedowns
- ✗ No pile-drivers

⚠️ DISCIPLINE & PENALTIES

📋 Admonition (Technical Foul)

- Intentionally removing equipment
- Delaying fight
- Ignoring referee commands

⚠️ Warnings (Personal Fouls)

- **3 warnings = Disqualification**
- **Severe foul = Immediate DQ**

🛑 Forcible Counting

- **3 Standing 8 Counts in one round = TKO**
- **4 Total Counts = TKO**

🏅 WIN CONDITIONS

Victory Methods

Method	Description
💥 KO (Knockout)	Opponent unable to continue
🛑 TKO (Referee Stoppage)	Fight stopped for safety
⚖️ Decision	Unanimous / Split / Majority
❌ Disqualification	Rule violation
🏳️ Corner Stoppage	Corner throws in towel

Table 4: Official victory conditions for Class A competition

📞 Contact Information

ISKA Canada
Official Sanctioning Organization
National Team Pathway Development

For technical inquiries, athlete registration, and event sanctioning, please contact ISKA Canada Technical Director.

Document Version: Class A – Elite Performance Rules
Effective Date: March 2026
Governing Body: ISKA Canada in cooperation with Provincial Athletic Commissions

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These rules are subject to modification based on Provincial Athletic Commission requirements and international federation updates. Athletes and coaches are responsible for reviewing current regulations prior to competition.

RULE 5: WEIGHT CLASSIFICATIONS FOR ATHLETES

Age	SENIOR 18-40 U23 18-23 MASTER 41-55			YOUTH 16-17			YOUTH 14-15		
Gender	MALE		FEMALE	MALE		FEMALE	MALE		FEMALE
Weight (KG)	1 45	45	1	1 45	42	1	1 36	36	1
	2 48	45	2	2 48	42	2	2 36	36	2
	3 51	51	3	3 51	42	3	3 38	38	3
	4 51	54	4	4 51	48	4	4 40	40	4
	5 57	57	5	5 54	51	5	5 45	45	5
	6 60	60	6	5 57	54	6	5 48	45	6
	6 63.5	63.5	7	6 60	57	7	6 51	51	7
	7 67	67	8	7 60	60	8	7 54	54	8
	8 71	71	9	8 63.5	63.5	9	8 57	57	9
	9 71	75	10	9 67	67	10	9 57	57	10
	75	(+) 75	11	10 71	75	11	10 60	60	11
	10 81			75	(+) 75	12	12 63.5	63.5	12
	12 86			11 81			13 67	67	13
	12 91			12 86			71	(+) 71	14
	13 (+) 91			13 91			15 (+) 71		
				14 (+) 91			14 81		
							15 (+) 81		

Age	YOUTH 12-13			YOUTH 10-11			YOUTH 8-9		
Gender	MALE		FEMALE	MALE		FEMALE	MALE		FEMALE
Weight (KG)	1 32	32	1	1 30	30	1	1 24	24	1
	2 34	34	2	2 32	32	2	2 26	26	2
	3 36	36	3	3 34	34	3	3 26	26	3
	4 38	38	4	4 36	36	4	4 30	30	4
	5 40	40	5	5 38	38	5	5 32	32	5
	6 42	42	6	6 40	40	6	6 34	34	6
	7 44	44	7	7 42	42	7	7 36	36	7
	8 46	46	8	8 44	44	8	8 38	38	8
	9 46	48	9	9 44	48	9	9 40	40	10
	10 52	52	10	10 48	48	10	10 42	42	10
	11 52	52	11	11 50	50	11	11 (+) 42	(+) 42	11
	12 56	56	12	13 54	52	12			
	15 56	56	13	14 54	54	13			
	15 58	56	14	15 56	56	14			
	16 60	60	15	16 58	58	15			
	16 63.5	58	16	16 60	60	16			
		(+) 63.5	17		(+) 60	17			
	17 67			17 63.5					
	18 71			18 67					
	19 (+) 71			19 (+) 67					

KIDS 7-8	
1	18.1
2	19.5
3	20.4
4	22.2
5	24.0
6	25.4
7	28.1
8	31.8
9	38.6

Rule Variations & Safety Application

ISKA Canada reserves the right to:

- Adjust contact levels, round duration, legal techniques, and protective equipment
- Apply enhanced medical, safety, and supervision requirements for youth divisions
- Deny advancement where athlete safety or readiness may be compromised

7. Weigh-In

The weigh-in must take place no less than 2 hours before the first match and no more than 24 hours prior to the first match.

The weigh-in has to be completed at least two hours prior to the first fight. There will be a 0.5kg allowance for all disciplines.

Competitors will be allowed two opportunities to make their chosen dedicated weight category. If they do not make the weight on the second attempt the following options will apply -

1. If there is an available space for the above division for the competitors Nation they will be offered this place.
2. They will be disqualified from the Championships and no refund to will be given.

The onus is always on the competitor to ensure they make weight. Coaches should always ensure their fighters are on weight. The ISKA will **NOT** allow any fighter to compete if they have not made the correct weight.

8. Medical Examination

Medical Examination – Clarification

There is no contradiction between the two requirements.

- **Ring fights:**

Athletes competing in ring disciplines are required to undergo a medical examination at the weigh-in conducted by a licensed physician.

- **Tatami (non-ring) matches:**

A medical assessment not older than 12 months is acceptable and satisfies the membership requirement outlined in Section 4.3.

- **Proof of medical examination within 1 month:**

This requirement applies only to ring fights, in addition to the mandatory examination conducted at weigh-in.

- **Medical professional requirement:**

All medical examinations must be performed by a physician licensed to practice in British Columbia.

Examinations conducted by paramedics or other non-physician medical personnel are not acceptable.

This structure ensures athlete safety while maintaining consistency between membership and competition requirements.

All competitors from each fighting discipline **MUST** show proof that a physical medical has been carried out within 1 month prior to the date of the competition. This can be in a form of a "Fit To Fight" medical form carried out by a train professional i.e. Doctor and Paramedic. A stamp and signage by a trained medical professional in the athletes Sport Book will also suffice.

At International Competitions the promoter **MUST** arrange a Doctor to be present at the Weigh-In to conduct Medicals on athletes who do not have proof of a medical within 1 month timeframe. Any athletes that fail the medical will **NOT** be allowed to compete. The decision by the Doctor is final.

Wherever possible medical examinations on Male and Female participants should be held in separate rooms, if held in the same these medicals should be carried out at different times. The examinations have to be done by medical staff of the same gender if possible.

9. Tournament Organisation (Tatami Areas and Boxing Rings)

Tatami Areas – Tournament Organisation

• **Clear Safety Zone (1 metre strip):**
A minimum 1-metre safety zone around each tatami area will be maintained at all times. Spectators are not permitted to enter this area.
Only accredited coaches/trainers (with valid credentials and corner assignment) and event officials may access this zone during competition, and only when required for their athlete's bout.

• **On-Site Medical Team Location:**
A designated on-site medical area will be clearly identified and positioned centrally between the competition tatami mats, ensuring rapid access to all areas of play. The medical team will remain unobstructed and immediately available throughout the event.

Tatami Areas -

For Semi-Contact, Light Contact, K1 Light, Grappling, Kata/Forms disciplines.

1. The competition areas **MUST** be square. Each side **MUST** be a minimum of 6 metre by 6 metre. Areas can be larger but cannot be any smaller than this dimension.

2. There should be a indication of the starting position for each competitor either side of the Tatami. This can be by a different coloured mat or a taped line, both one or two metres from the centre.

3. Surrounding the Tatami Areas there **MUST** be a safety strip of 1 metre kept clear at all times. Spectators are **NOT** permitted to enter this safety area at any time during the tournament.

4. The Timekeeper/Scorekeeper will be located at the Officials Table located at the front of each Tatami in the centre facing into the Centre Referee. Each table should be clearly marked with their table number I.E. Area 1, Area 2 etc…

5. There **MUST** be sufficient space and clearance around the Tatami for the medics to attend any emergency if required and there **MUST** be clear exit from the venue available for the medic team at all times.

6. The officials table at each Tatami should be equipped with the following –
* Draw Sheets / Pool Lists
* Score Displays. This can be in a form of an Electronic Scoreboard, Computer Monitor or a basic manual scoreboard
*Stopwatch. This can be incorporated in the Score Displays, also there MUST be a hand held manual Stop Watch in reserve.
* Acoustic Signal. This can be incorporated in the Score Displays. However a bell, whistle or horn should be provided in reserve. A bean-bag will also be permitted.
* Spare plain paper, pens/pencils.
* PC / Laptop if the tournament is running via an event based system i.e. Uventex or Kihapp. The promoter should provide access to the internet via a Wi-Fi or Ethernet Signal.

7. Chairs should be provided for all referees and table staff officials.

8. To avoid collisions or possible injuries Camera / Video Operators are **NOT** permitted within in the 1 metre safety clearance during fights.

Boxing Rings

1. AIBA Canada (IBA) Boxing Ring Standards

ISKA Canada follows the International Boxing Association (IBA) standards for amateur boxing rings. You can view the official IBA Technical and Competition Rules — including ring specifications — on the IBA website here:

IBA Technical & Competition Rules (ring dimensions & standards):
https://www.iba.sport/wp-content/uploads/2021/09/AIBA-Technical-and-Competition-Rules_20.09.21.pdf

2. Clarification of Platform Covering Requirement

The requirement "The platform MUST be covered with a foam or similar material below the boxing ring floor layer" means there must be shock-absorbing padding between the platform and the top canvas layer. This protective layer helps reduce impact forces on athletes and improves safety. Acceptable materials include approved foam padding, rubberized underlay, or equivalent shock-absorbing material.

3. Ring Height

Ring corners must not be more than 52 inches above the platform.

This aligns with typical **IBA/AIBA** standards for amateur rings, where the platform height and rope measurements are carefully regulated to ensure safety and consistency.

10. Referees (Licences, Mission and Dress-Code)

Referee / Judge Ranking -

Judge -
F – National Judge for local events.
E – National Judge for national events.
D – National Judge for national and international events.
C – International Judge for national and international events including local, national and international titles.
B – International Judge for all events including European and Intercontinental Titles.
A – International Judge for all events including World Titles.

Referee -
E – National Referee for local events
D – National Referee for national events
C – International Referee for national and international events incl. local / national title and international titles
B – International Referee for all events incl. European and Intercontinental titles
A – International Referee for all events including World Titles
A1 – International Referee Supervisor for all events. Head Referee of any Tournament or event.

Referee / Judge Licences -

ISKA Canada – Referee & Judge Structure

ISKA Canada maintains a national officiating system designed to ensure consistency, safety, and professional standards across all sanctioned events. All referees and judges must be registered and licensed nationally with ISKA Canada.

Level 1 – Provincial / Entry-Level Official

(Local & Development Events)

Eligibility Requirements:
- Minimum 18 years of age
- Completion of ISKA Canada Level 1 Officials Course
- Demonstrated understanding of ISKA rules, safety protocols, and ethical standards
- Practical evaluation under supervision at a sanctioned event

Authorized Duties:
- Judging or refereeing at local and regional ISKA Canada events
- Tatami and controlled-contact divisions
- Entry-level and novice bouts

Level 2 – National Official

(Advanced Amateur & National Events)

Eligibility Requirements:
- Active ISKA Canada Level 1 licence in good standing
- Minimum 2 years of officiating experience or equivalent event exposure
- Completion of ISKA Canada Level 2 Officials Certification
- Successful technical, rules, and situational assessment
- Demonstrated consistency and professionalism in officiating duties

Authorized Duties:
- Officiating at national-level ISKA Canada events
- Ring and tatami disciplines
- Advanced amateur, title bouts, and national championships

Level 3 – Senior / International Official

(High-Performance & International Assignment Ready)

Eligibility Requirements:
- Active ISKA Canada Level 2 licence in good standing
- Extensive officiating experience at national championships
- Completion of ISKA Canada Level 3 Officials Certification
- Advanced evaluation of:
- Rule mastery
- Bout control and athlete safety
- Decision-making under high-pressure conditions
- Approval by ISKA Canada Officials Committee

Authorized Duties:
- Senior roles at ISKA Canada national championships
- Eligibility for international assignments
- Mentorship, evaluation, and training of lower-level officials

Technical Equivalency Requirement

For disciplines without a formal belt system (e.g., kickboxing, boxing, Muay Thai), technical equivalency to a 1st-degree black belt is defined as:
- Minimum 3–5 years of documented training or competitive experience
- Proven technical proficiency and rule comprehension
- Demonstrated safety awareness and professional conduct
- Final approval by ISKA Canada through assessment and evaluation

Governance & Compliance

ISKA Canada reserves the right to:
- Upgrade, downgrade, suspend, or revoke officiating licences
- Require continuing education and periodic re-certification
- Assign officials based on experience, discipline, and event level

Conflict Of Interest -

A person cannot Referee or Judge while being a Coach or a Country representative at the same time.

The Referees have an obligation to report themselves if there is a possible conflict of interest. In case of an omission, the present ARC Members, after consulting with the Head Referee may impose one or more following measures -

1. Warning
2. Exclusion from any further participation from the Referee at the event
3. A Reduction of the Referee's compensation.
4. Withdrawal of the Referee's licence for a time determined by the ARC.

Chief Referee -

At every tournament a Chief Referee **MUST** be assigned. They are responsible for the whole Referee organisation at the tournament. They will supervise the work on all the fighting areas including but not limited to Tatami Mats and Boxing Rings.

The Chief Referee can exchange Referees who are obviously not neutral or violate the official ISKA competition rules and can overrule their decisions after careful review of their actions.

Area Supervisor -

At a tournament with several fighting areas, the Chief Referee can designate Area Supervisors. These Supervisors will oversee proceedings at specific fighting areas. The Area Supervisor roles includes but limited to placing the Referees on the fighting area according to their nationality or affiliation to a club/school or particular fighter. They will report the results according to the instruction of the Chief Referee.

Referee Clothing -

All Referees MUST wear grey/black trousers with the official polo T-Shirt or Shirt with the print "ISKA REFEREE" or "ISKA OFFICIAL". Suitable footwear **MUST** be worn i.e. Martial Shoes, Trainers or flat bottom Shoes are acceptable, heels are **NOT** allowed.

To eradicate injuries, it is forbidden for a Centre Referee to wear any jewellery, watches etc... They **MUST** not have any pens/pencils or sharp objects on their person. Judges that have no contact with competitors are not included in this rule. The use of medical gloves is highly recommended and to be changed per fight.

Registration Of Referees Per Country At World Championships -

For every 25 competitors per discipline, per country, Two Referees **MUST** be present.

1 – 25 Competitors 2 Referees
25 – 50 Competitors 4 Referees
51 – 75 Competitors 6 Referees
76 – 100 Competitors 8 Referees
101 – 125 Competitors 10 Referees
126+ Competitors 12 Referees

Please note the above ratio is per discipline i.e. If one country has 1-25 competitors in Semi-Contact they **MUST** supply 2 Referees for that discipline, if they have a further 1-25 competitors in Light-Contact they **MUST** also supply a further 2 Referees for that discipline,

Registration Of Referees Per Country At World Championships -

For every 25 competitors per discipline, per country, Two Referees **MUST** be present.

1 – 25 Competitors 2 Referees
25 – 50 Competitors 4 Referees
51 – 75 Competitors 6 Referees
76 – 100 Competitors 8 Referees
101 – 125 Competitors 10 Referees
126+ Competitors 12 Referees

Please note the above ratio is per discipline i.e. If one country has 1-25 competitors in Semi-Contact they **MUST** supply 2 Referees for that discipline, if they have a further 1-25 competitors in Light-Contact they **MUST** also supply a further 2 Referees for that discipline,

also, they cannot be the same Referees for multiple disciplines.

Any country that does NOT fulfil the above requirements and their obligation to supply referees they will be fined a minimum of €150 per missing Referee.

Each country is responsible for training and licencing their own Referees in time for the World Championships. The training of F, E and D Class Referee is a matter for each country. However the ARC do offer seminars. All countries **MUST** pre-register their Referees and Judges for the World Championships and receive confirmation from the ARC.

The Referees payment is equal to the starting fee for a single competitor each day. It will be paid in arrears each morning before the tournament commences.

The promoter is responsible for taken care of the Referees. This includes providing a separate room with food and beverages throughout the day. It is also necessary at all Officials table there will be Mineral Water provided. The promoter will ensure there is enough Referees to rotate and provide adequate breaks for each Referee / Judge.

11. Protests – ISKA Canada Policy

ISKA Canada recognizes the right of athletes and coaches to submit a formal protest while ensuring that athlete safety, fair play, and the uninterrupted flow of competition are maintained at all times.

11.1 Eligibility to Submit a Protest

- Protests may be submitted only by the registered coach or official team representative of the affected athlete
- Athletes, parents, spectators, or third parties are not permitted to submit protests directly

11.2 Grounds for Protest

A protest may be submitted only in cases involving:

- Misapplication or misinterpretation of ISKA Canada rules
- Administrative or procedural errors that directly affect the bout outcome

Judgment calls, including referee discretion and scoring opinions, are not valid grounds for protest.

11.3 Protest Submission Timeline

- Protests must be submitted in writing within 30 minutes of the conclusion of the bout
- Protests submitted after this time limit will not be accepted
- No protests may be submitted after the tournament has concluded

11.4 Protest Fee

- All protests must be accompanied by a **$100** CAD protest fee
- If the protest is upheld, the **$100** CAD fee will be fully refunded
- If the protest is denied, the fee will be forfeited

11.5 Protest Review Process

- Protests will be reviewed by the ISKA Canada Protest Committee, which may include:
- The Event Director
- The Head Referee
- A senior ISKA Canada official, if required
- All decisions of the committee are final and binding

11.6 Competition Flow Protection

- Protests must not disrupt, delay, or interfere with the ongoing competition schedule
- The Event Director and Head Referee have full authority to:
- Limit the duration of a protest review
- Defer review to a suitable break in competition
- Dismiss any protest deemed to hinder event operations

11.7 Conduct & Enforcement

ISKA Canada reserves the right to:

- Reject frivolous or abusive protests
- Apply disciplinary action for misconduct related to protest submissions
- Enforce all decisions in the interest of safety and fairness

11.8 Final Authority

All protest decisions made by ISKA Canada are final and not subject to appeal.

12. Competitors Conduct -

All competitors **MUST** at all times show respect to their fellow competitors, coaches and all ISKA officials including but not limited to Referees, Judges, Table Staff, Registration Staff and Medics and Doctors.

Competitors **MUST** never forget that they are representing their nation. They **MUST** wear their National Teams Fighting Uniform / T-Shirt when competing.

Any unsportsmanlike conduct including but not limited to verbal abuse, spitting, excess power, inappropriate gestures or words that cause offences may result in minus of point, disqualification, removal from the venue and a ban from all ISKA events for a period of time set out by the ARC.

Competitors have the responsibility to be ready to compete. They **MUST** be wearing the correct clothing and safety equipment if they arrive at the competition area without such items this will result in an official warning.

Competitors must show respect to the officials and their opponent at the beginning and the end of fights by the gesture of bowing or shaking of hands.

Competitor Conduct – Readiness to Compete

there is a time limit.

- A competitor who is not ready to compete (including not being properly clothed or equipped) will receive one official warning
- The competitor will be given up to two (2) minutes to become fully ready to compete
- If the competitor is not ready within the allotted time, they may be disqualified at the discretion of the Referee and Event Director

This rule is in place to ensure athlete safety and to prevent unnecessary delays to the competition schedule.

13. Coaches Conduct -

All National Coaches **MUST** at all times show respect to all competitors, fellow coaches and all ISKA officials including but not limited to Referees, Judges, Table Staff, Registration Staff and Medics and Doctors.

Coaches **MUST** never forget that they are representing their nation. They **MUST** wear their National Teams Tracksuit / Uniform / T-Shirt when coaching.

Any unsportsmanlike conduct including but not limited to verbal abuse, spitting, excess power, inappropriate gestures or words that cause offences may result in minus point for their competitor, disqualification of their competitor, removal from the venue and a ban from all ISKA events for a period of time set out by the ARC.

It is the Coaches responsibility to ensure their competitors are ready to compete. Each country **MUST** provide adequate coaches per their competitors. ISKA recommended ratio as follows –

1 – 25 Competitors – 5 Coaches
25 – 50 Competitors – 10 Coaches
50 – 80 Competitors – 15 Coaches
80 – 110 Competitors – 20 Coaches
110+ Competitors – A minimum of 30 Coaches

Coaches **MUST** show respect to the officials and their competitors opponent at the beginning and the end of fights by the gesture of bowing or shaking of hands.

14. Opening Ceremony and Medal Ceremony

Opening Ceremony - Requirement

An opening ceremony is not mandatory for local or provincial competitions.

- Opening ceremonies may be held at the discretion of the Event Director
- For national or championship-level events, an opening ceremony is recommended but not mandatory
- When conducted, opening ceremonies must not interfere with the competition schedule

The promoter will host the Opening Ceremony either the evening before the tournament begins or the morning of the first day of the tournament.

Each country **MUST** designate two competitors from their National Team to be their flag / sign bearer. The names of these competitors **MUST** be handed in to the promoter prior to the Opening Ceremony.

During the Opening Ceremony all National Directors and National Teams including competitors and coaches **MUST** show respect at all times. There **MUST** not be any team discussions or meetings during the Opening Ceremony.

Team photos will be allowed to be taken on the Podium Stage after the Opening Ceremony. These photos will be done in Alphabetical order.

Medal Ceremony -

Competitors will be called to the podium to receive their medal. Competitors **MUST** show respect to their fellow competitors at all times.

Each country should supply a MP3 file to the promoter of their national anthem, no longer in duration than 30 seconds.

Each competitor will be allowed one national flag on the podium. Competitors are advised to wear their National Teams Tracksuit / Uniform / T-shirt when receiving their medals.

No offence or inappropriate hand gestures should be made when standing on the podium.

ISKA CANADA

On-Site Medical Requirements & Emergency Medical Coverage

Figure 1: Professional ringside medical staff ensuring athlete safety at combat sports events

To ensure athlete safety and compliance with recognized combat sport standards, the following minimum on-site medical staffing and equipment requirements shall apply to all ISKA Canada sanctioned events. Requirements vary based on contest classification level.

1. General Medical Standards (All Classes)

The following standards apply to **all ISKA Canada sanctioned events**, regardless of classification level:

- A clearly designated **Medical Coordinator** must be appointed by the Promoter.
- Medical personnel must have **direct and unobstructed access** to the competition area at all times.

- A **medical station** must be established ringside or immediately adjacent to the competition area.
- **Emergency evacuation routes** must remain clear throughout the event.
- A written **Emergency Action Plan (EAP)** must be in place and communicated to all officials and event staff.
- All events must have **Basic Life Support (BLS) equipment** on site.

Competition organizers are responsible for ensuring a safe environment for all participating athletes and must have a clearly documented Emergency Medical Response Plan to address the full spectrum of potential medical emergencies.

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2. Minimum Medical Staffing Requirements by Class

ISKA Canada requires the following minimum licensed medical personnel at all sanctioned competitions:

Class D & E	A minimum of two (2) licensed Emergency Medical Responders (EMRs) on site.
Class C	A minimum of two (2) licensed Primary Care Paramedics (PCPs) on site.
Class B & A	A minimum of one (1) licensed physician, supported by two (2) licensed Primary Care Paramedics (PCPs), on site.

Table 1: Minimum medical staffing requirements by event classification

Figure 2: Licensed paramedics providing emergency medical support

Important Note

These are the minimum required medical team member numbers.

Depending on:

- The number of active rings or mats,
- The number of athletes competing simultaneously,
- Event duration and intensity,

Medical staffing levels must be augmented as necessary, including increased personnel and/or higher medical certifications to ensure adequate coverage.

Medical personnel must remain present for the **full duration of the event** and have the authority to suspend or stop any contest if athlete safety is compromised.

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3. Required Medical Equipment

At minimum, the following equipment must be available on site:

- **Automated External Defibrillator (AED)**
- **Oxygen** with appropriate delivery systems

- **Cervical spine immobilization equipment** (including collar and/or spine board)
- **Trauma response kit**
- **Blood-control and biohazard protection supplies**
- **Communication device** (radio or phone) for emergency activation

Figure 3: Essential emergency medical equipment including AED and response kit

All equipment must be fully operational and immediately accessible during competition.

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4. Authority & Compliance

- All assigned medical personnel have **full authority** to pause, suspend, or terminate any contest in the interest of athlete safety.
- Promoters must ensure all medical personnel are **properly licensed and in good standing**.
- Failure to meet these minimum medical requirements may result in:

1. Immediate suspension of the event
2. Revocation of ISKA sanctioning

3. Disciplinary action under ISKA Canada regulations

Figure 4: Ringside physicians providing immediate medical attention to athletes

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Contact Information

ISKA CANADA

For questions regarding medical requirements or event sanctioning, please contact ISKA Canada officials.

Athlete safety is our highest priority.

Document Version: March 2026
Effective Date: All sanctioned events
Authority: ISKA Canada Regulations