



IAKO PRO RULES





IAKO PRO WEIGHT CATEGORY



SEMI CONTACT

Men	Women
57 kg	50 kg
63 kg	55 kg
69 kg	60 kg
74 kg	65 kg
79 kg	70 kg
84 kg	+70 kg
89 kg	
94 kg	
+94 kg	

LIGHT CONTACT

Men	Women
57 kg	50 kg
63 kg	55 kg
69 kg	60 kg
74 kg	65 kg
79 kg	70 kg
84 kg	+70 kg
89 kg	
94 kg	
+94 kg	

FULL CONTACT

Men	Women
52.7 kg	48 kg
54.5 kg	50 kg
56.4 kg	52 kg
58.2 kg	54 kg
60 kg	56 kg
62.3 kg	58 kg
64.5 kg	60 kg
66.8 kg	62 kg
69.1 kg	64 kg
71.8 kg	66 kg
75 kg	68 kg
78.1 kg	70 kg
81.4 kg	+70 kg
85.1 kg	
88.6 kg	
94.1 kg	
+94.1 kg	

LOW - KICK

Men	Women
52.7 kg	48 kg
54.5 kg	50 kg
56.4 kg	52 kg
58.2 kg	54 kg
60 kg	56 kg
62.3 kg	58 kg
64.5 kg	60 kg
66.8 kg	62 kg
69.1 kg	64 kg
71.8 kg	66 kg
75 kg	68 kg
78.1 kg	70 kg
81.4 kg	+70 kg
85.1 kg	
88.6 kg	
94.1 kg	
+94.1 kg	

K -1 RULES

Men	Women
52.7 kg	48 kg
54.5 kg	50 kg
56.4 kg	52 kg
58.2 kg	54 kg
60 kg	56 kg
62.3 kg	58 kg
64.5 kg	60 kg
66.8 kg	62 kg
69.1 kg	64 kg
71.8 kg	66 kg
75 kg	68 kg
78.1 kg	70 kg
81.4 kg	+70 kg
85.1 kg	
88.6 kg	
94.1 kg	
+94.1 kg	



IAKO-PRO RULES



Art.1 – DEFINITION

- The prime intention of IAKO PRO is to provide a professional platform to the IAKO National Champions and promising Kickboxers of all over the country through PRO events.
- However it's the responsibilities of the IAKO PRO Representative/Promoter/Club to select, promote and register their PRO members with IAKO PRO time to time to strengthen their activities.
- IAKO PRO and its Representative/Promoter/Club will assist the promising PRO members by organising sponsorships/Promoter to run a healthy and professional carrier in long run in National & International level to bring laurel for the country.

ART . 2 - SAFETY EQUIPMENT

IAKO-PRO must approve all safety equipments.

Producers of safety equipments must get their products approved by IAKO-PRO.

Safeties to be used in National Title bouts must be approved at least 1 month before the Gala takes place and fighters involved must be duly informed.

All uniforms and safety equipment must be clean, correct and in good and safe condition.

GLOVES

Two types of protective gloves are used at kickboxing title bouts:

Gloves for Semi-contact and gloves for ring disciplines (Light contact, Full contact, Low-kick , K-1 Rules). In every fighting discipline, gloves are mandatory.

GLOVES FOR SEMI-CONTACT

- In semi-contact it is mandatory to use gloves with an open palm or open hand and with full cover of the first half of fingers, including the thumb. The gloves make it possible to open and close the hand.
- Gloves must cover hitting area on front and upper side of fist and edge of palm and must cover a minimum of 5 cm above wrist.
- Gloves must be made from soft and compact synthetic foam rubber material covered with original or artificial leather.
- Gloves must be fixed on fighter's hand by self adhesive and adjustable strip over the wrist. Metal or plastic buckles or ropes are not allowed for fixing gloves. Also, any kind of self-adhesive tape is not allowed, except self adhesive tape made with a cotton base, and this tape can be used only to fix gloves at the wrist.
- The total weight of the glove must be 8 Oz (226 grams).

GLOVES FOR CONTACT FIGHTING SPORTS (Boxing Gloves)

- Gloves weigh 8 Oz (226 grams) – in use from -51 kgs To – 66,800 kgs)-
10 Oz (283 grams) - in use from -69,100 kgs to + 94,200 kgs
- Gloves are produced from special foam rubber, synthetic, compact and soft material which is covered with genuine or artificial leather. Gloves must make it possible for the fighter to completely clench his fist and keep his thumb in contact with other fingers.
- Gloves completely cover the fighter's fist with separate parts for fingers and thumb. The thumb is connected by a small strong strip to the rest of the glove. This strip keeps the thumb together with the fist to avoid separation of the thumb during punching and injuries to the fighter's thumb or to the other fighter. Inner foam rubber material must cover the front and upper part of the fist, edge of palm and upper and front part of thumb. The interior part of gloves covers the bottom part of fingers and palm only with leather and cover a minimum of 5 cm of the wrist.
- Gloves will be fastened by self-adhesive strips at the fighter's wrist and the use of self-adhesive cotton-base tape is allowed (plastic or other types of self-adhesive tape are not allowed). Fastening gloves with strips or any kind of buckles is not allowed.

HAND WRAPS (BANDAGE)

- Hand wraps are used for wrapping the fist to avoid injuries. It is optional to use hand wraps in Semi-contact fights, but for all other fighting disciplines (where fighters use 8 or 10 Oz gloves), using hand wraps are mandatory.
- Hand wraps are 250 cm long and 5 cm wide cotton strips with sharp edges.
- Hand wraps will be fastened on the upper part of fighter's wrists with self-adhesive cotton-base strips; maximum length 15 cm and width 2 cm.

TOOTH PROTECTION (MOUTH-GUARD)

- Mouth-guards must be made from soft and pliable rubber-plastic material. Protection on only the upper teeth or on both upper and lower teeth is allowed.
- Mouth-guard must enable free breathing and must be adapted to the competitor's mouth configuration.
- It is not allowed to use a mouth-guard over tooth correction apparatus (braces, retainers).
- Using tooth protection is mandatory for all fighting disciplines.



GROIN PROTECTION

- Groin protector is mandatory for all male and female competitors.
- Groin protector is made of hard plastic material and fully covers genital organs to protect this part of competitor's body from any injury.
- The groin protector can be made as a cup for covering genitals, or for covering the entire abdomen.
- Competitors must wear the groin protection under their pants.

FOOT PROTECTION

- Foot protection is made from special synthetic foam rubber, a compact and soft material which is covered with genuine or artificial leather.
- Foot protection covers the upper part of the foot (instep), lateral and medial malleolus and heel - all in one piece - with open sole of the foot. They must be long enough (adequate size) to completely cover the competitor's feet and toes. The front part of the foot protection is fastened by elastic strips for the big and second toes.
- Foot protection is fastened to feet with elastic self adhesive strips on the back of feet, above the heel.
- Foot protection are mandatory in Semi, Light contact and Full contact Title bouts.
- No foot protection are allowed in low-kick & K1 Rules

Art.3- UNIFORMS

- T-shirt are normally worn in Semi-contact and Light contact by male and female competitors. However, male competitors can be naked torso on demand of promoters' needs. While it stays mandatory for female competitors.
- Length of sleeves must be a maximum of mid upper arm.
- Long pants must extend from waist to the ankle joint.
- Pants must have an elastic waistband, minimum 10 centimetres wide in a different colour from that of the pants.
- Male and female competitors wear pants in semi, light and full contact.
- Bodice (upper, top) worn by female competitors in Full contact, Low-kick and K-1 Rules.
- Female competitors to wear breast protection under the bodice.
- Shorts are worn by male and female competitors in Low-kick and K-1 Rules. Their length must be from the waist to mid-thigh. Shorts must have an elastic waistband, minimum 10 centimetres wide in different colour from that of shorts.
- They can wear sponsors' names or badges.

Art.4- FIGHTER'S UNIFORMS AND EQUIPMENT

SEMI-CONTACT

- Mandatory to use : mouth-guard, (breast protection recommended for female competitors), groin-guard, shin-guards and foot-guards, hand wraps , SC gloves.
- Male competitors can be naked torso (or wear T-shirt) and long pants.
- Female competitors can wear V neck sport top or T-shirt or a top and long pants.

LIGHT CONTACT

- Mandatory to use : Mouth-guard, (breast protection recommended for female competitors), 10 Oz boxing gloves, hand wraps, groin protection, shin guards, and foot protection.
- Male competitors can be naked torso (or wear V neck sport top or T-shirt) and long pants.
- Female competitors can wear V neck sport top or T-shirt or a top and long pants.

FULL CONTACT

- Mandatory to use : Mouth-guard, (breast protection recommended for female competitors), 10 Oz boxing gloves, hand wraps, groin protection, shin guards, and foot protection.
- Male competitors wear long pants (bare torso) and female competitors wear a bodice (upper top) and long pants.

LOW-KICK

- Mandatory to use : Mouth-guard, (breast protection recommended for female competitors), 8 Oz boxing gloves(from 51 kg. to 67 kg.) & 10 Oz boxing gloves (from 71 kg. Up) , hand wraps, groin protection (recommended for female competitors), and an ankle protection (elastic band).
- Male competitors wear shorts (bare torso) and female competitors wear a bodice (upper, top) and shorts.

K-1 RULES

- Mandatory to use : Mouth-guard, (breast protection recommended for female competitors), 8 Oz boxing gloves (from 51 kg. to 67 kg) & 10 Oz boxing gloves (from 71 kg. Up), hand wraps, groin protection, NO shin guards and NO foot protection. Only permitted to wear ankle supports.
- Male competitors wear shorts (bare torso) and female competitors wear a bodice (upper, top) and shorts.
- Competitors in K1 Rules are not allowed to wear any Muay Thai mongkon and paprachiat.



Art.5- COMPETITION ROUNDS

IAKO- PRO National Title bouts, matches' length are as follows.

- SEMI CONTACT AND LIGHT CONTACT : 5 rounds of 2 minutes
- MALE/FEMALE FULL CONTACT : 5 rounds of 2 minutes
- MALE/FEMALE LOW-KICK & K-1 RULES : 5 rounds of 3 minutes

In all styles there must be with a minute break between each round.

Art. 6 - IAKO-PRO REPRESENTATIVE AGREEMENT

- IAKO Representatives has the priority to represent IAKO PRO in his /her state, in case of failure IAKO PRO has the right to choose suitable Representative/Promoter as deemed fit.

IAKO PRO Rep/Promoter has to follow the following T&C

- The PRO activities can NOT use IAKO name or logo for any of its activities.
- Should be present (whenever possible) in all PRO Title bouts.
- Is responsible for seeing that all EVENTS are under IAKO-PRO rules and that all results, photos and general information will be sent to IAKO-PRO HQ within a week the Gala has taken place.
- Is also financially responsible for the respect of contracts between parties, i.e. promoters and fighters.
- Is particularly responsible for the proper treatment to the Kickboxers by the promoters.
- A fighter designated by IAKO PRO Member Association can challenge any National PRO title holders. It means that IAKO PRO Member Associations must promote National/Regional "PRO" Title fights and establish National Rankings in all Kickboxing styles.
- The Membership/Agreement shall be automatically TERMINATED for any involvement with any dissident organisations other than IAKO PRO.
- Has the right to appoint any number of Member Promoter/Club in there jurisdiction.
- Has the right to raise any Membership Fees, Sponsorships, event ticket, etc.
- Should fix or offer more cash award for a National Title Match, is the best way to persuade a challenge match to defend his/her title.
- Any number of sanctioned of Open Regional/State "non title" bouts can be organised in a year only with prior approval of IAKO PRO.
- The Membership Renewal will be automated if the IAKO PRO Rep/Promoter will organise at least one sanctioned National PRO Title/Challenge event per year in his/her state OR has to Register minimum 10 nos of PRO Kickboxers per year.
- Efforts shall be highly appreciated to promote the promising PRO Kickboxers of the state in every respect in National and International level through IAKO PRO only.
- PRO Events must be organised as per the IAKO PRO Rules and entertainment programmes can be tied up to attract more audience and make the show lively.
- IAKO PRO President Er. S.S. Harichandan shall be treated as the VVIP and must be invited at least once a year during any sanctioned event.
- For any sanctioned National Title/Challenge event IAKO PRO shall appoint a Technical Director with a status of VIP and shall be provided at least return 3AC Train Fare/or Economy class Air fare, Hotel***, Food and fixed remuneration.
- Must use only the qualified IAKO National Referee/Judges for any PRO events.
- All the Receipts/Payments CAN NOT be merged with IAKO State Association A/Cs , BUT must be maintained separately with any Representative/Promoter/Business A/Cs.
- Any further rules framed in future shall come in force time to time.

Art. 7 - FIGHTERS AGREEMENT

- PRO KICKBOXERS Registration is open for any Kickboxing enthusiasts.
- Each PRO FIGHTER must be a Registered/Licensed member of IAKO PRO.
- A National Title holder CANNOT REFUSE any challenge if it is beyond 60 days of his last fight and that too a minimum of 45 days notice in advance.
- However, if a Title holder is challenged within 60 days only , he has the right to ask for more money from the promoter. IAKO-PRO can mediate to come to a fair financial agreement.
- If a financial agreement is not found, then a National Title holder CAN REFUSE TO DEFEND HIS TITLE , but only if he GUARANTEES IAKO-PRO to defend it any how WITHIN THE NEXT 6 MONTHS at the IAKO-PRO matches with minimum tariffs.
- A National Title holder must defend his Title at least every six months if invited/organised. He can keep his Title for a maximum one year without defending it. After such a time IAKO-PRO has the right to take away his/her Title.
- The License of the Fighter shall be automatically TERMINATED if found in engaging himself/herself with any dissident organisations other than IAKO PRO.
- Any National Title holder shall enjoy a Life Time FREE License to compete or challenge in any IAKO PRO National event.



Art. 8 - FIGHTERS' REMUNERATION (to be considered as training expenses)

IAKO-PRO ensures to fix the Cash Award for its ring fighters Champions as following which may be increased by the Promoter/Sponsorer :

For any IAKO PRO Open Regional/State "NON TITLE" bouts

Champion : Cash Award + Gold Medal or Trophy + Certificate
 Best Loser : Cash Award + Silver Medal or Trophy + Certificate

For any IAKO PRO NATIONAL TITLE/Challenge bouts

Champion : Cash Award + Title Belt or Trophy + Certificate
 Best Loser : Cash Award + Trophy + Certificate

Art. 9 - NEUTRAL REFEREE IN ALL TITLE BOUTS

- IAKO-PRO will select/approve the Neutral Referees for any PRO National Title/ Challenge bouts.
- A neutral Judge has the right to get return 3AC Train fare(may be economic Air tickets) + Hotel accommodation and meals + Remuneration to be paid by the promoter.
- IAKO-PRO National Referees and Judges will be selected among the IAKO qualified National Referees.

Art. 10 - IAKO-PRO FEES STRUCTURE

IAKO-PRO will appoint its Representative/Promoter in every State/UT/Autonomous Organisations and only Registered Fighters can take part in any Regional/National bouts with the following fees which will allow them to use its brand name of logo:

- IAKO PRO Representative/Promoter : INR 10000 per year OR as per T&C
- IAKO PRO Fighter Registration : INR 1000 for 2 years
- IAKO PRO Sanctioning Fees is mandatory for
 - Official National Title : to be fixed
 - Challenge to a National Title holder : to be fixed
 - Open Regional/State "Non Title" bouts : to be fixed
- PRO National Title Belts are to be approved IAKO PRO and to be supplied to its Representative/ Promoter ON DEMAND on extra cost with delivery expenses, which may be included in the sanctioning fee.

