

聯盟規則

1. 擂台 (Ring)

採用國際式搏擊擂台，面積 20-24 呎正方形，圍繩三或四條，台面蓆底鋪有軟墊，以策安全。

International Kickboxing standard ring is used with a squared area of 20-24 feet, surrounded with three or four ropes, the canvas is cushioned at the bottom for safety reasons.

2. 賽例(Round System)

2.1. 國際職業賽五回合，每回合三分鐘，休息二分鐘。

2.2. 業餘賽事三回合，每回合二分鐘，休息一分鐘。

2.1. International Professional Tournaments are set for 5 rounds, each round of three minutes, with a recess of two minutes between rounds.

2.2. Amateur Tournaments are set for 3 rounds, each round of two minutes, with a recess of one minute between rounds.

3. 服式(Costume)

拳手可穿著長運動服或拳手短褲，內戴護檔。其他可以接受的護具，只限於無墊的護膝、護脛和護踝。按國際慣例採用 8 安士拳套。

Competitors may wear long sports pants or boxer's shorts, with a groin guard. Other acceptable protective gears are restricted to non-cushioned knee pads, shin guards and ankle guards. 8-ounce gloves are to be used in accordance with international practice.

4. 招式(Tactics)

由於聯盟賽例基本上是站立式搏擊比賽，所有攻擊招式必須在對手在站立或尚未跌倒時擊中目標，否則無效。拳手可以運用的攻防招式分四大範圍，即腿擊、拳擊、抱摔、膝擊，唯不能使用肘擊動作，否則聯盟大會有權立刻取消參賽資格。

Association rules are basically for standing matches, as such all attack moves in the competition have to be delivered successfully on target while the opponent is still standing or not yet fallen, otherwise the moves will be considered as void. Competitors may use 4 varieties of offensive and defensive moves including Kicking, Boxing, Toss and Knee Punch. Elbow Hits are forbidden and the Association has the right to immediately disqualify the competitor when such happens.

4.1. 腿招方面，只要對手是處於站立姿勢而非倒地情形下中擊。

Legs moves of any type are permissible as long as the opponent is still in the standing posture rather than fallen or laid down.

4.2. 擊招包括直擊、勾擊、上擊、擺擊、回手擊和旋身擊。

Strikes include Long Jab, Hook Strike, Upward Strike, Swing Strike, Back Reach and Corkscrew

Strike.

4.3. 摔技除過背摔（倒頭樁）、反關節動作被禁止使用外，其它如勾、斃、切、入、踢、抱摔等摔角動作均可使用。

All Throw moves are allowed except Piling which is banned for its high risks, these include Leg Seize, Neck Buckle, Knee Tuck, Torso Squash techniques are legitimate; but the joints technique can only be used as a prelude to power a throw strike.

4.4. 肘擊嚴禁使用否則聯盟大會有權立刻取消參賽者資格。

Elbow Hits are strictly forbidden and the Association has the right to immediately disqualify the competitor when such happens.

5. 評分準則(Scoring Principles)

聯盟的評分概念是“按招扣分制”，以“實戰理念”為本，而堅持“競賽精神”執行。在“按照聯盟扣分制下”評分準則方面，拳手每被對方有效攻擊一次，會被扣分 1 至 3 分，實例被扣分如下：

The Association's scoring concept is based on "scoring according to moves" and "lifelike combat concept", while insisting on the "spirit of competition". According to the Association's scoring system, the grading criteria are when the competitor is being effectively attacked each time by the opponent, the competitor will be deducted 1 to 3 points, actual examples are as follows:

被扣 1 分：高踢、拳擊頭部或身體、低掃、抱腿摔、膝擊。拳手不慎失足倒地。

1 point deduction: high kick, boxed on head or body, low sweep, leg held knockdown, knee hit. If the competitor has a careless slip, it will be considered as a knockdown as this is a disadvantage whilst in combat.

被扣 2 分：強烈有效的高踢、拳擊、摔跌對手而本身站立。

2 point deduction: strong and effective high kick, jab, knockdown opponent while remains standing.

被扣 3 分：擊倒 (Knockdown) 被強而有效之技巧擊倒。

3 point deduction: Knockdown, with a strong and effective knocking down technique.

6. 拳證職責(Referee Duties)

聯盟賽例與國際自由搏擊差別不大，拳證是以“Box”、“Break”與“Stop”三個口令控制比賽的進行。其任務中比較重要的是兩方拳手在抱纏之間，若僵持四秒鐘未見有得失，拳證須下令“分開”。

The Association's competition rules are similar to the International Kickboxing competitions. Referees use 3 main commands of "Box", "Break" and "Stop" to direct the competition. The Referee's main mission is to command the competitors to "Break" when their hugs entangled for 4 seconds without

any scoring.

遇有拳手違反規則，拳證有權施行提示、警告或撤銷參賽者比賽資格。

When a competitor violates the rules, the Referee has the right to issue a reminder, a warning or disqualify the competitor.

7. 違規動作(Fouls)

聯盟的競賽規則與國際自由搏擊差別不大，因安全競賽原則下嚴禁使用肘擊招式。否則，聯盟大會有權立刻撤銷參賽者比賽資格。

The Association's competition rules are similar to the International Kickboxing competitions. Due to competition safety, elbow hits is strictly forbidden, or else the Association has the right to immediately disqualify the competitor.

8. 判決(Judgment)

聯盟比賽的判決原則，是個別裁判首先評定每個回合雙方拳手得失，決定誰勝誰負，進而按照佔得回合數目的多少斷定其個人判決，進行投票，最後是“高分者勝”。在全場比賽中，每一“有效”攻擊招數，最高被扣三分，最低一分。每回合結算，點數高者勝，到賽事全程在每場比賽之中完結，裁判長即綜合三名(或五名)裁判的判決，宣報結果。

Judging principles of the Association's matches are by way of individual referees' assessments of the performance of the opponents in each round to decide on the round's scores. The referee then determines the victor according to the competitor's victorious rounds to deliver the referee's personal judgment. Referees' scorings are then put into a collective voting to determine the winner. Throughout the match, each "effective" attack move shall gain a highest score of 3 point or lowest 1 point. The scores are counted at end of each round and the competitor with the highest score shall be the victor. Upon conclusion of the rounds the Head Referee shall combine the votes of the 3 (or 5) Referees before announcing the verdict.