



KICKBOXING

TECHNICAL HANDBOOK

FOR

BATANG PINOY 2024

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1. COMPETITION GUIDELINES

The TECHNICAL RULES presented hereafter is adapted from the current rules and regulations by the Asian Kickboxing Confederation (WAKO ASIA) and the WAKO International Federation (WAKO IF), approved and duly noted by the National Technical Committee and the National Officials of the Samahang Kickboxing ng Pilipinas (SKP). SKP is the National Sports Association (NSA) in charge of the development of Kickboxing Sports in the country, a regular member of the Philippine Olympic Committee (POC) and recognized by the Philippine Sports Commission (PSC).

2. REGISTRATION

- Registration is FREE (c/o LGU)
- The team must send their competition documents on or before the scheduled deadline posted by the Batang Pinoy Organizing Committee
- Team Manager must submit their official master list of entry
- All athletes must submit a Certified True Copy of Birth Certificate
- Athletes age in BP must be 17 years old and below
 - Point Fighting
 - a. Young Cadets
*12 years old (2012)
 - Kick Light
 - a. Older Cadets
* 13-15 years old (2009-2011)
 - b. Juniors
* 16-17 years old (2007-2008)

3. TEAM COMPOSITION

- 1 Team Manager
- 1 Coach, 1 Second
- Point Fighting: Young Cadets (12 y/o) (2012)
 - i. Male: 3
 - ii. Female: 3
- Kick Light: Older Cadets (13 – 15 y/o) (2009-2011)
 - i. Male: 5
 - ii. Female: 5
- Kick Light: Juniors (16 – 17 y/o) (2007-2008)
 - i. Male: 5
 - ii. Female: 4

4. ATHLETES MEDICAL CHECK-UP AND WEIGH-IN

All kickboxers are required to undergo a medical check-up before weighing-in. Medical check-up must be done during the general weigh-in period usually scheduled a day before the official start of the competition. As per WAKO Rules Technical Handbook duly adapted by Samahang Kickboxing ng Pilipinas Technical Committee for Batang Pinoy. All Kickboxers who are scheduled to compete during that day must weigh early in the morning. This rule goes to all participants from Cadets to Masters Class. Athletes must sign the waiver signed by a Registered Medical Officer given by the Batang Pinoy Organizing Committee to be submitted on the day of weigh-in.

5. DRAW LOTS AND RAMIFICATION OF BOUTS

Draw lots and Ramification of Bouts will be done at the Team Manager's Meeting and it will be after the scheduled weigh-in and medical check-up. Only the Team Managers, Head Coach or Team Captain of each team is allowed in the draw.

6. KICKBOXERS FIGHTING ATTIRE

All fighters must use the appropriate Kickboxing attire. It is important to note that the all the competition uniforms of all athletes will be provided personally by the athletes, or provided by the LGU. In addition, competition uniforms are also available with SKP - NSA per order basis.

For **point fighting**, long pants and v-neck jersey shirts only (T-shirts are not allowed). For **kick light**, fight shorts and shirt. Please refer to the photo provided at the end of the handbook for accurate information. No other martial arts uniform is allowed to be used during the event. Violation of this rule is tantamount to **Disqualification**.

7. GEARS AND EQUIPMENT

All gears and sports equipment (e.g. kickboxing gloves, shin guard, foot protector, head gear, detachable facemask for Young Cadets and etc.) will be provided by the Batang Pinoy Organizing Committee. Colored mouth guards are not allowed, athletes are required to use white mouth guards only.

8. PROCESS OF APPEAL

All appeals must be in accordance with the process provided in the Rules and Regulation of the World Association of Kickboxing Organization (WAKO) and the Asian Kickboxing Confederation (WAKO Asia).

9. AWARDS AND RECOGNITION

Athletes will be receiving medals and certificates. A Gold medal for the 1st Rank, Silver medal for 2nd and two (2) Bronze Medals as per Olympic

Sports Standard.

10. ILLEGAL TECHNIQUES AND BEHAVIOUR

A. Kickboxers:

1. Attacks with any technique other than regulation
2. Turn one's back on the opponent, run away, fall down
3. To perform somersault kicks
4. Attack an opponent who is falling to the floor or is already on the floor
5. Continuing after the command "stop" or "break" or end of the round has been given
6. To oil the face or the body (Vaseline is allowed)
7. To spit out or drop the mouth-guard voluntarily
8. Attacking or verbally abusing on Official either inside or outside the mats
9. Leaving the Fighting area (Exit)
10. Grabbing or Attacking the opponent in any way.
11. Unsportsmanlike-like conduct. The kickboxer shall have only one warning, then the normal procedure for penalty and disqualification shall follow. However, in the case of gross unsportsmanlike-like conduct, the kickboxer may be Disqualified or deducted one point on the first offense, depending on the severity of the infringement.

B. Coaches/Coaches Second:

1. Inappropriately Arguing/Commenting Referee/Judge's decision
2. Inappropriately Arguing/Commenting on the score given or not given
3. Attacking or verbally abusing on Official either inside or outside the mats
4. Warning given to the seconds counted against the kickboxer

** The referee has the right to give an official warning to the athlete who is not ready for the fight or came late to the fighting area (MATS). If the athlete comes to the Mats inappropriately dressed, he/she will not be disqualified immediately; instead, they will be given 2 minutes to remedy the matter. If the 2 minutes time has expired and the athlete is not ready, the athlete will be disqualified.*

11. COMPETITION FORMATION

(Tentative) December 15	: Morning	- Arrival of Athletes
	Afternoon	- Opening Program
(Tentative) December 16	: Morning	- General Weigh-in and Medical
	Afternoon	- Team Managers' Meeting, Rules Orientation and Drawlots
(Tentative) December 17	: Morning	- Batang Pinoy (Elimination)
	Afternoon	- Batang Pinoy (Elimination)
(Tentative) December 18	: Morning	- Batang Pinoy (Quarter Finals)
	Afternoon	- Batang Pinoy (Quarter Finals)
(Tentative) December 19	: Morning	- Batang Pinoy (Semi-Finals)
	Afternoon	- Batang Pinoy (Semi-Finals)
(Tentative) December 20	: Morning	- Batang Pinoy (Finals)
	Afternoon	- Batang Pinoy (Finals)

AWARDING CEREMONY

Medal Requirements

Gold	25
Silver	25
Bronze	50

12. MECHANICS OF COMPETITION

The Kickboxing competition will consist of two (2) tatami styles (Point Fighting and Kick Light) with weight categories shown on the table below.

Time Duration: (2 rounds by 1:30 minutes with 1 minute break)				
Event/s	Category	Age	Male (kg)	Female(kg)
Point Fighting	Young Cadets (YC)	12 (2012)	-32, -37, -42	-32, -37, -42
Kick Light	Older Cadets (OC)	13 – 15 (2009-2011)	-37, -42, -47, -52, -57	-37, -42, -46, -50, -55
	Juniors (J)	16 – 17 (2008-2007)	-47, -52, -57, -63, -69	-46, -50, -55, -60

LEGAL TECHNIQUES

Hand Techniques	Kicking Techniques
Jab Cross/Straight Uppercut Hook additional hand technique for Point Fighting) Ridge Hand Back Fist (spinning not allowed)	Front Kick Side Kick Roundhouse Kick Hook Kick Crescent Kick Axe Kick Jumping Kicks Spinning Kicks Using Shin Foot Sweep

LEGAL TARGET AREAS		
HEAD	BODY	LEGS
Front Side Forehead Top	Front Side	Hip Thigh (Below ankle/Mid-calf)

SCORING		
1 POINT	2 POINTS	3 POINTS
<ul style="list-style-type: none"> ● Punch ● Kick to the body ● Kick the thighs ● Foot sweep leading the opponent to touch the floor with any part of the body 	<ul style="list-style-type: none"> ● Kick to the head ● Spinning or Turning kick to the body ● Jumping Kick to the body 	<ul style="list-style-type: none"> ● Jumping kick to Head (Jumping Kick, only warded if kickboxer is still in the air when the technique is landed)

In Point Fighting: if one kickboxer leads by 10 or more points, then the fight is stopped and the kickboxer ahead by points will be declared as winner

In Kick Light: if one kickboxer achieved advantage of minimum 15 points with at least two judges, then the fight is stopped and the kickboxer ahead by points will be declared as winner

***Scoring Criteria**

1. A legal technique strikes a legal target
2. Good technique with absolute balance
3. Controlled Strikes
4. Looking at the point of contact
5. Good timing and correct distance
6. Sporting Attitude
7. **No Score..**
8. If they are contrary to the regulations
9. If they land on the arms
10. If they are weak and do not come from legs, body or shoulders
11. If they are partly deviated or blocked
12. If they simple touch, brushes or pushes an opponent
13. If the kickboxers lose their balance or falls down while hitting or sweeping
14. All hands and foot techniques must be executed in 50% Power.

***In Times of Draw (Point Fighting)**

In case of a Draw, after official fight time, the fight is to be continued with extra time - one (1) minute. If still drawn after extra time, the Central Referee will start the fight again from central position. The Kickboxer, who scores first, wins (so called "sudden death").

***Referees and Judges (Point Fighting)**

Three (3) Referees will be on the Tatami, judging the fight.

***Central Referee (Point Fighting)**

It is the Central Referee who stops and calls all scoring and award the point according to the majority decision. The side judges cannot talk to other than the Central Referee or tatami chief during a fight.

13. DIRECTORY

▪ Samahang Kickboxing ng Pilipinas (SKP)

President Emeritus	:	Mayor Abraham Tolentino
President	:	Senator Francis N. Tolentino
Vice President	:	Mr. Benito C. Domingo
Secretary General	:	Atty. Wharton R. Chan
BP Tournament Director	:	Ms. Roselyn T. Hung
BP Asst. Tournament Director	:	Mr. Bryan S. Olod

Facebook	:	Samahang Kickboxing ng Pilipinas
Instagram	:	samahangkickboxingpilipinas
E-mail	:	samahangkickboxing.ph@gmail.com
Contact Number	:	+639175214861
TD Contact Number	:	+639177019111

LEGAL TARGETS

KICK LIGHT

HEAD

Face and Side of the face

LEGS

For Sweeping
(Ankle Only)

TORSO

Front and Side

THIGHS

Outside and Inside
(Vice-Versa)



KICK LIGHT

SAFETY EQUIPMENT & CLOTHES

HEAD



BODY



LEGS



LEGAL TARGETS

POINT FIGHT

HEAD

Front, Side and Forehead

TORSO

Front and Side
above the waist

LEGS

Below ankle/mid-calf
(For Foot sweeps)



POINT FIGHTING SAFETY EQUIPMENT & CLOTHES

HEAD



BODY



LEGS

