

# KF1 香港踢拳常規賽

截止報名日期 **Application Deadline : 2021-12-03 (星期五 FRIDAY)**

日期 Date	2021-12-12	(星期日 SUN)
時間 Time	下午三時開始 Start at 3 : 00 PM	
地點 Venue	亞洲電視 7 號廠-香港大埔工業邨大盛街 25-37 號 aTV House 7 - 25-37 Dai Shing Street, Tai Po Industrial	
初次過磅日期及時間 Initial Weigh-in Date & Time	比賽前一天中午 12 時正	
過磅地點 Initial Weigh-in Venue	旺角先施大廈 316 室	

比賽名稱	KF1 香港踢拳常規賽	
主辦	 富德拳館	 香港踢拳總會
拳證及裁判隊	 香港踢拳總會	

## 報名需知 Application Guidelines:

1. 參賽者必須為香港永久居民。 Applicant must be a permanent resident of Hong Kong.
2. 組別 Division :
  - a. 青少年組 Junior : 18 歲以下 Applicant must be aged under 18
  - b. 成人組 Adult : 18 歲或以上 Applicant must be aged 18 or over
3. 體重級別 Weight Category:  
本賽事分為四級，各級報磅以磅頂計算
  - a. 第一級 45KG-51KG - 配帶 6oz(成人組) / 8oz(青少年組) 拳套
  - b. 第二級 51KG-57KG - 配帶 6oz(成人組) / 8oz (青少年組)拳套
  - c. 第三級 57KG-63.5KG - 配帶 8oz(成人組) / 8oz (青少年組)拳套
  - d. 第四級 63.5KG-71KG - 配帶 10oz(成人組) / 10oz (青少年組)拳套
4. 比賽資格：必須由香港拳館推薦
5. 比賽經驗 Qualified Experience: 5 場以上 Over 5 bouts
6. 回合 Rounds :
  - a. 青少年組：3 回合制,每回合 2 分鐘,期間休息 1 分鐘 Three rounds of Two minutes each, One minute interval between rounds
  - b. 成人組：3 回合制,每回合 3 分鐘,期間休息 1 分鐘 Three rounds of Three minutes each, Oneminute interval between rounds
7. 賽事規則將會以踢拳規則舉行(拳腳 1 膝，雙方不能糾纏)(詳情依據附上踢拳規例)
8. 賽事以單循環淘汰方式進行(如賽事和局，則以過磅是較輕者勝出) The championship will be conducted in elimination system.
9. 比賽日期定為 10 月 17 日，而各級別賽事次序將由主辦方安排，再作另行通知
10. 過磅者超出比賽磅數將取消比賽資格及罰款 3000 元，並由對手自動晉級勝出
11. 拳手需要在各場賽事中繳交 72 小時內的核酸檢測陰性結果證明或疫苗接種證明書

## 報名方法 Application Procedure :

請聯絡 香港踢拳總會 Tel / Whatsapp: 64290229

並填妥報名表格,連同香港身份證副本 1 份一同 email 到  
hkkickboxing.org@gmail.com



# Rules of KF1 ( Kickboxing Style )

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# KF1 踢拳冠軍賽規則

## Rules of KF1 Kickboxing Champion



### 第 1 條 – 定義

KF1 Kickboxing Style 是踢拳運動的一個類別，運動員需以合法技巧全力展示力量和實力擊敗對手。攻擊必須集中、迅速、果斷地向合法目標位置發動，並明顯擊中位置。允許對頭部的正面和側面以及軀幹的正面和側面進行攻擊。對手的腿（包括關節在內的所有部位）也可以被攻擊（踢腿和膝蓋）。也可以用一隻或兩隻手抓住對手的脖子和肩膀，用膝蓋攻擊對手。

### 第 2 條 – 安全設備和服飾

#### 第 2.1 條 – 個人安全設備

- 頭部保護裝置（必須遮蓋頭部的頂部，青少年組適用）
- 護齒器（僅在上齒或上下齒上）
- 拳套（6oz, 8oz, 10oz，視乎組別及體重級別而定）
- 護甲（青少年組適用）
- 護檔（男性和女性必須）
- 護脛（必須覆蓋脛骨和腳背，青少年組適用）

#### 第 2.2 條 – 個人服裝

- 男拳手上身無需衣物和短褲，
- 女拳手需穿著運動上衣（背心）和短褲（無運動裙）。

### 第 3 條 – 合法攻擊範圍

可以使用合法的戰術技巧來攻擊身體的以下部位：

- 頭部- 正面，前額和側面
- 身軀- 正面和側面
- 腿部（包括關節的所有部分）

### 第 4 條 – 合法技巧

在整個技擊比賽中，手/腳和膝蓋的技巧必須同等使用。必須全力使用所有技術。任何接觸位置偏離或被擋住，或僅輕微觸碰，刷過或推對手的方式都將不會評分。

#### 第 4.1 條 – 拳技

- 直接
- 上勾拳
- 鉤拳
- 拳頭向後旋轉
- 扣緊（活動，只限持續 5 秒鐘）

#### 第 4.2 條 – 踢技

- 前腳踢向軀幹和頭部（不是大腿）
- 軀幹和頭部的側踢（不是大腿）



# KF1 踢拳冠軍賽規則

## Rules of KF1 Kickboxing Champion



- 迴旋踢
- 脚跟踢
- 新月形踢腿
- 斧頭踢
- 跳踢
- 向後踢向軀幹和頭部（不是大腿）
- 允許使用脛骨攻擊

### 第 4.3 條 – 膝關節技

- 膝蓋可以用來攻擊對手的腿、身體或頭部
- 允許用一隻或兩隻手抓住對手的脖子，以便立即用膝蓋攻擊對手。
- 如果踢拳拳手用一隻或兩隻手抓住對手的頸或肩膀，在一次進攻中只允許單膝

### 第 4.4 條 – 摔技

用腳掃撥（僅腳踝水準，從外到內，反之亦然）使對手不平衡，然後用拳技或腳技進攻，或將不平衡的對手摔倒擂台上。不允許只用手摔倒對手，拳手不能用身軀、臀部或肩膀摔倒對手。

## 第 5 條 – 犯規攻擊

禁止：

- 攻擊喉嚨、腎臟、背部、腹股溝、頸部、後腦和後肩部頂部。
- 以任何理由抓住對手的腿，即使是很短的時間，並在抓取的同時執行任何技巧攻擊。
- 對大腿、膝蓋或脛骨的前側進行前腿和側踢。這對膝蓋的攻擊也是有效的。
- 用雙手握住對手的頸部或肩膀，進行不止一次的膝撞攻擊。
- 向大腿前部或側面進行旋轉後踢。
- 向對手腿部進行拳擊。
- 進行空翻踢腿。
- 扭動、抬舉和左右轉動對手。
- 用肘、頭、拇指或肩膀攻擊。
- 背對對手、逃跑、摔倒、故意纏抱、盲目技巧、摔跤、投擲和躲避低於對手腰部以下。
- 攻擊夾在繩子之間的對手。
- 攻擊掉在地板上或已經在地板上的對手；也就是說，對手一隻手或膝蓋碰到地板。
- 在沒有中央裁判的命令下離開擂台。
- 在發出“停止”或“中斷”命令後或在發出訊號後回合結束後繼續攻擊對手。
- 為面部或身體上油（允許使用凡士林）。
- 自行吐出或放下護齒器。
- 違反規則可能會導致警告、扣分甚至取消資格，具體視情節輕重而定。



# KF1 踢拳冠軍賽規則

## Rules of KF1 Kickboxing Champion

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### Rules of KF1 (Kickboxing Style)

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# KF1 踢拳冠軍賽規則

## Rules of KF1 Kickboxing Champion



### Article 1. Definition

KF1 Kickboxing Style is a kickboxing discipline where the intention of a kickboxer is to defeat opponent using legal techniques with full power and strength. Strikes must be delivered to legal target areas with focus, speed and determination, creating solid contact. Strikes are allowed to the front and side of the head and to the front and side of the torso. Strikes (kicks and knees) are also allowed to opponent's leg (all part including joints). It is also allowed to hold opponents neck and shoulders with one or both hands in order to attack him with the knee.

### Article 2. Safety equipment and clothes

#### Article 2.1. Personal safety equipment

- Head protection (top of the head must be covered, only for Junior Division).
- Mouth guard (on only the upper teeth or on both upper and lower teeth).
- Gloves for contact sports (6oz, 8oz, 10 oz, subject to division and weight category).
- Body protection (only for Junior Division)
- Groin protection (mandatory for male and female).
- Shin guards (must cover the shin and instep, only for Junior Division)

#### Article 2.2. Personal clothes

- Bare torso and shorts for men,
- Sport top (vest) and shorts (no sport skirt) for women.

### Article 3. Legal target areas

The following parts of the body may be attacked using authorized fighting techniques:

- Head - front, forehead and side
- Torso - front and side
- Legs (all parts including joints)

### Article 4. Legal techniques

Hand, foot and knee techniques must be used equally during the entire fight. All techniques must be used with full power. Any technique which is partially deviated or blocked, or that simply touches, brushes or pushes an opponent will not be scored.

#### Article 4.1. Hand techniques (punches)

- Direct,
- Uppercut
- Hook
- Spinning back fist
- Clinching (active, for 5 seconds only)

#### Article 4.2. Foot techniques (kicks)



# KF1 踢拳冠軍賽規則

## Rules of KF1 Kickboxing Champion



- Front kick to torso and head (not to thigh)
- Sidekick to torso and head (not to thigh)
- Roundhouse kick
- Heel kick
- Crescent kick
- Axe kick
- Jump kicks
- Spinning back kick to torso and head (not to thigh)
- It is allowed to attack using the shin

### Article 4.3. Knee techniques

- Knee can be used to attack legs, body or head of the opponent
- It is allowed to hold opponent's neck with one or both hands in order to attack him with the knee immediately.
- Only one knee is allowed during one single attack if the kickboxer hold opponent's neck or shoulders with one or both hands

### Article 4.4. Throwing techniques

Foot sweeps (ankle level only, from outside to inside and vice versa) to unbalance the opponent and following up with hand or foot technique or to bring the unbalanced opponent to the canvas. It is not allowed to throw opponent using only hands, and kickboxer cannot throw his opponent using torso, hips or shoulders.

## Article 5. Illegal techniques

It is prohibited to:

- Attack the throat, kidneys, back, groin, neck, back of the head and top of the shoulders.
- To grab the opponent's leg for any reason even for a short time, and perform any technique whilst grabbing.
- To perform front and side kick to the front side of the thigh, knee or shin. This is valid also for the knee attacks.
- To perform more than one knee attack, while holding the opponent's neck or shoulders with two hands.
- To perform spinning back kick to the front or side of the thigh.
- To perform punches to the legs.
- To perform any somersault kicks.
- Screwing, lifting and turning the opponent from side to side.
- To attack with the elbow, head, thumb or shoulders.
- To turn one's back to the opponent, run away, fall down, intentional clinching, blind techniques, wrestling, throwing and ducking below the opponent's waist.
- To attack an opponent who is caught between the ropes.
- To attack an opponent who is falling to the floor or is already on the floor; that is, as soon as one hand or knee touches the floor.





# KF1 踢拳冠軍賽規則

## Rules of KF1 Kickboxing Champion

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- To leave the ring without the Central referee's order.
- Continue the fight after the command "stop" or "break" or the end of the round after the signal has been given.
- To oil the face or the body (Vaseline is allowed).
- To spit out or drop the mouth-guard voluntarily.
- Violations of the rules may, depending how grave they are, lead to warnings, minus points or even disqualification