

VAMOS à LUTA

VAMOS à LUTA Cage Striking Rules Outline (Dec 2023)

Overview

VAMOS à LUTA Amateur Cage Striking will be based on general K-1 rules with slight modification, in which the rules will be implemented to all amateur Cage Striking competitions to ensure athletes can compete in the safest possible environment.

In addition to the fouls listed in the general K-1 Rules, the following techniques shall remain forbidden in Amateur Cage Striking contests:

- Elbow and forearm strikes of any kind;
- Knees to the head of an opponent;
- Punches only during clinch;
- Only one knee strike is allowed during clinching, and the clinch has to release after one knee;

Match Specification

- 3 rounds
- 2 minutes per round
- 1 minute rest in between rounds

Each competitor can bring up to **THREE** people as cornermen and audience, **ONLY TWO** cornermen can be inside the cage during round breaks.

Equipment and Apparel (Unless noted, athletes are required to bring their own equipment and apparel)

- **VAMOS à LUTA will provide** 12oz Boxing Gloves to all participants.
- All athletes **must** wear shorts that is fit for competition, which means, no zip, pocket and other additional attachments will be permitted in the competition area.
- “Sock Type” shin guards are mandatory to all participants, **VAMOS à LUTA will provide** shin guards to all participants.
- Groin protector is mandatory for all male athletes, female athletes may choose to wear at their own discretion.
- All athletes are required to wear mouthpiece.
- Protective head gear will be required for athletes with less competition experience (agreed beforehand), **VAMOS à LUTA will provide** the required head gears to the participants.

Weigh-in

- Athletes must choose a weight class upon registration for any competition. For tournaments, each athlete will be given 0.5kg of weight allowance. **[Not applicable to catchweight or matches with specific agreed weight]**
- If an athlete weighs no more than 3kg over the upper limit, the opponent may choose whether to accept the fight or not.
- Weigh-in will be conducted at a specific time decided by **VAMOS à LUTA**, athlete who shows up late to their weigh-in will be disqualified.
- Athlete should weigh-in with their fight shorts on.

Medical Requirement

- Participant will have to ensure they are in proper physical condition to participate in combat sports, and they are not a carrier of HIV, Hepatitis B/C or any other form infectious disease.