



KICKBOXING

TECHNICAL HANDBOOK

FOR

**PHILIPPINE NATIONAL
GAMES 2023**

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- A decorative graphic on the right side of the page, partially overlapping the table of contents. It features a stylized flag with a yellow sunburst in the upper left, a blue field in the middle, and a red field at the bottom containing three yellow stars. The flag is curved and appears to be waving.

I. 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 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) recognized by the Philippine Sports Commission (PSC).

II. REGISTRATION

- Registration is FREE (c/o LGU)
- The team must send their competition documents on or before the scheduled deadline posted by the Philippine National Games Organizing Committee
- Team Manager must submit their official master list of entry
- All athletes must submit a Certified True Copy of Birth Certificate
- Competitor's Year of Birth must be 2005 and below

III. TEAM COMPOSITION

- 1 Team Manager, 12 Athletes (7 Males, 5 Females),
1 Coach/1 Second

IV. 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 the Philippine National Games. 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 the Registered Medical Officer given by the Organizing Committee to be submitted on the day of weigh-in.

V. 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.

VI. KICKBOXERS FIGHTING ATTIRE

All fighters must use and provide their own appropriate Kickboxing

Shirts (for women) and Shorts during the competition. The competition uniform must be provided by the LGU or also available at the SKP Headquarters. No other martial arts uniform is allowed to be used during the event. Violation of this rule is tantamount to **Disqualification**.

VII. GEARS AND EQUIPMENT

All gears and sports equipment (e.g. kickboxing gloves, shin guard in-step, head gear, and etc.) will be provided by the Philippine National Games Organizing Committee through the Philippine Sports Commission. Athletes are required to bring their own mouth guard, preferably white.

VIII. 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).

IX. 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.

X. 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 caught between the ropes
5. Attack an opponent who is falling to the floor or is already on the floor
6. Continuing after the command "stop" or "break" or end of the round has been given
7. To oil the face or the body (Vaseline is allowed)
8. To spit out or drop the mouth-guard voluntarily
9. Attacking or verbally abusing on Official either inside or outside the Ring
10. Attack an opponent on the ground

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 ring
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 (RING). If the athlete comes to the Ring 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.

COMPETITION FORMATION

(Tentative)	December 17	:Morning - Arrival of Athletes Afternoon - PNG Opening Program
(Tentative)	December 18	:Morning- General Weigh-in and Medical Afternoon- Team Managers' Meeting, Rules Orientation and Drawlots
(Tentative)	December 19	:Morning - Batang Pinoy (Elimination) Afternoon - PNG (Elimination)
(Tentative)	December 20	:Morning - Batang Pinoy (Quarter Finals) :Afternoon - PNG Quarter Finals
(Tentative)	December 21	: Morning - Semi - Finals (Batang Pinoy) : Afternoon - Semi - Finals (PNG)
(Tentative)	December 22	: Morning - Finals (Batang Pinoy) : Afternoon - Finald (PNG) AWARDING Ceremony (BP/ PNG)

Medal Requirements

Gold	12
Silver	12
Bronze	24

XII. MECHANICS OF COMPETITION

The Kickboxing competition will consist of one (1) ring style (Low Kick) with seven (7) events for male and five (5) events for female competitors in each weight category.

Time Duration: (3x2 minute Rounds with 1 Minute Break)	
WEIGHT CATEGORIES (18 – 40 years old)	
MALE	FEMALE
48.1 - 51 kg	45.1 - 48 kg
51.1 - 54 kg	48.1 - 52 kg
54.1 - 57 kg	52.1 - 56 kg
57.1 - 60 kg	56.1 - 60 kg

60.1 - 63.5 kg	60.1 - 65 kg
63.6 - 67 kg	---
67.1 - 71 kg	---

LEGAL TECHNIQUES	
Hand Techniques	Kicking Techniques
All Boxing Punches	Front & 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)

** Each legal technique will be scored 1 point*

***Scoring Criteria**

1. A legal technique strikes a legal target
2. Good technique with absolute balance
3. Full power and speed

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 fall down while hitting or sweeping.

***In Times of Draw**

If the match ends, by one or more judges, in a draw (equal points after 3 rounds), to determine a winner, the Chief Referee will check the scores of each judges' in round three. The Kickboxer with higher points in the last round wins the bout.

XIII. 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
SKP Technical Director	:	Ms. Roselyn T. Hung
PNG Tournament Director	:	Mr. Bryan S. Olod

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LOW KICK

LEGAL TARGET



HEAD
Front, Forehead and Side

JEAN CLAUDE SACLAG
3x SEAGAMES GOLD MEDALIST
2023 - CAMBODIA SEAGAMES - GOLD
2022 - ASIAN KICKBOXING CHAMPIONSHIP - GOLD
2022 - VIETNAM SEAGAMES - GOLD
2018 - PHILIPPINE SEAGAMES - GOLD

Photo by
Tristan Estabillio

TORSO
Front and Side

LEGS
Thigh below the waist and
above the knee from outside,
inside, and back

PRESENTATION BY
SAMAHANG KICKBOXING NG PILIPINAS

