

2025 Shoot Boxing 年度排名賽

2025 Shoot Boxing Annual Ranking Tournament



Organizer: China Hong Kong Shoot Boxing Association

MISSION

The mission of the Shoot Boxing annual ranking tournament is to enhance athletes' skills and competitiveness by providing a fair and just platform for competition that inspires their potential. Through this event, we aim to increase audience awareness and interest in Shoot Boxing while fostering athletes' sportsmanship and teamwork. Additionally, the ranking tournament will offer outstanding athletes opportunities to advance to higher-level competitions, allowing them to showcase their abilities on the international stage and promoting the growth and popularity of Shoot Boxing.

*The results of the tournament will be used as one of the selection criteria for annual participation in international and mainland competitions.

APPLICATION

Application: <https://shootboxing.org.hk/2025-ranking/>

Fee: \$300 per entry (Fees may vary depending on different competitions, please check the website for updates.)

Deadline: Registration closes 10 days before the competition

WhatsApp: [5509 9377](https://wa.me/55099377)

Dates: The first Sunday of each month (The date may vary for different competitions, so please check the website for updates.)

- 1) 2025年3月2日
- 2) 2025年4月6日
- 3) 2025年5月4日
- 4) 2025年6月1日
- 5) 2025年7月6日
- 6) 2025年8月3日
- 7) 2025年8月31日*
- 8) 2025年10月5日
- 9) 2025年12月14日 *Championships

Venue: TBC (may vary for different competitions, so please check the website for updates.)

Time: TBC (may vary for different competitions, so please check the website for updates.)

Fight Card: Will be announced one week before the event.

SCORING ***Group B does not earn points**

- 10 points for successful weigh-in and attendance
- 10 points more for the winner
- 10 points more for the knockout (KO) winner





COMPETITION RULES

1. The scoring matches will be conducted in a single match. If an athlete is unable to compete, they will be automatically eliminated, and their opponent will be declared the winner. The eliminated athlete will get 0 points, while the winner will get 20 points.
2. On the day of the event, if there are any byes (due to the number of athletes in a group or last-minute absences), the chief referee will arrange a round-robin competition, which athletes can voluntarily sign up for. The results and points from this will also be included in the scoring rankings.
3. The points of athletes who are allowed to compete at a higher weight category than their actual weight, will be counted in the group they registered for.
4. The adult division is divided into Groups A and B; Group B is suitable for beginners or less experienced athletes, while Group A is for those with more than three matches or greater experience. Please refer to the attached page for the specific requirements of each group.
5. All athletes, except those in Group B, will be included in the scoring system.

AWARDS

1. All athletes who complete the entire annual ranking tournament will receive a ranking certificate at the end of year.
2. Each match winner will receive a medal.
3. Based on the annual results, the top three in each group will be awarded trophies at the annual award ceremony.
4. Additionally, the team (gym/club) that sends out more than ten athletes and accumulates the highest total points will receive the "Best Team of the Year Award," which includes a certificate and a cash prize of HK\$3,000, awarded at the annual ceremony.
5. Professional competitions will have a prize award system; please pay attention to updates of each competition's details.

COMPETITION CATEGORY

Cadet (Born in 2015 or later)

Ages 3-11: Groups are formed with a 2-year age range, not separated by gender.

Weight: 20kg, 25kg, 30kg, 35kg, 40kg, 45kg, +45kg

Rounds: 1.5 minutes x 2 rounds, with 1 extra round if needed.

Teen (Born between 2009 and 2014)

Ages 12-17: Groups are formed with a 3-year age range, separated by gender.

Weight: 45kg, 47.5kg, 50kg, 52.5kg, 55kg, 57.5kg, 60kg, 62.5kg, 65kg, 67.5kg, 70kg, +70kg

Rounds: 2 minutes x 2 rounds, with 1 extra round if needed.

Adult (Born in 2008 or earlier)

Group A: 2 minutes x 2 rounds, with 1 extra round ***Soft thick knee pads must be worn.**

Group B: 2 minutes x 1 round, with 1 extra round ***Scores are not counted.**

Female: 45kg, 47.5kg, 50kg, 52.5kg, 55kg, 57.5kg, 60kg, 62.5kg, 65kg, +65kg

Male: 55kg, 57.5kg, 60kg, 62.5kg, 65kg, 67.5kg, 70kg, 72.5kg, 75kg, 80kg, 85kg, 90kg, +90kg

LEGAL TECHNIQUES

1. Punching, kicking, knee strikes, throws, standing joint locks and standing chokes (lock & choke techniques are not allowed for the Cadet group).
2. Effective Striking Areas: Head (face and sides), Body (front and sides), Legs (using the shins to strike the thighs).
3. Prohibited Striking Areas: Back of the head, Neck, Groin, Spine, Kidney area.





WEIGHT-IN

1. Athletes must weigh in at the designated time before the competition. Late arrivals will be considered a forfeit, and registration fees will not be refunded.
2. During the weigh-in, athletes may only wear lightweight clothing. The weight recorded on the day of the weigh-in must meet the specified requirements, **with no allowance** for deviations.
3. If an athlete exceeds the official weight class limit, they may be disqualified.
4. If one athlete exceeds the official weight limit and the opponent agrees to compete, the overweight athlete will be required to wear 2 oz heavier gloves, and penalties will be issued based on the following severity:
 - i) If the athlete is overweight by 0.5 kg or less, they will receive one red card (1-point deduction) and half of any prize money (if applicable).
 - ii) If the athlete is overweight by 0.51-1 kg, they will receive two red cards (2-point deduction) and forfeiture of all prize money (if applicable).

Weigh-In Time: Video weigh-ins will take place the day before the competition (some events may require on-site weigh-ins). Athletes must record a weigh-in video before 14:00 the day prior to the competition and send it via WhatsApp for verification.

- Video specifications:
1. The date and time must be clearly visible. (for example, show the HK Observatory's website https://www.hko.gov.hk/gts/time/clock_uc.html).
 2. The weight displayed before and after the participant steps on the scale must be clearly recorded.
 3. The participant's appearance must be clearly shown.
 4. Please submit on time; late submissions will be considered a forfeit.

Clothing and Protective Gear

1. Athletes in the Children's Division, Youth Division, and Group B must wear the protective gear provided by the event (helmet, body armor, shin guards, gloves). **Athletes in Group A are required to wear their own knee pads**, and both athletes can agree on whether to wear helmets. Please refer to the attached page for the specific requirements for each group.
2. Athletes must wear their own hand wraps, mouthguards, groin protectors, and designated uniforms (must include long fitted fighting shorts).
3. Athletes are not allowed to wear any jewellery unrelated to the competition.
4. Professional athletes will be provided with 8 oz gloves, while amateur athletes in the 75 kg and below category will wear 10 oz gloves, and those in the 75 kg and above category will wear 12 oz gloves.

Scoring Criteria

The scoring will follow the competition rules of the World Shoot Boxing Association. If there is no KO or TKO during the match, the scoring criteria will be prioritized in the following order:

- A. Number of mandatory counts (Count Down)
- B. Damage from strikes
- C. Technical deductions: Effective throws and lock techniques (SHOOT & CATCH points)
- D. Clean hits
- E. Skill variety
- F. Aggressiveness
- G. Ring generalship

*If the total score after deducting penalties results in a tie, and the number of fouls (yellow cards – no point deduction / red cards – point deduction) is also the same, the chief referee or competition director will use this as the final scoring criterion.





Requirements for the Hong Kong Shoot Boxing Championships Belt

If two (or more) athletes in a division meet the following criteria, they will qualify to compete for the belt at the "Hong Kong Shoot Boxing Championships" to be held in December 2025:

1. Hold a Hong Kong identity card (athletes without a Hong Kong identity card are welcome to participate in the super fight).
2. Compete under the gym/club members' referral.
3. Participate in at least 4 scoring events before October of the same year.
4. There must be two or more athletes on the ranking list with scores exceeding 50 points.
5. Must be ranked in the top four of the ranking list.
6. The adult division finals will be conducted in a professional rule with elimination rounds.
7. Athletes who hold the Hong Kong Champion Silver Belt, or those who hold championship titles in other combat sports and have participated in more than 3 Shoot Boxing events, may apply for an exemption to participate in the Gold Belt event.
8. Once an athlete wins a belt honor, they must advance to challenge the following year; the belt honors will not be awarded repeatedly.

Open Belt Categories for the Hong Kong Shoot Boxing Championships 2025

Bronze Belt - Children's Division 45kg (not separated by gender)

Bronze Belt - Children's Division 50kg (not separated by gender)

Bronze Belt - Male Youth 60kg

Bronze Belt - Male Youth 70kg

Silver Belt - Female 48kg

Silver Belt - Female 55kg

Silver Belt - Male 60kg

Silver Belt - Male 65kg

Silver Belt - Male 70kg

Gold Belt - Female 52.5kg

Gold Belt - Male 62.5kg

Gold Belt - Male 65kg

Gold Belt - Male 70kg

Notes

1. Each athlete may bring one assistant to the event for free to help with preparation and competition.
2. Athletes under the age of 18 must have a parental consent form signed to compete in professional events.
3. Athletes and their assistants should be familiar with the competition rules to ensure that the athletes receive correct guidance during the matches.

If you have any questions, please feel free to contact the secretariat (WhatsApp: 5506 9377).
Wishing all athletes the best of luck in their performances!



站立綜合格鬥 Shoot Boxing 賽例概覽 Rule Overview

兒童組 Cadet

年齡 Ages

11歲以下 Below 11 Yrs old

體重級別 Division

以上下2歲為一個組別, 不分男女作賽

20kg, 25kg, 30kg, 35kg, 40kg, 45kg, +45kg

回合賽制 ROUNDS



每回合1.5分鐘
1.5 mins each round



1回合加時賽
1 extra round
if draw

個人裝備 EQUIPMENTS



護陰
Groin guard



護齒
Mouth guard
不許使用紅色護齒 (業餘例)
No Mouth guard in red
(For Amateur)



凡士林 (適量)
Vaseline (Moderate)



紮手帶
Handwrap
手帶、拳峰位不可有膠紙
Tapes not allowed on hand wraps & knuckles



厚護膝
Knee Pad

服飾 APPARELS



背心上衣
Sleeveless Top



搏擊長褲
Spat
(Combat Legging)

背心及緊身Shoot Boxing長褲, 腰線需清晰外露
根據所屬紅/藍角穿著紅或藍色上衣, 服飾不恰當將被扣分
Vest & Shoot Boxing leggings (waist must be shown clearly)
Red or Blue Clothing (Points will be deducted if failed to comply)

大會提供 PROVIDED



10oz
拳套 Gloves



配帶面罩 (不擊打頭部使用)
With face shield
(for NOT strikes to the head).
不配帶面罩 (擊打頭部使用)
Without face shield
(for strikes to the head).



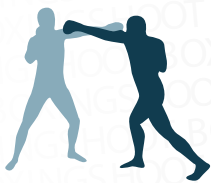
護腳脛
Shinpads



護甲
Body protector

比賽經驗值 5 場以下可協議配戴
Negotiable for less than
5 bouts experience)

技術 TECHNIQUE



拳擊
Punches



踢擊
Kicks



膝擊
Knees



前投摔
Forward Throws



纏鬥攻擊
Clinching



主動消極抱摔
Aggressive Take Down

2回合 - 每回合1.5分鐘 + 1回合Extra作賽;
比賽經驗值 5 場以上可協議擊打頭部; 如不配備護甲; 另自備軟護膝
2 Rounds - 1.5 mins per round + 1 Extra Round;
Strikes to the head may be negotiated for more than 5 bouts experience).

得分標準 SCORING

分數 POINT

因擊打至倒地而要進行讀秒
Knockdown protection count.



-2

有破壞力的打擊 或 前投摔「SHOOT」
Damage from Strikes or Front throwing technique in which the referee called "SHOOT".



-1

站立綜合格鬥 Shoot Boxing

賽例概覽 Rule Overview

少年組 Teen

年齡 Ages

12-17歲 12-17 Yrs old

體重級別 Division

以上下3歲為一個組別, 分男女作賽

45kg, 47.5kg, 50kg, 52.5kg, 55kg, 57.5kg, 60kg, 62.5kg, 65kg, 67.5kg, 70kg, +70kg

回合賽制 ROUNDS



每回合2分鐘
2 mins each round



1回合加時賽
1 extra round
if draw

個人裝備 EQUIPMENTS



護陰
Groin guard



護齒
Mouth guard
不許使用紅色護齒(業餘例)
No Mouth guard in red
(For Amateur)



凡士林(適量)
Vaseline (Moderate)



紮手帶
Handwrap
手帶, 拳峰位不可有膠紙
Tapes not allowed on hand wraps & knuckles



厚護膝
Knee Pad

服飾 APPARELS



背心上衣
Sleeveless Top



搏擊長褲
Spat
(Combat Legging)

背心及緊身Shoot Boxing長褲, 腰線需清晰外露
根據所屬紅/藍角穿著紅或藍色上衣, 服飾不恰當將被扣分
Vest & Shoot Boxing leggings (waist must be shown clearly)
Red or Blue Clothing (Points will be deducted if failed to comply)

大會提供 PROVIDED



10oz
拳套 Gloves



頭盔
Headguard



護腳脛
Shinpads



護甲
Body protector

比賽經驗值 5 場以下可協議配戴
Negotiable for less than
5 bouts experience)

技術 TECHNIQUE



拳擊
Punches



踢擊
Kicks



膝擊
Knees



前投摔
Forward Throws



關節技
Joint Locks



窒息技
Chokes Submission



纏鬥攻擊
Clinching



主動消極抱摔
Aggressive Take Down

2回合 - 每回合2分鐘+ 1回合Extra作賽; 如不配備護甲; 另自備軟護膝

2 Rounds - 2 mins per round + 1 Extra Round; Without Body Protector, instead of Knee Pad

得分標準 SCORING

分數 POINT

因擊打至倒地而要進行讀秒
Knockdown protection count.



-2

業餘賽中有效的窒息技/關節技「CATCH」
Standing Submission in which the referee called "CATCH".



-1

有破壞力的打擊 或 前投摔「SHOOT」
Damage from Strikes or Front throwing technique in which the referee called "SHOOT".



-1

站立綜合格鬥 Shoot Boxing 賽例概覽 Rule Overview

業餘組 Amateur

年齡 Ages

18歲或以上
18 Yrs old or above

體重級別 Division 分男女作賽

女子級別: 47.5kg, 50kg, 52.5kg, 55kg, 57.5kg, 60kg, 62.5kg, 65kg, +65kg
男子級別: 50kg, 52.5kg, 55kg, 57.5kg, 60kg, 62.5kg, 65kg, 67.5kg, 70kg, 72.5kg, 75kg, 80kg, 85kg, 90kg, +90kg

回合賽制 ROUNDS



每回合2分鐘
2 mins each round



1回合加時賽
1 extra round if draw

個人裝備 EQUIPMENTS



護陰
Groin guard



護齒
Mouth guard
不許使用紅色護齒(業餘例)
No Mouth guard in red (For Amateur)



凡士林(適量)
Vaseline (Moderate)



紮手帶
Handwrap
手帶、拳峰位不可有膠紙
Tapes not allowed on hand wraps & knuckles



厚護膝
Knee Pad

服飾 APPARELS



背心上衣
Sleeveless Top



搏擊長褲
Spat
(Combat Legging)

背心及緊身Shoot Boxing長褲，腰線需清晰外露
根據所屬紅/藍角穿著紅或藍色上衣，服飾不恰當將被扣分
Vest & Shoot Boxing leggings (waist must be shown clearly)
Red or Blue Clothing (Points will be deducted if failed to comply)

大會提供 PROVIDED



10oz 拳套 Gloves
75kg 或以上 or above
12oz 拳套 Gloves



護腳脛
Shinpads



頭盔
Headguard



護甲
Body protector
(B組使用 For Group B)

(以上兩項，比賽經驗值 2 場以上可協議配戴)
(Negotiable for more than 2 bouts experience)

技術 TECHNIQUE



拳擊
Punches



踢擊
Kicks



膝擊
Knees



前投摔
Forward Throws



關節技
Joint Locks



窒息技
Chokes Submission



纏鬥攻擊
Clinching



主動消極抱摔
Aggressive Take Down

業餘組 分為 A / B 組

A組: 2回合 - 每回合2分鐘+ 1回合Extra作賽; 如不配備護甲; 另自備軟護膝

B組: 1回合 - 每回合2分鐘 + 1回合Extra作賽; 配備護甲

Grade A: 2 Rounds - 2 mins per round + 1 Extra Round; Without Body Protector, instead of Knee Pad

Grade B: 1 Round - 2 mins per round + 1 Extra Round; With Body Protector

得分標準 SCORING

分數 POINT

因擊打至倒地而要進行讀秒
Knockdown protection count.



-2

業餘賽中有效的窒息技/關節技「CATCH」
Standing Submission in which the referee called "CATCH".



-1

有破壞力的打擊 或 前投摔「SHOOT」
Damage from Strikes or Front throwing technique in which the referee called "SHOOT".



-1

站立綜合格鬥 Shoot Boxing 賽例概覽 Rule Overview

專業組 Professional

年齡 Ages

16歲或以上
16 Yrs old or above

體重級別 Division 分男女作賽

女子級別: 47.5kg, 50kg, 52.5kg, 55kg, 57.5kg, 60kg, 62.5kg, 65kg, +65kg
男子級別: 50kg, 52.5kg, 55kg, 57.5kg, 60kg, 62.5kg, 65kg, 67.5kg, 70kg, 72.5kg, 75kg, 80kg, 85kg, 90kg, +90kg

回合賽制 ROUNDS



每回合3分鐘
3 mins each round



共3回合
3 rounds



共5回合 (腰帶賽)
5 rounds
(For Title Match)



無限回合加時賽
Unlimited extra
round if draw

個人裝備 EQUIPMENTS



護陰
Groin guard



護齒
Mouth guard



凡士林 (適量)
Vaseline
(Moderate)



不可搽油
No Oil Allow

服飾 APPARELS



運動上衣 (不限顏色)
Sport Top
(No Colour restrictions)
(女仕限定)
(Female only)

下身穿著緊身Shoot Boxing長褲
連腰帶腳套 (不限顏色)
Fighter Spat, SB Shin Cover and
SB belt (No limited on colours)



SB腰帶 SB Belt
SB 專業長褲
連腰帶腳套
SB Fighter
Spat with belt and
SB shin cover
SB腳套
SB shin cover

大會提供 PROVIDED



8oz
拳套 Gloves



繃帶
Bandage



膠紙
Tape

可使用繃帶以合規格要求之紮手
Bandages allowed only for
approved hand wraps method

技術 TECHNIQUE



拳擊
Punches



踢擊
Kicks



膝擊
Knees



前投摔
Forward
Throws



關節技
Joint Locks



窒息技
Chokes
Submission



纏鬥攻擊
Clinching



後投摔
Suples
日本賽事適用
Only for Japan Competition



肘擊
Elbows



主動消極抱摔
Aggressive
Take Down

(協議 Negotiable)

得分標準 SCORING

分數 POINT

後投摔「SHOOT」
Back throwing technique.

日本賽事適用
Only for Japan Competition



-2

因擊打至倒地而要進行讀秒
Knockdown protection count.



-2

有破壞力的打擊 或 前投摔「SHOOT」
Damage from Strikes or Front throwing technique in which the referee called "SHOOT".



-1

有效的窒息技/關節技「CATCH」
Standing Submission in which the referee called "CATCH".



-1

站立綜合格鬥 Shoot Boxing 賽例概覽 Rule Overview

所有組別評分優先次序 Order of priority for scoring

- 1) 強制性讀秒的次數 Points from Knockdowns (Protection Count)
 - 每回合一方被讀秒共3次被終止比賽 TKO
 - 每場比賽一方被讀秒共5次被終止比賽 TKO
- 2) 有破壞力的打擊 (Damage from Strikes)
技術性扣分:有效投摔及鎖技 SHOOT & CATCH points
- 3) 清晰擊中 (Clean Hits)
- 4) 技術多樣性 (Skill Variety)
- 5) 主動進攻積極性 (Aggressiveness)
- 6) *控制比賽優勢 (Ring Generalship)
如整場比賽總分扣除罰分後出現同分, 而犯規「黃牌(不扣分)/紅牌(扣分)」次數亦一樣的情況下, 裁判長或競賽總監將以此為最後評分準則。

勝負判定 Decision

- a) 在比賽沒有出現knock out的情況下, 3位邊裁判會為賽事進行評分, 分數較多的為優勝一方。
When the fight is not decided by knockout, the 3 judges will score for each round.
- b) 最後獲得2位或以上邊裁判裁定為優勝一方的方為比賽勝利者
The fighter who has more points, as appointed by two or more judges will wins the match.

體重不達標懲罰 Penalties for non-compliance weight

過磅時只能穿著輕薄衣服進行, 運動員過磅當日之體重必須符合規定並**不設偏差寬限**。

如其中一位運動員的體重超過官方規定體重分級範圍, 而對方又接受比賽時, 超磅一方比賽用拳套增加2oz並會按下列嚴重性發出紅牌扣減分數:

- i) 運動員超磅0.5kg或以下, 並獲發出紅牌一張扣減1分及一半獎金 (如適用);
- ii) 運動員超磅0.51-1kg, 並獲發出紅牌兩張扣減2分及全部獎金 (如適用)。

During the weigh-in, athletes may only wear lightweight clothing. The weight recorded on the day of the weigh-in must meet the specified requirements, **with no allowance for deviations**.

If one athlete exceeds the official weight limit and the opponent agrees to compete, the overweight athlete will be required to wear 2oz heavier gloves, and penalties will be issued based on the following severity:

- i) If the athlete is overweight by 0.5 kg or less, they will receive one red card (1-point deduction) and half of any prize money (if applicable).
- ii) If the athlete is overweight by 0.51-1 kg, they will receive two red cards (2-point deduction) and forfeiture of all prize money (if applicable).

比賽重量分級 WEIGHT DIVISION

業餘組

AMATEUR

+90KG

90KG

85KG

80KG

專業組

PROFESSIONAL

少年組

TEEN

75KG

超中量級

SUPER MIDDLEWEIGHT

72.5KG

中量級

MIDDLEWEIGHT

70KG

超沉量級

SUPER WELTERWEIGHT

67.5KG

沉量級

WELTERWEIGHT

65KG

超輕量級

SUPER LIGHTWEIGHT

62.5KG

輕量級

LIGHTWEIGHT

60KG

超羽量級

SUPER FEATHERWEIGHT

57.5KG

羽量級

FEATHERWEIGHT

55KG

超鄒量級

SUPER BANTAMWEIGHT

52.5KG

鄒量級

BANTAMWEIGHT

50KG

蠅量級

FLYWEIGHT

47.5KG

微量級

MINIMUM WEIGHT

兒童組

CADET

45KG

管量級

STRAW FLYWEIGHT

40KG

35KG

30KG

25KG

20KG