



KICKBOXING RULES



Contents

Chapter 1. General rules	14
Chapter's 1 Table of contents	14
Article 1. Definition of kickboxing sport	19
Article 2. Definitions	20
Article 2.1. Participants in kickboxing sports	20
Article 2.1.1. Kickboxer.....	20
Article 2.1.1.1. Registration of kickboxers.....	20
Article 2.1.1.2. Age categories.....	20
Article 2.1.1.3. Beginners.....	21
Article 2.1.1.4. Nationality of kickboxer.....	22
Article 2.1.1.5. Health and security of kickboxers.....	22
Article 2.1.2. Coaches.....	24
Article 2.1.2.1. Coaches' behavior.....	25
Article 2.1.3. Referees and judges - general.....	25
Article 2.1.3.1. Supervisor.....	25
Article 2.1.3.2. Observer.....	26
Article 2.1.3.3. Chief referee.....	26
Article 2.1.3.4. Central referees.....	26
Article 2.1.3.5. Judges.....	27
Article 2.1.3.6. Timekeeper.....	27
Article 2.1.3.7. Scorekeeper.....	27
Article 2.1.3.8. Announcer.....	27
Article 2.1.3.9. Kick counter.....	27
Article 2.1.3.10. Referees and judges - general.....	28
Article 2.1.3.11. Referees and judges - uniforms.....	29
Article 2.1.4. Referees and Judges - duties and responsibilities.....	29
Article 2.1.4.1. Central referee.....	29
Article 2.1.4.2. Central referee commands.....	29
Article 2.1.4.3. Central referee's power.....	30
Article 2.1.4.4. Judge's duties.....	30
Article 2.1.5. Officials.....	30
Article 2.1.5.1. VIP.....	30
Article 2.1.5.5. Others.....	32
Article 2.2. Competitions	33
Article 2.2.1. Competition calendar.....	34
Article 2.2.2. World Championships.....	34
Article 2.2.3. Continental Championships.....	35
Article 2.2.4. World cups (World Grand Prix).....	35
Article 2.2.5. Continental cups.....	36
Article 2.2.6. Regional championships.....	36



Article 2.2.7. National championships	36
Article 2.2.8. National and international open tournaments.....	36
Article 2.2.9. International fights	36
Article 2.2.10. Promoters.....	37
Article 2.2.11. Equipment for competitions	37
Article 2.2.12. Competition's Trophies.....	37
Article 2.2.13. Championship Headquarters	38
Article 2.2.14. WAKO Representative.....	38
Article 2.3. Equipment and clothes.....	39
Article 2.3.1. Personal safety equipment.....	39
Article 2.3.1.1. Head guard	39
Article 2.3.1.2. Face mask.....	39
Article 2.3.1.3. Teeth protection.....	39
Article 2.3.1.4. Gloves.....	39
Article 2.3.1.5. Hand and foot wraps (bandages)	41
Article 2.3.1.6. Elbow protection	41
Article 2.3.1.7. Breast protection.....	41
Article 2.3.1.8. Groin protection	41
Article 2.3.1.9. Shin guards	41
Article 2.3.1.10. Foot protection	42
Article 2.3.1.11. Other additional protection.....	42
Article 2.3.2. Kickboxers clothes	42
Article 2.3.2.1. V-neck top	42
Article 2.3.2.2. Long pants	42
Article 2.3.2.3. Shorts.....	43
Article 2.3.2.4. Round neck T-shirt	43
Article 2.3.2.5. Round neck sleeveless T-shirt.....	43
Article 2.3.2.6. Top	43
Article 2.3.2.7. Muslim female clothes	43
Article 2.3.3. Beard, hair and nails.....	43
Article 2.3.4. Inappropriate equipment and clothes.....	44
Article 3. Procedures	45
Article 3.1. Registration procedure.....	45
Article 3.1.1. On line registration.....	45
Article 3.1.2. Competition registration.....	46
Article 3.1.3. Required kickboxer's documentation	46
Article 3.2. Accommodation booking procedure	47
Article 3.3. Accreditation procedure	48
Article 3.3.1. Kickboxers and coaches	48
Article 3.4. Weigh-in procedure.....	49
Article 3.4.1. Scales.....	49
Article 3.4.2. Weigh-in official	49
Article 3.4.3. Weigh-in procedure.....	49



Article 3.4.3.1. Registration weigh-in	49
Article 3.4.3.2. Daily weigh-in	50
Article 3.5. Medical check procedure	51
Article 3.5.1. Medical check official	51
Article 3.5.2. Medical check procedure.....	51
Article 3.6. Drawing procedure.....	52
Article 3.6.1. General criteria	52
Article 3.6.2. Seeding	52
Article 3.6.2.1. Seeding criteria.....	52
Article 3.6.2.2. Ranking criteria	52
Article 3.6.3. Official draw.....	53
Article 3.6.4. Daily program.....	53
Article 3.7. Disqualification procedure.....	54
Article 3.7.1. Technical disqualification	54
Article 3.7.2. Behavioural disqualification.....	54
Article 3.8. Procedure of prompting the protest.....	55
Article 3.8.1. Competition protests / appeal	55
Article 3.8.2. Official Appeal Protest Committee	55
Article 3.8.2. Procedure of prompting the protest	55
Article 3.8.3. Irregular protests.....	55
Article 3.8.4. Video evidence	56
Article 3.8.5. Special violations of rules	56
Article 3.9. Change of referee's decision procedure.....	56
Article 3.10. Opening ceremony procedure	57
Article 3.11. Awarding ceremony procedure	57
Article 3.12. Official report procedure	58
Article 3.13. Rules changes procedure.....	59
Article 4. Committees	60
Article 4.1. Tournament Committee.....	60
Article 4.1.1. Referee Committees of Ring sports / Tatami sports.....	60
Article 4.1.1.1. International referee seminars and registration	60
Article 4.2. Coaches Committee	61
Article 4.3. Medical, health and anti-doping committee	61
Article 4.4. Technical Committee.....	61
Article 4.5. Seminars	62
Article 5. General provisions	63
Article 5.1. Unsportsmanlike behaviour.....	63
Article 5.2. Participation of WAKO members in other dissident organizations	63
Article 5.3. Rule changes.....	64
Article 5.4. Special notes	64



Chapter 2. Tatami rules - general	66
Chapter's 2 Table of contents	66
Article 1. Disciplines	69
Article 2. Fighting area	69
Article 3. Weight categories	69
Article 3.1. Children (CH) (7, 8, 9 years old)	69
Article 3.2. Younger Cadets (YC) (10, 11, 12 years old)	69
Article 3.3. Older Cadets (OC) (13, 14, 15 years old)	70
Article 3.4. Juniors (J) (16, 17, 18 years old)	70
Article 3.5. Seniors (S) (from age 19 to 40)	70
Article 3.6. Master Class (Veterans) (V) (from age 41 to 55 years)	70
Article 4. Rounds	71
Article 4.1. Children	71
Article 4.2. Younger cadets	71
Article 4.3. Older cadets	71
Article 4.4. Juniors and seniors	71
Article 4.5. Master Class (Veterans)	72
Article 4.6. Medical time	72
Article 5. Equipment and clothes	73
Article 5.1. Kickboxers in Point fighting	73
Article 5.1.1. Personal safety equipment.....	73
Article 5.1.2. Personal clothes.....	73
Article 5.2. Kickboxers in light contact	73
Article 5.2.1. Personal safety equipment.....	73
Article 5.1.2. Personal clothes.....	73
Article 5.3. Kickboxers in kick light	73
Article 5.3.1. Personal safety equipment.....	73
Article 5.3.2. Personal clothes.....	74
Article 5.4. Kickboxers in forms	74
Article 5.5. Procedure for equipment and uniform check	74
Article 6. Officials	76
Article 6.1. Chief referee of the Tatami Sports	76
Article 6.2. Central referees	76
Article 6.3. Judges	76
Article 6.4. Number of officials per tatami	77
Article 7. Decisions	77
Article 7.1. Victory by points (P)	77
Article 7.1.1. Maximum score.....	77
Article 7.2. Victory by abandonment (AB)	77
Article 7.3. Victory by stoppage (RSC)	78
Article 7.3.1. Injuries.....	78
Article 7.4. Victory by disqualification (DISQ)	78
Article 7.5. Victory by walk over (WO)	79
Article 7.6. Changing a decision	79



Article 8. Awarding of points	79
Article 8.1. Concerning strikes	79
Article 8.2. Concerning offences	79
Article 8.3. Points	80
Article 8.4. Penalty	80
Article 8.4.1. Fouls	80
Article 8.4.2. Slipping the gloves (in Point fighting)	81
Article 8.4.3. Exit	81
Article 8.4.3.1. Exit Rules	82
Article 8.4.4. Minus Points.....	82
Article 8.4.4.1. Rule violations (other than exits)	82
Article 8.4.4.2. Coaches' behaviour	82
Article 9. Hand Signals	83
Article 10. Knock down (KD) and knock out (KO)	83
Article 10.1. Procedure after KO, RSC, RSC-H, Injury	84
Article 10.2 Procedure after injuries in general	84
Article 11. Open scoring electronic system	85
Examples of a display for an Electronic Scoring System (PF, LC and KL).	86
Chapter 3. Point fighting rules	88
Chapter's 3 Table of contents	88
Article 1. Definition	89
Article 1.1. Competitors in point fighting	89
Article 2. Equipment and clothes in point fighting	89
Article 2.1 Personal safety equipment	89
Article 2.2. Personal clothes	89
Article 3. Legal target areas	90
Article 4. Legal techniques	90
Article 4.1. Hand techniques (punches)	90
Article 4.2. Foot techniques (kicks)	90
Article 4.2.1. Foot sweep.....	90
Article 5. Illegal techniques (prohibited techniques and behaviour)	90
Article 6. Awarding of points	91
Article 6.1. No score	92
Article 6.2. In case of a draw	92
Article 7. Referees and Judges	92
Article 7.1. Central referee	92
Article 7.2. Judges	92
Article 8. Grand Champ	93
Article 8.1. Original Grand Champ	93
Article 8.2. Open Grand Champ	93
Article 9. Team competition	93



Chapter 4. Light contact rules.....	96
Chapter's 4 Table of contents.....	96
Article 1. Definition	97
Article 1.1. Competitors in light contact	97
Article 2. Safety equipment and clothes	97
Article 2.1. Personal safety equipment	97
Article 2.2. Personal clothes.....	97
Article 3. Legal target areas	97
Article 4. Legal techniques.....	97
Article 4.1. Hand techniques (punches).....	98
Article 4.2. Foot techniques (kicks).....	98
Article 4.2.1. Foot sweep.....	98
5. Illegal techniques (prohibited techniques and behaviour)	98
Article 6.3. Awarding points (using electronic scoring system)	99
Article 6.4. In case of a draw	99
Chapter 5. Kick light rules	102
Chapter's 5 Table of contents.....	102
Article 1. Definition	103
Article 1.1. Competitors in kick light.....	103
Article 2. Safety equipment and uniforms	103
Article 2.1. Personal safety equipment	103
Article 2.2. Personal clothes.....	103
Article 3. Legal target areas	103
Article 4. Legal techniques.....	104
Article 4.1. Hand techniques (punches).....	104
Article 4.2. Foot techniques (kicks).....	104
Article 4.2.1. Foot sweep.....	104
Article 4.3. Block / check.....	104
Article 5. Illegal target areas (prohibited techniques and behavior).....	104
Article 6. Awarding points (Using Electronic Scoring System)	105
Article 6.1. In case of a draw	106
Chapter 6. Form rules	108
Chapter's 6 Table of contents.....	108
Article 1. Form rules - general	109
Article 1.1. Definitions of forms	109
Article 1.2. Competitors in forms.....	109
Article 1.3. Performance of forms.....	109
Article 1.4. Team event categories	109
Article 1.4.1. Team rules	109
Article 1.5. Uniforms.....	110



WAKO Rules - Chapter 1 - General rules

Article 1.5.1. State of weapons.....	110
Article 1.6. Presentations / length / time.....	110
Article 1.7. Tatami size.....	110
Article 1.8. Seeding.....	110
Article 1.9. Scoring.....	111
Article 1.10. Dance movements	111
Article 1.11. Costumes and make-up	111
Article 1.12. Special effects	111
Article 1.13. Judges	112
Article 1.13.1. Criteria for judging.....	112
Article 1.13.1.1. Basics	112
Article 1.13.1.2. Balance	112
Article 1.13.1.3. Degree of difficulty	112
Article 1.13.1.5. Manipulation of Weapons	112
Article 1.13.1.6. Showmanship	113
Article 1.14. Minus points.....	113
Article 1.14.1. Minus 1 point.....	113
Article 1.14.2. Minus 0,5 points	113
Article 1.14.3. Minus 0,3 points	113
Article 1.14.4. Minimum marks (lowest score 7.0).....	113
Article 1.14.4.1. Technical disqualification	114
Article 2. Musical form rules.....	115
Article 2.1. Definition	115
Article 2.2. Categories	115
Article 2.3. Rhythm	115
Article 2.4. Music.....	115
Article 2.4.1. Synchronization:.....	115
Article 2.5. Gymnastic movements	115
Article 3. Creative form rules.....	116
Article 3.1. Definition:.....	116
Article 3.2. Categories	116
Article 3.3. Music.....	116
Article 3.4. Gymnastic movements	116
Article 3.5.1.4. Techniques not allowed.....	116
Article 3.5.1.5. Competitors may perform	116
Chapter 7. Ring rules - general	118
Chapter's 7 Table of contents.....	118
Article 1. Disciplines	120
Article 1.1. Competitors in ring disciplines.....	120
Article 2. Fighting area	120
Article 2.1. Ring.....	120
Article 2.2. Accessories of the ringside	121
Article 3. Weight categories.....	122



Article 3.1. Younger juniors (YJ) (15,16 years old).....	122
Article 3.2. Older juniors (OJ) (17,18 years old)	122
Article 3.3. Seniors (S) (19 - 40 years old)	122
Article 4. Rounds	123
Article 4.1. Medical time.....	123
Article 5. Equipment and clothes.....	124
Article 5.1 Kickboxers in full contact	124
Article 5.1.1. Personal safety equipment.....	124
Article 5.1.2. Personal clothes	124
Article 5.2 Kickboxers in low kick	124
Article 5.2.1. Personal safety equipment.....	124
Article 5.2.2. Personal clothes	124
Article 5.3. Kickboxers in K1 Style.....	124
Article 5.3.1. Personal safety equipment.....	124
Article 5.3.2. Personal clothes	125
Article 6. Officials.....	125
Article 6.1. Chief referee of the Ring	125
Article 6.2. Central referee	125
Article 6.3. Judges	125
Article 6.4. Number of officials per ring.....	126
Article 7. Decisions	126
Article 7.1. Victory by points (P).....	126
Article 7.2. Victory by abandonment (AB).....	126
Article 7.3. Victory by stoppage (RSC, RSC-H).....	126
Article 7.4. Victory by knock out (KO)	126
Article 7.5. Victory by technical knockout (TKO)	127
Article 7.6. Victory by disqualification (DISQ)	127
Article 7.7. Victory by walk over (WO).....	127
Article 7.8. Special situations.....	127
Article 7.8. Changing a decision.....	129
Article 8. Awarding of points	130
Article 8.1. Concerning strikes.....	130
Article 8.2. Concerning offences	130
Article 8.3. Awarding points.....	131
Article 8.3.1. Awarding points using electronic scoring system	131
Article 8.3.1.1. In case of a draw.....	131
Article 8.4. Penalty	131
Article 8.4.1. Criteria for minus points.....	132
Article 8.4.2. Offences.....	132
Article 8.4.3. Fouls	132
Article 8.4.4. Coaches' behaviour	133
Article 9. Knock down (KD) and knock out (KO) (On the floor).....	134
Article 9.1. Procedure after KO, RSC, RSC-H, Injury.....	134
Article 9.2. Procedure after injuries in general	135



Article 10. Open Scoring Electronic System	135
Examples of a display for an Electronic Scoring System (FC, LK/K1).....	136
Chapter 8. Full contact rules	138
Chapter's 8 Table of contents.....	138
Article 1. Definition	139
Article 2. Safety equipment and clothes	139
Article 2.1. Personal safety equipment	139
Article 2.2. Personal clothes.....	139
Article 3. Legal target areas	139
Article 4. Legal techniques	139
Article 4.1. Hand techniques (punches).....	139
Article 4.2. Foot techniques (kicks).....	140
Article 4.3. Throwing techniques	140
Article 5. Illegal techniques	140
Article 6. Number of kicks per round.....	141
Chapter 9. Low kick rules.....	144
Chapter's 9 Table of contents.....	144
Article 1. Definition	145
Article 2. Safety equipment and clothes	145
Article 2.1. Personal safety equipment	145
Article 2.2. Personal clothes.....	145
Article 3. Legal target areas	145
Article 4. Legal techniques	145
Article 4.1. Hand techniques (punches).....	145
Article 4.2. Foot techniques (kicks).....	145
Article 4.3. Throwing techniques	146
Article 5. Illegal techniques	146
Chapter 10. K1 Style rules	148
Chapter's 10 Table of contents.....	148
Article 1. Definition	149
Article 2. Safety equipment and clothes	149
Article 2.1. Personal safety equipment	149
Article 2.2. Personal clothes.....	149
Article 3. Legal target areas	149
Article 4. Legal techniques	149
Article 4.1. Hand techniques (punches).....	149
Article 4.2. Foot techniques (kicks).....	150
Article 4.3. Knee techniques.....	150
Article 4.4. Throwing techniques	150



Article 5. Illegal techniques	150
Appendix - table of contents	152
Appendix 1. Point fighting clothes	153
Appendix 2. Light contact clothes.....	153
Appendix 3. Kick light clothes.....	154
Appendix 4. Full contact clothes	154
Appendix 5. Low kick / K1 Style clothes	155
Appendix 6. Muslim female kickboxer clothes	155
Appendix 7. Referee and judges' clothes.....	156
Appendix 7.1. Central Referee and Judges clothes	156
Appendix 7.2. Chief Referee, Supervisor and Observer clothes	157
Appendix 8. Point fighting gloves	158
Appendix 9. Kickboxing gloves	158
Appendix 10. Breast protector	159
Appendix 11. Shin guard PF, LC, KL, FC.....	159
Appendix 12. Shin guard LK, K1	160
Appendix 13. Foot protection	160
Appendix 14. Ring design	161
Appendix 15. Tatami floor layout	163
Appendix 16. Medals.....	164
Appendix 17. Each round result form	165
Appendix 18. Official Protest form.....	166
Appendix 19. Accreditation cards - examples.....	167
Appendix 20. Medical certificate	169
Appendix 20.1. Medical certificate for kickboxers	169
Appendix 20.2. Medical certificate for referees	171
Appendix 21. Medical questionnaire	173
Appendix 22. Dentist-orthodontist approval	174
Appendix 23. Non-pregnancy declaration.....	175
Appendix 24. Liability waiver	176
Appendix 25. Head Injury Card	177
Appendix 26. Parental / Legal Guardian Consent	178
Appendix 27. Referee's Code of Conduct.....	179
Appendix 28. Official Protest Form.....	181
Appendix 29. Central referee's hand signals	182
Hand signals - Tatami disciplines 1.....	182
Awarding points in point fighting	183
Hand signals - Tatami disciplines 2.....	183
Hand signals - Ring disciplines	184
Appendix 30. Proposal to change rules form	186
Appendix 31. WAKO International tournament request / permission	187
Appendix 32. WAKO International seminar request / permission.....	188



WAKO RULES



CHAPTER 1 GENERAL RULES



Chapter 1. General rules

Chapter's 1 Table of contents

Article 1. Definition of kickboxing sport	19
Article 2. Definitions.....	20
Article 2.1. Participants in kickboxing sports.....	20
Article 2.1.1. Kickboxer	20
Article 2.1.1.1. Registration of kickboxers.....	20
Article 2.1.1.2. Age categories	20
Article 2.1.1.3. Beginners.....	21
Article 2.1.1.4. Nationality of kickboxer.....	22
Article 2.1.1.5. Health and security of kickboxers	22
Article 2.1.2. Coaches	24
Article 2.1.2.1. Coaches' behavior	25
Article 2.1.3. Referees and judges - general.....	25
Age limit for referees and judges	25
Article 2.1.3.1. Supervisor.....	25
Article 2.1.3.2. Observer	26
Article 2.1.3.3. Chief referee	26
Article 2.1.3.4. Central referees.....	26
Article 2.1.3.5. Judges	27
Article 2.1.3.6. Timekeeper.....	27
Article 2.1.3.7 Scorekeeper	27
Article 2.1.3.8. Announcer	27
Article 2.1.3.9. Kick counter	27
Article 2.1.3.10. Referees and judges - general.....	28
Article 2.1.3.11. Referees and judges - uniforms	29
Article 2.1.4. Referees and Judges - duties and responsibilities.....	29
Article 2.1.4.1. Central referee	29
Article 2.1.4.2. Central referee commands.....	29
Article 2.1.4.3. Central referee's power.....	30
Article 2.1.4.4. Judge's duties.....	30
Article 2.1.5. Officials	30
Article 2.1.5.1. VIP	30
Article 2.1.5.2. Organizing committee	31
Chairman of committee	31
Ring and tatami coordinators	31
Arena coordinator.....	31
Security officer.....	31
Media officer	31
Streaming Media officer - live broadcasting.....	31



Administrator - Electronic scoring system staff.....	32
Article 2.1.5.3. Local organizing committee (LOC) members and staff.....	32
Article 2.1.5.4. Medical team.....	32
Article 2.1.5.5. Others.....	32
Article 2.2. Competitions.....	33
Article 2.2.1. Competition calendar.....	34
Article 2.2.2. World Championships.....	34
Article 2.2.3. Continental Championships.....	35
Article 2.2.4. World cups (World Grand Prix).....	35
Article 2.2.5. Continental cups.....	36
Article 2.2.6. Regional championships.....	36
Article 2.2.7. National championships.....	36
Article 2.2.8. National and international open tournaments.....	36
Article 2.2.9. International fights.....	36
Article 2.2.10. Promoters.....	37
Article 2.2.11. Equipment for competitions.....	37
Article 2.2.12. Competition's Trophies.....	37
World / Continental Championships.....	37
World / continental cups.....	38
Article 2.2.13. Championship Headquarters.....	38
Article 2.2.14. WAKO Representative.....	38
Article 2.3. Equipment and clothes.....	39
Article 2.3.1. Personal safety equipment.....	39
Article 2.3.1.1. Head guard.....	39
Article 2.3.1.2. Face mask.....	39
Article 2.3.1.3. Teeth protection.....	39
Article 2.3.1.4. Gloves.....	39
Point fighting gloves.....	40
Glove Slipping.....	40
Kickboxing gloves.....	40
Article 2.3.1.5. Hand and foot wraps (bandages).....	41
Article 2.3.1.6. Elbow protection.....	41
Article 2.3.1.7. Breast protection.....	41
Article 2.3.1.8. Groin protection.....	41
Article 2.3.1.9. Shin guards.....	41
Article 2.3.1.10. Foot protection.....	42
Article 2.3.1.11. Other additional protection.....	42
Article 2.3.2. Kickboxers clothes.....	42
Article 2.3.2.1. V-neck top.....	42
Article 2.3.2.2. Long pants.....	42
Article 2.3.2.3. Shorts.....	43
Article 2.3.2.4. Round neck T-shirt.....	43



Article 2.3.2.5. Round neck sleeveless T-shirt	43
Article 2.3.2.6. Top	43
Article 2.3.2.7. Muslim female clothes	43
Article 2.3.3. Beard, hair and nails	43
Article 2.3.4. Inappropriate equipment and clothes.....	44
Article 3. Procedures	45
Article 3.1. Registration procedure.....	45
Article 3.1.1. On line registration	45
Article 3.1.2. Competition registration	46
Article 3.1.3. Required kickboxer's documentation	46
Article 3.2. Accommodation booking procedure	47
Article 3.3. Accreditation procedure	48
Article 3.3.1. Kickboxers and coaches	48
Article 3.4. Weigh-in procedure.....	49
Article 3.4.1. Scales.....	49
Article 3.4.2. Weigh-in official	49
Article 3.4.3. Weigh-in procedure.....	49
Article 3.4.3.1. Registration weigh-in	49
Article 3.4.3.2. Daily weigh-in.....	50
Article 3.5. Medical check procedure	51
Article 3.5.1. Medical check official	51
Article 3.5.2. Medical check procedure.....	51
Article 3.6. Drawing procedure.....	52
Article 3.6.1. General criteria	52
Article 3.6.2. Seeding	52
Article 3.6.2.1. Seeding criteria.....	52
Article 3.6.2.2. Ranking criteria	52
Article 3.6.3. Official draw.....	53
Article 3.6.4. Daily program.....	53
Article 3.7. Disqualification procedure.....	54
Article 3.7.1. Technical disqualification	54
Article 3.7.2. Behavioural disqualification.....	54
Article 3.8. Procedure of prompting the protest.....	55
Article 3.8.1. Competition protests / appeal	55
Article 3.8.2. Official Appeal Protest Committee	55
Article 3.8.2. Procedure of prompting the protest	55
Article 3.8.3. Irregular protests.....	55
Article 3.8.4. Video evidence	56
Article 3.8.5. Special violations of rules	56
Article 3.9. Change of referee's decision procedure.....	56
Article 3.10. Opening ceremony procedure	57
Article 3.11. Awarding ceremony procedure	57
On the podium	58



Awarding procedure	58
Article 3.12. Official report procedure	58
Article 3.13. Rules changes procedure.....	59
Article 4. Committees	60
Article 4.1. Tournament Committee.....	60
Article 4.1.1. Referee Committees of Ring sports / Tatami sports.....	60
Article 4.1.1.1. International referee seminars and registration	60
Article 4.2. Coaches Committee	61
Article 4.3. Medical, health and anti-doping committee	61
Article 4.4. Technical Committee.....	61
Article 4.5. Seminars	62
Article 5. General provisions	63
Article 5.1. Unsportsmanlike behaviour.....	63
Article 5.2. Participation of WAKO members in other dissident organizations	63
Article 5.3. Rule changes.....	64
Article 5.4. Special notes	64





Article 1. Definition of kickboxing sport

KICKBOXING is modern contact fighting sport, which includes several clearly defined disciplines:

- POINT FIGHTING (PF),
- LIGHT CONTACT (LC),
- KICK LIGHT (KL),
- FULL CONTACT (FC),
- LOW KICK (LK),
- K1 STYLE (K1)
- MUSICAL FORMS (MF).

Kickboxing disciplines are divided in two main groups based on specific rules applied on each group. Main characteristic which determines group is allowed hand and leg technique, strength of allowed techniques and competition area.

Groups are:

TATAMI DISCIPLINES, include PF, LC, KL, MF where it is allowed to use hand and leg techniques equally with controlled force/contact. The basic intention of kickboxer is to defeat his opponent by scoring more points than his/her opponent. Fighting area is called TATAMI.

FORMS is a specific group of tatami disciplines where kickboxers are performing kickboxing techniques with or without music where his intention is to show fight with imaginary opponent. Performing area is called TATAMI.

RING DISCIPLINES, include FC, LK, K1 where it is allowed to use hand and leg technique equally with the full power. Basic intention of kickboxer in these disciplines is to defeat his opponent by stoppage or winning more points. Fighting area is called RING.



Article 2. Definitions

Article 2.1. Participants in kickboxing sports

All participants in kickboxing must act with honour, fair play, respect and honest and in accordance with these rules and the WAKO Statutes and By Laws as adapted time to time.

Participants in kickboxing sports are recognized as a: kickboxer, coach, referee and official

Article 2.1.1. Kickboxer

KICKBOXER is an athlete who practice and participated in kickboxing competitions respecting and behaving in accordance with these rules.

Article 2.1.1.1. Registration of kickboxers

Kickboxer must be registered in WAKO recognized national federations. Only registered kickboxers are allowed to participate in any WAKO kickboxing competitions.

For competitions kickboxer must be in possession of valid medical certificate stating "fit to fight", not older than 1 year.

Article 2.1.1.2. Age categories

Kickboxers are divided in age and weight categories which are defined in Ring General Rules and Tatami General Rules.

Age is determined by the **year of birth**.

Legitimizing - positive proof of age will be required at all championships (passport or ID-card).

Age categories are:

CHILDREN	(CH)	(boys and girls)
YOUNGER CADETS	(YC)	(boys and girls)
OLDER CADETS	(OC)	(boys and girls)
JUNIORS	(J)	(male and female)
YOUNGER JUNIORS	(YJ)	(male and female)
OLDER JUNIORS	(OJ)	(male and female)
SENIORS	(S)	(male and female)
MASTER CLASS (VETERANS)	(V)	(male and female)

CHILDREN category (CH): 7,8 and 9 years old. the age group is determined by the year of birth. In the year of the competition, the kickboxer can be 7, 8 and 9 years old. Children can participate in tatami disciplines point fighting and musical forms.

YOUNGER CADETS Category (YC): 10, 11 and 12 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be 10, 11 and 12 years old. Younger cadets can participate in tatami disciplines point fighting and musical forms.

OLDER CADETS Category (OC): 13, 14 and 15 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be 13, 14 and 15 years old. Older cadets can participate in tatami disciplines point fighting, light contact, kick light and musical forms.



JUNIORS Category (J): 16, 17 and 18 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be 16, 17 and 18 years old. Juniors can participate in tatami disciplines point fighting, light contact, kick light and musical forms.

YOUNGER JUNIORS category (YJ): 15 and 16 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be 15 and 16 years old. Younger juniors can participate in ring disciplines: full contact, low kick and K1 Style

OLDER JUNIORS category (OJ): 17 and 18 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be 17 and 18 years old. Older juniors can participate in ring disciplines: full contact, low kick and K1 Style

SENIORS category (S): 19 to 40 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be from 19 to 40 years old. Seniors can participate in all kickboxing disciplines.

MASTER CLASS (VETERANS) category (V): 41 to 55 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be from 41 to 55 years old. Master class (veterans) can participate in tatami disciplines: point fighting, light contact and kick light

Clarifications and exceptions

- Children, younger cadets and older cadets can compete only in their age categories.
- Juniors (in tatami disciplines) and older juniors (in ring disciplines) can compete in senior categories only if kickboxer is already 18 years old
- If an older junior and junior competes at World or Continental Championships in senior category than kickboxer cannot go back competing as older junior or junior again and must stay within the senior categories going forward at all world and continental championships.
- Older junior and junior who has competed as a senior at World or Continental championship can continue to compete as a junior in all other international events, excluding the above.
- A children, younger cadets, older cadets or juniors can only participate within a team in the age category applicable to him as an individual.
- If any kickboxer in Master class (Veterans) category would like to fight in senior category kickboxer must be in possession of all medical check-up and certification declaring he's fit to fight and ask for a special authorization released by WAKO HQ to participate at World and Continental Championships and World Cups. For other competitions he/she has to have a special authorization released by National federation.
- Kickboxers participate at World and Continental Cups and other open international and national tournaments can move between categories / weight classes (maximum one above) as long as it is a division above kickboxer's weight.

Article 2.1.1.3. Beginners

- Beginners are young kickboxers who have been training kickboxing for less than 1 year, have a maximum of 5 participations in cups and open tournaments and has never competed in regular categories.
- Cups and open tournaments can also host competitions for beginners. Not at championships (World, Continental and National Championships).
- If during the fight a young kickboxer is shown to have significantly greater knowledge and skills, and in order to protect the opponent, the Central Referee may call all judges, the Chief referee of the tatami and the Supervisor and decide by majority decision whether a competitor is a beginner or not.
- If a majority decides that a competitor is not a beginner, he or she will be disqualified.



Article 2.1.1.4. Nationality of kickboxer

- At the World and Continental Championships, kickboxers must represent nationality for the country they represent, showing the official personal identity document (passport or ID or official residence card of permanent residence in the country they want to represent).
- Under special circumstances a kickboxer who already represented one national team on continental or world championships in any age category can change representation to another national team one time but the requirements for that is:
 - Official national confirmation of permanent residence in their new country.
 - The change of representation must be applied on to WAKO HQ, explaining the reason for the change at least one month in advance of the event
 - There must be a written agreement formal acceptance by the original country of origin.
 - Any speculation for such representation will not be allowed. Such can be punished for the kickboxer as well as for the national federation of new country.
 - Kickboxer cannot switch back again and participate for his origin or any other country in the future.
 - A kickboxer having two passports form different countries can only make a switch one time.
 - If kickboxer who already represented national team changing representation, it must be done according to a written agreement between the countries and applied to WAKO HQ for Written Approval.
 - At weigh-in official personal identity document must be shown to the registration/weigh-in officials in charge.
 - In Continental Championships competitors from other continents are not allowed to participate.

Article 2.1.1.5. Health and security of kickboxers

- WAKO is an official member of WADA, having fully adopted the World Anti-Doping Code. Every kickboxer, coach and official is obliged to understand, adapt and respect the WADA Code both in and out of competition.
- Any Kickboxer refusing to submit to a medical examination or anti-doping test before or after a fight, can be immediately disqualified or suspended pending full hearing. The same will occur in the case of an official encouraging such a refusal.
- Athletes who are chosen to be part of the WAKO Registered Testing Pool (RTP) are required to follow the instructions of WAKO Anti-doping Director and related service providers, which include the filling out the Competition Whereabouts form and forward it to the Anti-doping Director. Failure to comply will as a result of automatic suspension of their ranking and will lead to consequences as per the Code
- WAKO allow a maximum of 2 fights per day, during Continental or World Championships, World Cups and A/B/C Class events. in all ring sports, while there is no limited number of fights in the Tatami sports.
- A kickboxer will be allowed to fight in an International competition only after having been declared fit for it by a appointed doctor, recognized by the Federation under whose name the competition takes place, or by the Medical Committee of WAKO during Continental and World Championships.
- A medical physical examination is mandatory for each kickboxer
- Each kickboxer to participate in an international tournament must have an official statement from kickboxer's National Federation, attesting that kickboxer passed a pre-participation screening following kickboxer's national laws and WAKO Medical Rules and kickboxer is fit to take part to the current WAKO event. The “WAKO Medical Certification” form must be used for this purpose (see Appendix 19). This statement must be written in ENGLISH (no other languages are accepted), with the signature and stamp of both the Doctor appointed by



kickboxer's National Federation (in accordance with National laws) and the President and/or Secretary General of kickboxer's National Federation and must be individual (a list of fit athletes will not be accepted). Each kickboxer must give personal certificate to the visiting doctor after the weigh-in. The examining doctor will look after the validity and will decide on the appropriateness of each certificate. To participate in national championships and tournaments he must have a medical certificate issued according to national medical law and rules.

- The minimum exams and instrumental ascertainment for the release of WAKO Medical certificate are reported in the Appendix section.
- WAKO Medical certificate is valid for one year only. If the kickboxer has sustained a concussion, a serious injury, KO or TKO since the last medical certificate was issued, a new certificate is necessary.
- Each kickboxer to participate in an international tournament has to fill the “WAKO Medical Questionnaire”, about kickboxer's medical history, and the “WAKO Liability Waiver” form.
- Any female kickboxer (14 year and older) must provide a “WAKO Non-pregnancy Declaration” to the visiting doctor after the weigh-in using the form in the Appendix 23.
- Any kickboxer who has dental brace must provide a "WAKO Dental Brace Certificate", issued by kickboxer's orthodontic surgeon who consider that kickboxer will be at no more risk than any other person taking part in kickboxing competitions in accordance with the WAKO rules.
- Without these forms (“WAKO Medical Certificate”, “WAKO Health Questionnaire”, “WAKO Liability Waiver”, for female kickboxers “WAKO Non-pregnancy Declaration”, and for kickboxer who has dental brace "WAKO Dental Brace Certificate") adequately filled, the athlete is not allowed to compete.
- Certificates and Medical forms can be submitted online in advance, in case WAKO has adopted a dedicated web-based computer system.
- A kickboxer will not be allowed to take part in a fight if they have a bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included. They may be allowed to fight if the ulceration is protected by Collodion. This decision will be made by the doctor who examines the kickboxer on the day of the competition
- WAKO refers to its Medical Procedures and Health Security Guidelines that takes care of:
 - Introduction
 - Anti-Doping
 - Weight-Reduction and Nutrition Methods
 - Medical Fitness Certificate - Examinations
 - Medical Check before competitions
 - Medical Suspensions
 - Medical Personnel
 - Health Security at competitions
- An appointed doctor (qualified doctor with recognized experience in combat sports) must be present during and throughout the competition and must not leave their place before the end of the last fight or before the inspection of kickboxers who took part in it.
- In a tournament there must be a minimum of two ambulance personnel on site
- If a female Muslim declares to participate in any WAKO competition respecting and in accordance with her religion, must give their written consent to WAKO that in case of emergency (injuries, cuts etc.); the medical staff on duty can proceed to any urgent and deemed necessary examination of the individual if needed.



Article 2.1.2. Coaches

- Coach is kickboxing expert who is educated and appropriately licensed for the sport of kickboxing. To participate in World and Continental championships and World cups, coach have to be licensed by WAKO IF. To participate in other international and national championships and kickboxing tournaments coach have to be licensed by national federation according national law and rules.
- Education and licencing are provided in front of World / Continental Championships and Cups by WAKO IF
- The purpose of seminars organized and leaded by Coach committee chairman and members is to teach, improve, share and spread knowledge, experiences and informing on newest developments in kickboxing sport.
- The seminars will deal with each kickboxing discipline according to actual WAKO rules to make sure that all coaches work in way which is important for the WAKO development
- Seminar should contain:
 - Verbal, video, PPT or any other way of introduction, presentation and explanations basic on development of kickboxing sport.
 - Verbal explanation of main issues that normal causes problem in order to harmonize the coaches.
 - Written tests/exams.
 - Registration.
- All coaches have to be registered on WAKO Membership system and duly licenced to coach
- Coaches must wear the national team / club's track suit, long trousers and training shoes.
- Coach is obliged to bring to the fighting area (ring or tatami): towel, plastic bottle of water to be used for drinking and mouth wash only. No other type of water bottle is permitted at fighting area (tatami or ring) for use by the kickboxers or coaches (glass bottle is forbidden).
- It is not allowed to carry bags or backpack, but it is allowed to carry a small document bag around the waist
- It is not allowed to wear cap or hat, sleeveless shirts, shorts, and slippers
- It is not allowed to wear clothes or parts of clothing from any other sports as well as clothing marked with logos or signs of other sports, or the characteristic uniform of any other sport
- A coach must obey the following rules during the fight:
 - Kickboxer must have one or maximum two coaches in his corner to assist him during the fight
 - They must be 18+ years old.
 - Only one coach may get into the fighting area.
 - Coach is not allowed to entering into ring or on tatami before or during the fight. Only during the breaks.
 - The coach must remain seated at all times on the chair provided and must not interfere or disrupt with the smooth running of the fight by gesture or deed. It's strictly prohibited to put arms on the platform, to stand up or enter the fighting are, including even the stairs, during the fight.
 - If the coach notices a material mistake of the Central Referee, an mistake in measuring time or recording points and results, the coach has the right to stand up and show to the Central Referee a T sign with his palms (Time) and request the break of the fight and correction of the material mistake. The coach has the right to request a break and correction of a material mistake 2 (TWO) times in one fight. The coach has no right to request a change in the Central referee's or Judge's decision which is not a material mistake. If the coach complains or comment to the Central referee's or Judges decision he will be warned.
 - Coach can abandon the fight on behalf of his kickboxer by tossing the towel into the fighting area, if the kickboxer is in trouble, except while the Central referee is counting a kickboxer.
 - The coach cannot make any comment to a referee or Judge on or off the competition area during



- or after the fight/competition.
- Coach can give short advice and encouragement to the kickboxer during the round but not loudly or yelling
- During the fight the coach can't be on the ring platform or on the tatami. If the coach during fight steps on the tatami or enters the ring, coach will be disqualified from this fight
- Coach must, before each round, remove stools, towels, buckets, etc.
- Any coach or official is not allowed to encouraging or prompting the spectators to give signs of advice or encouragement to a kickboxer during a round. If behaving like this coach or official can be suspended from their function in the competition in course.
- A coach who violates the rules may receive a warning or be disqualified by the Central referee for bad behaviour and prevented from coaching during the fight, day or whole event, following consultation and agreement of the Technical committee of the competition
- It is not allowed to fight without a coach. If they are removed by the referee, they must be replaced in two minutes.

Article 2.1.2.1. Coaches' behavior

- The Central referee after two verbal warnings has right to disqualified from the fight the coach who does not obey his orders following a majority decision of the judges and supervisor.
- In case that disqualified coach continues with violation of rules, act aggressive towards officials, other coaches, kickboxers or spectators, Chief referee has right to disqualified him for all fighting day of competition. In such a case, the Chief referee must initiate disciplinary procedure.
- In case that coach disqualification is for whole day or the entire tournament, Chief referee of this fighting area must inform against coach to the WAKO HQ in written form, and the office must carry out the procedure in accordance with the applicable regulations. Disciplinary committee will prosecute such a case.

Article 2.1.3. Referees and judges - general

- REFEREE is kickboxing educated and licensed official whose basic task is to implement these rules during kickboxing competitions.
- It is MANDATORY for referees and judges to participate in international kickboxing championships and tournaments to speak a minimum of English to communicate during the championships.
- English is the official language of WAKO and its referees in all international kickboxing championships and tournaments. In competitions at national or local level, the official language of the national federation may be used in official communication.
- All International referees (A/B) Class must have a good capability of speaking and reading English.
- Before, during and after their work on any kickboxing tournaments referees and judges will respect Referees' Code of Conduct and all rules of WAKO IF

Age limit for referees and judges

The official age for officiating at WAKO title tournaments as Central referee or Judge has to be 21 years minimum. There is no age limit for WAKO Referees and Judges as long as they are medically fit and healthy and can perform their duties on tatami or in the ring.

Article 2.1.3.1. Supervisor

- Supervisor is named by Chairman of WAKO Referee Committee for each international WAKO competition among referee committee members or the best referees



- Supervisor's main goal is to supervise work of observers and chief referees and to ensure that competition is conducted in accordance to WAKO Rules.
- Supervisor is the member of tournament Appeal protest committee.
- In the event of a formal protest, if the Supervisor is from a country from which one of the fighters whose protest was protested is excluded from resolving the protest and will be replaced by another member of Referee Committee.

Article 2.1.3.2. Observer

- Observer is named by Chairman of WAKO Referee Committee for two or more fighting areas on each international WAKO competitions
- Observer's main goal is to supervise work of chief referees on fighting areas that are under his responsibilities and to ensure that competition on that areas is conducted in accordance to WAKO Rules.
- Observer is the member of tournament Appeal protest committee.
- In the event of a formal protest, if the Observer is from a country from which one of the fighters whose protest was protested is excluded from resolving the protest and will be replaced by another member of Referee Committee.

Article 2.1.3.3. Chief referee

- The Chief referee on WAKO World and continental championships and World and Continental cups is named by WAKO Referee Committee among the referees for each fighting area. On the other kickboxing tournaments Chief referees is named by organizer national federation's chief referee.
- His main goal is to:
 - organize work of Central referees and Judges making sure that all activities are according WAKO Rules.
 - organize the Central referees and judges according to the nationalities of kickboxers and to observe every single fight in order to be ready to educate referees and judges in case of mistakes or to be able to handle protests. They can alternate their role.
 - responsible for the correct compilation of the draw list with results, and at the end they will sign the draw list and give it to the ring and tatami coordinators.
- Chief referee is the member of tournament Appeal protest committee
- In case of protests, they must follow procedures and they make a first-level decision. If the protester is not satisfied with their decision, the Chief Referee will explain all details of the protest to the tournament Appeal protest committee, who make a final decision.
- In the event of a formal protest, if the Chief referee is from a country from which one of the fighters whose protest was protested is excluded from resolving the protest and will be replaced by a Chief referee from another fighting area.
- Chief referee supervises Central referees and judges and can change a Central referee's decision only in case of a "material mistake".
- In musical forms the Chief Referee will give the signal to competitors to start performing and they coordinate the work of other judges.
- Chief referee must speak fluently English.

Article 2.1.3.4. Central referees

- Central referee is named by chief referee for each fight on the tatami or in the ring
- The main goal of the central referee is to ensure that the fight is conducted in accordance with WAKO Rules and with the maximum safety of both kickboxers.



- Only the Chief referee and the Supervisor / Observer can change a Central referee's decision only in case of "material mistake"

Article 2.1.3.5. Judges

- Judge is named by chief referee for each fight on the tatami or in the ring
- The main goal of the judge is to score separately points achieved by both kickboxers during the fight
- Judge scores only what he sees.
- Only the Chief Referee and the Supervisor / Observer can change a judge's decision if he confirm he has made a mistake and switched the score.

Article 2.1.3.6. Timekeeper

- Time keeper is named by Chief referee for each fight on the tatami or in the ring
- The main goal of time keeper is to measure the fight time (active fighting time with breaks, the start and stop of the fight, medical time, walk over time), in accordance to the WAKO rules.
- He will be seated at fighting area (ring or tatami) central table.
- Ten seconds before the beginning of each round, he will give the order "Seconds out."
- He will give the signal for the beginning of the round by raising the hand.
- He will give the signal for the end of each round by ringing the gong or by throwing pad in side of the fighting area (ring or tatami).
- He will announce the number of the round, before it starts.
- He will stop the measuring the time of the fight temporarily, when asked to do so by the Central referee.
- He will keep track of extra time with a watch or a stop watch.
- If, at the end of a round in the ring disciplines, a kickboxer is on the floor, and the Central referee is counting him out, the gong must ring at the end of two minutes, even if Central referee must finish counting.

Article 2.1.3.7 Scorekeeper

- Score keeper is named by Chief referee for each fight on the tatami or in the ring
- Main goal of score keeper is to records all scores, warnings and penalties given by the Central referee
- In addition to entering the data into a computer scoring system, the score keeper records the results and marks the winner on the draw sheets or on a fighting schedule sheet.
- One of the roles of scorekeeper is a role of announcer for fighting area.

Article 2.1.3.8. Announcer

- Before the fight they call the kickboxers to the Ring or on Tatami. First, he calls the kickboxer in the red corner and after he calls the kickboxer in the blue corner.
- At championships and cups, the announcer will call the next two kickboxers to prepare for the next fight.
- After calling the kickboxer three time, and they do not arrive at the ring / tatami, he will give the order for the time keeper to start the timer.
- If the kickboxer does not arrive within the two (2) minutes, the Chief referee will give a sign to the Central referee and announcer who will announce the winner of fight by opponent's WO.
- In musical forms competitions, they will read loudly each mark of judges.
- Announcer on the fighting area - tatami / ring will be scorekeeper.

Article 2.1.3.9. Kick counter

- Kick counter is named by Chief referee for each full contact fight in the ring
- Kick counter is mandatory in all official WAKO authorized competitions in full contact discipline



- A kick-counter is a Judge who sits in neutral ring corners (when the electronic scoring system is not used) or near the Time Keeper (when the electronic system is used). The coaches must be able to see the counter, if the electronic scoring system is not used.
- Main goal of Kick counter is to register valid kicks during each round of full contact fight
- Kick counter reports to the Central referee after every round number of missing kicks of each kickboxer.
- It is mandatory that the kick-counter uses a board with visible red and blue numbers (when the electronic system is not used).

Article 2.1.3.10. Referees and judges - general

- Each fight on an international championships and kickboxing tournaments is scored by three international Judges (except PF where there is one Central referee and two judges).
- To ensure neutrality, the Central referees and the three Judges for each fight will be selected by the Chief referee with overall responsibility of the fighting area, according to the following rules:
 - In no way may two of the Judges / Central referees of the same fight come from the same country on WAKO World and continental championships and World and continental cups unless it is due to an uncontrollable reason.
- The three Judges will be seated away from the spectators and close to the fighting area.
- Positions of each of three Judges must be suitable in order to allowed them to have clear vision of the fighting area.
- In PF the Central Referee and two judges with their position in the triangle ensure that at least two of them clearly see the performance of the technique in the fight.
- The rest of the judges should be seated in barrier of a distance from the fighting area, so they don't have any possibility to influence the ongoing fight, if something happens. The Chief Referee and Supervisor must solve the issue without influence of the judges who are not involved in the fight.
- All Judges and Referees should undergo, in their own countries, a basic medical test before officiating in any official WAKO Championships. Their valid medical certificate should be brought with them during Championships and shown on demand to the Chief referee.
- Judges must use electronic point system to count the scoring points while on duty.
- Judges / referees must attend the pre agreed WAKO referee international academy / seminars / camp, and minimum one World cup before they will be allowed to officiate in a World or Continental Championships that year (WAKO A Class Events).
- Their referees' license / card must be renewed every two years.
- To ensure neutrality, the Central referees and the three Judges for each fight will be selected by the Chief referee with overall responsibility of the fighting area, according to the following rules:
 - In no way may two of the Judges / Central referees of the same fight come from the same country unless it is due to an uncontrollable reason.
- For international fights between the teams of two or more National Federation / Associations, a fight could be supervised according to an agreement between the official representatives of the Federation / Associations in question, provided that the agreement does not go beyond WAKO Rules.
- Persons in charge of the refereeing or judging of a fight or a series of fights, will not at any moment of the fight (or fights) be allowed to act as a manager, trainer, coach or second of a kickboxer or team of kickboxers taking part in a fight, nor act as an official in a fight in which a kickboxer from his country participates.
- In case that Judge / Referee does not respect WAKO rules and commits serious mistakes in performing his duty can be suspended and replaced during the fight by chief referee. His position will be taken by next available Judge / Referee upon the decision of chief referee.



Article 2.1.3.11. Referees and judges - uniforms

- The Referee and the Judges should be dressed in the following manner:
 - Navy-blue jacket with emblem of WAKO
 - Only a small WAKO badge is allowed on the lapel of the jacket
 - White WAKO shirt with short sleeves
 - WAKO bow tie (judges and central referees) or WAKO tie (chief referees and supervisors)
 - Black trousers without turn-ups,
 - Dark blue or black socks.
 - Black gym shoes without laces, heels and logos of any colour, with the exception of WAKO logo. (See appendix 7)
- His sight must be at least 6 dioptic per eye.
- A Central referee is not allowed to wear glasses, but he may wear soft contact lenses only.
- Spectacles/glasses is allowed for Judges / table officials only (not judges in point fighting fights).

Article 2.1.4. Referees and Judges - duties and responsibilities

Article 2.1.4.1. Central referee

The Central referee must:

- Check the mouth guards.
- Check the right positions of Judges before the fight.
- Make sure that a weakened kickboxer does not suffer unjust and unnecessary blows.
- They announce the winner by electronic scoring after the command of the Chief referee.
- In case of using scoring paper, at the end of the fight, gather and check the scoring papers of the three Judges.
- After verification, they must hand them to the Chief referee and announce the winner following command of Chief referee

Article 2.1.4.2. Central referee commands

Central referee use following commands:

- **SHAKE HANDS** - this command Central referee use at the beginning of the fight to give an order to kickboxers to touch the gloves and show respect to each other.
- **FIGHT** - this command Central referee use at the beginning of the fight in order to start fight and each time in order to continue fight.
- **BREAKE** - this command Central referee use to break a body to body position, after which each kickboxer must make one step back before continuing the fight.
- **STOP** - this command Central referee use to order the kickboxer to stop fighting
- **STOP TIME** - this command Central referee use to give order to time keeper to stop measuring active time of the fight.
 - Forming the letter **T** with hands, to give order for time keeper to stop the clock until referee says command **FIGHT**. When the central referee says **STOP TIME**, he must say the reason why he stopped the clock.

Central referee will give the order **STOP TIME** on these occasions:

- When he gives **official warning** to a kickboxer (opponent must immediately go to the neutral corner)
- When a kickboxer asks for stoppage of time by rising right hand (opponent must immediately go to the neutral corner)
- Wherever the fight is stopped, it must restart with both competitors approximately in the same positions (on tatami) or in centre (on ring).
- When sees it's necessary to correct a kickboxer's equipment or uniform



WAKO Rules - Chapter 1 - General rules

- When sees that a kickboxer is injured (maximum time for doctor's intervention is 2 minutes for each kickboxer).
- To resume the fight, Central referee give the command “**TIME**” and then “**FIGHT**”.
- If the Central referee feels a kickboxer is using time-stops to rest or to prevent his opponent from gaining advantage, a warning will be given by the central referee and the kickboxer may be following discussion with judges, disqualified for delaying the fight or refusing to fight.
- If a Central referee (after having so decided by majority decision with the three Judges) disqualifies a kickboxer or stops the fight, they must first indicate to the Chief of the Ring / Tatami the kickboxer who has been disqualified and give the reasons for stopping the fight, so that the Chief of the Ring / Tatami can inform the announcer, who will then, make a public announcement.
- In order not to disturb a close fight, the Central referee should not stand in the way or break in too early. He must indicate to the kickboxer, by appropriate signs or gestures, any violation of the regulations.
- In case of one or both kickboxers are deaf, the Central referee can use a touch by hand on the shoulders or on the arm to “stop” or “break” the fight.

Article 2.1.4.3. Central referee's power

The Central referee has the power to:

- Stop a fight at any moment due to health and safety reasons, if he finds that it is too one-sided.
- Stop a fight at any moment if one of the kickboxers has received an unauthorized blow or is wounded, or if he considers a kickboxer unable to continue.
- Stop a fight at any moment if he finds the kickboxer behaving "unsportsmanlike". In such a case, Central referee can disqualify such kickboxer.
- Warn a kickboxer or stop the fight and give a penalty to a kickboxer for an offence.
- Warn, penalise or even disqualify a coach or a second who has broken the regulations or does not obey his orders.
- Disqualify, with or without a warning, a kickboxer who has committed an offence.

Article 2.1.4.4. Judge's duties

- Judge is responsible for checking the uniform and equipment of kickboxers before the fight
- Judge 1 (red) and Judge 3 (blue) check the safety equipment and clothes of the kickboxers before entering the ring / tatami. Judges check hand wraps and gloves before kickboxers come into the ring / tatami with the gloves. The Central referee is obliged to check only mouth guards.

Article 2.1.5. Officials

- OFFICIALS on each WAKO competition are all other persons which are involved in kickboxing sports, national and international federations and other kickboxing sport organizations.
- All Officials on championships and cups are WAKO Officials. They are not Officials of their own countries or federations. They must be completely neutral. At all times during championships they represent WAKO. They must show a positive, honest attitude and fair play to everyone.
- It is NOT allowed to change to their role from official to coach or competitor during the same championship.
- WAKO Officials are following persons:

Article 2.1.5.1. VIP

- WAKO IF / WAKO Continental president
- Members of WAKO IF / WAKO Continental Board of directors
- Presidents of WAKO recognized national kickboxing federations or his representative
- Special guests



- VIPs must remain in the VIP area and not be present at the side of a ring or tatami, when a match is taking place, to do so could lead to unwarranted and inappropriate pressures on officials.

Article 2.1.5.2. Organizing committee

Chairman of committee

- Chairman of WAKO Organizing committee is WAKO President
- Chairman will decide who, when and where members of Organizing committee will be present on WAKO World and Continental Championships and World Cups.

Ring and tatami coordinators

- Coordinators are responsible for smooth running of competition on fighting areas which are their responsibilities (ring or tatami)
- They are in charge of registration, seeding, draw procedures.
- They prepare and verify daily schedules (which is signed off by Chairman of Organizing Committee)
- They are responsible for verifying all competition results and reports

Arena coordinator

- Arena coordinator is member of Organizing committee
- His main duty is to set up the arena, prepare hardware for electronic scoring system, prepare awarding ceremony podium and set up
- Ensure the Arena and field of play is suitable prepared and ready each day.

Security officer

- Security officer is a member of Organizing committee
- His main duty is to supervise and coordinate all activities of LOC's security staff who will be under their direct control/
- He is named by Chairman of Organizing committee as a contact person with local police and other security authorities

Media officer

- Media officer is a member of Organizing Committee appointed for each World and continental championships by Chairman of Organizing Committee and approved by Chairman of Media Committee
- Their main duties and responsibilities are publishing posts, articles, photos and short videos on social medias (Facebook, Instagram, Twitter, Flickr and others) during the competitions where he is nominated with purpose of increasing the publicity of competition, WAKO and kickboxing as sport
- He is also responsible for preparing reports in form of article for publishing on official web page
- They are responsible for compiling the media report post competition

Streaming Media officer - live broadcasting

- Streaming Media officer responsible for live broadcasting and video recording is member of Organizing committee.
- His main duty is to organize live streaming of competitions on all fighting areas during all daily program, opening ceremony and award ceremony to WAKO.TV, YouTube and WAKO Facebook page.
- He is also responsible to prepare post production and upload all video material after the World and continental championships, World and continental cups to WAKO official video channel (YouTube)



Administrator - Electronic scoring system staff

- Is appointed by the Chairman of the Organising Committee
- The Administrator is responsible for collecting all registration material and loads data into a computer to prepare draw lists.
- With the Coordinators he makes the draw lists and distributes them to the official tables.
- He collects completed draw lists after fights are finished and transfers the results to the computer.
- He will make an official report of the Championship or Cup and distribute the official report to all representatives of national teams
- He is responsible for upload (web-Facebook) and distribution of official daily schedules, results and all other reports approval made by ring and tatami coordinators and Chairman on the World and Continental championships, World and continental cups.

Article 2.1.5.3. Local organizing committee (LOC) members and staff

Members of Local organizing committee of the World and continental championships, World and continental cups should be:

- Chairman of local organizing committee - coordinator of all local activities in host country, he should be president of WAKO National federation of host country or person appointed by president
- Director Arena Operations
- Director of Security Operations (including Police contact)
- Director Local Staff/Volunteers
- Director Transportation Operations
- Director Accommodation/Hotel Operations
- Director Medical Operations
- Director Anti-Doping Operations

Article 2.1.5.4. Medical team

- Chief doctor on duty
- Paramedic on duty
- Medical technician on duty
- Anti-doping officer
- Medical team must have enough equipment and enough doctors and technicians for safe and quick intervention at all fighting's areas.
- Doctors must have experience in treating kickboxing specific injuries.
- The Promoter is responsible to provide adequate medical team, with ambulance vehicle.
- WAKO Medical Procedures and Health Security Guidelines must be followed.
- Doctor must be ready for immediate intervention on the Referee's call. Before the Referee's call they cannot enter on the tatami or in ring.

Article 2.1.5.5. Others

- Journalists
- Cameramen
- Photographers
- Security staff
- All above mentioned other persons are registered and accredited by LOC



Article 2.2. Competitions

- The basis of all kickboxing competitions is honour, fair play and honest competition.
- Kickboxing competitions are organized with the authorization of WAKO and are subject to these rules and all applicable bylaws.
- No Athlete or national team may register for a World or Continental Championships, if they have not fulfilled their obligations as per the statutes in force at that time, in that year. In the case the event is before the various cut off dates, for payment of fees etc, they must have been complaint the previous year, Vis a vi, annual payment, receipt of all documentation etc.
- All international competitions must follow WAKO rules completely. Competitions at national level can adapt organizational part of rules to national regulations, but the rules of fighting disciplines must be fully respected.
- Results of fights will determine placing and final achievement of kickboxer, club or national team at the competition.
- All WAKO official competitions and official National competitions, amateur fights, prestige or title fights, must apply the WAKO rules in full
- All competitions and fights are on a voluntary basis.
- All kickboxers, coaches, officials, representatives, promoters and members of WAKO organizations must respect WAKO rules and the honour, dignity and moral values of all members, clubs, national federations and WAKO.
- All competitions on World, continental, national and all other levels must promote the development, popularization and rising quality of kickboxing as a sport and WAKO as an organization.
- All WAKO International competitions A/B/C Class must apply with the event application and be pre-approved to be included in the WAKO calendar.
- Prior to inclusion in the WAKO calendar, the promoter must submit a request for consent to organize an international kickboxing competition. The application form can be found in appendix 31
- Consent must be requested for all WAKO international competitions A/B/C Class and Continental Championships. (World championships are approved according to a special procedure)
- Continental championships and A class international tournaments must be requested minimum one year before, other tournaments minimum 6 month before.
- The organizer of the competition is obliged to submit an invitation brochure and a poster for verification and approval to the WAKO Organizing Committee before the announcement in the WAKO calendar and on the official website of WAKO.
- All international competitions must apply the SportData system of registration and processing of results
- International competitions not approved by the WAKO Organizing Committee cannot be included in the WAKO Calendar.
- National federations may not organize international competitions that are not approved and verified by the WAKO Organizing Committee, and any national federations are not allowed to participate in such competitions.
- National federation may be sanctioned for non-compliance with this decision (organization and/or participation in not-approved competitions).

Competitions are:

- World Championships
- World Cups (World Grand Prix Tournaments)
- Continental Championships
- Continental cups
- Regional international championships
- National championships
- National and international open tournaments



Article 2.2.1. Competition calendar

The WAKO competition calendar will be on the official web site at all times

The WAKO competition calendar will include:

- World and continental championships
- Regional championships and world and continental cups - at least before the end of the previous year of tournaments
- International Open Tournaments of WAKO National federations, a minimum of one year before date of event (National federations are responsible for informing WAKO headquarters of dates and other details about Open tournaments) on the calendar there will also be other official activities such as seminars, meetings, etc.
- All WAKO national federations are responsible for creating their own competition calendar, which must be adjusted to WAKO competition calendar.
- International open tournaments in organization under WAKO national federations cannot be organized within two weeks' other side of a world, continental championships and world cups.

Article 2.2.2. World Championships

- WAKO world championships for all disciplines together are organized every second odd and even years.
- WAKO world championships for seniors and master class (veterans) categories are organized every odd year. Master class - veteran's results are recorded separately from seniors and their medals are not counted in the national team rankings
- WAKO world championships for children, cadets and juniors in all disciplines together are organized every even year.
- World championships for all age categories and in all kickboxing disciplines are organized as follows:
 - Point fighting: children (CH), younger cadets (YC), older cadets (OC), juniors (J), seniors (S), master class (veterans) (V) - male (M) and female (F) division
 - Light contact: older cadets (OC), juniors (J), seniors (S), master class (veterans) (V) - male (M) and female (F) divisions
 - Kick Light: older cadets (OC), juniors (J), seniors (S), master class (veterans) (V) - male (M) and female (F) divisions
 - Forms: children (CH), younger cadets (YC), older cadets (OC), juniors (J), seniors (S), - male (M) and female (F) division
 - Full contact: younger juniors (YJ), older juniors (OY), seniors (S) - male and female divisions
 - Low kick: younger juniors (YJ), older juniors (OY), seniors (S) - male and female divisions
 - K1 Style: younger juniors (YJ), older juniors (OY), seniors (S) - male and female divisions
- In World championships only WAKO recognized national teams can participate
- In senior championships only one member per national team can participate in each weight category in a fighting discipline
- In cadets and junior championships two members of national team can participate in each weight category in a fighting discipline
- For World and continental Championships, a kickboxer can only fight in a division a maximum of one weight above his actual weight class. For example, if he weighs 65.5 kg, he can only fight in -69 kg or -74 kg (this is valid only for kickboxers in the tatami disciplines)
- For World and continental Championships, a kickboxer can only fight in one weight class (if competition in multiple disciplines in tatami)
- A kickboxer in one of the ring sports can only compete in one discipline during the same championships and cannot enter the tatami sports. It's prohibited to make double starts in ring



sports and mix starts during the championships.

- A kickboxer can compete in point fighting, light contact and kick light during the same championships but cannot enter the ring sports in the same championships
- Organizing Committee must pay special attention if possible, to avoid the start of fight at the same time in two or three disciplines where kickboxer is registered
- In occasion a kickboxer is called for a fight in point fighting, light contact or kick light at the same time, the kickboxer must choose which discipline with immediate response. In practice the fight in which kickboxer cannot participate based on above will be registered as lost by walk over (WO).

Article 2.2.3. Continental Championships

Continental championships for all age categories and in all kickboxing disciplines are the same as for world championships, except:

- WAKO continental championships for all disciplines together are organized every second odd and even years.
- WAKO continental championships for seniors and master class (veterans) categories are organized every even year.
- WAKO continental championships for children, cadets and juniors in all disciplines together are organized every odd year.
- In Continental championships only WAKO recognized national teams may participate
- In Continental championships only WAKO IF approved and fully compliant and up to date countries and therefore national teams may participate.
- Continental championships cannot be open championships for national teams from other continents.

Article 2.2.4. World cups (World Grand Prix)

- Each World Cup must follow the WAKO World Cup Minimum Criteria:
 - Tournament for at Minimum 3 days.
 - Arrival and Weigh-in day before start of fights.
 - Point Fighting, Kick Light and Light Contact – it is recommended 2 x 2 minutes but may be adjusted with approval of technical director WAKO
 - Ring sports 3 x 2 minutes.
 - Daily Weigh-in is mandatory for ring disciplines.
 - Double and Mix starts in ring disciplines are strictly prohibited.
 - Official WAKO referees only.
 - World Cups are only open to WAKO members and their clubs/teams.
- A member of the WAKO Organizing Committee / Technical Committee must be present at all World Cups. Attendance is agreed with Chairman of Organising Committee.
- Every World Cup must agree to appoint a Chief referee of tatami and ring with Referee Committees approval.
- Every World Cup Arena configuration must be approved by WAKO Organizing Committee.
- Every World cup must be organized fully under the WAKO Rules applying the same criteria as for World and Continental championships kickboxer in one of the ring sports can only compete in one discipline during the same championships and cannot enter the tatami sports. It's prohibited to make double starts in ring sports and mix starts during the championships in the ring.
- A kickboxer can compete in point fighting, light contact and kick light during the same championships but cannot enter the ring sports in the same championships
- Organizing Committee must pay special attention to avoid the start of fight at the same time in two or three disciplines where kickboxer is registered



- Promotor of world cup is allowed to promote additional separate international open tournament at the same time and in the same venue applying criteria for open tournaments, but registrations, results and reports must be separate then for World Cup, and medals, trophies and certificates must be different.
- Participation on world cups is allowed for clubs and for national teams

Article 2.2.5. Continental cups

- Every continental cup must be organized fully under the WAKO IF rules applying the same criteria as for World cups with exception:
 - Continental cup can be organized in less disciplines and less age and weight categories (even in the one discipline), but all categories must be according WAKO Rules

Article 2.2.6. Regional championships

- Every regional championship must be organized fully under the WAKO rules applying the same criteria as for continental cups.
- Participation on regional championships is allowed only for national teams of country member of regional kickboxing federation

Article 2.2.7. National championships

- Every national championship must be organized by WAKO recognized national federation, fully under the WAKO rules applying the minimum of same criteria as for world or continental championships.
- In case that WAKO recognized national federation don't practice some of kickboxing disciplines, it is not mandatory to organize national championships in that discipline.

Article 2.2.8. National and international open tournaments

- Every national and international open tournament must be organized by WAKO recognized national federation, fully under the WAKO rules applying the same criteria as for world or continental cups
- National federation has a right to approve inclusion of additional or mixed age and weight categories (i.e. beginners, amended fight times, under green belt, or other divisions according kickboxer's ability criteria)
- A national and international open tournament should not be open to all clubs of different international organizations. When using WAKO name though, it shall be promoted under WAKO rules only.

Article 2.2.9. International fights

- For tournaments or competitions between two or more nations, the weigh-in will be carried out by a member appointed by the National Federation/Association of the organizing country, with a representative of the participating country or countries present and allowed to verify the weight of each kickboxer.
- The Association/Federation of the country which hosts a "visiting" team will provide it with scales (for the purpose of weight check) and a training area, when the last visitor has arrived in the town where the fight takes place.
- WAKO referees (world, international or national) will referee each fight: two or three judges may equally officiate if necessary.
- Each kickboxer must, before weigh-in, be judged fit for fighting by the doctor appointed by the Chairman of Medical committee or Promotor of event.



Article 2.2.10. Promoters

- The promoters of all international WAKO events should cooperate and liaise with the president of the national federations in a spirit of cooperation.
- The Promoter of the world championships and world cups shall communicate directly with the WAKO World President on all matters concerning the event.
- The Promoter of the continental championships and continental cups shall communicate directly with the WAKO IF and cc the Continental President on all matters concerning the event.
- The Promoter of the national championships and other open tournaments shall communicate directly with the WAKO National President on all matters concerning the event.

WAKO sanctioning fees of Championships and Cups differ and they are dealt directly by WAKO President in accordance with the decision of the Board of Directors.

Article 2.2.11. Equipment for competitions

Promoters of competition (championships or cups) must provide necessary equipment for normal proceeding of tournament:

- It is mandatory to use Sports Data in all WAKO events, Regional, National and International.
- It is mandatory to use the WAKO IF membership system to register all teams and athletes for all competitions
- Electronic digital or mechanical scales (minimum two)
- Amplifier with sufficient number of microphones for each fighting area.
- Flags and CD with national anthems of each competing national team
- Equipment for cleaning and drying floor
- Copying machine
- Timers for all official tables. Timers must be visible all times for the coaches
- Small pads for each Tatami and Ring (for giving sign that time of round has expired) or gongs for each ring
- Every fighting area must be marked by a number
- For each Tatami a pointer with two big black numbers (from 0 to 30) to display results and 4 small red numbers from 0 to 3 (2 at each side of big numbers) to display warnings or exits.
- An adequate display of current fight number
- An adequate time displays
- The rules also refer to a Tournament Checklist which is produced.

Article 2.2.12. Competition's Trophies

World / Continental Championships

A suitable and high-class reward must be furnished for the following categories:

- Medals: first, second and two third places for all championship's divisions.
- Trophy for all gold medallist. Trophy must be of an acceptable standard befitting the Continental/World status of the event and in accordance to WAKO Organizational requirements
- Trophies for Team competition in Point Fighting.
- These awards shall be decided in the following manner: First place = 3pts; Second place = 2pts; Third place = 1 pt.



World / continental cups

- Medals: first, second and two third places for all championship's divisions.
- Trophy for all gold medallist. Trophy must be of an acceptable standard befitting the Continental / World status of the event.
- Trophies for Team competition in point fighting.
- These awards shall be decided in the following manner:
First place = 3pts; Second place = 2pts; Third place = 1 pt.

Article 2.2.13. Championship Headquarters

- The promoter shall select a Hotel which will serve as the tournament Headquarters.
- Hotel must be suitable for VIP guests and members of WAKO Organizing committee allowing them easy communication with the venue.
- WAKO has made a tournament checklist to be distributed to the promoters of World and Regional Championships.
- Checklist is defined in WAKO Organizational requirements
- If the promoter has to deviate from this checklist it is the promoters' responsibility to establish contact with WAKO and its Organizing Committee to find best possible solution.
- A tournament Checklist can be changed by the Organizing Committee or by the Board of Directors.

Article 2.2.14. WAKO Representative

- A WAKO representative must be present in all WAKO World and Continental Championships and/or World, Continental and Regional Cups.
- The representative at a tournament can be the WAKO President or a member of the WAKO Board of Directors.
- They are responsible for seeing that all championships or cups are under WAKO rules and that all results will be WAKO official results.
- For each World and continental championship or World and continental cup the WAKO Board or WAKO President will nominate a WAKO Representative.



Article 2.3. Equipment and clothes

Article 2.3.1. Personal safety equipment

- The WAKO Board, together with the Technical Committee must approve all safety equipment.
- Producers of safety equipment must get their products approved by WAKO.
- Safeties to be used in World and Continental Championships must be approved at least 3 months before the tournaments and all members must be duly informed.
- Only WAKO Approved manufacturer's equipment / safeties may be worn or used at WAKO World/ Continental A/B/C class Events.
- Safety equipment must be in accordance with international standards and directives for personal safety equipment

Article 2.3.1.1. Head guard

- Head guard is mandatory in all kickboxing fights in all disciplines except in musical forms.
- Head guard must be made from foam rubber or soft plastics or from compact sponge covered by leather. In fights, head guard which covers the face and head protection which reduces the field of vision is not allowed.
- Head guard must be suitable size in order to prevent removing or turning during the fight
- Head guard must cover the top of forehead, top of head, temples, the upper part of jawbone, ears and back of head.
- Head guard must not obstruct the kickboxers hearing.
- Parts for fixing the head protection cannot be metal or plastic buckle. Velcro for adjusting is allowed under chin and on back of head.

Article 2.3.1.2. Face mask

- In the categories of children and younger cadets face protection is mandatory for point fighting at all official WAKO championships, cups and tournaments.
- Face mask must be suitable size to head guard.
- Face mask is fixed to head guard with self-adhesive Velcro.

Article 2.3.1.3. Teeth protection

- Mouth-guards must be made from soft and pliable rubber-plastic or silicone material.
- Protection on only the upper teeth or on both upper and lower teeth is allowed.
- Mouth-guard must enable free breathing and must be adapted to the competitor's mouth configuration and must not protrude outside the mouth in any way.
- Mouth-guards can be of any colour.
- It is not allowed to use a mouth-guard over tooth correction apparatus (braces, retainers) unless a dentist doctor's certificate allows that.
- If the kickboxer has braces on lower teeth or on both upper and lower teeth they must have a mouth-guard on both upper and lower teeth
- Using tooth protection is mandatory for all fighting disciplines, in all age categories.

Article 2.3.1.4. Gloves

- In every kickboxing discipline is mandatory to use approved gloves.
- Two types of protective gloves are used at kickboxing competitions: point fighting gloves (open palm) and kickboxing gloves for disciplines: light contact, kick light, full contact, low kick and K1 style



Point fighting gloves

- In point fighting it is mandatory to use gloves with an open palm or open hand and with full cover of the first half of fingers, including the thumb. The gloves make it possible to open and close the hand.
- Gloves must cover hitting area on front and upper side of fist and edge of palm and must cover a minimum of 5 cm above wrist.
- Gloves must be made from soft and compact synthetic foam rubber material covered with original or artificial leather.
- Gloves must be fixed on kickboxer's hand by self-adhesive and adjustable strip over the wrist. Metal or plastic buckles or stripes are not allowed for fixing gloves. Also, any kind of self-adhesive tape is not allowed, except self-adhesive tape made on a cotton base, and this tape can be used only to fix gloves at the wrist.
- The total weight of the glove must be 8 Oz (226 grams).
- The thumb **MUST** be fully attached and fixed to the main body of the glove. If the glove attachment is cut or broken the gloves cannot be used.

Glove Slipping

- Glove slipping is against the rules and creates a warning. If a kickboxer's gloves come off whilst scoring a hand technique, no score will be given, and a warning for slipping the glove will follow (if the glove is pulled off by the opponent, the score remains and no warning given).

Kickboxing gloves

- Gloves are produced from special foam rubber, synthetic, compact and soft material which is covered with genuine or artificial leather. Covered material must be less than half and foam material more than gloves weight.
- Gloves must make it possible for the kickboxer to completely clench his fist and keep his thumb in contact with other fingers.
- Gloves completely cover the kickboxer's fist with separate parts for fingers and thumb. The thumb is connected by a small strong strip to the rest of the glove. This strip keeps the thumb together with the fist to avoid separation of the thumb during punching and injuries to the kickboxer's thumb or to the other kickboxer. If the glove attachment is cut or broken the gloves cannot be used.
- The interior part of gloves covers the bottom part of fingers and palm only with leather and cover a minimum of 5 cm of the wrist.
- Gloves will be fastened by self-adhesive strips at the kickboxer's wrist and the use of self-adhesive cotton-base tape is allowed (plastic or other types of self-adhesive tape are not allowed). Fastening gloves with strips or any kind of buckles is not allowed.
- Inner foam rubber material must cover the front and upper part of the fist, edge of palm and upper and front part of thumb.
- Kickboxing gloves which are used in official WAKO competitions must be 10 Oz (283 grams) weight and the weight must be clearly marked.
- Kickboxing gloves must be in good repair, without any cracks.
- Fastening must be with a self-adhesive strip and gloves must be secured at the wrist.
- Gloves with fastening laces are not allowed.
- The thumb **MUST** be fully attached to the main body of the glove. If the glove attachment is cut or broken the gloves cannot be used.



Article 2.3.1.5. Hand and foot wraps (bandages)

- Hand wraps are used for wrapping the fist to avoid injuries, not to add force to a strike.
- Using hand wraps is mandatory with kickboxing gloves.
- Hand wraps are 2,5 up to 5 m long and 5 cm wide cotton strips without sharp edges. Can be elastic.
- Hand wraps will be fastened on the upper part of kickboxer's wrists with self-adhesive cotton-base strips; maximum length 15 cm and wide 2 cm.
- Foot wraps are used for wrapping the foot to avoid injuries, not to add force to a strike.
- Using foot wraps is optional in ring disciplines (low kick and K1 Style).
- Foot wraps are 2,5 up to 5 m long and 5 cm wide cotton strips without sharp edges. Can be elastic.
- Foot wraps will be fastened on the upper part of kickboxer's ankle with self-adhesive cotton-base strips; maximum length 15 cm and wide 2 cm (using the tape is not allowed, must be covered by the ankle support to avoid damaging during the fight).

Article 2.3.1.6. Elbow protection

- Elbow pads are made from soft foam-rubber material.
- An elbow pads must partly cover the forearm and upper arm with a protective non-abrasive material.
- Elbow pads are mandatory for point fighting.
- Elbow pads must not be thin (1.5 cm).

Article 2.3.1.7. Breast protection

- Breast protection is mandatory for all female competitors in older cadets, junior and senior categories and is mandatory in all fighting disciplines (point fighting, light contact, kick light, full contact, low kick and K1 style).
- Breast protection is made from hard plastic and can be covered with cotton material.
- Breast protection can be made in one piece and cover all the chest or in two pieces for insertion into bra to cover each breast individually.
- It is worn under the T-shirt or under the top (bodice).

Article 2.3.1.8. Groin protection

- Groin protector is mandatory for all male and female competitors in all disciplines.
- Groin protector is made of hard plastic material and fully covers genital organs to protect this part of kickboxer's body from any injury.
- The groin protector can be made as a cup for covering genitals, or for covering the entire abdomen.
- Kickboxers must wear the groin protection under their pants or shorts.

Article 2.3.1.9. Shin guards

- Shin guards are made from hard foam-rubber material.
- There are two types of shin guards:
 - For tatami disciplines and full contact, a shin guard must cover the shinbone from under the knee to the top of the feet.
 - For low kick and K1 Style shin guards must cover the shin and instep
 - Shin guards must be fixed on the calf with, two (2) self-adhesive strips.
- No other kind of plastic tape is allowed for fixing the guard to the shin.
- Shin guards with metal, wooden or hard plastic elements are not allowed.
- In Low kick and K1 Style shin guards sock's type is strictly prohibited.



Article 2.3.1.10. Foot protection

- Foot protection is made from special synthetic foam rubber, a compact and soft material which is covered with genuine or artificial leather.
- Foot protection covers the upper part of the foot (instep), lateral and medial malleolus and heel - all in one piece - with open sole of the foot.
- They must be long enough (adequate size) to completely cover the kickboxer's feet and toes.
- The front part of the foot protection is fastened by elastic strips for the big and second toes.
- Foot protection is fastened to feet with elastic self-adhesive strips on the back of feet, above the heel.
- Foot protection is mandatory for tatami disciplines and for full contact

Article 2.3.1.11. Other additional protection

- Ankle support is optional in all disciplines and is using for preventing ankle twisting during fights
- Ankle support is made from cotton elastic material
- Ankle support is mandatory when foot wraps are used.

Article 2.3.2. Kickboxers clothes

- Uniforms are different for each kickboxing discipline, but it is the same for all age categories which compete in particular discipline
- Kickboxer's uniforms must be dry, clean, without any blood or other substances and in good repair
- Uniforms must be of the appropriate size that allows an unbroken fight and cover just as many are defined for each part It should not be too long or too short, nor too narrow or too wide.
- Uniforms must not have any hard solid (metal, wooden, plastic) parts, built-in wires or other enhancers, clasps, patent shutter, buttons or built-in protection (protectors or pads)
- It is not allowed to wear clothes or parts of clothing from any other sports as well as clothing marked with logos or signs of other sports, or is characteristic uniform of any other sport.
- It's forbidden to turn inside out the any part of clothes in order to hide disallowed signs or blood traces and dirt on clothes.
- Sponsor advertising or logos may be worn on the cloth in the following manner:
 - Top, on the upper sleeve and/or shoulder area, and may not be larger than 10 x 10 cm (4" x 4").
 - Pants, on the side between the knee and the hip area.

Article 2.3.2.1. V-neck top

- V-neck top is upper part of cloth of kickboxer in point fighting.
- Length of sleeves will be a maximum of mid upper arm.
- If kickboxer in point fighting wear dobok, he must wear appropriate belt

Article 2.3.2.2. Long pants

- Long pants must be worn by kickboxers in point fighting, light contact and full contact
- Long pants must extend from waist to the ankle joint.
- Long pants worn by kickboxers in point fighting and light contact must have an elastic waistband 8-10 cm wide, in different colours from the rest of the pants, or the competitor wears a belt.
- Long pants worn by kickboxers in full contact must have an elastic waistband 8-10 cm wide and can be in the same or different colour as any other part of pants.



Article 2.3.2.3. Shorts

- Shorts must be worn by kickboxers in kick light, low kick and K1 Style
- Kickboxing shorts must cover half minimum and three-quarter thigh length maximum.
- Knees must be visible and naked.
- Shorts must have an elastic waistband 8 to 10 cm wide, in the same or different colour from the rest of the shorts.
- Shorts in kick light must have elastic waistband in different colour than other parts of shorts and of T-shirts
- No shorts are allowed with names and logos of any other sports or is characteristic for any other sport
- If any logo, only name of the country or club

Article 2.3.2.4. Round neck T-shirt

- T-shirt is upper part of cloth of kickboxer in Light Contact
- Length of sleeves will be a maximum of mid upper arm

Article 2.3.2.5. Round neck sleeveless T-shirt

- Round neck sleeveless T-shirt is upper part of cloth of kickboxer in Kick light

Article 2.3.2.6. Top

- Top is upper part of cloth for female kickboxers in ring disciplines (full contact, low kick and K1 Style)
- Top should be from wireless elastic fibre or cotton, cover female breast sized enough to enable insert breast protection under the top
- Top should be that long to leave female stomach over the waistband uncovered.
- Straps over the shoulders should be 3 to 5 cm.

Article 2.3.2.7. Muslim female clothes

- In order to respect all religion beliefs, WAKO allow female Muslim kickboxers to wear appropriate clothes while participating in WAKO's events (see appendix 6).
- The female Muslim kickboxers are allowed to wear during their competition a special uniform (underwear) covering their body apart the face.
- The uniform (underwear) must be in stretch form and tight to the body in order not to move around.
- Female Muslim kickboxers are allowed to wear a scarf under their head guard covering the head but not the face.
- If a female Muslim decides on the dress in accordance with her religion, she must follow this completely, not partly, precise special underwear cloth and scarf covering the head, but not the face. Some Muslim's religious trends allow not to wear the scarf.
- Female Muslim athletes participating in any WAKO competition under the conditions described above must give their written consent to WAKO that in case of emergency (injuries, cuts etc.); the medical staff on duty can proceed to any examination of the case if needed.

Article 2.3.3. Beard, hair and nails

- Kickboxers with a beard are allowed to participate in any WAKO tournaments, only if their beard has a reasonable length of not more than 2 centimetres.
- Kickboxers with a long hair must have their hair to be controlled so it does not disrupt the fight.
- The competitor must not have long nails on his fingers or on his toes. Nails should be cut to the appropriate length so as not to injure the opponent



WAKO Rules - Chapter 1 - General rules

- The Officials who are responsible for the weigh-in during the registration period check the length of sportsman's beard/nails and do not register them if the length of the beard and nails is not according to the rules
- It is Recommended that the hair be tucked inside the head guard or platted.

Article 2.3.4. Inappropriate equipment and clothes

- If a kickboxer comes to the ring or tatami inappropriately or uncompleted dressed or equipped (wrong colour of the head-guard or gloves, using the safe equipment which is not approved, without wraps or mouth-guard) he will not be disqualified immediately; instead he will be given two minutes to remedy the matters.
- If the allowed time is up and the kickboxer is not ready, he will be disqualified and fight result will be registered as WO.
- Wearing of spectacles by a kickboxer during a fight is not permitted, but soft contact lenses are allowed.



Article 3. Procedures

Article 3.1. Registration procedure

- All WAKO competitions must use the WAKO Approved electronic registration system (at the present time service provider is SportData)
- All World, Continental Championships and Cups registrations must be done online using WAKO approved registration system
- Registration closes one (1) week (7 days) in advance of the World and Continental Championships, and a minimum of 3 days in advance of World and continental cups of weight control start date. Before registration closes, they will be visible on the SportData web site and responsible persons of national federations / clubs will be able to make corrections and changes.
- After the registration deadline (7 days before the start of the weight control for World or Continental Championships), registrations are closed and no changes are allowed except withdrawal of registration.
- Personal registration (kickboxers, coaches, referees, officials) must include following data:
 - Name and surname
 - Nationality
 - Date of birth
 - Photo (JPEG or PNG format, resolution 400 x 600 px minimum, maximum size 1 Mb)
 - Status
 - Medical Clearance Certificate
 - Any other official documentation as required by WAKO IF Board
- Registration for competition will be done based on personal registration by choosing selected WAKO competition.

Article 3.1.1. On line registration

- Each participant will be registered in selected role (kickboxer, coach, referee, official).
- Kickboxer will be registered in selected competition category (including discipline, age and weight category)
- It is allowed on the world and continental championships to be registered in only one age and weight category.
- A kickboxer can be registered in only one ring discipline during the same championships, cup or tournament and cannot enter the tatami disciplines. It's prohibited to make double starts in ring discipline and mix starts during the same championships, cup or tournament.
- A kickboxer can be registered in point fighting, light contact and kick light during the same championships, cup or tournament but cannot register in the ring disciplines on the same championships, cup or tournament
- It is allowed on the World and continental cups and on other open tournaments in tatami disciplines to be registered in two weight categories (actual and one above)
- When registration for world and continental championships closes the kickboxer must remain in his age / weight category. No changes are allowed.
- If a kickboxer is overweight, they cannot move up or down, and will be disqualified.
- For world and continental cups and open tournaments, it is allowed to change weight category, meaning that kickboxer can move one category above or under even when on line registration is closed. The final category will be applied based on kickboxer's actual weight at the official weighing.
- For World and continental Championships, a kickboxer can only fight in a division a maximum of one weight above his actual weight class. For example, if he weighs 65.5 kg, he can only fight in



-69 kg or -74 kg (this is valid only for kickboxers in the tatami disciplines, kickboxers in ring disciplines must be registered in category according his actual weight)

Article 3.1.2. Competition registration

- Competition registration starts on the first day of the official weigh-in and medical check and includes following:
 - accreditation (will be done based on personal registration)
 - official weigh-in
 - medical check

Article 3.1.3. Required kickboxer's documentation

- Each kickboxer, at competition registration for the competition, must have the following certified documentation which they will hand over to the officials during the weighing control or medical examination
 - Passport or Identity Card
 - Official residence card of permanent residence in the country they want to represent if kickboxer isn't nationality of the national team for which he/she represents
 - WAKO Medical certificate (see appendix 20)
 - WAKO Medical Questionnaire (see appendix 21)
 - WAKO Dentist-orthodontist approval (if the kickboxer has braces) (see appendix 22)
 - WAKO Non-pregnancy declaration (for female kickboxers age 14 year and older) (see appendix 23)
 - WAKO Liability Waiver (see appendix 24)
 - WAKO Parental / Legal Guardian Consent (for underage kickboxer, age 18 and younger) (see appendix 26)
- All documents must be clearly written and filled in at home just before the competition.
- All documents and certificates must have a kickboxer's passport or ID number
- For under-age kickboxers, parents or legal guardian, in addition to fulfilling "WAKO Parental / Legal Guardian Consent", also have to sign "WAKO Medical Questionnaire" and "WAKO Liability Waiver"



Article 3.2. Accommodation booking procedure

This procedure applies to WAKO World and Continental championships.

This procedure is different and is not related to the registration procedure (Article 3.1.) for competitions which is carried out through the SportData web page

- Accommodation for all WAKO World and Continental Championship participants must be organized by the Local Organizer of the Championship.
- All participants in the World and Continental Championships (athletes, coaches, officials, guests, escorts, supporters) must be registered by the SportData official registration system to have the right to get accreditation
- All participants in the World and Continental Championships (athletes, coaches, officials, guests, escorts, supporters) must be accredited and must be accommodated through the organizer or travel agency hired by the organizer to participate in the event.
- The local organizer should offer to national teams' accommodation of 3 levels of quality accommodation that are different prices, wherever possible.
- During the process of selection and approval of a World or Continental Championship host, the Chairman of the WAKO Organizing Committee or a member of the Organising committee appointed by him, will visit and check the accommodation and all technical elements of the bid organization process (bid review process) and on that occasion complete the "WAKO Bid form".
- The decision to host the World or Continental Kickboxing Championship is made by WAKO IF or WAKO Continental Board in collaboration with WAKO IF and a contract will be signed with the organizer. By WAKO IF President and WAKO Continental President
- The contract regulates all rights and obligations of the local organizers of the championship, prices, services that are charged, as well as deadlines for applications, reservation of accommodation, payments and other details.
- The organizer must provide entries and reservations for accommodation by the official championships e-mail address to national kickboxing federations at least 120 days before the start of the championship.
- For booking and paying for accommodation and other costs of participating in the Championship, the local organizer will provide the following payment terms:

These provisions for the booking and cancellation procedure with clearly stated dates for all deadlines should be clearly stated in the invitation letter for the championship prepared by the organizer and approved by the President of the World and Continental WAKO Federation. The invitation letter is sent from the WAKO HQ office no later than 6 months before the start of the championship.



Article 3.3. Accreditation procedure

- Each participant in the World or Continental Championships must be accredited through the SportData registration system
 - There are several types of accreditation:
 - Kickboxers
 - Coach
 - Judge
 - Doctor / Medic
 - Official
 - Organizer / Organizing Committee
 - Staff
 - VIP
 - VIP - guest
 - Guest
 - Journalist
 - All listed World or Continental Championship participants must be registered by SportData's registration system, within the prescribed registration deadlines
 - SportData administrator will prepare accreditations that will be printed by the organizer upon completion of registration
 - The organizer will ensure the possibility of printing on-site accreditations during official weighing (corrections or subsequently registered guests)
 - Accreditation must include the following information:
 - Championship name, location, country and date of the event
 - Picture of an accredited person
 - QR code with all the data
 - Abbreviated country code
 - Flag of the state
 - Name and surname
 - Category or function
 - Status
- (see examples of accreditation cards in appendix 18)
- The organizer, with the WAKO Organizing Committee, will determine the right of access to certain areas for the above accredited persons.

Article 3.3.1. Kickboxers and coaches

- Only accredited kickboxers and up to 2 qualified and registered coaches are allowed to enter the fighting field (ring and tatami)
- All of the above must have accreditation cards with themselves at all times
- By arriving at the ring or tatami, the coach will hand over the kickboxer's accreditation to the judge who is responsible for equipment's check.
- The judge who check the equipment will determine the identity of the kickboxer and leave the accreditation card on his desk until the end of the fight
- After the fight is over, the judge will return the kickboxer's accreditation card to the coach, unless the kickboxer or Coach is disqualified for unsportsmanlike conduct. Then the kickboxer's and or Coaches accreditation card is retained by the chief referee.
- In the case of KO, TKO or injury, the judge will hand over the kickboxer's accreditation card to



the official doctor.

- During the fight, accreditation cards must not be carried by kickboxers and central referees and judges in point fighting, while all other officials are required to carry accreditation card (judges, score / time keeper, kick counter, chief referee, observer and supervisor)
- In the event of a coach being disqualified, the Chief Referee will revoke the accreditation of the coach - until the end of the fight or until the end of the competition, depending on the prescribed sanction, that is approved by the appropriate parties.

Article 3.4. Weigh-in procedure

Article 3.4.1. Scales

- There shall be a minimum of two medical weighing scales for official weight-in and minimum one for control weigh-in prior to official weigh-in.
- Position of official scales will be in separate rooms (one for male, one for female) or in the same (larger) room that has adequate visual barriers. If such a room cannot be provided with visually separate weighing, then team members will weigh separately - first female and then male kickboxers.
- Position of control scales will be in adequate space separate than official scales

Article 3.4.2. Weigh-in official

- Weigh-in official at World and continental championships is a member of WAKO Organizing committee named by Chairman of organizing committee. At other kickboxing championships, cups and tournaments, the national federation of organizers (promoter) appoints officials for control weighing.
- His main role to control and register actual age, weight category and discipline of each kickboxers according to his registration and personal ID
- During the weigh-in, two weigh-ins officials will be present, one female official and one male official.

Article 3.4.3. Weigh-in procedure

Article 3.4.3.1. Registration weigh-in

- Official weigh-in for world and continental championships will be organized minimum 48 and maximum 72 hours before the start of the competition
- The weigh-in must be done in a discrete manner, respecting both male and female's need for discretion.
- Only one representative of a national federation connecting to each national team may be present, but only when their own teams weigh-in.
- However, they are not allowed to intervene on any occasion. The national representative cannot be in physical contact with the kickboxer, they should stand away from the scales at least 1 meter.
- Each kickboxer must present his personal ID (national ID card or passport) and signed WAKO Liability waiver to weigh-in official.
- The weigh-in will be held according to the tournament schedule. The announced time in each competition is understood as official and must be respected.
- Weighing in outside the official announced time will not be allowed, except if the weigh-in is not considered as finished of those teams present within the announced time.
- For the first official weigh-in (in the registration period) there may be given possibility to weigh-



in after the official time, if any delays of travel for a team, properly announced and warned from the national federation if such may happen.

- However, it is not allowed for any team to speculate in arrival after official weigh-in time announced in the invitation papers.
- All teams must have weighed-in before drawing.
- The weight is what the scale shows when the kickboxer is undressed.
- The weight must be displayed in metric measures. Electronic scales can be used.
- A kickboxer is allowed to fight solely within the category defined by the weigh-in.
- The weight must be on hard floor and not on carpet.
- If the kickboxer exceeds his weight, he can within the official time get a second and last chance to reach the limit one hour after the first attempt.
- If a kickboxer does not make the weight at this second weigh-in, he will be disqualified.
- It is also allowed for all national federations to substitute one kickboxer with another, before the end of the official weigh-in and before the medical check, on condition that, within each competition where substitutes are allowed, the kickboxer in question has been registered as a reserve for that, or in any other weight category.
- Any speculation or deliberate actions that will question or break the above rules will be sanctioned, both for kickboxers involved and the national federation responsible.

Article 3.4.3.2. Daily weigh-in

- Ring sports have mandatory daily weigh-ins during the tournament (World and continental championships and cups).
- It's strictly prohibited to ignore daily weigh in's during the World/Continental Championships and World / Continental Cups.
- Daily weigh-in will be on the same day of the fight, the fights will start at least 3 hours after the weighing time, or in a shorter lapse of time if the chairman of the Organizing Committee so decide, after consulting the Medical, Coach and Referee Committee, provided that the decision is not prejudicial to any kickboxer taking part in the first fights of the tournament.
- The weigh-in is done in the morning at an announced time, considered as official.
- Weighing in outside the official announced time will not be allowed, except if the weigh-in is not considered as finished of those teams present within the announced time.
- All kickboxers must bring their own national passport as identification.
- If the kickboxer exceeds their weight, they can within the official time get the second and the last chance after 45 minutes after the first attempt to reach the limit.
- The weight registered on that occasion is final.
- If the kickboxer does not make the weight at this second weigh-in he will be disqualified by technical disqualification.



Article 3.5. Medical check procedure

- Official medical check for world and continental championships will be organized minimum 48 and maximum 72 hours before the start of the competition
- The medical check must be done in a discrete manner, respecting both male and female's need for discretion.
- Position of medical check points will be in separate rooms (one for male, one for female) or in the same (larger) room that has adequate visual barriers. If such a room cannot be provided with visually separate medical check, then team members will medically check separately - first female and then male kickboxers.

Article 3.5.1. Medical check official

- Medical check official is medical doctor, named by LOC and approved by chairman of WAKO Medical committee.
- His main role is to control and collect valid WAKO medical certificate and WAKO medical questioner, and to determine gender of kickboxer and to examine actual physical condition of each kickboxer, according to his registration and personal ID

Article 3.5.2. Medical check procedure

- The local Doctor must carry out a general physical examination of each kickboxer.
- This exam is aimed to rule out any injury or medical condition that can be considered a health risk for the kickboxer or his/her opponent.
- Special attention should be given to the neurological system, musculoskeletal system, eye, nose, infective illnesses (included skin infections), especially for ring kickboxers
- During the medical check on WAKO World and Continental championships, two doctors will be present, one female doctor and one male doctor. On other cups, national championships and tournaments medical check can be done by one doctor, but separately for male and female kickboxers
- Each kickboxer must present his personal ID (national ID card or passport), WAKO Medical certificate not older than one (1) year and signed WAKO Medical questionnaire.
- After being medical checked, each kickboxer must be declared fit for fighting by an official medical doctor by approving his status in computer registration system.



Article 3.6. Drawing procedure

- Drawing on the WAKO World and continental championships and World and continental cups will be organized and led by WAKO Organizing committee minimum 12 hours after finished official competition registration and minimum 24 hours before the start the competitions.
- Drawing will be done according to final confirmed registration of kickboxers.

Article 3.6.1. General criteria

- Competitors from the same club or national teams in the same weight category must be split into separate parts (one in upper, the other in lower part of drawing list - the competitors can only meet in the final). If there are more than two kickboxers from same club, then they cannot meet in the first fight if there are at least the same number of competitors from other clubs.
- Every draw list must have data as follows: name of tournament, place and date, name of discipline, sex, age, weight division, competitor's name and surname, club or nation and number of fight.
- All draw lists must be printed in 3 official copies - for Chief referee, for official table and for notice or bulletin board - all three lists must be the same and any changes must be repeated on all three with the signature of the Chief referee. Also, unofficial copies of draw lists will be distributed to national team chiefs.
- Completed official copies with results, stamp and Chief referee's signature are official WAKO documents and will be kept in archives for a minimum of 2 years.
- No alterations can be made to drawing list once produced by Organizing committee. Only in a case of material mistake (wrong weight category, wrong age division, wrong discipline by WAKO Administration) which must be approved by chairman of Organizing Committee in writing.

Article 3.6.2. Seeding

- Seeding for World championships will be based on the below criteria

Article 3.6.2.1. Seeding criteria

- Seeding positions for the world and continental championships for each competition category will be determinate considering only results achieved in the same competition category (the same discipline and the same age and weight category), on previous events within the two-year period of the same discipline and age class.
- Seeding positions are determinated on public way by Organizing committee in front of the official draw

Article 3.6.2.2. Ranking criteria

- is based on an accumulation of points in the previous two calendar years.

- | | |
|----------------------------|------------|
| • World Champion | 100 points |
| • Continental Champion | 70 points |
| • World Silver | 70 points |
| • Continental Silver | 50 points |
| • World Cup Champion | 50 points |
| • World Cup Silver | 30 points |
| • Continental Cup Champion | 20 points |
| • Continental Cup Silver | 10 points |



Article 3.6.3. Official draw

- Draw will be done by Chairman of Organizing committee on public way at previously announced scheduled time.
- It will be done by WAKO Approved Drawing electronic system (at the present time service provider is SportData)
- The final draw sheets will be published on the official web page maximum one (1) hour after finishing draw
- In case of any material mistake, it is possible for national teams to send official notification to organizing committee, but not later than one (1) hour after the publishing the draw on the official web page
- Organizing committee will act based on notification and come with final decision not later than one (1) hour after expired time for official notifications.

Article 3.6.4. Daily program

- Daily program at the World and Continental championships will be determined by Organizing Committee and approved by chairman of Organizing committee
- Daily program for the first day of the competition will be published maximum three (3) hours after the finish of the draw, on the official web page
- Daily program for the rest of the days will be published on official web page maximum two (2) hours after finished the last fight of that day, for the next day.
- Daily program includes
 - schedule of the fight by numbers for each fighting area separately
 - fight data (category, position - red or blue, kickboxers' name and nationality)
 - start time
 - provisional time schedule
 - provisional time of breaks
 - finish time



Article 3.7. Disqualification procedure

Any participant in the competition may be disqualified for violation of the rules or for unsportsmanlike behaviour.

There is a two kind of disqualification:

- technical disqualification
- behavioural disqualification

Article 3.7.1. Technical disqualification

- Technical disqualification meaning nonintentional violation of the rules during the fight (exits, warnings, minus points, number of kicks, etc. ...)
- Kickboxer disqualified by technical disqualification keeps the right to be awarded based on achievement before disqualification.

Article 3.7.2. Behavioural disqualification

- Behavioural disqualification meaning hard and intentional violation of the rules during the fight which can lead to opponent's injury.
- Behavioural disqualification also meaning unsportsmanlike behaviour (swearing, shouting, unappropriated gesticulations towards opponent and his coach, referee, any other official or spectators.
- Kickboxer or any other participant can be disqualified by behaviour disqualification in case of irregular protest of the decision of the fight and obstruction and delay of further scheduled program
- Kickboxer disqualified by behavioural disqualification lose the wright to be awarded.
- Any other official can be disqualified from the single fight, on daily basis or from whole tournament according to the level of his violation of rules. Decision about disqualification on daily basis or from whole tournament will be made by Tournament Committee.
- Chairman of tournament Appeal protest committee inform about such disqualification of participant to the WAKO HQ in written form, and the office must carry out the procedure in accordance with the applicable regulations. Disciplinary committee will prosecute such a case.



Article 3.8. Procedure of prompting the protest

Article 3.8.1. Competition protests / appeal

- The written protest must describe clearly the problem. The Chief referee must deliver the protest to the Appeal protest Committee who will consider the problem and handled it immediately.

Article 3.8.2. Official Appeal Protest Committee

- Official Appeal protest Committee is composed of the following:
 - Chairman of Referee Committee of ring or tatami
 - Supervisor / Observer
 - Chief referee
 - Technical director for Ring or Tatami (who will act as a chairman of Appeal Protest Committee)
- No two members may be appointed from the same National Federation.
- Chairman of Referee committee should also appoint three additional members with designated numbering from 1 to 3 that automatically replace any of the originally appointed Appeals Jury members in a conflict of interest situation (same nationality, family relationship by blood, etc... or involved in the alleged incident or issue)
- The following sequence must be followed when making a protest. It is hoped that at each stage the priority is for an amicable resolution, but if not then.

Article 3.8.2. Procedure of prompting the protest

- The coach or their representative must immediately after the fight declare about their wish to submit the protest.
- They must take the Official WAKO Protest Form (see Appendix 28) from the Chief of the ring & tatami, fill it out and return back to the Chief of the ring with the protest fee (100 euro, payed in-front) during 10 minutes after the fight which result, they are going to protest.
- The Appeal Protest Committee will examine the protest and declare the result after 15 minutes maximum after getting the protest. It takes only 15 minutes total for prompting and examine the protest.
- Official Appeal protest committee review protest and make final decision.
- If the protest is found invalid, the deposit (protest fee) will be donated to WAKO.
- If the protest is successful, decision will be changed and the protest fee will be refunded.

Article 3.8.3. Irregular protests

- Irregular protests regarding disagreements of decisions, where kickboxer's protests by delaying further program in the ring / tatami, such as sitting down in the ring / tatami, decided by himself or stimulated by his coach / team to do so is not allowed
- In case of such irregular protest, reaction will be made by Chief referee, Supervisor and Technical director of ring or tatami.
- The consequence for such behaviour can be that the total team of the discipline can be excluded.
- In case of further escalation of conflict due to this action and if security staff has to intervene, it will lead to immediately disqualification of the whole national team.
- The decision of above situation on World and Continental championships will be made by WAKO Board of directors. On the other championships, cups and tournaments decision will be made by interim committee consisting of National federation president or his representative, organizer (promoter) and chief referee.
- A protest will only be accepted in a written letter and a protest will not be handled if actions mentioned above are in place.



Article 3.8.4. Video evidence

- Video footage is not applicable to WAKO competition events.
- Video footage may not be used to resolve or review any queries, complaints or points of clarification.

Article 3.8.5. Special violations of rules

- If a kickboxer, coach or a whole team protests by entering or not leaving the ring or tatami immediately after the fight on the WAKO World and Continental championships, WAKO Board of Directors is allowed to disqualify the whole team. On the other championships, cups and tournaments disqualification decision will be made by interim committee consisting of National federation president or his representative, organizer (promoter) and chief referee.

Article 3.9. Change of referee's decision procedure

- Only the Chief referee and the Supervisor can change a Central referee's / Judge's decision in case of "material mistake".
- Material mistake is considered following:
 - Judge switch the kickboxer's corner
 - Wrongly recorded points or penalties by scorekeeper
 - Significant wrongly application of the rules by Central referee
- Changing of decision is applicable with immediate effect and it must be recorded in written form.



Article 3.10. Opening ceremony procedure

- Opening ceremony at WAKO World and continental championships must take place on the first day of the competition before the start of first fights. It is organized and led by Organized committee with local organizing committee
- Opening ceremony is organized in the way of defile of national teams that participated on championships
- Each national team for defile is composed from three kickboxers (male and female) dressed in national track suits wearing sport shoes (it is not allowed to be present in shorts and slippers)
- Local organizing committee must provide special designed country name plate for each participated national team
- Program of the opening ceremony will be as following:
 - announcement
 - defile
 - welcome speeches (WAKO president, WAKO president of host country, local national VIP)
 - cultural program which consist from music (local culture) - 3 minutes; music (modern) - 3 minutes; dance (local culture) - 3 minutes

Article 3.11. Awarding ceremony procedure

- At World and Continental championships awarding ceremony must take place on the last two days of the competition after the final fights. It is organized and led by Organized committee with local organizing committee.
- On the WAKO World and continental championships promotor must provide high-quality trophies, medals and certificates and according to WAKO standard. On the other championships, cups and tournaments trophies, medals and certificates must be in accordance with the level of tournament and promotor's National federations standards.
 - Medals (one gold, one silver and two bronze medals (100 mm die cast medal) (see appendix 16)
 - Trophies for the winner (suitable for the prestige of the event)
 - Certificates for the medal winners
 - Certificates of Attendance
 - Special Awards
 - 1. Trophy for best kickboxer male Tatami
 - 2. Trophy for best kickboxer male Ring
 - 3. Trophy for best kickboxer Female Tatami
 - 4. Trophy for best kickboxer Female Ring
 - 5. Trophy for best Ring Referee
 - 6. Trophy for best Tatami Referee
 - 7. Trophy for most Ethical Coach
 - 8. Trophies if any team competition
- Podium / award area must be a high-quality raised award stage (8 m long x 3 m deep)
- A central back drop (minimum) 5x5 m
- Digital back drop for dynamic pictures and awards presentation (must be approved by WAKO Technical Director 3 months before production)
- Suitable Podium with appropriate surrounding



On the podium

- No personal or national flags are allowed at or on the podium.
- National flags are allowed in the ring and on the tatami after the fight.
- No coach or official is allowed to go to the podium during or immediately after the presentation.
- Athletes must present themselves to the podium in their national track suit and wearing sport shoes. It is not allowed to enter to awarding ceremony dressed in shorts, slippers, with sunglasses and cap / hat.

Awarding procedure

- Medals at the World and Continental championships will be awarded by WAKO IF or WAKO continental president or member of Board of directors or WAKO national presidents. They have to be dressed on appropriate way (for male suit with WAKO tie, for female elegant dress)
- Presenter of awards will award kickboxers by following order: bronze medals, silver medal and gold medal and trophy with diplomas
- For each gold medallist national anthem will be presented (20 second maximum)
- All medelists and awards presenter must remain their position on podium during the presentation of gold medallist's national anthem

Article 3.12. Official report procedure

- Immediately after the World and Continental Championships and World Cups are over, the Organizing Committee and SportData administrator will make an official competition report.
- The official report must include the following points:
 - Cover page with official name and logo of championships / cup
 - President's letter
 - Organizing committee
 - Medical team
 - Official invitation brochure
 - Participation count (country, male, female, total entries, total athletes)
 - Tournament participation - by countries - entry lists (list of names of athletes and categories)
 - Participants count - list of officials (countries, coaches, officials, referees, total)
 - Official registrations - coaches
 - Official registrations - officials
 - Official registrations - referees
 - Draw sheets and form score lists (with results)
 - Official results - by categories
 - Medals - by nations
 - Medals - by age categories
 - Medals - by discipline
 - Special awards
 - Medical report (with injuries statistics)
 - Media report - YouTube, Facebook, Instagram (views, visits, reach)



Article 3.13. Rules changes procedure

- Any WAKO member can initiate rule's changes by respecting following procedures:
 - Initial suggestion must be delivered to committee in charge in written form (see Appendix 30) with explanations in English language
 - Committee in charge will review proposal and if they find that is appropriate, will submitted to WAKO Rules Committee
 - WAKO Rules Committee will review proposal of committee in charge and if they find that is appropriate, will submitted to WAKO Board for approval



Article 4. Committees

Article 4.1. Tournament Committee

- The WAKO President will appoint the members of Tournament Committee for each World and continental championships
- The Tournament committee will be composed of three members: member of Organizing Committee, WAKO Board member and LOC president
- The Chairman of the Tournament committee is appointed member of Organizing Committee and will hold the position of Tournament Director.
- It is mandatory that all members of the Tournament Committee speak fluently English.
- The Committee meets in front of tournament for which they are appointed and prepare all activities for smoothly running of the tournament fully respecting WAKO rules
- If necessary, they can appoint other officials as members of tournament committee and initiate other meetings during tournaments.
- They will together with the promoter take care of the event / promotion / tournament and make sure everything is arranged according to the WAKO rules.
- Any complain made by participants regarding conditions of tournament has to be cleared by the tournament committee or through the WAKO President.
- They will report to the WAKO President.

Article 4.1.1. Referee Committees of Ring sports / Tatami sports

- The Chairman of each Committee is responsible to name Supervisors / observers for Tatami or Rings
- With Supervisor deploy Central referees and judges for Tatami and Rings.
- With each Supervisor they check tatami, rings, official table equipment, referee and judge uniforms and they will permit the start of competition.
- Referee Committees are named by WAKO Board of Directors and stay in charge for 4 years unless decided by the WAKO Board.

Article 4.1.1.1. International referee seminars and registration

- In preparation of World / Continental Championships and World Cups the Committee organizes seminars so to make sure that the judging and behaviour of referees are at their best.
- When sending out letters of invitation to championships and cups, WAKO HQ will write an extra note concerning referees and judges including all demands for their preparations.
- The organization of seminars will be as follows:
 - All referees and judges must have a copy of the updated rules which will be presented during the seminar.
 - By tests, make sure that all judges and referees talk a minimum of English. By the English also rate the referees and judges into categories (both in language and experience).
 - The seminars will deal with each kickboxing discipline and specific rules.
 - Make sure that all referees and judges wear the same uniforms according WAKO rules
- The sequence in a seminar contains:
 - Verbal introduction and explanations.
 - Verbal explanation of main issues that normal causes problem in order to harmonize the judges.
 - Any video presentation to explain situations.
 - Practice teaching using kickboxers in action.
 - Using scorecards or / and explaining digital system.
 - Written tests/exams.
 - Registration.
- All referees and judges are registered and are given points during a championship and approbated events.



- The best referees and judges will be invited as official referees to participate in the WAKO World and Continental Championships.
- The referees and judges will get their license based on their performance in the WAKO World and Continental championships.

Article 4.2. Coaches Committee

- WAKO Coaches Committee represent the Coaches during all WAKO Championships and tournaments.
- Chairman of Coaches Committee (IF or continental) or representative (named by the Chairman of Coaches Committee) must be included in decisions about coaches in WAKO World and continental championships and World and continental cups. On the other championships, cups and tournaments Chairman of National Coach Committee of host country or his representative) must be included in decisions about coaches
- Coaches Committee is responsible for education and licencing of all international coaches
- Coaches committee will organize seminars in front of World / Continental Championships and Cups
- The purpose of seminars organized and leaded by Coach committee chairman and members is to teach and spread knowledge, experiences and informing on newest tendencies in kickboxing sport.
- The seminars will deal with each kickboxing discipline according to actual WAKO rules to make sure that all coaches work in way which is important for the WAKO development

Article 4.3. Medical, health and anti-doping committee

- The Committee has at least three (3) members.
- The leaders take the initiative to organize the work inside the committee.
- It is important that all members of the group speak English.
- The committee meets in front of World Cups and/or Continental / World Championships.
- If necessary, they initiative other meetings, but are requested to meet during events/tournaments.
- Their responsibility is to make sure of all medical rules are followed on the tournaments / championships both according to doctors and medical staff.
- They will make sure that the anti-doping rules are informed and together with the Board of Directors and / or promoter in a championship aim an Anti-Doping control.
- Make sure that WAKO work effectively to eradicate weight reduction problems.
- The Committee work together and report to the Board of Directors.
- The Committee has the power to postpone start of fights if weigh-in are too close to normal start of fights or if the weigh-in are delayed or in other way, kickboxers were not properly informed.
- The Committee has the power to postpone start of fights if all nominated medical staff are not present, full equipped and ready to perform their duty
- The Committee has the power to postpone start of fights if ambulance in adequate number of full equipped vehicles are not present, and ready to perform their duty. Also, they has a power to stop the all fights in the situations mentioned above

Article 4.4. Technical Committee

- The Committee has at least three (3) members.
- The leader takes the initiative to organize the work inside the Committee.
- It is of importance that the members of the group speak English.
- The committee meets in front of World and Continental Championships and World and Continental cups.
- If necessary, they initiative other meetings, but are requested to meet during events/tournaments.
- Main duty during the tournament is to control using, correctness and proper use of personal safety equipment and other tournament equipment, notice all irregularities and inform Technical director about it.



- Based on the notifications on the tournament recommend to Board of Directors improvements or changes in personal safety equipment or other tournament equipment or facilities.

Article 4.5. Seminars

- International Seminars (Cross border) (athlete, referee, coach and medical-anti-doping) organized outside of the competition must be approved, verified and included in the WAKO calendar.
- Seminar programs must be aligned with the WAKO Educational program and WAKO Rules
- The organizer of the seminar is obliged to announce the seminar in a timely manner, and to get verification and approval from the concerned committee (athlete, coach, referee or medical-antidoping) to hold a seminar.
- Prior to inclusion seminar in the WAKO calendar, the promoter must submit a request for consent to organize an international kickboxing seminar. The application form can be found in appendix 32
- In order for the seminar organizer to get approval for the seminar from the committee, organizer must first submit the invitation letter, the poster, the seminar program, the name and surname of the seminar leader and speakers and who the seminar's participants are.
- The chairman of the committee (athlete, coach, referee or medical-antidoping) will give his consent for the seminar after the consent of the members of the committee, as soon as possible if the previous conditions are met and if the seminar is organized in accordance with the WAKO Rules.



Article 5. General provisions

Article 5.1. Unsportsmanlike behaviour

If the competitor, coach or non-combat members of the contestant's delegation behave in such a way towards any WAKO Official, delegation, competitor or volunteer, including members of the general public, as to harm the prestige and honour of WAKO and kickboxing, as examples but not limited to

- Verbal Abuse;
- Physical Abuse;
- Inappropriate Gestures;
- Intimidation;
- Obstructing the continuation of the championships
- Trying to manipulate or influence the judge's decision, the delegation will be penalized in one or both of the following ways:
 1. At the sum adopted by WAKO Board of Directors at the championships by majority vote.
 - € 5,000
 - € 10,000
 - € 20,000The president and the National Federation will be responsible for the payment of the fees for their entourages.
 2. The WHOLE delegation will be disqualified for the period up to two years from all future International WAKO Championships.

Article 5.2. Participation of WAKO members in other dissident organizations

- WAKO members are not permitted or allowed to participate in any other national or international dissident kickboxing organizations.
- All WAKO events, World, Continental and national / international tournaments are reserved to WAKO members only.
- When it relates to North America and South America and in order to give our members the opportunity to organize themselves, they can allow non-WAKO members to take part in their event and vice-versa until a final decision is made by WAKO Board in the future.
- According to previous agreed rules, a non-WAKO member cannot take part in any of the activities where WAKO and its continental division / federation are in charge of the competition and or the competition is held under WAKO and or its continental divisions / federations rules and regulations.
- If in any country, there exists the different kickboxing organization and association, WAKO national federation / organization in that country is allowed to accept the membership of other athletes coming from other organization ONLY if they stop their activities and collaboration with other existing dissident international or continental kickboxing organizations and their national organization if any, according to WAKO and WAKO Continental rules and regulations.
- Once an athlete of another organization becomes a member of a WAKO National Federation, they are no longer allowed to go back to the organization of origin. And in case the athlete returns back or continues their activities or collaboration with a dissident kickboxing organization their membership in WAKO is subject to an immediate and automatic permanent expulsion, without possibility to return.



Article 5.3. Rule changes

- Only WAKO Board of Directors have the power to officially approve rule changes either nominated by them or nominated by committees appointed by them.
- A change of rule must be communicated with the committee related to the subject.
- When changes of rules in the chapters (sport rules for each discipline), the changes become operative at minimum of 1 month after decisions taken.
- The date for an operative new rule must be communicated well to all committees and member countries in WAKO.
- Changes can be operative with immediate action if obvious mistakes are found in the text or if defined from the board of directors if it is seen as critical for health and security or in case of “force majeure”.
- If a change is valid immediately it must be well communicated to all member countries by mail and by publishing on the official WAKO web page. The exception for such practice is that there cannot be rule changes just in front of or during the World or Continental Championships.
- The Board of Directors can change rules in chapter 1 - General Rules – at any time. However, changes must be communicated well to all member countries by mail and on the official web page. The date for an operative change must be well communicated.

Article 5.4. Special notes

- For better readability the text uses masculine pronouns throughout. However, all references to persons apply to both genders.
- These rules will come in force on January 1st 2021, and remain in place a minimum of two years. During the application of these rules for the next 2 years, each WAKO member with the approval of the President of the National Federation has the right to propose a change, improvement or better clarification of the rules.
- The proposed change of rules is sent to the WAKO IF Rules Committee (WAKO Technical director) via a special form - see in appendix 30.



WAKO RULES



CHAPTER 2 TATAMI RULES - GENERAL



Chapter 2. Tatami rules - general

Chapter's 2 Table of contents

Article 1. Disciplines	69
Article 2. Fighting area	69
Article 3. Weight categories	69
Article 3.1. Children (CH) (7, 8, 9 years old)	69
Article 3.2. Younger Cadets (YC) (10, 11, 12 years old)	69
Article 3.3. Older Cadets (OC) (13, 14, 15 years old)	70
Article 3.4. Juniors (J) (16, 17, 18 years old)	70
Article 3.5. Seniors (S) (from age 19 to 40)	70
Article 3.6. Master Class (Veterans) (V) (from age 41 to 55 years)	70
Article 4. Rounds	71
Article 4.1. Children	71
Article 4.2. Younger cadets	71
Article 4.3. Older cadets	71
Article 4.4. Juniors and seniors	71
Article 4.5. Master Class (Veterans)	72
Article 4.6. Medical time	72
Article 5. Equipment and clothes	73
Article 5.1. Kickboxers in Point fighting	73
Article 5.1.1. Personal safety equipment	73
Article 5.1.2. Personal clothes	73
Article 5.2. Kickboxers in light contact	73
Article 5.2.1. Personal safety equipment	73
Article 5.1.2. Personal clothes	73
Article 5.3. Kickboxers in kick light	73
Article 5.3.1. Personal safety equipment	73
Article 5.3.2. Personal clothes	74
Article 5.4. Kickboxers in forms	74
Article 5.5. Procedure for equipment and uniform check	74
Article 6. Officials	76
Article 6.1. Chief referee of the Tatami Sports	76
Article 6.2. Central referees	76
Article 6.3. Judges	76
Article 6.4. Number of officials per tatami	77
Article 7. Decisions	77
Article 7.1. Victory by points (P)	77
Article 7.1.1. Maximum score	77
Article 7.2. Victory by abandonment (AB)	77
Article 7.3. Victory by stoppage (RSC)	78
Article 7.3.1. Injuries	78
Article 7.4. Victory by disqualification (DISQ)	78
Article 7.5. Victory by walk over (WO)	79



Article 7.6. Changing a decision.....	79
Article 8. Awarding of points	79
Article 8.1. Concerning strikes.....	79
Article 8.2. Concerning offences	79
Article 8.3. Points	80
Article 8.4. Penalty	80
Article 8.4.1. Fouls.....	80
Article 8.4.2. Slipping the gloves (in Point fighting)	81
Article 8.4.3. Exit	81
Article 8.4.3.1. Exit Rules	82
Article 8.4.4. Minus Points.....	82
Article 8.4.4.1. Rule violations (other than exits)	82
Article 8.4.4.2. Coaches' behaviour	82
Article 9. Hand Signals.....	83
Article 10. Knock down (KD) and knock out (KO).....	83
Article 10.1. Procedure after KO, RSC, RSC-H, Injury.....	84
Article 10.2 Procedure after injuries in general	84
Article 11. Open scoring electronic system	85
Examples of a display for an Electronic Scoring System (PF, LC and KL).	86





Article 1. Disciplines

Tatami disciplines are:

- **Point fighting** (PF)
- **Light contact** (LC)
- **Kick light** (KL)
- **Forms** (musical / creative) (MF / CF)

Article 2. Fighting area

- Fighting area shall be called the TATAMI.
- All areas will be 7 x 7 in ALLWAKO world and continental championships, World and continental cups and all other open tournaments.
- A one meter no entry matted safety boundary must surround the fighting area.
- The tatami must be placed on the bare floor and must be made up of non-slip interlocking mats, suitably coloured and approved by WAKO (Trocellen).
- The area for musical forms performances will be larger. The tatami will be 10x10 meters.

Article 3. Weight categories

Only one weight-class: In WAKO Continental and World championships, it is only possible to start and compete in one weight class. Competitor can only compete in a weight class a maximum of one division above his actual weight.

Article 3.1. Children (CH) (7, 8, 9 years old)

Boys	Girls
-18 kg	-18 kg
-21 kg	-21 kg
-24 kg	-24 kg
-27 kg	-27 kg
-30 kg	-30 kg
-33 kg	-33 kg
-36 kg	-36 kg
+36 kg	+36 kg

Article 3.2. Younger Cadets (YC) (10, 11, 12 years old)

Boys	Girls
-28 kg	-28 kg
-32 kg	-32 kg
-37 kg	-37 kg
-42 kg	-42 kg
-47 kg	-47 kg
+47 kg	+47 kg



Article 3.3. Older Cadets (OC) (13, 14, 15 years old)

Boys	Girls
- 32 kg	- 32 kg
- 37 kg	- 37 kg
- 42 kg	- 42 kg
- 47 kg	- 46 kg
- 52 kg	- 50 kg
- 57 kg	- 55 kg
- 63 kg	- 60 kg
- 69 kg	- 65 kg
+ 69 kg	+65 kg

Article 3.4. Juniors (J) (16, 17, 18 years old)

Male	Female
- 57 kg	- 50 kg
- 63 kg	- 55 kg
- 69 kg	- 60 kg
- 74 kg	- 65 kg
- 79 kg	- 70 kg
- 84 kg	+ 70 kg
- 89 kg	
- 94 kg	
+ 94 kg	

Article 3.5. Seniors (S) (from age 19 to 40)

Male	Female
- 57 kg	- 50 kg
- 63 kg	- 55 kg
- 69 kg	- 60 kg
- 74 kg	- 65 kg
- 79 kg	- 70 kg
- 84 kg	+ 70 kg
- 89 kg	
- 94 kg	
+ 94 kg	

Article 3.6. Master Class (Veterans) (V) (from age 41 to 55 years)

Male	Female
- 63 kg	- 55 kg
- 74 kg	- 65 kg
- 84 kg	+ 65 kg
- 94 kg	
+ 94 kg	



Article 4. Rounds

Article 4.1. Children

- In point fighting discipline on world, continental and national championships, world and continental cups and on other open tournaments format of each single fight in children category is 2 rounds by 1 minutes (2 x 1) with 30 seconds break between the rounds
- In case of equal result on the end of point fighting fight an extra time is extended by one minute without any break.
- At the end of this time if it is a draw, the winner will be the next kickboxer to score, sudden death system.

Article 4.2. Younger cadets

- In point fighting discipline on world, continental and national championships, world and continental cups and on other open tournaments format of each single fight in younger cadets' category is 2 rounds by 1,5 minutes (2 x 1,5) with 1-minute break between the rounds
- In World or continental cups and Open international tournaments, format of the fight in younger cadets' category can be 2 rounds by 1 minutes (2x1) with 30 seconds break according to promoters needs.
- In case of equal result on the end of point fighting fight an extra time is extended by one minute without any break.
- At the end of this time if it is a draw, the winner will be the next kickboxer to score, sudden death system.

Article 4.3. Older cadets

- In in all tatami disciplines on world, continental and national championships, world and continental cups and on other open tournaments format of each single fight in younger cadets' category is 2 rounds by 2 minutes (2 x 2) with 1-minute break between the rounds
- In World or continental cups and Open international tournaments, format of the fight in older cadets' category can be 2 rounds by 1,5 minutes (2x1,5) with 30 seconds break according to promoters needs.
- In case of equal result on the end of point fighting fight an extra time is extended by one minute without any break.
- At the end of this time if it is a draw, the winner will be the next kickboxer to score, sudden death system.

Article 4.4. Juniors and seniors

- In all tatami disciplines on world, continental and national championships format of each single fight in junior and senior category is 3 rounds by 2 minutes (3 x 2) with 1-minute break between the rounds
- In case of equal result on the end of point fighting fight an extra time is extended by one minute without any break.
- At the end of this time if it is a draw, the winner will be the next kickboxer to score, sudden death system.
- In World or continental cups and Open international tournaments, format of the fight in senior category can be 2 rounds by 2 minutes (2x2) with one minute or 30 seconds according to promoters needs.



Article 4.5. Master Class (Veterans)

- In all tatami disciplines at the World, Continental and National championships, World and Continental cups and on other open tournaments format of each single fight in Master class (Veterans) category is 2 rounds by 2 minutes (2 x 2) with 1-minute break between the rounds
- At World or continental cups and Open international tournaments, format of the fight in Veterans - Master class category can be 2 rounds by 1,5 minutes (2x1,5) with 30 seconds break according to promoters needs.
- In case of equal result on the end of point fighting fight an extra time is extended by one minute without any break.
- At the end of this time if it is a draw, the winner will be the next kickboxer to score, sudden death system.

Article 4.6. Medical time

- Maximum time for medical stop in one fight is 2 minutes for each kickboxer.
- If a kickboxer uses all two minutes, he will still be able to continue, but if there is need of more medical time, the Central referee must stop the fight with the decision RSC.
- Medical time starts when the medic/doctor arrives on the tatami, or when the Central referee approves any other medical help with small issues (such as nosebleed, contact lenses, etc.).
- In case of a cut or bleeding, the official doctor should decide within 2 minutes if a kickboxer can continue or not.
- Heeding the tournament official doctor's opinion, the Central referee will then decide whether the fight should be continued or not (however only in case when the Official Doctor allows a kickboxer to continue the fight).
- If the Central referee, after consultation with the doctor, determines that the kickboxer misuses medical time to rest or avoid a fight, he may give the kickboxer a official warning



Article 5. Equipment and clothes

Article 5.1. Kickboxers in Point fighting

Article 5.1.1. Personal safety equipment

- Head guard
- Face mask (in children's and younger cadets' categories)
- Mouth guard,
- Breast protection (for female kickboxers only, optional for younger female cadets' category),
- Gloves for point fighting,
- Hand wraps (optional)
- Elbow pads
- Groin protection (mandatory for male and female)
- Shin guards
- Foot protection

Article 5.1.2. Personal clothes

- V-neck top (V-neck T-shirts are not allowed)
- Long pants.
- Belts are optional and should indicate their grade.

Article 5.2. Kickboxers in light contact

Article 5.2.1. Personal safety equipment

- Head guard
- Mouth guard,
- Breast protection (for female kickboxers only)
- Kickboxing gloves,
- Hand wraps (mandatory)
- Groin protection (mandatory for male and female),
- Shin guards
- Foot protection

Article 5.1.2. Personal clothes

- T-shirt (round neck)
- Long pants.
- No belts indicating grade are allowed.

Article 5.3. Kickboxers in kick light

Article 5.3.1. Personal safety equipment

- Head guard
- Mouth guard,
- Breast protection (for female kickboxers only)
- Kickboxing gloves,
- Hand wraps (mandatory)



- Groin protection (mandatory for male and female),
- Shin guards
- Foot protection

Article 5.3.2. Personal clothes

- Sleeveless T shirt
- Kickboxing shorts
- No belts indicating grade are allowed.

Article 5.4. Kickboxers in forms

- For musical forms performances the kickboxer is allowed to wear all original clothes of the traditional martial art on which his performance is based
- Footwear are not allowed
- They can wear any kind of legally recognized kickboxing uniform, which must be clean and decent. It is allowed to wear a traditional kimono, but without the markings or any signs of other sports and martial arts.
- In Hard styles, kickboxers must be bar footed
- They can also be shirtless for their performance (apart from women).
- Kickboxers are allowed to wear sweat bands on arms / wrist.
- Kickboxers are not allowed to wear any jewellery or piercings of any kind.

Article 5.5. Procedure for equipment and uniform check

- Kickboxer's safety equipment, uniform and other checks will be done by the Central referee or the Judge. The Kickboxer must present himself to the Judge nearest his corner to have his safety equipment inspected / reviewed.
- After the Judge has inspected the kickboxer, he will wait to enter the tatami until told to do so by the Central referee.
- Kickboxers must be suitably conditioned to participate in their chosen discipline; they must have no injuries or illness which may harm themselves or other kickboxers. Kickboxer's face must be dry and without any grease. It is not allowed to enter a fight while bleeding. Also, it is not allowed to enter a fight with any sticking plaster casts or with tampons in nostrils or with any cuts or scratches. In that case, judge will consult the doctor. The body must be dry and without any oil.
- The judge will ask the coach to wipe clean the kickboxer's face and body.
- **Jewellery and piercing.** It is not allowed to enter a fight with any kind of jewellery or other adornment. Judges will run their fingers under the top of the T-shirt to check that kickboxers have no jewellery or other adornment around the neck. Also, judges will push index fingers under head guard to ensure that kickboxers have no earrings, studs or other jewellery. No tongue piercing and belly button piercing allowed either.
- Before allowing a kickboxer to enter the tatami, the judge must be completely sure that the kickboxer's safety equipment and uniform are fully functional for the kickboxer's safety and are according the WAKO rules.
- The Observer of the Musical Forms checks all kickboxers for jewellery and piercings before they compete.
- Kickboxers must stand outside of the tatami.
- The judge will check uniforms which must be dry, clean, without any blood or other substances and in good repair.
- Judge will check personal safety equipment and must pay attention to the following:



WAKO Rules - Chapter 2 - Tatami rules - general

- Head guard must be firmly fastened by self-adhesive strips under the chin and at back of head (no type of buckle is allowed).
- Top of head must be completely covered. Face, chin and eyebrows must be open
- Face mask must be worn for Children (CH) and Younger Cadets (YC) categories
- Gloves for points fighting must be without any cracks or splits. The kickboxer must be able to open his hand, and first half of fingers and thumb must be covered. The palm must not be covered.
- The fastening strip must be self-adhesive and gloves must be fastened at the wrist.
- Hand wraps are optional for PF, but mandatory for LC and KL.
- Hand wraps may be wrapped around base of fingers, palm and back of the hand.
- Wraps must be fixed on wrist with self- adhesive small strips or with self-adhesive cotton-based tape. Judge should touch and feel that hand wraps if worn are soft and without any hard parts.
- Before checking kickboxing gloves for light contact and kick light, the kickboxer must show his hands with hand wraps. Hand wraps are mandatory.
- After checking hand wraps, the judge will allow the kickboxer to put the kickboxing gloves on



Article 6. Officials

Article 6.1. Chief referee of the Tatami Sports

- The Chief referee at the WAKO World and continental championships and the World and Continental cups is named by WAKO Referee Committee among the referees for each fighting area. At the other kickboxing tournaments Chief referees is named by organizer national federation's Chairman of referee committee.
- Their main responsibility is to organize the Central referees and Judges according to the nationalities of kickboxers and to observe every single fight in order to be ready to educate referees and judges in case of mistakes or to be able to handle protests. They can alternate their role.
- Also, they may:
 - interrupt the fight to answer or deal with protests.
 - interrupt the fight if the rules are not being applied correctly.
 - remove Central referee and Judges who are not performing at an acceptable standard.
 - appoint an assistant to substitute a member when necessary.

Article 6.2. Central referees

The role of a Central referee is primarily based on the following principles.

- There is one Central Referee per fight
- The Central referees shall be selected by the Chairman of Tatami Sports or his appointed deputy
- They will make sure that the rules of fair play are strictly observed.
- They will have the power to control the Tatami and Kickboxers.
- Their first responsibility is the safety of the kickboxers.
- They shall have the power to stop the fight to award points or penalties.
- They are the only person who has the authority to stop the fight.
- The Central referee in light contact and kick light may issue warnings and penalties for rules violations and exits on his own. Only in case they need to clarify non seen or doubtful situations brought to their attention, he will consult judges and following majority agreement with the judges make decision.
- He shall not award points in point fighting fights without at least one judge score the same point.
- When they issue a warning or a penalty, no points can be given to the offending kickboxer.
- They must give all commands in ENGLISH.
- They will be responsible for the enforcement of the rules throughout the competition and ensure that all scores, penalties and warnings are recorded correctly.
- In cases where the referee feels a disqualification may be appropriate, except in cases or instances requiring automatic disqualification, the Chief referee shall be consulted.
- The Central referee in tatami-disciplines must use medical gloves and must change them after every fight in which blood has occurred.

Article 6.3. Judges

- There are two (Point fighting) or three (Light contact and Kick light) judges per fight.
- The judges are to assist the referee to ensure the safety of the kickboxers.
- They shall check kickboxers before each fight to ensure proper safety equipment is being used.
- When a judge sees what he considers a legal score, he must indicate so immediately by hand, by clicker or electronic score as appropriate to the style.



- The judges must keep constant watch over the fighting area and inform the Central referee when one of the kickboxers leaves the area.
- If a judge spots an action which he feels is in violation of the rules he must contact the referee and inform him of his views.

Article 6.4. Number of officials per tatami

- At the World and Continental Championships and World Cups, a minimum number of referees is required to ensure the neutrality of the trials as follows:
 - **Point fighting:** 1 chief referee + 6 referees / judges
Their duties during the fight are:
1 chief referee, 1 central referee, 2 judges, 1 score / time keeper, 2 judges stand by
 - **Light contact / Kick light:** 1 chief referee + 8 referees / judges
Their duties during the fight are:
1 chief referee, 1 central referee, 3 judges, 1 score/time keeper, 3 judges stand by
 - **Forms:** 1 chief referee, 4 judges, 1 judge stand by
- The Chairman of WAKO International Referee Committee of Tatami Sports or his nominated representative for World and continental championships and World and continental cups can designate 1 experienced referee as a Supervisor for 2 tatamis on which fights of the same discipline take place. On the other kickboxing tournaments Supervisors are named by organizer national federation's Chairman of referee committee. Chief referee may not assign a judge for fight as Central referee, judge or score / time keeper of the same nationality as one of the kickboxers
- During the fight, except in exceptional cases (force majeure), the Chief referee cannot change the Central referee or judges. Force majeure shall be deemed to have caused the Central referee or judge to have taken ill or to have found a big and intentional violation of the rules.

Article 7. Decisions

The decisions will be reached as follows:

Article 7.1. Victory by points (P)

- At the end of a fight, the kickboxer who scored more points (in point fighting) and has obtained a victory by the decision of the majority of judges (in light contact and kick light) is declared the winner.
- If both kickboxers are injured and cannot continue the fight, judges will mark the points obtained by each kickboxer to that point and the kickboxer ahead by points will be declared the winner.

Article 7.1.1. Maximum score

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 Light contact and 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

Article 7.2. Victory by abandonment (AB)

If a kickboxer voluntarily gives up due, to an injury or any other reason, or if he fails to continue to fight after the one-minute break between the rounds, his opponent will be declared as winner.



Article 7.3. Victory by stoppage (RSC)

- A fight may be stopped if the kickboxer is unable to fight or defend himself and also if the other kickboxer shows total athletic superiority. The Central referee decides who the winner is.
- If the fight is stopped because a kickboxer is injured, then the officials must make a decision according to Article 10.1. of present chapter of rules.

Article 7.3.1. Injuries

The case of an injury to one of the Competitors, the fight shall be stopped only long enough for the medic/doctor to decide whether or not the injured kickboxer can continue. Once the medic/doctor arrives in the tatami, he shall have only two minutes to decide if the injury requires treatment (see Article 1.8 general rules) All treatment must be completed within the two minutes.

If the injury is serious, it must be treated by the medics/doctor on duty who is the only ones who can say if the fight must be terminated.

If the fight must be stopped because of injury, the Central referee and the two Judges must decide who caused the injury.

- Whether or not it was an intentional injury
- Whether or not it was the fault of the injured kickboxer
- Whether or not the injury was caused by an illegal technique
- If there were no rules violations by the uninjured kickboxer, that kickboxer shall win by forfeiture
- If there was a Rules violation by the uninjured Kickboxer, the injured Kickboxer wins by disqualification
- If the injured kickboxer is declared fit to continue by the medic / doctor, then the fight shall resume procedure after KO, RSC, RSC-H, Injury
- If a kickboxer gets injured in a fight, the doctor is the only person that can evaluate the circumstances.
- If a kickboxer remains unconscious, only the Central referee and the doctor in charge will be allowed to stay on the tatami, unless the doctor needs extra help.
- If the doctor allows the fight to continue, the Central referee must start the fight. But, if the Central referee sees the kickboxer unfit to continue, he must then stop the fight again on basis of RSC. This to prevent further injuries.

Article 7.4. Victory by disqualification (DISQ)

Kickboxer is disqualified if:

- he is given four official warnings by Central referee
 - he excessive exit tatami fourth times
 - knocks out the opponent by an uncontrolled strike to the head or malicious attack
 - knocking out the opponent by an uncontrolled blow to the head or malicious attack
 - for excessive, continuous hitting after the "stop" command
 - by extreme unsportsman like conduct of a kickboxer such as insulting the Central referee, Judges, the opponent or coaches.
 - showing overly aggressive behaviour.
- In difficult cases, the Central referee may also call out a disqualification without having given a warning beforehand, but only after having consulted his judges (majority decision) and observer of the tatami.



Article 7.5. Victory by walk over (WO)

- When a kickboxer is present in the tatami and ready to fight, and his opponent does not appear when announced three times by loud speaker.
- After two minutes, the Central referee will declare the kickboxer who is present on the tatami as winner by walk over (WO)
- If the kickboxer is late or not ready for the fight, but on time before the two minutes finished, the Central referee will start the fight with “official warning” to the kickboxer.

Article 7.6. Changing a decision

All public decisions are definitive and cannot be changed unless:

- Mistakes which occurred in calculating the points are materially proven and agreed;
- One of the judges declares that they have made a mistake and mistakenly switched the scores of the kickboxers;
- Central referee’s material mistake.
- Computer system technical mistake.

Article 8. Awarding of points

- A legal **technique** strikes a legal **target**. The authorized striking area of the hand or foot must make "clean and well controlled" contact. It needs to be proper contact technique, with effective power, but controlled.
- The judge must actually see the technique hit the target. Marking points based on the sound of the strike is not allowed. The kickboxer must be looking at the point of contact when executing the technique. All techniques must be used with "reasonable" power. Any technique that simply touches, brushes, or pushes an opponent will not be scored.
- If a kickboxer jumps in the air to attack or defend, he must land inside the tatami with both feet to score, and he must keep his balance (it is not allowed to touch the floor with any part of body except the feet).
- With balance, it means good-enough balance eg. not falling. The kickboxer is allowed to stumble, but not fall.
- Reasonable power means, not too hard, and not too soft. A technique should be delivered with purpose and intent.

Article 8.1. Concerning strikes

- During each round, a judge will mark respective score for each kickboxer, according to the number of technically controlled strikes that each one has received. To award a punch or a kick the technique must not be blocked or stopped. The number of recorded blows in a fight is recorded by the table officials (in point fighting).
- Strikes given by a kickboxer will not be taken into account:
 - If they are contrary to the regulations
 - If they land on the arms
 - If they are weak and do not come from legs, body or shoulders.

Article 8.2. Concerning offences

- During each round a judge cannot alone penalize the offence he sees, He has to call the Central referee's attention to that offence.



- A Central referee may, without stopping the **time, stop the fight and** give a verbal warning to a kickboxer at any moment.
- For the official warning, in order to do this the Central referee must stop the fight, **and time**, and explain clearly the violation of the rules facing the offender.
- When the Central referee decides to give a minus point to a kickboxer, the table official will award a minus point to the kickboxer as indicated by the Central referee and put it on the scoreboard/computer.

Article 8.3. Points

- Punch 1 pt
- Kick to the body 1 pt
- Foot sweep
(leading the opponent to touch the floor with any other part of the body apart from feet) 1 pt
- Kick to head 2 pts
- Jumping kick to body 2 pts
- Jumping kick to head 3 pts

* Jumping kick, only awarded if kickboxer is still in the air when the technique is landed.

Article 8.4. Penalty

- There are three kinds of warning CAUTION, VERBAL WARNING and OFFICIAL WARNING.
- There are two kinds of penalty MINUS POINT and DISQUALIFICATION.
- A Central Referee may without stopping the fight give a caution to a kickboxer at any moment. Central Referee may give **ONLY ONE caution** during the same bout.
- In order to give verbal warning the Central Referee must stop the fight but not the time and explain clearly the violation of the rules facing the offender. Central Referee may give **ONLY ONE** verbal warning during the same bout.
- In order to give the official warning, the Central Referee must stop the fight, the time, put the opponent to the neutral corner and facing the Chief of the tatami and Time Keeper point the offender explain the violation of the rules.
- Only four official warnings can be given during the same bout
 - 1st Official warning
 - 2nd Official warning first minus point
 - 3rd Official warning second minus point
 - 4th Official warning disqualification
- Warnings and penalties will be carried through the fight to all rounds what will be showed on the screens.
- Minus points and disqualification can be given directly without any warning, but this Central Referee's decision must be approved by Chief of the tatami

Article 8.4.1. Fouls

The following actions are considered fouls:

- Punching or kicking below the belt, hooking, tripping, and hitting with knees or elbows.
- Butting with the head, shoulders, forearms and elbows, strangling the opponent, crushing his face with arm or elbow, pushing back the opponent;
- Hitting with open gloves, with the inside of the gloves, with a wrist.
- Hitting the opponent's back, particularly on the nape of his neck, head (in light contact and kick light discipline) and kidneys
- Lying down, wrestling or not fighting at all
- Deliberately falling down due to no contact or little contact



- If the kickboxer spits out the mouth guard voluntarily, the Central referee must stop fight and give to kickboxer official warning for the first time and minus point for the second one.
- Grabbing
- Holding
- Slipping the gloves
- Attacking an opponent who is on the floor on getting up
- Clinching without any reason
- Hitting while hooking the opponent, or pulling the opponent into the blow.
- Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent.
- Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter.
- Using artificial means for a passive defence and falling down intentionally, in order to avoid a blow.
- Using insulting and aggressive language during a round.
- Refusing to withdraw after the order "BREAK".
- Trying to land a blow on the opponent immediately after a "BREAK" order and before withdrawing.
- Assailing or insulting the Central referee at any time
- When a warning for a particular foul has been administered for example a clinch
- Inappropriate behaviours of a coach or coach assistant

The Central referee will not caution the kickboxer again for the same offence. An official warning will follow a third caution for the same foul. If a Central referee thinks that an offence has been committed without his knowledge, he will have to consult the judges.

Article 8.4.2. Slipping the gloves (in Point fighting)

- Glove slipping is against the rules and creates an automatic warning. If a kickboxer's gloves come off whilst scoring a hand technique, no score will be given (unless it was pulled off by the opponent), and a warning for slipping the glove will follow. (If glove is pulled off by opponent score remains and no warning will be given)
- A kickboxer should indicate to Central referee if glove is loose, by raising his hand, and then only after Central referee stops time, correct the issue. A kickboxer cannot indicate time when he is in a corner under pressure from his opponent in order to fix equipment.

Article 8.4.3. Exit

Leaving the fighting area

- If a Kickboxer leaves the area (EXIT) without being pushed, kicked or knocked out by his opponent it will be seen as a "Voluntary Exit" and will receive a warning and one minus point from the Central referee. After leaving the area for the fourth time - 4th minus point, the kickboxer will be disqualified.
- Warnings (minus points) for leaving the area will be kept as a separate issue from warnings for other offences. From the first warning will receive one minus point.
- If the kickboxer fights on the edge of Tatami, the Central referee must not stop the fight to prevent the kickboxers from the exit.
- Stepping out (EXIT) means stepping outside the line, even with only one foot.
- Stepping on the line should not be considered as stepping out. The whole the foot must be outside the designated area.
- If the kickboxer is pushed out by the other kickboxer, or if he went outside the line as a result of a hit or kick, it is not classed as a voluntary exit.
- If a kickboxer is pushed, kicked or knocked out of the tatami, the Central referee must decide if it was with excessive force, if so – a warning should be given to the attacker, if not – a warning for



an exit (minus point) should be given to the kickboxer stepping outside and kickboxers should start from the center of the tatami.

- In point fighting central referee will decide with majority and in light and kick light he can decide by himself

Article 8.4.3.1. Exit Rules

- **1st Exit** - Minus 1 Point given verbally communicated to athlete/coach with hand signal
- **2nd Exit** - Minus 1 Point given verbally communicated to athlete/coach with hand signal
- **3rd Exit** - Minus 1 Point given verbally communicated to athlete/coach with hand signal
- **4th Exit** - Disqualification - Verbally communicated to athlete/coach and table, with appropriate hand signal

Article 8.4.4. Minus Points

Criteria for minus points, given only by the Central referee, after previous warnings (2):

- Unclean fighting style
- Constant clinching
- Constant and continuous ducking, turning of the back
- Too few foot techniques
- Excessive contact
- Heavy knock down
- Any Serious violation of the rules

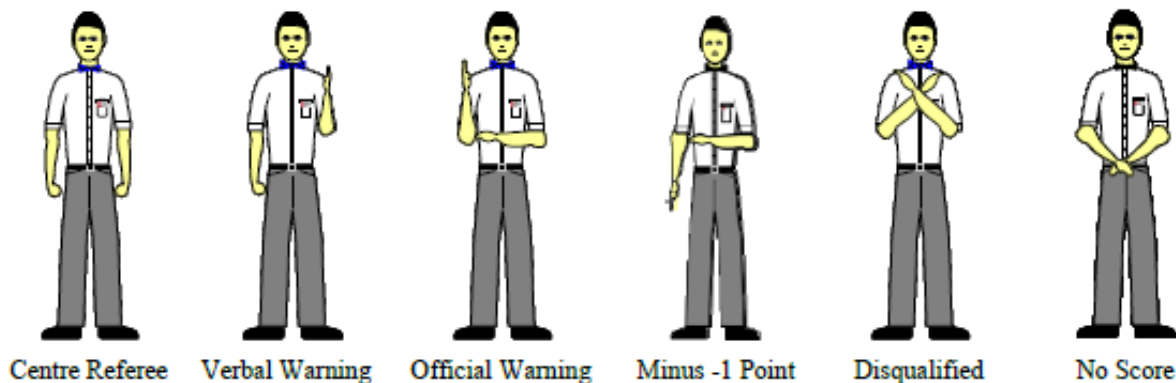
Article 8.4.4.1. Rule violations (other than exits)

- There are three kinds of warning CAUTION, VERBAL WARNING and OFFICIAL WARNING.
- There are two kinds of penalty MINUS POINT and DISQUALIFICATION.
- A Central Referee may without stopping the fight give a caution to a kickboxer at any moment. Central Referee may give ONLY ONE caution during the same bout.
 - In order to give verbal warning the Central Referee must stop the fight but not the time and explain clearly the violation of the rules facing the offender. Central Referee may give ONLY ONE verbal warning during the same bout.
 - In order to give the official warning, the Central Referee must stop the fight, the time, put the opponent to the neutral corner and facing the Chief of the tatami and Time Keeper point the offender explain the violation of the rules.
- Only four official warnings can be given during the same bout
 - 1st Official warning
 - 2nd Official warning first minus point
 - 3rd Official warning second minus point
 - 4th Official warning disqualification
- Warnings and penalties will be carried through the fight to all rounds what will be showed on the screens.
- Minus points and disqualification can be given directly without any warning, but this Central Referee's decision must be approved by Chief of the tatami

Article 8.4.4.2. Coaches' behaviour

- The Central referee after two verbal warnings has right to disqualified from the fight the coach who does not obey his orders following a majority decision of the judges and supervisor.
- In case that disqualified coach continues with violation of rules, act aggressive towards officials, other coaches, kickboxers or spectators, Chief referee has right to disqualified him for all fighting day of competition. In such a case, the Chief referee must initiate disciplinary procedure.

Article 9. Hand Signals



(See Appendix 29)

Article 10. Knock down (KD) and knock out (KO)

The purpose of counting and registering knock down after powerful and uncontrolled strikes is to give a time to recover and to make sure that knock downed kickboxer can continue the fight safely. The main purpose of counting is protecting and health of kickboxer.

- A Kickboxer is considered to be knocked down if:
 - If kickboxer touches the floor with a part of his body with any part of his body other than his feet following a strike or series of strikes.
 - If, after a strike or series of strikes kickboxer has not fallen to the floor, but is in a state of semi-consciousness and, by the Central referee's opinion, not able to continue fighting.
- In the case of a KD, the Central referee must immediately start counting out the seconds.
- When a kickboxer is on the floor, his opponent must instantly go the neutral corner, shown by the Referee.
- The Central referee will only continue the fight when kickboxer who is in knock down is ready to fight on count of 8. The proof to be ready is that kickboxer is on his feet, in fighting stand with his arms raised infighting position. Kickboxer must be stable and balanced, with clear vision.
- If the opponent does not go to the neutral corner following the Central referee's order, the Central referee will suspend the counting until his order is executed. The count will then be continued where it was left.
- When a kickboxer is in knock down, the Central referee will count from 1 to 10 with a second interval between each number, and will indicate each second with his fingers so that the fallen kickboxer knows how many seconds have already been counted.
- When a kickboxer is in knock down, due to a strike or series of strikes, the fight will not continue before the Central referee has counted to 8, even if the kickboxer is ready to continue the fight before that time.
- If the kickboxer doesn't stand in fighting position and doesn't raise his hands the Central referee will continue to count until "10", the fight will be finished.
- If a kickboxer is in knock down at the end of a round, the Central referee will continue the count even if the round has finished - an audible signal is given for the end of the round.
- If a kickboxer is in knock down and is ready to continue after the count of 8, but the kickboxer falls back on the floor without receiving a new blow, the Central referee will resume the count, starting at 8.
- If both kickboxers fall at the same time, the count will continue on as long as one of them is still on the floor. If they both remain on the floor after 10 seconds, the fight will be stopped and decision given, considering the points granted before the KD. Nevertheless, this winner will be suspended from further



participation in this tournament because of the KO and in accordance with WAKO Rules.

- In all age categories knock downs should be counted as a minus point (-1) (-1 point in PF and -3 points from each judge in LC and KL) to kickboxer who caused knock down.
- Next knock down by powerful and uncontrolled strikes will lead to second minus point.
- Third knock down by powerful and uncontrolled strikes will lead to disqualification.
- On the other side, to avoid manipulation by kickboxer who is in knock out, the knock out (KO) will automatically mean that he is not allowed to continue participation at the same tournament

Article 10.1. Procedure after KO, RSC, RSC-H, Injury

- If a kickboxer gets injured in a fight the doctor is the only person that can evaluate the circumstances and decide if the kickboxer can continue or not.
- If a Kickboxer remains unconscious, only the Central referee and the doctor in charge will be allowed to stay on the tatami, unless the doctor needs extra help.
- If the kickboxer is unconscious or semi-conscious after the knock down on the floor, the Central referee, after calling the doctor, will keep the kickboxer lying on the floor and will not allow him to get up until the arrival of the official doctor. The Central referee will not otherwise intervene (remove the tooth guard or rotate the unconscious kickboxer to the lateral position). All interventions on the kickboxer will be carried out by an official doctor.
- A kickboxer who has been knocked out due to a head-strike during the fight, or if the Central referee has stopped the fight due to severe head trauma which prevents him from continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty, if necessary.
- A kickboxer who has been knocked out due to a head-strike during the fight, or if the Central referee has stopped the fight due to severe head trauma which prevents them from continuing, will not be allowed to take part in another competition or fight for a period of at least 4 weeks after the KO and RSC-H.
- In case of following knock outs after the named period of 4 weeks, kickboxer will not be allowed to participate in future kickboxing competitions in accordance with WAKO Medical rules and regulations
- To above mentions quarantine periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can further on extend the quarantine period.
- A quarantine period means that a kickboxer cannot take part in any competition in kickboxing no matter what the discipline is. The quarantine periods are "minimum period" and cannot be overruled even though a head scan shows no visible injuries.
- The Central referee will tell the Judges to mark KO or RSC-H or RSC on their score sheets, when they have stopped the fight due to the kickboxer's inability to resume the fight because of head strikes. The same has to be reported by the Chief Referee on duty on that tatami on the kickboxer's SPORT PASS. This is also the official result of the fight and it cannot be overruled.
- Before resuming kickboxing after a ban, as described in the above paragraphs, a kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a appointed doctor.

Article 10.2 Procedure after injuries in general

- In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.
- A doctor can require immediately treatment at hospital.
- If a kickboxer or delegates from the kickboxer's nation denies doctors medical advice, the doctor will report in written form immediately to Chief referee or to a WAKO delegate that all medical responsibility are denied and are in the hands of the kickboxer and his team. However, the official result and a quarantine given is valid.

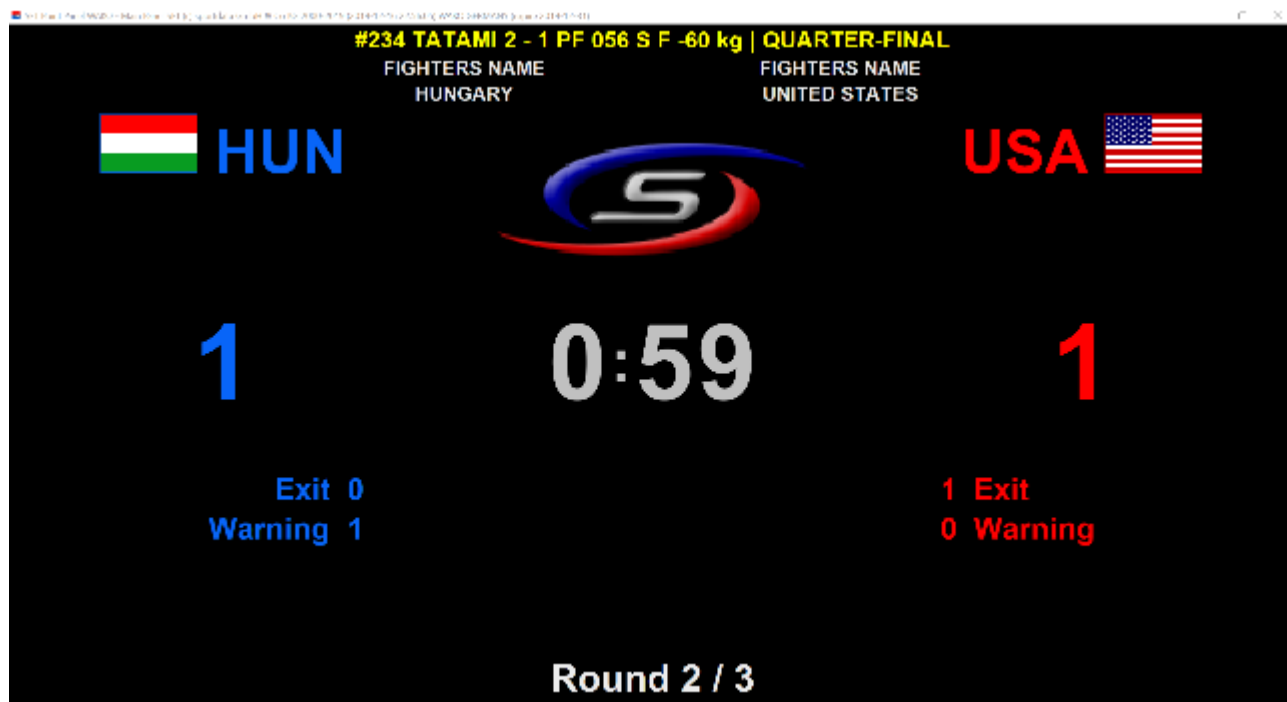


Article 11. Open scoring electronic system

- For point fighting discipline an open scoring electronic system may be used (see explanation in Chapter 4 - Point fighting rules)
- For light contact and kick light discipline, an open scoring electronic system may be used.
- Each fight is scored by three individual judges, sitting in three corners of tatami.
- This system is as follows:
 - All three judges use a mouse with buttons indicating the two corners (red and blue).
 - A screen will show the point status for both kickboxers from the various judges at all time.
 - The displays will be visible for audience and for the coaches involved either with TV screens and/or roll-up screen.
 - Fouls, warnings, minus points and time is also shown on the screen, administrating from the computer of the secretariat of each tatami area.
- The system will be administered by the score / time keeper
- The fight and its history are stored as a pdf-file in the computer at jury's table.



Examples of a display for an Electronic Scoring System (PF, LC and KL).

POINT FIGHTING



#234 TATAMI 2 - 1 PF 056 S F -60 kg | QUARTER-FINAL

FIGHTERS NAME	FIGHTERS NAME
HUNGARY	UNITED STATES

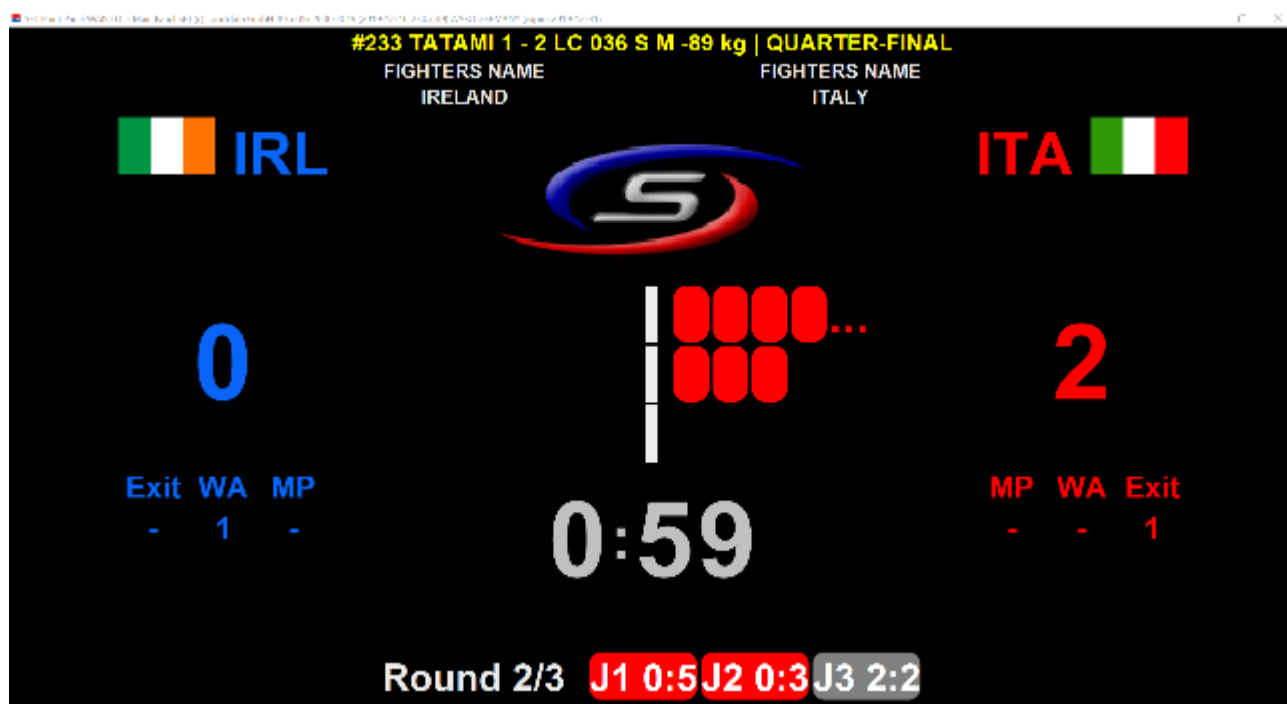
HUN  **USA** 

1 **0:59** **1**

Exit	Warning
0	1
1	0



Round 2 / 3

LIGHT CONTACT / KICK LIGHT



#233 TATAMI 1 - 2 LC 036 S M -89 kg | QUARTER-FINAL

FIGHTERS NAME	FIGHTERS NAME
IRELAND	ITALY

IRL  **ITA** 

0 **0:59** **2**

Exit	WA	MP
-	1	-
MP	WA	Exit
-	-	1

Round 2/3 **J1 0:5 J2 0:3 J3 2:2**



WAKO RULES



CHAPTER 3 POINT FIGHTING RULES



Chapter 3. Point fighting rules

Chapter's 3 Table of contents

Article 1. Definition	89
Article 1.1. Competitors in point fighting	89
Article 2. Equipment and clothes in point fighting	89
Article 2.1 Personal safety equipment	89
Article 2.2. Personal clothes.....	89
Article 3. Legal target areas	90
Article 4. Legal techniques.....	90
Article 4.1. Hand techniques (punches).....	90
Article 4.2. Foot techniques (kicks).....	90
Article 4.2.1. Foot sweep.....	90
Article 5. Illegal techniques (prohibited techniques and behaviour).....	90
Article 6. Awarding of points	91
Article 6.1. No score	92
Article 6.2. In case of a draw	92
Article 7. Referees and Judges	92
Article 7.1. Central referee	92
Article 7.2. Judges	92
Article 8. Grand Champ	93
Article 8.1. Original Grand Champ.....	93
Article 8.2. Open Grand Champ.....	93
Article 9. Team competition	93



Article 1. Definition

Point fighting is a fighting discipline where two kickboxers fight with the primary goal of scoring defined points, using well controlled legal techniques with speed, agility, balance and focus. The main characteristic of fight in point fighting discipline is delivery, well controlled technique and speed.

The competition in Point fighting should be executed in its true sense with well-controlled contact. It is a technical discipline with equal emphasis put on hand and foot techniques, from an athletic viewpoint. Techniques (punches and kicks) are strictly controlled.

At each valid point (point that is given, with legal part of hand or foot to legal targets and with legal technique), the Central referee halts the fight and at the same time as the two judges, shows with his/her fingers the number of points in the direction of the kickboxer who is being awarded the point or points.

Article 1.1. Competitors in point fighting

In point fighting, kickboxers can compete in the following age categories:

- Children (CH) (7, 8, 9 years old),
- Younger cadets (YC) (10, 11, 12 years old),
- Older cadets (OC) (13, 14, 15 years old),
- Juniors (J) (16, 17, 18 years old),
- Seniors (S) (19 to 40 years old)
- Veterans - Master class (V) (41 to 55 years old)

Article 2. Equipment and clothes in point fighting

Article 2.1 Personal safety equipment

- Head guard
- Face mask (in children and younger cadets' categories)
- Mouth guard,
- Breast protection (for female kickboxers only, optional for younger female cadets division),
- Gloves for point fighting,
- Hand wraps (optional)
- Elbow pads
- Groin protection (mandatory for male and female),
- Shin guards
- Foot protection

Article 2.2. Personal clothes

- V-neck top (V-neck T-shirts are not allowed)
- Long pants
- Belts are optional and should indicate their grade.



Article 3. Legal target areas

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

Head - Front, forehead, back and side.

Torso - Front and side

Feet - Only for sweeping

Article 4. Legal techniques

Hand and foot techniques should be used equally during the entire fighting period.

Article 4.1. Hand techniques (punches)

- Direct,
- Uppercut,
- Hook,
- Ridge hand
- Backfist (not spinning backfist)

Article 4.2. Foot techniques (kicks)

- Front kick,
- Sidekick,
- Roundhouse kick,
- Hook kick (sole of the foot only),
- Crescent kick,
- Axe kick (sole of the foot only),
- Jump kicks,
- Spinning kicks
- It is extremely dangerous to strike with the back of the heel; it must be strictly emphasized that the attacking kickboxer must extend his foot in such a manner that the sole (bottom) of the foot is used as the striking area when executing the following kicks: Axe, Hook and Spinning Hook kick, All Jumping Spinning Kicks

Article 4.2.1. Foot sweep

- To score with a foot sweep the attacker must remain on his feet at all times. If in the execution of a foot sweep the attacker touches the floor with any part of his body other than his feet, no score will be given. A score will be awarded to the attacker if his opponent touches the floor with any part of his body other than his feet

Article 5. Illegal techniques (prohibited techniques and behaviour)

It is prohibited to:

- Attacks with malicious or excessive contact
- Continue after the command "stop" or the end of the round has been sounded
- Leaving the fighting area (Exits)
- Top of the head
- Falling or dropping to the floor without due cause
- Attack back of the torso (kidneys and spine)



WAKO Rules - Chapter 3 - Point fighting rules

- Attack top of the shoulders
- Neck: front, sides, back
- Below the belt (except for foot sweeps)
- Turn one's back to the opponent
- Avoid fighting (running away)
- All blind, uncontrolled techniques in general
- Groin
- Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder
- Wrestling and ducking below opponent's waist
- Throwing
- Grabbing – holding on to the opponent in any way
- Slipping their gloves to extend their range of fighting
- Attacking 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
- Oil on the face or the body.
- For a kickboxer to spit out his mouth-guard voluntarily
- Ground Attacks
- A kickboxer cannot attack an opponent on the ground. The Central referee is responsible for stopping the fight immediately when one of the two kickboxers touches the floor with any part of the body apart from his feet. Stomps to the head or body of a downed kickboxer can lead to minus points or disqualification (judges decide by majority decision).
- Unsportsmanlike-like conduct. A kickboxer shall have only one warning, then the normal procedure for penalty and disqualification shall follow. However, in the case of gross unsportsmanlike like-like conduct, the kickboxer may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.

Article 6. Awarding of points

A legal technique strikes a legal target.

- Arms are immediately to be raised to indicate the kickboxer who scored. To award a score there must be a minimum of two concurring decisions by Central referee and judges.
- If the Central referee and one judge show two raised arms (a point for both kickboxers) and other judge points to one kickboxer, the Central referee's decision must be the appropriate point for both kickboxers.
- If the Central referee shows two points (kick to head) and one judge shows one point, the Central referee can ask the judge what he saw, a kick technique or punch technique. If judge saw a kick technique the Central referee will award one (1) point to kickboxer, and if the judge saw a punch technique; the Central referee will indicate no points scored (different techniques).
- In situations where there are the same number of arms raised, both kickboxers shall be awarded a score.
- Central referees and judges should seek to avoid split points, as there are actually seldom that two techniques connect at the exact same time.
- The authorized striking area of the hand (not the inner hand) or foot must make "clean / controlled" contact.
- The Central referee and judge must actually see the technique strike the target. Awarding points based on the sound of the strike is not allowed.
- The Kickboxer must be looking at the point of contact when executing the technique.
- All techniques must be used with "reasonable" power. Any technique that simply touches, brushes or pushes an opponent will not be scored.
- Techniques must be retracted.



- If a kickboxer jumps in the air to attack or defend, he must land inside (standing up) the fighting area to score following the execution of the technique, and he must keep his balance (it is not allowed to touch the floor with any part of the body except feet). If the kickboxer lands outside the area (with any part of body) after the technique, he does not score.
- If a kickboxer loses his balance due to his own instability following a score and touches the ground with any part of his body other than his feet, the score will not count.
- If a kickboxer loses his balance following score outside his control (pushed or tripped) then the score will stand.

Article 6.1. No score

- Arms are crossed in front of Central referee or Judges at waist level, if the Central referee or Judge could not see the technique strike a legal target area.
- If the Central referee or Judge indicates a score and the other two signals they did not see, then there can be no score awarded.
- If one of the Kickboxers does not get a minimum of two arms, NO score can be awarded.
- If the Central referee commands STOP and issues a warning to one of the kickboxers there can be no point awarded to the offending kickboxer. However, the other kickboxer may receive a point and may also receive a further score because of the warning to his opponent.

EXAMPLE: One of the Kickboxers executes a technique that merits a score, while the other kickboxer violates the rules for the second time. A score can be awarded for the first kickboxer's clean and legal technique and at the same time a penalty point can be awarded for their opponent's rule violation. Both must occur at the same exact time.

Article 6.2. In case of a draw

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

Article 7. Referees and Judges

- Three referees will be on the tatami, judging the fight. This differs from the other tatami sports.

Article 7.1. Central referee

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

Article 7.2. Judges

- Check equipment of according sides kickboxer by side judges
- Hold his side of tatami and signal points or warning during the fight.
- Seek to make sure to be in the right side of the kickboxer according to the Central referee's signals. Each judge must independently consider the merits of the two kickboxers and chose the winner according to the regulations.
- During the fight, he will not talk to kickboxer, other judges, or anybody else, with the exception of the Central referee. The judge should, by signals, notify the referee about any incidents that would affect points / warnings given.
- He will not leave his place until the decision has been announced.



Article 8. Grand Champ

- In tournaments like World Cups, International Opens, a so-called Grand Champ can be arranged where kickboxers meet each other under the definition of no weight class.

A Grand Champ can be organized as follows:

Article 8.1. Original Grand Champ

- Only winners of the weight classes are to participate. There are free drawings for the fights.

Article 8.2. Open Grand Champ

- All competitors can participate, but have to enrol in advance during the tournament. There are free drawings of the fights with all weight classes included.
- Fights in a Grand Champ are 1 round of 3 or 2 minutes. No time-outs are to be used by the kickboxers.
- The types of Grand Champ competitions organized for a tournament must be stated in the invitation.
- No Grand Champ fights are organized in Continental or World Championships.

Article 9. Team competition

- The rules of team fights apply at World and continental championships and at World cups and at all other international and national kickboxing competitions in which this competition category is included.
- Male Team: 3 men open weight
- Female Team: 3 women open weight
- If a team is not complete, they cannot continue or start
- All kickboxers on a team must have competed in a individual category at World and continental championships and at World cups and at all other international and national kickboxing competitions in which this competition category is included, taking place prior to competing in the team event
- A team may have one male and one female as substitute. The substitute can only be used when another kickboxer on the team is unable to start. The substitute should be seated with the helmet off, so easily identified as such. Once a sub has been used their can be no further switches.
- In Junior, Cadet and Older Cadet, kickboxer must compete in a team within his/her own age category.
- The running order of the fight is decided at the beginning by a toss of a coin. The winning team can decide to send out first or allow the opposing team to send out first.
- All kickboxers are prepared with all equipment in their corner side of tatami.
- There are no weight-class definitions. (In Younger Cadet and Older Cadet categories, the team MUST start with smallest to tallest)
- The team at the World and continental championships must be composed of national kickboxers only. No mixed teams with kickboxers from different countries. At the World and continental cups and international tournaments team can be composed of members of different clubs (mixed teams). At the national championships in point fighting team fights team must be composed of kickboxers from same club only.
- Each fight: 1 round of 2 minutes
- No timeout can be used during the round



WAKO Rules - Chapter 3 - Point fighting rules

- The extra round will be on 1 round of 1:30 (Younger cadets) or 2 minutes for Older Cadet, Junior and Senior.
- The team with the most points is the winner.
- All exits and warnings carry forward to the next kickboxer. This is to encourage an active contest.
- A kickboxer cannot be disqualified for Exits in team event; all exits will be punished with one point taken off his team (minus point).
- In case of injuries in team competition and if a fighter is unable to continue, after a medic's decision the following shall apply: if a fighter is unable or unwilling to continue the fight then the opposing team is awarded/given a further 10 points at that point in time which is added to the overall score.
- If they count a draw, a toss of the coin is used to select who sends out a kickboxer first, with the winner selecting their kickboxer to enter the Tatami.

Note: At the Junior / Cadet World / Continental Championships: A kickboxer must participate in his or her age category only. No kickboxer will be allowed to fight in a team outside his/her age category.



WAKO RULES



CHAPTER 4 LIGHT CONTACT RULES



Chapter 4. Light contact rules

Chapter's 4 Table of contents

Article 1. Definition	97
Article 1.1. Competitors in light contact	97
Article 2. Safety equipment and clothes	97
Article 2.1. Personal safety equipment	97
Article 2.2. Personal clothes.....	97
Article 3. Legal target areas	97
Article 4. Legal techniques.....	97
Article 4.1. Hand techniques (punches).....	98
Article 4.2. Foot techniques (kicks).....	98
Article 4.2.1. Foot sweep.....	98
5. Illegal techniques (prohibited techniques and behaviour)	98
Article 6.3. Awarding points (using electronic scoring system)	99
Article 6.4. In case of a draw	99



Article 1. Definition

Competition in Light contact kickboxing should be executed as its name implies, with well-controlled light contact techniques. Light contact has been created as an intermediate stage between point/semi - and full contact kickboxing.

In light contact, competitors fight continuously until the Central referee command STOP or BREAK. They use techniques similar to ring sports, but these techniques must be executed well controlled. Equal emphasis must be placed on both punching and kicking techniques. The Central referee doesn't judge the kickboxers, but only makes sure they respect the rules. Three judges make the complete scoring decisions in an electronically scoring system or by clickers.

Article 1.1. Competitors in light contact

In light contact, kickboxers can compete in the following age categories:

- Older cadets (OC) (13, 14, 15 years old),
- Juniors (J) (16, 17, 18 years old),
- Seniors (S) (19 to 40 years old)
- Veterans - Master class (V) (41 to 55 years old)

Article 2. Safety equipment and clothes

Article 2.1. Personal safety equipment

- Head guard
- Mouth guard,
- Breast protection (for female kickboxers only)
- Kickboxing gloves,
- Hand wraps (mandatory)
- Groin protection (mandatory for male and female)
- Shin guards
- Foot protection

Article 2.2. Personal clothes

- T-shirt (round neck)
- Long pants.
- No belts indicating grade are allowed.

Article 3. Legal target areas

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

- **Head** - Front, forehead, and side
- **Torso** - front and side
- **Feet** - only for sweeping

Article 4. Legal techniques

Hand and foot techniques should be used equally during the entire fighting period.



Article 4.1. Hand techniques (punches)

- Direct,
- Uppercut,
- Hook,

Article 4.2. Foot techniques (kicks)

- Front kick,
- Sidekick,
- Roundhouse kick,
- Hook kick (sole of the foot only),
- Crescent kick,
- Axe kick (sole of the foot only),
- Jump kicks,
- Spinning kicks

Article 4.2.1. Foot sweep

- To score with a foot sweep the attacker must remain on his feet at all times. If in the execution of a foot sweep the attacker touches the floor with any part of his body other than his feet, no score will be given. A score will be awarded to the attacker if his opponent touches the floor with any part of his body other than his feet.

5. Illegal techniques (prohibited techniques and behaviour)

It is prohibited to:

- Any Attacks other than those mentioned in Article 3
- Attacks with malicious or excessive contact
- Continue after the command "stop" or the end of the round has been sounded
- Leaving the fighting area (Exits)
- On the command BREAK, not to step back at least one step
- Top of the head
- Falling or dropping to the floor without due cause
- Attack back of the torso (kidneys and spine)
- Attack top of the shoulders
- Neck: front, sides, back
- Below the belt (except for foot sweeps)
- Turn one's back to the opponent
- Avoid fighting (running away)
- All blind, uncontrolled techniques in general
- Back of the head
- Groin
- Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder
- Wrestling and ducking below opponent's waist
- Throwing
- Grabbing – holding on to the opponent in any way
- Attacking 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
- Oil on the face or the body.
- For a kickboxer to spit out his mouth-guard voluntarily



- Ground Attacks
- A kickboxer cannot attack an opponent on the ground. The Central referee is responsible for stopping the fight immediately when one of the two kickboxers touches the floor with any part of the body apart from his feet. Stomps to
- Unsportsmanlike-like conduct. A kickboxer shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsmanlike like-like conduct, the kickboxer may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.

Article 6.3. Awarding points (using electronic scoring system)

- A judge's job is to award points for all legal techniques (punches, kicks or sweeps), clearly landed on legal targets.
- The judge will push the button of his device;
 - one time - for a hand and leg - technique to body, and hand technique to head
 - two times - for a jump kick to body or head kick
 - three times - for a jump kick to head
- Points, starting from first round, will continuously be added by the judges and will be monitored by the table officials. Points given will be visible for the coaches and public through screens available to them. There should not be screens visible to the judges (judging should be independent).
- At the end of the fight, the winner is the competitor who scored more points (which will appear on the screen).
- **Warnings:** If the Central referee inflicts a foul or a warning, he will indicate so in front of the judges and the Chief referee, and the time-keeper has to put it in the electronic scoring system. It will then be shown on the screen to the public.
- **Minus point:** If the Central referee inflicts a minus point, he will indicate so in front of the judges and the Chief referee and the time-keeper have to put it in the electronic system. It will then be shown on the screens, reducing 3 points from the total score from each judge.
- The electronic system shows a running time score. In every moment of the fight everybody knows the situation of points.

Article 6.4. In case of a draw

- If the fight ends, by one or more judges, in a draw (equal points after 3 rounds), to determine a winner, the electronic scoring system will automatically assign the win to the kickboxer with the highest points in the last round.
- If there is a draw, and last round is equal, the judge must select the kickboxer with order of next criteria: 'more active', 'more kicks', 'better defence' and 'better style and techniques'. The judges push the correct button indicating the winner when Chief referee indicates so.



WAKO RULES



CHAPTER 5 KICK LIGHT RULES



Chapter 5. Kick light rules

Chapter's 5 Table of contents

Article 1. Definition	103
Article 1.1. Competitors in kick light.....	103
Article 2. Safety equipment and uniforms	103
Article 2.1. Personal safety equipment	103
Article 2.2. Personal clothes.....	103
Article 3. Legal target areas	103
Article 4. Legal techniques.....	104
Article 4.1. Hand techniques (punches).....	104
Article 4.2. Foot techniques (kicks).....	104
Article 4.2.1. Foot sweep.....	104
Article 4.3. Block / check.....	104
Article 5. Illegal target areas (prohibited techniques and behavior).....	104
Article 6. Awarding points (Using Electronic Scoring System)	105
Article 6.1. In case of a draw	106



Article 1. Definition

Competition in kick light should be executed as its name implies, with well-controlled techniques. In Kick light competitors fight continuously until Central referee command STOP or BREAK. They use techniques from low kick discipline, but these techniques must be well controlled when they land on legal targets. Equal emphasis must be placed on both punching and kicking techniques. Kick light has been created as an intermediate stage between light contact and low kick kickboxing disciplines. It is carried out with running time. The Central referee doesn't judge the kickboxers, but only makes sure they respect the rules. Three judges make the complete scoring decisions in an electronically scoring system or by clickers.

Article 1.1. Competitors in kick light

In light contact, kickboxers can compete in the following age categories:

- Older cadets (OC) (13, 14, 15 years old),
- Juniors (J) (16, 17, 18 years old),
- Seniors (S) (19 to 40 years old)
- Master Class (Veterans) (V) (41 to 55 years old)

Article 2. Safety equipment and uniforms

Article 2.1. Personal safety equipment

- Head guard
- Mouth guard,
- Breast protection (for female kickboxers only)
- Kickboxing gloves,
- Hand wraps (mandatory)
- Groin protection (mandatory for male and female),
- Shin guards
- Foot protection

Article 2.2. Personal clothes

- Sleeveless T-shirt
- Kickboxing shorts

Article 3. Legal target areas

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

- **Head** - Front, forehead, and side
- **Torso** - Front and side
- **Legs** - Thigh, inside, outside and back (a blocked technique should not be awarded)
- **Feet** - Only for sweeping, "boot to boot". The target area is from ankle to mid-calf.



Article 4. Legal techniques

Hand and foot techniques should be used equally during the entire fighting period.

Article 4.1. Hand techniques (punches)

- Direct,
- Uppercut,
- Hook,

Article 4.2. Foot techniques (kicks)

- Front kick **to torso and head (not to thigh)**,
- Side kick **to torso and head (not to thigh)**
- Roundhouse kick,
- Hook kick (sole of the foot only),
- Crescent kick,
- Axe kick (sole of the foot only),
- Jump kicks,
- Spinning **back** kicks **to torso and head (not to thigh)**
- It is extremely dangerous to strike with the back of the heel; it must be strictly emphasized that the attacking kickboxer must extend his foot in such a manner that the sole (bottom) of the foot is used as the striking area when executing the following kicks: axe, hook and spinning hook kick, all jumping spinning kicks

Article 4.2.1. Foot sweep

- To score with a foot sweep the attacker must remain on his feet at all times. If in the execution of a foot sweep the attacker touches the floor with any part of his body other than his feet, no score will be given. A score will be awarded to the attacker if his opponent touches the floor with any part of his body other than his feet.

Article 4.3. Block / check

- If a kick is blocked / checked, there will be no point. This means an intentionally blocked kick to the thigh, not just a step.

Article 5. Illegal target areas (prohibited techniques and behavior)

It is prohibited to:

- Any Attacks other than those mentioned in section 3
- Attacks with malicious or excessive contact
- Continue after the command "stop" or the end of the round has been sounded
- Leaving the fighting area (Exits)
- On the command BREAK, not to step back at least one step
- Top of the head
- Falling or dropping to the floor without due cause
- Attack back of the torso (kidneys and spine)
- Attack top of the shoulders
- Neck: front, sides, back
- Turn one's back to the opponent
- Avoid fighting (running away)
- All blind, uncontrolled techniques in general
- Back of the head



WAKO Rules - Chapter 5 - Kick light rules

- Groin
- To perform kicks to the knee and under the knee
- Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder
- To perform front and side kicks to the front side of the hip.
- To perform kicks to the knee and under the knee.
- To perform spinning back kick to the front side of the thigh.
- To perform punches to the legs.
- To perform somersault kicks.
- To perform backfist and spinning backfist
- Wrestling and ducking below opponent's waist
- Throwing
- Grabbing – holding on to the opponent in any way.
- Attacking 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
- Oil on the face or the body.
- For a kickboxer to spit out his mouth-guard voluntarily
- Ground Attacks
- A kickboxer cannot attack an opponent on the ground. The Central referee is responsible for stopping the fight immediately when one of the two kickboxers touches the floor with any part of the body apart from his feet. Stomps to the head or body of a downed kickboxer can lead to minus points or disqualification (judges decide by majority decision).
- Unsportsmanlike-like conduct. A kickboxer shall have only one warning, then the normal procedure for penalty and disqualification shall follow. However, in the case of gross unsportsmanlike like-like conduct, the kickboxer may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.

Article 6. Awarding points (Using Electronic Scoring System)

- A judge's job is to award points for all legal techniques (Punches, Kicks or Sweeps), clearly landed on legal targets.
- The judge will push the button of his device;
 - one time - for a hand and leg - technique to body, and hand technique to head
 - two times - for a jump kick to body or head kick
 - three times - for a jump kick to head
- Points, starting from first round, will continuously be added by the judges and will be monitored by the table officials. Points given will be visible for the coaches and public through screens available to them. There should not be screens visible to the judges (judging should be independent).
- At the end of the fight, the winner is the competitor who scored more points (which will appear on the screen).
- **Warnings:** If the Central referee inflicts a foul or a warning, he will indicate so in front of the judges and the chief referee, and the time- keeper has to put it in the electronic scoring system. It will then be shown on the screen to the public.
- **Minus point:** If the Central referee inflicts a minus point, he will indicate so in front of the judges and the Chief referee and the timekeeper have to put it in the electronic system. It will then be shown on the screens, reducing 3 points from the total score from each judge.
- The electronic system shows a running time score. In every moment of the fight everybody knows the situation of points.



Article 6.1. In case of a draw

- If the fight ends, by one or more judges, in a draw (equal points after 3 rounds), to determine a winner, the electronic scoring system will automatically assign the win to the kickboxer with the highest points in the last round.
- If there is a draw, and last round is equal, the judge must select the kickboxer with order of next criteria: 'more active', 'more kicks', 'better defence' and 'better style and techniques. The judges push the correct button indicating the winner when chief referee indicates so.

WAKO RULES



CHAPTER 6 FORM RULES



Chapter 6. Form rules

Chapter's 6 Table of contents

Article 1. Form rules - general	109
Article 1.1. Definitions of forms	109
Article 1.2. Competitors in forms	109
Article 1.3. Performance of forms	109
Article 1.4. Team event categories	109
Article 1.4.1. Team rules	109
Article 1.5. Uniforms	110
Article 1.5.1. State of weapons.....	110
Article 1.6. Presentations / length / time	110
Article 1.7. Tatami size	110
Article 1.8. Seeding	110
Article 1.9. Scoring	111
Article 1.10. Dance movements	111
Article 1.11. Costumes and make-up	111
Article 1.12. Special effects	111
Article 1.13. Judges	112
Article 1.13.1. Criteria for judging	112
Article 1.13.1.1. Basics	112
Article 1.13.1.2. Balance	112
Article 1.13.1.3. Degree of difficulty	112
Article 1.13.1.5. Manipulation of Weapons	112
Article 1.13.1.6. Showmanship	113
Article 1.14. Minus points	113
Article 1.14.1. Minus 1 point.....	113
Article 1.14.2. Minus 0,5 points	113
Article 1.14.3. Minus 0,3 points	113
Article 1.14.4. Minimum marks (lowest score 7.0).....	113
Article 1.14.4.1. Technical disqualification	114
Article 2. Musical form rules	115
Article 2.1. Definition	115
Article 2.2. Categories	115
Article 2.3. Rhythm	115
Article 2.4. Music	115
Article 2.4.1. Synchronization:.....	115
Article 2.5. Gymnastic movements	115
Article 3. Creative form rules	116
Article 3.1. Definition:	116
Article 3.2. Categories	116
Article 3.3. Music	116
Article 3.4. Gymnastic movements	116
Article 3.5.1.4. Techniques not allowed.....	116
Article 3.5.1.5. Competitors may perform	116



Article 1. Form rules - general

Article 1.1. Definitions of forms

A musical form is a sort of imaginary fight against one or more opponents in which the performer uses techniques coming from Oriental Martial Arts.

Article 1.2. Competitors in forms

In kickboxing discipline FORMS, kickboxers can compete in the following age categories:

- Children (CH) (7, 8, 9 years old),
- Younger cadets (YC) (10, 11, 12 years old),
- Older cadets (OC) (13, 14, 15 years old),
- Juniors (J) (16, 17, 18 years old),
- Seniors (S) (19 to 40 years old)

Article 1.3. Performance of forms

- Competitors competing in both disciplines (musical forms and creative forms) must perform a totally different Creative form to their Musical form, therefore developing two separate disciplines.

Article 1.4. Team event categories

- There is a minimum of two (2) in a team for Musical / Creative forms, maximum will be three (3)
- Teams may be mixed boys / girls (meaning - 1 boy 2 girls - 2 boys 1 girl - 2 boys - 2 girls - 1 boy - 1 girl)
- Teams can be mixed age categories, ie.
 - TEAM 1 - Children and Younger Cadets
 - TEAM 2 - Older Cadets and Juniors
- This means a country at the World and continental championships or club at other international and national championships and cups can make up a team from all their competitors age groups
- Each country at the World and continental championships or club at other international and national championships and cups is allowed 2 teams in each team group
- Competitors cannot switch from one team to another in the same category. If this rule is broken both teams will be disqualified by technical disqualification, (minimum marks 7.0)

Article 1.4.1. Team rules

- Teams can perform with synchronisation to gain higher scores in their form.
- Teams do not need to be synchronised in the Team Events, BUT could gain higher marks if they are,
- Competitors will only be scored on the contents within their form, this means good techniques, good hand and kicking combinations performed with clean, sharp precise movements
- Teams can choose to use weapons or Open hand or a mixture of Open hand and Weapons in their team form,
- Teams can use any weapons they wish including mixing them together, but if a competitor drops their weapon a full point 1.0 will be deducted from every judge from the team scores,
- If there is a second drop of the weapon/s they will be deducted another full point 1.0,
- If that same team drops another weapon (3 times) then the team will be disqualified by technical disqualification (minimum marks 7.0)
- There are NO LIMITS to the Team forms,
- It can be a mixture of Musical and Creative,
- Team members can perform as many gymnastic techniques, tricks, or weapon releases as they want,
- Each competitor will be scored on their performance within the team form, meaning, If anyone falls or makes mistakes that individual competitor will lose marks,



- If a competitor breaks off their performance and does not carry on the team will be disqualified by technical disqualification (minimum marks 7.0)
- If they carry on then they will be deducted the marks accordingly for stopping within the form,

Article 1.5. Uniforms

- Competitors competing in forms may wear any kind of legally recognised kickboxing or uniform as traditional kimono,
- Uniform must be in a clean and decent state,
- Competitors must wear a traditional martial arts belt,
- No soft form uniforms or sashes will be allowed,
- T-Shirts will NOT BE ALLOWED
- Competitors are allowed to wear sweat bands on arms / wrist,
- Competitors are not allowed to wear any jewellery or piercings of any kind,
- If a competitor is seen wearing any jewellery, they will be deducted 0.3

Article 1.5.1. State of weapons

- Each competitor is responsible for the perfect / safe state of their weapon/s.
- Competitors cannot change their weapon/s during the competition.
- Competitors will be allowed to use magnetic weapons,
- The Chief Referee can ask to inspect the competitor's weapon/s if they wish to do so.
- No live blades (sharp weapons) can be used in any competitor's performance
- No "soft style" weapons are allowed.

Article 1.6. Presentations / length / time

- There are time limits for all form's categories. There is 3 minutes maximum time, and 1 minute minimum (including presentation), the competitor starts his / her form after their presentation from their first movement after their presentation, this can be a Trick, Gymnastic or Martial arts technique,
- If a competitor performs any gymnastic techniques or weapon releases in their presentation these will be counted as part of their form,
- Teams do not need to be synchronised in the team events, BUT could gain higher marks if they are,
- Competitors will only be scored on the contents within their form, this means good techniques, good hand and kicking combinations performed with clean, sharp precise movements,

Article 1.7. Tatami size

- The area for forms performances will be 10 x 10 square meters,
- There will be no tables / chairs or objects within 1 meter of the tatami,
- No one will be permitted to stand behind the judging panel,
- No one will be allowed to interfere with the scoring table,
- Competitors who step OFF the tatami during their performance will be deducted 0.5, ONLY if the tatami is 10 x 10 meters. If the tatami is smaller than 10 x 10 meters then no deductions will be awarded for stepping out of the area,

Article 1.8. Seeding

- Competitors will be seeded, i.e. 1st, 2nd and 3rd place only from the previous World or continental championships.
- However, Continental champions cannot be seeded in the World championships.
- If any of the top three are not present at the above championships they lose their ranking.



- The placing for competitors who are not seeded will have their names / order selected by the following method: names of all un-seeded competitors will be randomly picked and seeded by SportsData. This will then be the order for the competition.

Article 1.9. Scoring

- After a form's performance 4 / 6 judges and 1 Chief referee will score the performance as follows:
- Children (CH), Younger cadets (YC), Older cadets (OC), Juniors (J), Senior (S): From 7.0 to 10.0 in all official tournaments including World and Continental championships
- In World Championships there will be 6 Judges and 1 Chief Referee,
- No more than two (2) of the six (6) Judges may be from a Continental Federation.
- For example, a judge panel should be made up of:
 - Judge No 1 - Must be from Europe,
 - Judge No 2 - Must be from Pan American,
 - Judge No 3 - Must be from Africa
 - Judge No 4 - will be the Chief Referee they can be from any Country,
 - Judge No 5 - Must be from Oceania,
 - Judge No 6 - Must be from Asian,
 - Judge No 7 - Can be from any Continent - Europe / Pan America / Africa / Oceania / Asian
- If any Judge from the other continents is not in attendance, then the next qualified judge available will be used,
- At the Continental championships each of the 5 / 7 Judges will be from a different country,
- At the end of each performance, the judges make up their decisions according to the established criteria,
- The Chief referee will advise the judges how many points to deduct if there were any illegal techniques or violation of the rules,
- After the competitor has finish their performance, at the command of the Chief referee, they will raise their score boards, visible to the competitors and the audience, and keep them in the air until announcer in office has counted all marks,
- Highest and lowest marks will be deducted. The three / five remaining marks will make the final score.
- In case of a draw for first, second or third place (all 5 / 7 scores are compared, and the highest scores are highlighted)
- The competitor with the most highlighted scores wins. If there is still a draw both competitors will compete again.

Article 1.10. Dance movements

- Dance movements will not be allowed accepted or tolerated during musical and creative forms performances.
- Competitors who choose to incorporate dance moves such as "break", "jazz", "body popping", or even "classical" dancing will receive the lowest mark 7.0 from each judge.

Article 1.11. Costumes and make-up

- Theatrical costumes, including make-up, masks or any type of uniform that is not recognised as a legal Martial Arts uniform will not be accepted,
- Infractions to the above-mentioned rule will lead to the immediate disqualification by technical disqualification of the competitor.
- Competitors are not allowed to cover their eyes (blind folded) with bands during their performance

Article 1.12. Special effects

- Any special effects, such as lasers, smoke, fire, explosions, water etc. will not be tolerated.



- Infractions to the abovementioned rule, will lead to the immediate disqualification by technical disqualification of the competitors.

Article 1.13. Judges

- Judges will sit apart at least 1 meter away from each other,
- No talking will be allowed only to discuss with the Chief referee
- All Creative Forms Judges must have knowledge and understanding of Creative Forms / Team Forms / Martial arts techniques in Open hand, weapons, weapon releases and weapon body rolls,

Article 1.13.1. Criteria for judging

Each judge must take into consideration, before awarding any decisions, the criteria below:

Article 1.13.1.1. Basics

Stances, punches, kicks and blocks according to the basic technique of the original styles

Article 1.13.1.2. Balance

Strength, focus (perfect balance and movements done with energy)

Article 1.13.1.3. Degree of difficulty

Kicks, jumping kicks, spinning kicks, tricks, combinations hand / kicking techniques, gymnastic movements

Article 1.13.1.5. Manipulation of Weapons

With regard to weapons.

- The competitor must show perfect control with blocks, strikes and mastery of the weapon being used by doing outstanding work with their weapon/s, this will be the first criteria to be considered in the weapons category,
- Competitors who do tricks, gymnastic movements within their performance, will be judge on the manipulation of the weapon first, then the tricks and gymnastics movements,
- This is a weapons form (HSW) not an Open hand - hard style (HS) form with weapon/s,
- Starting the form with weapons on the floor: competitors are allowed to start with their weapon/s on the floor, BUT once they have picked the weapon/s up they cannot put them back on the floor again,
- If the competitor places his weapon/s on the floor it will be counted as dropping the weapon and a full 1.0 will be deducted,
- If it is placed on the floor a 2nd time, then the competitor will be disqualified by technical disqualification.
- When 2 weapons are used in the form: both weapons should be brought in by the competitor during the presentation.
- They can be the same kind of weapons or two different kinds of hard style weapons,
- Competitor can place one weapon on the floor (tatami) during / after the presentation, but before the form starts, competitor may pick up the second weapon at any time during the form, but once he has picked it up he has to finish the form holding both weapons in the hand/s,
- Alternatively, it is allowed to changing weapon during the form as long as it has been presented as part of the presentation. Meaning: allowing to place the first weapon on the floor and without any breaks or stops, pick up and continue the form with the second weapon,
- Competitor cannot change back to the original weapon he started with,
- The following are not considered “Dropping Weapon”
 - Placing a weapon on the floor (tatami) during / after the presentation, but before you start the form



- Picking up a second weapon during the form as long as it has been bought in and presented during the presentation
- Dropping weapon is considered losing control of weapon during the manipulation if it falls on the floor / throw weapon on the floor, or placing weapon on the floor in any other way or situation other than described above.
- If a competitor's weapon/s breaks or falls apart, they will be disqualified by technical disqualification (minimum marks 7.0). Competitor cannot carry on performing form with the broken weapon,
- Only Five (5) complete releases allowed i.e. throwing the weapon/s in the air is allowed. More than five (5) releases, the competitor will be disqualified. Weapons that are rolled around another weapon such as Kama, Swords, Bo's, Sai's, etc will not be counted as releases if the weapon is caught back in the competitor's hand whilst still in contact with the other weapon,

Article 1.13.1.6. Showmanship

- Competitor's presence and role playing, and the presentation of choreography, the competitor may touch the floor with his weapon when performing gymnastics and tricks, but the weapon/s must be kept in his hand/s,
- Competitors can spin / roll the weapon/s around their body (neck / arms and hands). These are not counted as a release.

Article 1.14. Minus points

Article 1.14.1. Minus 1 point

A full 1.0 point will be deducted:

- If the competitor drops his weapons/s on the floor, they will be deducted 1.0 from each judge,
- If the competitor changes his weapon back to the original weapon he first started with,
- If the competitor in CREATIVE FORMS performs any gymnastic techniques, or any disallowed movements, he will be deducted 1.0 from each judge,

Article 1.14.2. Minus 0,5 points

Up to 0.5 will be deducted:

- For every gymnastics technique performed in MUSICAL FORMS over the allowed number of gymnastic techniques (more than 5 (five) gymnastic movements),
- If the competitors belt fall onto the floor,
- If the competitor loses control of the weapon, and it touches the floor whilst still in the hands,
- If the competitor loses balance, stumbles, or falls on his front, back, knees, side, backside, or touches the floor with his hands, or struggles to control his weapon/s,
- If the competitor loses synchronization with music,
- If the competitor performs any disallowed movements
- Competitors who step of the Tatami during their performance if the tatami is 10 x 10 meters'

Article 1.14.3. Minus 0,3 points

Up to 0.3 points will be deducted:

- If the competitor is wearing jewellery or piercings of any kind (i.e. earrings, rings, belly piercing, chains, bracelets)

Article 1.14.4. Minimum marks (lowest score 7.0)

- If a competitor breaks off / stops their performance before the end, the judges will give the minimum marks 7.0.



- During all weapons categories the weapons/s can only be released five times (5) from the competitors' hand,
- If the competitor releases their weapons more than five (5) times, the judges will give the minimum marks 7.0.

Article 1.14.4.1. Technical disqualification

- If the competitor drops their weapon a second time they will be disqualified by technical disqualification (minimum marks 7.0)
- If the competitor's weapon/s breaks or falls apart, they will be disqualified by technical disqualification (minimum marks 7.0).
- If swear words are heard in the music the performer will be disqualified by technical disqualification (minimum marks 7.0)
- If a competitor uses props i.e.: blindfolds, theatrical costumes, etc they will be disqualified by technical disqualification (minimum marks 7.0)



Article 2. Musical form rules

Article 2.1. Definition

A musical form is a sort of imaginary fight against one or more opponents in which the performer uses techniques coming from Oriental Martial Arts to specifically chosen music. The choice of music is personal

Article 2.2. Categories

- In Musical Forms competitions there are two (2) categories both for men and women,
 - **Hard styles (HS):** Which are techniques coming from Kickboxing, Traditional Karate and Taekwondo
 - **Hard Styles Weapons (HSW):** Kama, Sai, Tonfa, Nunchaku, Bo and Katana,
- Competitors in Musical Forms can enter only 2 divisions in World and Continental Championships, Open Hand and Weapons,
- In World / Continental championships 2 competitors can represent their country in the same categories / divisions,
- In all other tournaments there are no limit to how many competitors from each country / club can enter / compete,
- Competitors can choose Hard forms (HS), (i.e. Hard - Open Hand (HS) + Hard Weapons (HSW),
- Competitors can also enter the Creative forms: Open Hand (CF) + Weapons (CFW) and also Team Events
- All competitors who wish to compete in the Team events must have competed as in individual first

Article 2.3. Rhythm

- All Musical forms categories must be performed to music. Martial arts techniques must go according to the rhythm.

Article 2.4. Music

- All Competitors must have 1 track / file on their CDs / IPod / Smart Phones for Open Hand (HS) / Weapons (HSW), competitors must have their name, country, discipline on their CDs,
- If a competitor's music stops unintentionally during their form the competitor can continue without music or they can restart their performance again,
- There will be NO penalty or minus points awarded in these circumstances'

Article 2.4.1. Synchronization:

Perfect timing, the relationship between movement and music;

Article 2.5. Gymnastic movements

- ONLY Five (5) Gymnastics movements are allowed in Musical forms. Violation of this rule will lead to a 0.5-point deduction from each judge for each extra gymnastic technique performed,
- A gymnastic movement is a movement with no martial art purpose (no striking). Some gymnastic movements can be modified by adding a kick / kicks to the movement. In that case, it is not considered a gymnastic movement.
- These are classed as gymnastic techniques: forward roll / backward roll, hand stands, all cartwheels including two (2) handed / one (1) handed , elbow cartwheels, all round offs including two handed, one handed, elbow round offs, hand springs / head springs, back flips with hands touching the floor (even if the legs are split or not) kip ups, front and back somersaults, tucked / straight or picked, back somersaults with full (1) twist / double (2) twists, Arabian front somersaults,
- Hand down raise / websters / capoeira kicks are classed as tricks),



Article 3. Creative form rules

Article 3.1. Definition:

A Creative form is a sort of imaginary fight against one or more opponents in which the performer uses techniques coming from Oriental Martial Arts.

Article 3.2. Categories

In Creative Forms competitions there are 10 divisions,

- Men, Women, Boys, Girls, Teams
- **Creative Open Hand (CF),**
- **Creative Weapons (CFW),**
- **Creative forms Teams (CFT),**
- Competitors can enter either of the Open Hand, Weapons, and Teams

Article 3.3. Music

Creative forms competitors cannot use music of any sort, ALL FORMS will be performed WITHOUT MUSIC.

Article 3.4. Gymnastic movements

- No gymnastics techniques are allowed, only 1 kip up is allowed,
- NO INVERTED techniques are allowed
- The following movements are not permitted:
 - Any movement that involves more than 360-degree spins whilst in the air
 - Any movement that requires the body to be inverted more than parallel to the floor, or are similar to movements found in gymnastics / and or / none Martial Arts disciplines

Article 3.5.1.4. Techniques not allowed

- Competitors cannot perform any spins beyond 360 degrees whilst in the air, or parallel to the floor,
- Competitors cannot perform any inverted techniques,

Article 3.5.1.5. Competitors may perform

- Butterfly kicks, butterfly twist and illusion kicks, these are the ONLY TRICKS - KICKS that can be performed in the Creative form categories,

WAKO RULES



CHAPTER 7 RING RULES - GENERAL



Chapter 7. Ring rules - general

Chapter's 7 Table of contents

Article 1. Disciplines	120
Article 1.1. Competitors in ring disciplines	120
Article 2. Fighting area	120
Article 2.1. Ring	120
Article 2.2. Accessories of the ringside	121
Article 3. Weight categories	122
Article 3.1. Younger juniors (YJ) (15,16 years old).....	122
Article 3.2. Older juniors (OJ) (17,18 years old)	122
Article 3.3. Seniors (S) (19 - 40 years old)	122
Article 4. Rounds	123
Article 4.1. Medical time	123
Article 5. Equipment and clothes	124
Article 5.1 Kickboxers in full contact	124
Article 5.1.1. Personal safety equipment	124
Article 5.1.2. Personal clothes	124
Article 5.2 Kickboxers in low kick	124
Article 5.2.1. Personal safety equipment	124
Article 5.2.2. Personal clothes	124
Article 5.3. Kickboxers in K1 Style	124
Article 5.3.1. Personal safety equipment	124
Article 5.3.2. Personal clothes	125
Article 6. Officials	125
Article 6.1. Chief referee of the Ring	125
Article 6.2. Central referee	125
Article 6.3. Judges	125
Article 6.4. Number of officials per ring.....	126
Article 7. Decisions	126
Article 7.1. Victory by points (P).....	126
Article 7.2. Victory by abandonment (AB).....	126
Article 7.3. Victory by stoppage (RSC, RSC-H)	126
Article 7.4. Victory by knock out (KO)	126
Article 7.5. Victory by technical knockout (TKO)	127
Article 7.6. Victory by disqualification (DISQ)	127
Article 7.7. Victory by walk over (WO).....	127
Article 7.8. Special situations.....	127
Article 7.8. Changing a decision.....	129



Article 8. Awarding of points	130
Article 8.1. Concerning strikes.....	130
Article 8.2. Concerning offences	130
Article 8.3. Awarding points.....	131
Article 8.3.1. Awarding points using electronic scoring system	131
Article 8.3.1.1. In case of a draw.....	131
Article 8.4. Penalty	131
Article 8.4.1. Criteria for minus points.....	132
Article 8.4.2. Offences.....	132
Article 8.4.3. Fouls	132
Article 8.4.4. Coaches' behaviour	133
Article 9. Knock down (KD) and knock out (KO) (On the floor).....	134
Article 9.1. Procedure after KO, RSC, RSC-H, Injury.....	134
Article 9.2. Procedure after injuries in general	135
Article 10. Open Scoring Electronic System	135
Examples of a display for an Electronic Scoring System (FC, LK/K1).....	136



Article 1. Disciplines

Ring disciplines are:

- **Full contact (FC)**
- **Low kick (LK)**
- **K1 Style (K1)**

Article 1.1. Competitors in ring disciplines

In all ring disciplines, kickboxers can compete in the following age categories:

- Younger juniors (YJ) (15, 16 years old),
- Older juniors (OJ) (17, 18 years old),
- Seniors (S) (19 to 40 years old)

Article 2. Fighting area

Article 2.1. Ring

- Fighting area shall be called the RING (see Appendix 14).
- **Canvas size:** The minimum size of the inside of the ropes must be 520 cm squared and the maximum size 610 cm squared. The size of the apron must extend at least 50 cm outside the line of the ropes on each side, including additional canvas necessary to tighten and secure it.
- **Height of ring:** The ring cannot be less than 90 cm or more than 120 cm above the ground.
- **Platform:** The platform of the Ring must be safely constructed, levelled and free from any obstructing projections. The minimum size of the platform must be 620 cm squared and the maximum size 780 cm squared. It shall be fitted with four corner posts which shall be well padded or otherwise constructed so as to prevent injury of the kickboxers.
- **Corner pads:** The corner pads should be arranged in the following way: In the near left side corner facing the Chief referee central table - RED; in the far-left side corner - WHITE; in the far-right side corner - BLUE; and in the near right side corner - WHITE.
- **Kickboxer's position in the ring:** Position in the RED corner will always hold kickboxer who has upper position in the pools (draw sheet), who is first named in the daily fighting schedule and he will be firstly announced for the fight. Position in the BLUE corner will always hold kickboxer who has lower position in the pools (draw sheet), who is second named in the daily fighting schedule and he will be secondly announced for the fight.
- **Surface of the ring floor:** The floor must be covered with felt, rubber or other suitably approved material having the same quality of elasticity and not less than 1.5 cm nor more than 2.5 cm thick over which a canvas shall be stretched and secured in place. The canvas must cover the entire platform and must be made of non-slippery material called Mesh.
- **Ropes:** There must be 4 separate ropes on each side of the ring. They must be 4 cm thick, without considering the cover. The heights of the four ropes must be:
 - first on 40 cm
 - second on 71 cm
 - third on 102 cm
 - fourth on 132 cmfrom the canvas.

The all ropes must be joined on each side of the ring, at equal intervals, by two pieces of material (close to the texture of the canvas) 3 – 4 cm wide. The two pieces must not slide along the ropes.



The tension of each section of the rope must be strong enough to absorb the impact of the kickboxer's contact with the rope. However, in any case, the Chief referee reserves the right to adjust and approve the tension if necessary.

- **Steps:** The ring must be provided with at least three sets of steps. Two sets of steps at the opposite corners (red and blue) for the use of the kickboxers and coaches, and one set of steps in the neutral corner (white) for the use of the Central referee and official doctor.

Article 2.2. Accessories of the ringside

The following are defined as the accessories of the ringside which are required for all competitions:

- WAKO Approved Electronic Scoring System
- Gong (with striker) or bell or
- Small pads (10 x 10 cm) made of leather or other appropriate material filled with sand or other material not heavier than 300 grams. Pads must be in white, black or red colour.
- Two seats for kickboxer's use during intervals.
- Water buckets in red and blue corner
- At the neutral corners of the ring there must be a bag or a bucket tied up in the corner for all garbage
- Tables and chairs for officials.
- One (preferably two) stop watches.
- One microphone connected to the loudspeaker system.
- One box of medical gloves
- Coach is obliged to bring: towel, plastic bottle of water to be used for drinking and mouth wash only. No other type of water bottle is permitted at ringside for use by the kickboxers or coaches (glass bottle is forbidden).
- At the World and continental championships, the promotor will provide 2 pair of WAKO IF premium sponsors' approved kickboxing gloves (same brand) in each colour for each ring (4 pair of gloves for each ring) that kickboxers will use in fights. At the other international and national championships and cups the organizer (promotor) will provide 2 pair of WAKO approved gloves (same approved brand) in accordance with organizers (promotors) sponsors contract with approved producer (supplier).



Article 3. Weight categories

Kickboxer can only compete in a weight class a maximum of one division above his actual weight.

Article 3.1. Younger juniors (YJ) (15,16 years old)

Male	Female
-42 kg	-36 kg
-45 kg	-40 kg
-48 kg	-44 kg
-51 kg	-48 kg
-54 kg	-52 kg
-57 kg	-56 kg
-60 kg	-60 kg
-63,5 kg	+60 kg
-67 kg	
-71 kg	
-75 kg	
-81 kg	
+81 kg	

Article 3.2. Older juniors (OJ) (17,18 years old)

Male:	Female:
-51 kg	-48 kg
-54 kg	-52 kg
-57 kg	-56 kg
-60 kg	-60 kg
-63.5 kg	-65 kg
-67 kg	-70 kg
-71 kg	+70 kg
-75 kg	
-81 kg	
-86 kg	
-91 kg	
+91 kg	

Article 3.3. Seniors (S) (19 - 40 years old)

Male:	Female:
-51 kg	-48 kg
-54 kg	-52 kg
-57 kg	-56 kg
-60 kg	-60 kg
-63.5 kg	-65 kg
-67 kg	-70 kg
-71 kg	+70 kg
-75 kg	
-81 kg	
-86 kg	
-91 kg	
+91 kg	



Article 4. Rounds

- In all ring disciplines on all WAKO authorized competitions format of each single fight in all age categories is 3 rounds by 2 minutes (3 x 2) with one-minute break between the rounds

Article 4.1. Medical time

- Maximum time for medical stop in one fight is 2 minutes for each kickboxer.
- If a kickboxer uses all two minutes, he will still be able to continue, but if there is need of more medical time, the Central referee must stop the fight with the decision RSC.
- Medical time starts when the medic/doctor arrives in the ring, or when the Central referee approves any other medical help with small issues (such as nosebleed, contact lenses, etc.).
- In case of a cut or bleeding, the official doctor should decide within 2 minutes if a kickboxer can continue or not.
- Heeding the tournament official doctor's opinion, the Central referee will then decide whether the fight should be continued or not (however only in case when the Official Doctor allows a kickboxer to continue the fight).
- If the doctor says yes to continue, but the Central referee assesses the situation not to be safe or fair, the Central referee must then start the fight, and then stop it on other issue – like RSC because of not being able to defend or fight properly.
- In case that Central referee sees intention to obstruct the fight by kickboxer using medical time and assistance, he can ask for doctor's opinion whatever such a call was for medical or injury reason. In case that official doctor that reason was not medical or for injury, Central referee must penalize kickboxer
- The medical treatment of the injury is not allowed in this period.
- If the Central referee, after consultation with the doctor, determines that the kickboxer misuses medical time to rest or avoid a fight, he may give the kickboxer an official warning



Article 5. Equipment and clothes

See appendices 4, 5 and 6 attached.

Article 5.1 Kickboxers in full contact

Article 5.1.1. Personal safety equipment

- Head protection (top of the head must be covered).
- Mouth guard (on only the upper teeth or on both upper and lower teeth).
- Breast protection (for female kickboxers) (It is Mandatory to be worn under the top (bodice) or vest)
- Hand wraps (no stick with a tape).
- Gloves for contact sports (10 Oz).
- Groin protection (mandatory for male and female).
- Shin guards (must cover the shin from under the knee to the top of the feet).
- It is prohibited to use shin guards sock's type covering shin bone and instep
- Ankle support (optional)
- Foot protection (Boot).

Article 5.1.2. Personal clothes

- Naked torso and long pants for men,
- Sport top (vest) and long pants for women

Article 5.2 Kickboxers in low kick

Article 5.2.1. Personal safety equipment

- Head protection (top of the head must be covered).
- Mouth guard (on only the upper teeth or on both upper and lower teeth).
- Breast protection (for female kickboxers) (It is Mandatory to be worn under the top (bodice) or vest)
- Hand wraps (no stick with a tape).
- Gloves for contact sports (10 Oz).
- Groin protection (mandatory for male and female).
- Shin guards (must cover the shin and instep)
- Foot wraps (optional) (must be covered with the ankle support)
- Ankle support (optional, if foot wraps are not used)

Article 5.2.2. Personal clothes

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

Article 5.3. Kickboxers in K1 Style

Article 5.3.1. Personal safety equipment

- Head protection (top of the head must be covered).
- Mouth guard (on only the upper teeth or on both upper and lower teeth).
- Breast protection (for female kickboxers) (It is Mandatory to be worn under the top (bodice) or vest)



- Hand wraps (no stick with a tape).
- Gloves for contact sports (10 Oz).
- Groin protection (mandatory for male and female).
- Shin guards (must cover the shin and instep)
- Foot wraps (optional) (must be covered with the ankle support)
- Ankle support (optional, if foot wraps are not used)

Article 5.3.2. Personal clothes

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

Article 6. Officials

Article 6.1. Chief referee of the Ring

- The Chief referee on WAKO World and continental championships and World and Continental cups is named by WAKO Referee Committee of Ring Sports among the referees for each ring. On the other kickboxing tournaments Chief referees is named by organizer national federation's Chairman of referee committee.

Article 6.2. Central referee

The role of a Central referee is primarily based on the following principles.

- Their First responsibility is the safety of the kickboxers.
- The Central referee in ring-sports must use medical gloves and must change them after every fight in which blood has occurred.
- They shall have the power to stop the fight to give penalties.
- They are the only person who has the authority to stop the fight.
- The Central referee may issue warnings and penalties for rules violations on his own. Only in case they need to clarify non seen or doubts situations he will consult judges and following majority agreement with the judges make decision.
- When giving verbal warnings Central referee will not give an order to time keeper to STOP THE TIME,
- When giving official warnings Central referee will an order to time keeper to STOP THE TIME.
- They must give all commands in ENGLISH.
- They will be responsible for the enforcement of the rules throughout the competition and ensure that all scores, penalties and warnings are recorded correctly.
- In cases where the Central referee feels a disqualification may be appropriate, except in cases or instances requiring automatic disqualification, the Chief referee shall be consulted.
- In the case of a KD, suspend the count if a kickboxer deliberately refuses to withdraw to a neutral corner, or is reluctant to do so.

Article 6.3. Judges

- Each Judge must independently consider the merits of the two kickboxers, and must chose the winner, according to the regulations.
- During the fight, they will not talk to kickboxers, coaches, other judges, or anybody else, with the exception of the Central referee.
- They may, if necessary, at the end of a round, notify the Central referee about any incident that they have missed.



- The Judge will not leave his place until the decision has been announced, because he can be asked to decide the winner in case of draw by pushing red or blue button.

Article 6.4. Number of officials per ring

- At the World and Continental Championships and World Cups, a minimum number of referees and judges is required to ensure the neutrality of the fights as follows:
 - **Full contact:** 1 chief referee + 10 referees / judges
Their duties during the fight are: 1 chief referee, 1 Central referee, 3 judges, 1 score/time keeper, 2 kick counters, 3 judges stand by
 - **Low kick / K1 Style:** 1 chief referee + 8 referees / judges
Their duties during the fight are: 1 chief referee, 1 Central referee, 3 judges, 1 score/time keeper, 3 judges stand by
- Chief referee may not assign a judge for fight as Central referee, judge or score / time keeper of the same nationality as one of the kickboxers
- During the fight, except in exceptional cases (force majeure), the Chief referee cannot change the Central referee or judges. Force majeure shall be deemed to have caused the Central referee or judge to have grown ill or to have found a big and intentional violation of the rules.

Article 7. Decisions

The decisions will be reached as follows:

Article 7.1. Victory by points (P)

- At the end of a fight, the kickboxer who scored more points and has obtained a victory by the decision of the majority of judges is declared the winner.
- If both kickboxers are injured or KO and cannot continue the fight, judges will mark the points obtained by each kickboxer to that point and the kickboxer ahead by points will be declared the winner.

Article 7.2. Victory by abandonment (AB)

- If a kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the 1-minute break between the rounds, his opponent will be declared the winner.

Article 7.3. Victory by stoppage (RSC, RSC-H)

- The Central referee stops the contest.
- **Injury:** If the Central referee judges a kickboxer unable to continue the fight, due to an injury or any other physical reason, the fight will be stopped and his opponent declared the winner. The right to make such a decision is incumbent upon the Central referee who can consult the doctor. Having done so, the Central referee will follow the doctor's advice. Heeding the doctor's opinion the Central referee can decide should the fight be continued or not, but only in case when the doctor allows to continue the fight. When the Central referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.

Article 7.4. Victory by knock out (KO)

- This means that the fight will be stopped if a kickboxer has been knocked down and he is not able



to continue the fight after Central referee count him till 10

- Central referee will start counting up to 8, and if he judges that the kickboxer is not ready to continue, he will count 9, 10 and say "OUT".
- In case of heavy knock down Central referee can start counting, count only 1 and say "OUT".

Article 7.5. Victory by technical knockout (TKO)

- **The 3 knock-down rule is valid.** This means that the fight will be stopped if a kickboxer has been knocked down three times in the same fight. The Central referee declares the kickboxer winner after the third knock down, counting till ten and say "OUT".
- **In the age category Younger Juniors, the 2 knock-down rule is valid.** This means that the fight will be stopped if a kickboxer has been knocked down twice (2 times) in the same fight.

Article 7.6. Victory by disqualification (DISQ)

- If a kickboxer is disqualified, his opponent will be declared the winner.
- If both kickboxers are disqualified, the decision will be announced accordingly.
- In a case of unsportsmanlike behaviour, a disqualified kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title of the competition in the course of which they have been disqualified. Except in the case when the Board of Directors decides differently (in its absence, the decision may be made by the Appeal protest committee, or if none, by an official responsible for the event). Such a decision not taken by the Board of Directors may be, following a request, submitted to a review and confirmation of the Appeal protest Committee itself.

Article 7.7. Victory by walk over (WO)

- When a kickboxer is present in the ring and ready to fight, and his opponent does not appear when announced three times by the loud speaker.
- After two minutes, the Central referee will declare the kickboxer who is present in the ring as winner by walk over (WO).
- If the kickboxer is late or not ready for the fight, but on time before the two minutes finished, the Central referee will start the fight with "official warning" to the kickboxer.

Article 7.8. Special situations

- If the kickboxer accidentally twists their ankle and has a limp, the Central referee must stop the fight and call the Doctor. The Doctor must decide if they can continue the fight or not. If the kickboxer is not able to continue the fight by Doctor's decision, the winner will be an uninjured kickboxer. If the Doctor allows them to continue the fight, but the kickboxer still has a limp, the Central referee has the right to stop the fight because of the safety reasons and will give the win to the opponent. The Referee judges a kickboxer unable to continue the fight.
- If there was a kick to the groin area and the Central referee sees it clearly, they must stop the fight, stop the time, put the kickboxer who is at fault to the neutral corner and give their opponent time to recover themselves (not more than two minutes). Before the Central referee resumes the fight, they must warn the kickboxer who violates the rules.
- If there was a kick to the groin area and the Central referee did not see it clearly, they must stop the fight, stop the time, send the kickboxer who kicked the opponent to the neutral corner and ask all judges what they have seen. If they confirmed the kick to the groin, the Central referee must give the kickboxer who got an unauthorized blow time to recover themselves (not more than two



WAKO Rules - Chapter 7 - Ring rules - general

- minutes) and warn the kickboxer at fault.
- If the judges do not confirm the violation of the Rules, the Central referee must give the order to start the time and begin to count the kickboxer who is feigning as per a knock-down.
 - If there was an authorized kick or punch to the legal target area and the opponent gets injured (broken leg, nose, etc.) and cannot continue the fight, the winner will be the uninjured kickboxer.
 - If there was unauthorized kick or punch and the opponent receives an injury and could not continue the fight by Doctor's decision, the kickboxer who violated the Rules will be disqualified and the injured kickboxer will be declared the winner.
 - The situation when both kickboxers delivered the blow at the same time
 - If one of the kickboxers has already two knock-downs and both of them delivered the strong blow simultaneously and the Central referee decided to start counting down (both are standing on the feet), they must count both at the same time. Central referee has to check first the readiness to continue the fight of the kickboxer who receives the first knock-down after counting till 8 and carry on counting till 10 to the other. If the kickboxer who gets the first knock-down is ready to continue the fight after counting down to 8, they will be declared as the winner.
 - If the Central referee counted them to 10, the winner will be the kickboxer who has more points before the KO.
 - Nevertheless, this winner will be suspended from the further participation in the tournament because of KO and in accordance with the rules. The opponent scheduled for the next round will win by a bye (and no result are announced) unless it applies to a medal fight.
 - If the kickboxer who has two previous knock-downs before stands up first during the count-down, and the kickboxer who has no knock-down before they both fall down is still on the floor, the Central referee will not stop counting and if they remain on the floor after 10 seconds the fight will be stopped and decision given considering the points granted before the KO.
 - Nevertheless, the winner will be suspended from the further participation in this tournament because of KO and in accordance with WAKO rules. The opponent scheduled for the next round will win by a bye (and no result will be announced) unless it applies to a medal fight.
 - If both kickboxers fall at the same time and nobody have any previous knock-downs before or have only one, the count will continue on as long as one of them is still on the floor.
 - If they both remain on the floor after 10 seconds the fight will be stopped and a decision given, considering the points granted before the KO. Nevertheless, this winner will be suspended from the further participation in this tournament because of KO and in accordance with WAKO rules. The opponent scheduled for the next round will win by a bye (and no result will be announced) unless it applies to a medal fight.
 - If a kickboxer delivered the authorized punch (i.e. spinning back fist) and the opponent at the same time shortened the distance in order to punch or kick and received an injury (cause the punch by forearm or elbow) and could not continue the fight by the Doctor's decision, the winner will be the uninjured kickboxer.
 - If a kickboxer tried to kick or punch the opponent and got injured because of block, for example, the Central referee must start counting them down from 1 till 8. After checking their readiness to continue the fight the Central referee gives the command "Fight" if they are ready or continue to count up till 10 if they are not ready or refuse to continue the fight.
 - If after the authorized kick to the legal target area the opponent falls down partly (touched the floor with one knee, for example), the Central referee must immediately start counting down. If they remain on the floor after 10 seconds, the fight will be stopped because of KO.
 - If after a strike the kickboxer is completely outside the ropes, the Central referee must stop the fight and stop the time. If the fallen kickboxer does not need the Doctor's help, the Central referee



WAKO Rules - Chapter 7 - Ring rules - general

will wait for them to come back and resume the fight.

- If they need the Doctor's help, the Central referee will ask the time-keeper to start the two minutes time according to the Rules.
- If they are not able to continue the fight because of the Doctor's decision and it was an authorized blow to the legal target area, the winner will be the uninjured kickboxer.
- If it was an unauthorized blow, the fallen kickboxer will be the winner by the opponent's disqualification.
- If the Central referee fixed the violation of the rules at the same time when the end of the round or the fight is signalled, they must warn or penalize the offender during the break or after the ending of the fight.
- If the kickboxer loses their balance or falls down while hitting with an authorized kick or punch, which leads to knock down the opponent, the Central referee must start counting them down, but the judges must not take this knock down to the account.
- If after the Central referee's command "BREAK" one of the kickboxers made a full step back and then immediately attack the opponent, who stood without any movement, with the effective technique which led to the knock down, the Referee must start counting from 1 to 8 (10) the kickboxer who was under the KD. If there was no full step back, the Referee must penalize the offender in such situation.

Article 7.8. Changing a decision

All public decisions are definitive and cannot be changed unless:

- Mistakes which occurred in calculating the points are discovered;
- One of the judges declares that they have made a mistake and switched the scores of the kickboxers;
- Central referee's or judge's material mistake.
- Computer system technical mistake.
- The Chief referee will immediately handle all protests. After discussions, the representative of the tournament Appeal Protest Committee will announce the official result.



Article 8. Awarding of points

In awarding points, the following rules must be respected:

- A score must be awarded when a legal technique is performed with the following criteria and to the legal scoring area.
 - Good form (good technique with absolute balance).
 - Full power and speed.
 - Focusing on target without turning away the face during delivery of the technique.
 - Good timing and correct distance (when techniques have the most potential effect).
 - Sporting attitude (non-malicious attitude during delivery of technique).

Article 8.1. Concerning strikes

- During each round, a Judge will mark respective score for each kickboxer, according to the number of strikes that each one has delivered.
- To be scored, a punch, kick or a knee strike must come from the right distance, with full power, with legal striking area, landed on legal target area and not to be blocked, a partially deviated or stopped technique is not scored.
- Each legal technique will be scored as 1 point.
- In **Full contact** and **Low kick** discipline allowed throwing technique is foot sweep. Throwing technique (foot sweep) will be scored only in case
 - if the unbalanced kickboxer after such a technique touches the canvas by any other part of his body but his feet
 - in case of close distance, he grabs his opponent and lean on him in order not to touch the canvas by any other part of his body than feet
 - in case of close distance, he grabs ropes and in order not to touch the canvas by any other part of his body than feet
- The number of recorded strikes (points) in a fight will be registered by each judge separately.
- Strikes made by a kickboxer will not be taken into account as points:
 - if they were contrary to the regulations
 - if they were not delivered from the right distance
 - if they did not come with full power
 - if they did not come with legal striking area or landed on legal target area
 - if they land on the arms or if they are blocked even partially deviated
 - if they come without balance or focusing and the opponent at the time of delivery

Article 8.2. Concerning offences

- During each round a judge cannot penalize each offence he sees, regardless of whether the Central referee has noticed it or not. He has to call the Central referee's attention to that offence.
- If the Central referee gives an official warning to one of the kickboxers, the judge must note it writing "W" on the "FOULS" column on the scoring paper, but that does not mean a minus point to the other kickboxer.
- When a Central referee decides to give a minus point to a kickboxer, each of three judges will put a "-1" in the appropriate column. At the end of the round each judge will add three points to the final score of the other kickboxer (if judges use clickers and score cards).



Article 8.3. Awarding points

Article 8.3.1. Awarding points using electronic scoring system

- For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance, power, the judge will once push a button of their mouse indicating the correct kickboxer (red or blue corner).
- Points, starting from first round, will continuously be added from the judges and they will be seen to public (not to other judges) through a screen.
- At the end of the fight, the winner is the kickboxer who scored more points (which will appear on the screen). An effective technique delivered at the same time that the end of the fight is signalled, is considered valid.
- If the Central referee inflicts a foul or a warning, he will indicate so in front of the Chief referee of the ring and the timekeeper who has to put it in the electronic system. It will then be shown on the screens.
- If the Central referee inflicts a minus point, he will indicate so in front of the Chief referee of the ring and the timekeeper who has to put it in the electronic system. It will then be shown on the screens, reducing 3 points from the total score of penalized kickboxer from each judge's score separately.
- The electronic system shows a running time score.
- Points are clearly indicated on the screens for each kickboxer during the entire period of the fight.

Article 8.3.1.1. In case of a draw

- If the fight ends, by one or more judges, in a draw (equal points after 3 rounds), to determine a winner, the electronic scoring system will automatically assign the win to the kickboxer who scored more points in the last round.
- In case that both kickboxers scored the same number of points in the last round, judge will have to decide the winner himself by pushing red or blue button following the next criteria:
 - More active
 - More kicks
 - Better defence
 - Better style and techniques

Article 8.4. Penalty

- There are three kinds of warning CAUTION, VERBAL WARNING and OFFICIAL WARNING.
- There are two kinds of penalty MINUS POINT and DISQUALIFICATION.
- A Central Referee may without stopping the fight give a caution to a kickboxer at any moment. Central Referee may give **ONLY ONE caution** during the same bout.
- In order to give verbal warning the Central Referee must stop the fight but not the time and explain clearly the violation of the rules facing the offender. Central Referee may give **ONLY ONE verbal warning** during the same bout.
- In order to give the official warning, the Central Referee must stop the fight, the time, put the opponent to the neutral corner and facing the Chief of the ring and Time Keeper point the offender explain the violation of the rules.
- Only four official warnings can be given during the same bout
 - 1st Official warning
 - 2nd Official warning first minus point



WAKO Rules - Chapter 7 - Ring rules - general

3rd Official warning second minus point

4th Official warning disqualification

- Warnings and penalties will be carried through the fight to all rounds what will be showed on the screens.
- Minus points and disqualification can be given directly without any warning, but this Central Referee's decision must be approved by Chief of the ring

Article 8.4.1. Criteria for minus points

- Unclean fighting style.
- Constant clinching.
- Constant and continuous ducking, turning of the back.
- Insufficient kicks (in full contact).
- The official warning given before.
- Any serious violation of the rules.

Article 8.4.2. Offences

- A kickboxer who does not obey the Central referee' s orders; who violates regulations, who demonstrates unsportsmanlike behaviour or who commits offences, can receive a caution, warning or be disqualified by a Central referee without an official warning.
- Only 4 official warnings can be given to a kickboxer in the course of the entire fight. The fourth warning will be automatic DISQUALIFICATION (the procedure starts from official warning, first minus point, second minus point and disqualification of the kickboxer).

Article 8.4.3. Fouls

The following actions are considered as fouls:

- Punching below the belt, hooking, tripping, and hitting with knees (in FC and LK discipline), elbows, shoulders and forearms.
- Butting with head, strangling the opponent, pushing his head outside the ropes.
- Hitting with open gloves, with the inside of the gloves, with a wrist.
- Hitting the opponent's back and particularly his neck, nape and kidneys.
- Attacking while holding the ropes or using them improperly.
- Lying down, wrestling or not fighting at all.
- Falling down due to no contact or little contact
- If the kickboxer spits out the mouth guard voluntarily, the Central referee must stop fight and give to kickboxer official warning for the first time and minus point for the second one.
- Attacking an opponent who is on the floor or getting up.
- Clinching (in FC and LK discipline)
- Hitting while hooking or pulling the opponent into the blow.
- Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent.
- Using artificial means for a passive defence and falling down intentionally in order to avoid a strike.
- Using insulting and aggressive language during a round.
- Refusing to withdraw (one step back) after the order "BREAK".
- Trying to land a blow on the opponent immediately after a "BREAK" order and before withdrawing.
- Assailing or insulting the Central referee at any time.



WAKO Rules - Chapter 7 - Ring rules - general

- If a Central referee thinks that an offence has been committed without his knowledge, he will have to consult the judges.

Article 8.4.4. Coaches' behaviour

- The Central referee after two verbal warnings has right to disqualified from the fight the coach who does not obey his orders following a majority decision of the judges and supervisor.
- In case that disqualified coach continues with violation of rules, act aggressive towards officials, other coaches, kickboxers or spectators, Chief referee has right to disqualified him for all fighting day of competition. In such a case, the Chief referee must initiate disciplinary procedure.



Article 9. Knock down (KD) and knock out (KO) (On the floor)

- A Kickboxer is considered to be knocked down ("on the floor") if:
 - If kickboxer touches the floor with a part of his body with any part of his body other than his feet following a strike or series of strikes.
 - If kickboxer hopelessly hang on the ropes after a strike or a series of strike.
 - If kickboxer is outside of the ropes, partly or completely, after a strike or a series of strikes.
 - If, after a strike or series of strikes kickboxer has not fallen to the floor or into the ropes, but is in a state of semi-consciousness and, by the Central referee's opinion, not able to continue fighting.
- In the case of a KD, the Central referee must immediately start counting out the seconds.
- When a kickboxer is on the floor, his opponent must instantly go the neutral corner, shown by the Central referee.
- The Central referee will only continue the fight when kickboxer who is in knock down is ready to fight on count of 8. The proof to be ready is that kickboxer is on his feet, in fighting stand with his arms raised infighting position. Kickboxer must be stable and balanced, with clear vision.
- If the opponent does not go to the neutral corner following the Central referee's order, the Central referee will suspend the counting until his order is executed. The count will then be continued where it was left.
- A kickboxer who does not resume the fight after a KD losses the fight by KO.
- When a kickboxer is in knock down ("on the floor"), the Central referee will count from 1 to 10 with a second interval between each number, and will indicate each second with his fingers so that the fallen kickboxer knows how many seconds have already been counted.
- When a kickboxer is in knock down ("on the floor"), due to a strike or series of strikes, the fight will not continue before the Central referee has counted to 8, even if the kickboxer is ready to continue the fight before that time.
- If the kickboxer doesn't stand in fighting position and doesn't raise his hands the Central referee will continue to count until "10", the fight will be finished and a KO declared.
- If a kickboxer is in knock down ("on the floor") at the end of a round, the Central referee will continue the count even if the bell rings. If the Central referee counts to 10, the Kickboxer will be declared loser via KO.
- If a kickboxer is in knock down ("on the floor") and is ready to continue after the count of 8, but the kickboxer falls back on the floor without receiving a new blow, the Central referee will resume the count, starting at 8.
- If both kickboxers fall at the same time, the count will continue on as long as one of them is still on the floor. If they both remain on the floor after 10 seconds, the fight will be stopped and decision given, considering the points granted before the KO. Nevertheless, this winner will be suspended from further participation in this tournament because of the KO and in accordance with WAKO Rules.
- In all age categories knock downs should be counted as ONE additional point on top of the score for the technique.
 - If electronic scoring system is used, additional point for KD will be automatically added to a score of kickboxer who made KD by time keeper pushing KD "button".
 - It does not matter what was the reason for counting down: punch, kick or kickboxer's behaviour.

Article 9.1. Procedure after KO, RSC, RSC-H, Injury

- If a kickboxer gets injured in a fight the doctor is the only person that can evaluate the circumstances and decide if the kickboxer can continue or not.
- If a Kickboxer remains unconscious, only the Central referee and the doctor in charge will be



- allowed to stay in the ring, unless the doctor needs extra help.
- If the kickboxer is unconscious or semi-conscious after the knock down on the floor, the Central referee, after calling the doctor, will keep the kickboxer lying on the floor and will not allow him to get up until the arrival of the official doctor. The Central referee will not otherwise intervene (remove the tooth guard or rotate the unconscious kickboxer to the lateral position). All interventions on the kickboxer will be carried out by an official doctor.
 - A kickboxer who has been knocked out due to a head-strike during the fight, or if the Central referee has stopped the fight due to severe head trauma which prevents him from continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty, if necessary.
 - A kickboxer who has been knocked out due to a head-strike during the fight, or if the Central referee has stopped the fight due to severe head trauma which prevents them from continuing, will not be allowed to take part in another competition or fight for a period of at least 4 weeks after the KO and RSC-H.
 - In case of following knock outs after the named period of 4 weeks, kickboxer will not be allowed to participate in future kickboxing competitions in accordance with WAKO Medical rules and regulations
 - To above mentions quarantine periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can further on extend the quarantine period.
 - A quarantine period means that a kickboxer cannot take part in any competition in kickboxing no matter what the discipline is. The quarantine periods are "minimum period" and cannot be overruled even though a head scan shows no visible injuries.
 - The Central referee will tell the Judges to mark KO or RSC-H or RSC on their score sheets, when they have stopped the fight due to the kickboxer's inability to resume the fight because of head strikes. The same has to be reported by the Chief referee on duty in that ring on the kickboxer's SPORT PASS. This is also the official result of the fight and it cannot be overruled.
 - Before resuming kickboxing after a ban, as described in the above paragraphs, a kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a appointed doctor.

Article 9.2. Procedure after injuries in general

- In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.
- A doctor can require immediately treatment at hospital.
- If a kickboxer or delegates from the kickboxer's nation denies doctors medical advice, the doctor will report in written form immediately to Chief referee or to a WAKO delegate that all medical responsibility are denied and are in the hands of the kickboxer and his team. However, the official result and a quarantine given is valid.

Article 10. Open Scoring Electronic System

- For all ring sports open scoring electronic system scoring shall be used.
- This system is as follows: All three judges use a mouse with buttons indicating the two corners.
- A screen will show the point status for both kickboxers from the various judges at all time.
- The displays will be visible for audience and for the coaches involved either with TV screens and or roll-up screen. Fouls, warnings, minus points and time is also shown on the screen, administrating from the computer of the secretariat of each ring.
- The system will be administered by the timekeeper.
- The fight and its history are stored as a PDF-file in the computer.



WAKO Rules - Chapter 7 - Ring rules - general

Examples of a display for an Electronic Scoring System (FC, LK/K1).

FULL CONTACT

#232 RING 2 - 5 FC 056 S F -65 kg | QUARTER-FINAL

FIGHTERS NAME CROATIA FIGHTERS NAME GERMANY

CRO **GER**

1 **1**

KD KC WAMP MP WA KC KD

- 1 - - - - 3 -

0:59

Round 2/3 J1 4:5 J2 4:4 J3 4:3

LOW KICK / K1 STYLE

#231 RING 1 - 7 K1 049 S M -86 kg | QUARTER-FINAL

FIGHTERS NAME SERBIA FIGHTERS NAME RUSSIA

SRB **RUS**

2 **0**

KD WA MP MP WA KD

- - - - - - -

0:59

Round 2/3 J1 5:5 J2 7:4 J3 8:3



WAKO RULES



CHAPTER 8 FULL CONTACT RULES



Chapter 8. Full contact rules

Chapter's 8 Table of contents

Article 1. Definition	139
Article 2. Safety equipment and clothes	139
Article 2.1. Personal safety equipment	139
Article 2.2. Personal clothes.....	139
Article 3. Legal target areas	139
Article 4. Legal techniques	139
Article 4.1. Hand techniques (punches).....	139
Article 4.2. Foot techniques (kicks).....	140
Article 4.3. Throwing techniques:	140
Article 5. Illegal techniques	140
Article 6. Number of kicks per round.....	141



Article 1. Definition

Full contact is a discipline of kickboxing 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, balance and determination, creating solid contact. Strikes are allowed to the front, side and top of the head, the front and side of the torso (above the waist) and sweeping technique is also allowed.

Article 2. Safety equipment and clothes

Article 2.1. Personal safety equipment

- Head protection (top of the head must be covered).
- Mouth guard (on only the upper teeth or on both upper and lower teeth).
- Breast protection (for female kickboxers) (It is Mandatory to be worn under the top (bodice) or vest)
- Hand wraps (no stick with a tape).
- Gloves for contact sports (10 Oz).
- Groin protection (mandatory for male and female).
- Shin guards (must cover the shin from under the knee to the top of the feet).
- It is prohibited to use shin guard sock's type covering shin bone and instep
- Ankle support (optional)
- Foot protection (boot).

Article 2.2. Personal clothes

- Naked torso and long pants for men,
- Sport top (vest) and long pants for women

Article 3. Legal target areas

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

- **Head** - front, forehead and side
- **Torso** - front and side (above the waist)
- **Foot** - ankle level (only for sweeping)

Article 4. Legal techniques

- Hand and foot 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



Article 4.2. Foot techniques (kicks)

- Front kick
- Sidekick
- Roundhouse kick
- Heel kick
- Crescent kick
- Axe kick
- Jump kicks
- Spinning back kick to torso and head
- It is allowed to attack using the shin

Article 4.3. 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.

Article 5. Illegal techniques

It is prohibited to:

- Attack the throat, lower abdomen, kidneys, back, legs, joints, groin, back of the head or neck and top of the shoulders.
- Attack with the knee, elbow, head-butts, thumb and shoulders.
- Turn ones back on the opponent, run away, fall down, intentional clinching, blind techniques, wrestling, throwing and ducking below opponent's waist.
- To perform kicks or punches below the waist.
- To perform kicks to the hip, knee and shin.
- To perform somersault kicks.
- To perform back fist or spinning back fist
- Attack an opponent who is caught between the ropes.
- 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.
- Leaving the ring
- Continuing after the command "stop" or "break" or end of the round has been given.
- To put oil on the face or the body (Vaseline is allowed).
- To spit out or drop the mouth-guard voluntarily.
- Ground Attacks are strictly prohibited: A kickboxer cannot attack an opponent on the ground. The Central referee is responsible for stopping the fight immediately when one of the two kickboxers touches the floor with any part of the body apart from his feet.
- Stomps to the head or body of a downed kickboxer can lead to minus points or disqualification (judges decide by majority decision).
- Unsportsmanlike-like conduct. A kickboxer shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsmanlike conduct, the kickboxer may be penalized with a minus point or be disqualified depending on the severity of the infringement.
- If a kickboxer spits out the mouth guard voluntarily, the Central Referee must stop the fight, stop the time, put the opponent to the neutral corner and give the offender the official warning. If they do it the second time, they will get the minus point.
- Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.



Article 6. Number of kicks per round

- Each kickboxer is obliged to deliver a minimum of 6 kicks per round. They must clearly show the intention to hit the opponent by kicking. The kickboxer is obliged to deliver a minimum of 18 kicks at the end of the fight (6 per round). After the first round, the kick counter has to report to the Central referee who must inform the kickboxer if any missing kicks. They will have the chance to recuperate the missing kicks in the following round. If the kickboxer does not recuperate the missing kicks from first round, they will receive a minus point.
- If the kickboxer delivers 6 kicks in the first round but does not deliver 6 kicks in the second round, the central Referee will inform the kickboxer so they can recuperate the missing kicks in the third round. If the kickboxer does not deliver the missing kicks in the third round, the Central referee will give them a minus point.
- If the kickboxer delivered 6 kicks in the first round and 6 kicks in the second round, but doesn't deliver 6 kicks in the third round, no matter how many over 6 kicks they delivered in the first and second rounds, the Central referee will give them a minus point.
- For violation of this rule the Central referee can give a kickboxer maximum of two minus points. Minus points for kicks and minus point for the other violation of the rules are not cross accumulated. But if a kickboxer gets a third minus point, they will be disqualified automatically.





WAKO RULES



CHAPTER 9 LOW KICK RULES



Chapter 9. Low kick rules

Chapter's 9 Table of contents

Article 1. Definition	145
Article 2. Safety equipment and clothes	145
Article 2.1. Personal safety equipment	145
Article 2.2. Personal clothes.....	145
Article 3. Legal target areas	145
Article 4. Legal techniques	145
Article 4.1. Hand techniques (punches).....	145
Article 4.2. Foot techniques (kicks).....	145
Article 4.3. Throwing techniques	146
Article 5. Illegal techniques	146



Article 1. Definition

Low kick 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, balance 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) are also allowed to opponent's leg (thigh below the waist and above the knee from outside, inside and on the back). Sweeping technique is also allowed.

Article 2. Safety equipment and clothes

Article 2.1. Personal safety equipment

- Head protection (top of the head must be covered).
- Mouth guard (on only the upper teeth or on both upper and lower teeth).
- Breast protection (for female kickboxers) (It is Mandatory to be worn under the top (bodice) or vest)
- Hand wraps (no stick with a tape).
- Gloves for contact sports (10 Oz).
- Groin protection (mandatory for male and female).
- Shin guards (must cover the shin and instep)
- Foot wraps (optional) (must be covered with the ankle support if used)
- Ankle support (optional, if foot wraps are not used)

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 legal techniques:

- **Head** - front, forehead and side
- **Torso** - front and side
- **Legs** - thigh below the waist and above the knee from outside, inside and back
- **Foot** - ankle level, (only for sweeping)

Article 4. Legal techniques

Hand and foot 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

Article 4.2. Foot techniques (kicks)

- Front kick to torso and head (not to thigh)



- Side kick 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. 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.

Article 5. Illegal techniques

It is prohibited to:

- Attack the throat, kidneys, back, legs, joints, groin, neck, nape and top of the shoulders.
- Attack with the knee, elbow, head-butts, thumb and shoulder.
- Turn one's back to the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
- To perform front and side kicks to the front side of the hip.
- To perform kicks to the knee and under the knee.
- To perform spinning back kick to the front side of the thigh.
- To perform punches to the legs.
- To perform somersault kicks.
- To perform backfist and spinning backfist
- Attack an opponent who is caught between the ropes.
- 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.
- Leaving the ring
- Continuing after the command "stop" or "break" or end of the round has been given.
- To oil the face or the body (Vaseline is allowed).
- To spit out or drop the mouth-guard voluntarily.
- Ground Attacks are strictly prohibited: A kickboxer cannot attack an opponent on the ground. The Central referee is responsible for stopping the fight immediately when one of the two kickboxers touches the floor with any part of the body apart from his feet.
- Stomps to the head or body of a downed kickboxer can lead to minus points or disqualification (judges decide by majority decision).
- Unsportsmanlike conduct. A kickboxer shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsmanlike conduct, the kickboxer may be penalized with a minus point or be disqualified depending on the severity of the infringement.
- If a kickboxer spits out the mouth guard voluntarily, the Central Referee must stop the fight, stop the time, put the opponent to the neutral corner and give the offender the official warning. If they do it the second time, they will get the minus point.
- Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.



WAKO RULES



CHAPTER 10 K1 STYLE RULES



Chapter 10. K1 Style rules

Chapter's 10 Table of contents

Article 1. Definition	149
Article 2. Safety equipment and clothes	149
Article 2.1. Personal safety equipment	149
Article 2.2. Personal clothes.....	149
Article 3. Legal target areas	149
Article 4. Legal techniques	149
Article 4.1. Hand techniques (punches).....	149
Article 4.2. Foot techniques (kicks)	150
Article 4.3. Knee techniques.....	150
Article 4.4. Throwing techniques	150
Article 5. Illegal techniques.	150



Article 1. Definition

K1 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).
- Mouth guard (on only the upper teeth or on both upper and lower teeth).
- Breast protection (for female kickboxers) (It is Mandatory to be worn under the top (bodice) or vest)
- Hand wraps (no stick with a tape).
- Gloves for contact sports (10 Oz).
- Groin protection (mandatory for male and female).
- Shin guards (must cover the shin and instep)
- Foot wraps (optional) (must be covered with the ankle support if used).
- Ankle support (optional, if foot wraps are not used)

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)

- 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.
- 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



WAKO RULES



APPENDIX



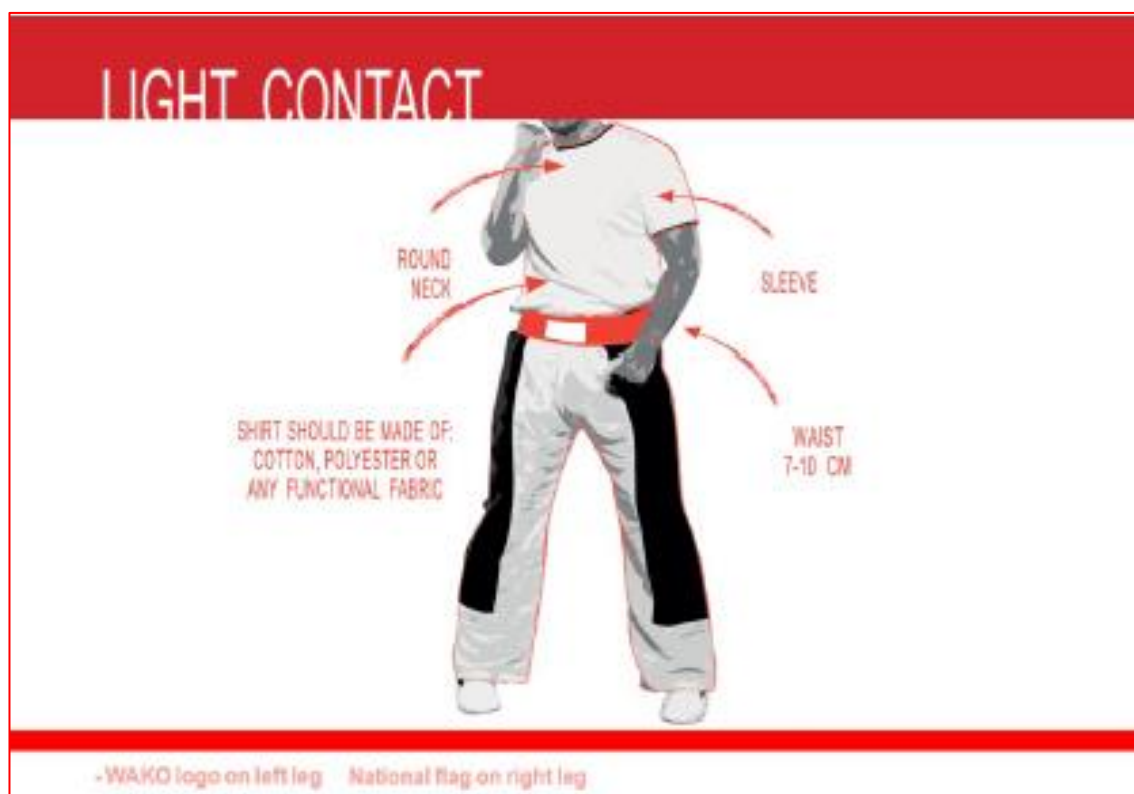
Appendix - table of contents

Appendix 1. Point fighting clothes	153
Appendix 2. Light contact clothes	153
Appendix 3. Kick light clothes	154
Appendix 4. Full contact clothes	154
Appendix 5. Low kick / K1 Style clothes	155
Appendix 6. Muslim female kickboxer clothes	155
Appendix 7. Referee and judges' clothes	156
Appendix 7.1. Central Referee and Judges clothes	156
Appendix 7.2. Chief Referee, Supervisor and Observer clothes	157
Appendix 8. Point fighting gloves	158
Appendix 9. Kickboxing gloves	158
Appendix 10. Breast protector	159
Appendix 11. Shin guard PF, LC, KL, FC	159
Appendix 12. Shin guard LK, K1	160
Appendix 13. Foot protection	160
Appendix 14. Ring design	161
Appendix 15. Tatami floor layout	163
Appendix 16. Medals	164
Appendix 17. Each round result form	165
Appendix 18. Official Protest form	166
Appendix 19. Accreditation cards - examples	167
Appendix 20. Medical certificate	169
Appendix 20.1. Medical certificate for kickboxers	169
Appendix 20.2. Medical certificate for referees.....	171
Appendix 21. Medical questionnaire	173
Appendix 22. Dentist-orthodontist approval	174
Appendix 23. Non-pregnancy declaration	175
Appendix 24. Liability waiver	176
Appendix 25. Head Injury Card	177
Appendix 26. Parental / Legal Guardian Consent	178
Appendix 27. Referee's Code of Conduct	179
Appendix 28. Official Protest Form	181
Appendix 29. Central referee's hand signals	182
Hand signals - Tatami disciplines 1	182
Awarding points in point fighting	183
Hand signals - Tatami disciplines 2	183
Hand signals - Ring disciplines.....	184
Appendix 30. Proposal to change rules form	186
Appendix 31. WAKO International tournament request / permission	187
Appendix 32. WAKO International seminar request / permission	188

Appendix 1. Point fighting clothes



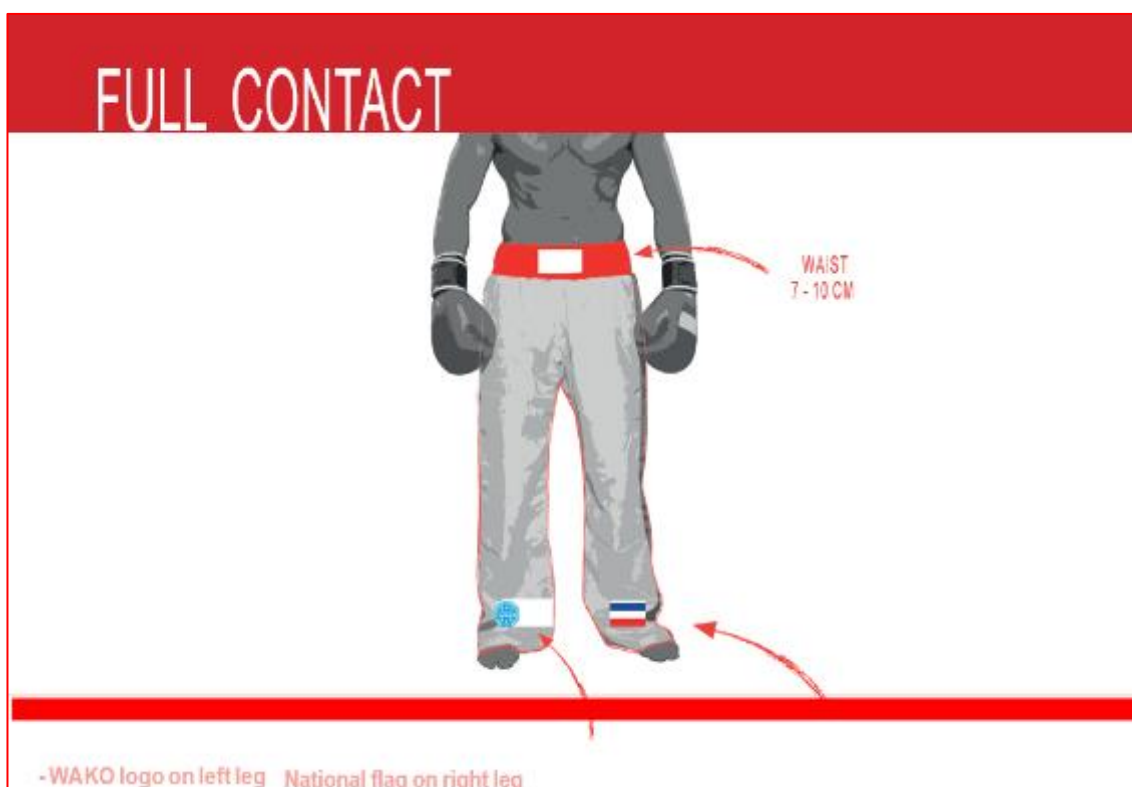
Appendix 2. Light contact clothes



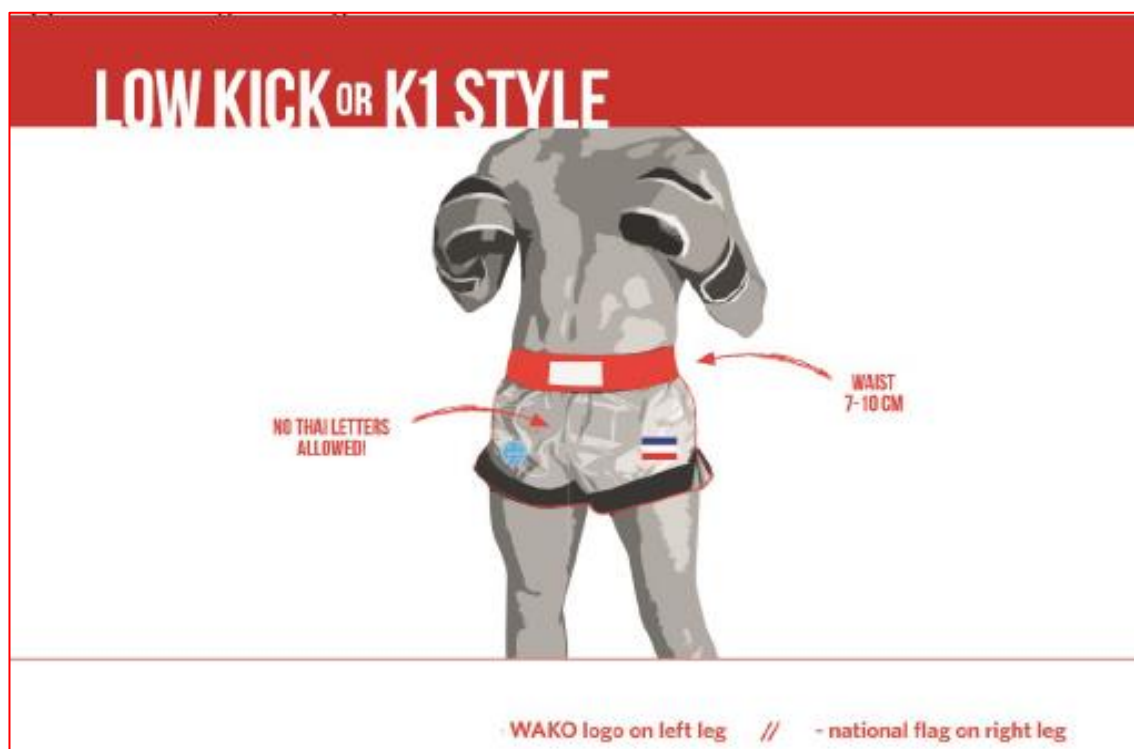
Appendix 3. Kick light clothes



Appendix 4. Full contact clothes



Appendix 5. Low kick / K1 Style clothes



Appendix 6. Muslim female kickboxer clothes



Appendix 7. Referee and judges' clothes

Appendix 7.1. Central Referee and Judges clothes



Appendix 7.2. Chief Referee, Supervisor and Observer clothes



Appendix 8. Point fighting gloves

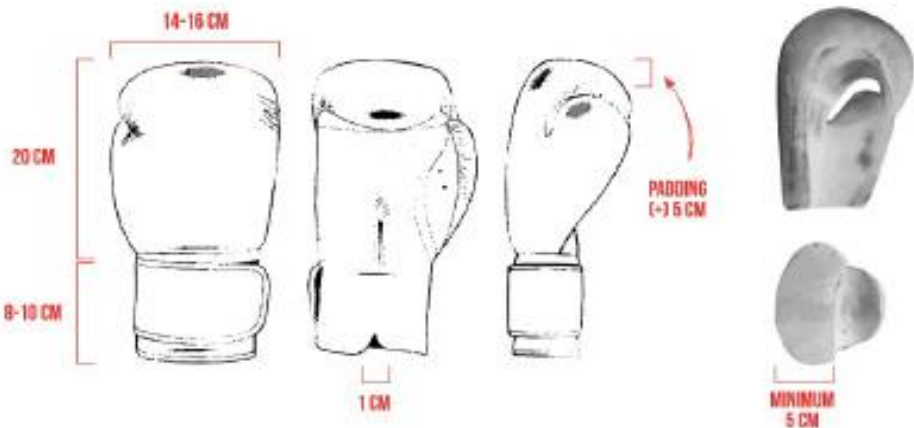
POINTFIGHTING GLOVES - MIN. WEIGHT 6 OZ (171G: +/-5%)



- Protection must be a minimum of 40 mm tickness in the hitting area
- Protection shall be made of high quality shock absortion material: Open cell foam, EVA or Latex
- outside fabric shall be : high quality artificial leather, PU or leather

Appendix 9. Kickboxing gloves

GLOVES - WEIGHT: 100Z = 284G (+/-5%)



- Gloves must be made of soft leather, palm can be made of new technology, but must be improved by commission
- Padding on the knuckle - 5cm thickness at least
- Shockabsorbing must be improved by commission, or any test at a technical university

Appendix 10. Breast protector



Appendix 11. Shin guard PF, LC, KL, FC



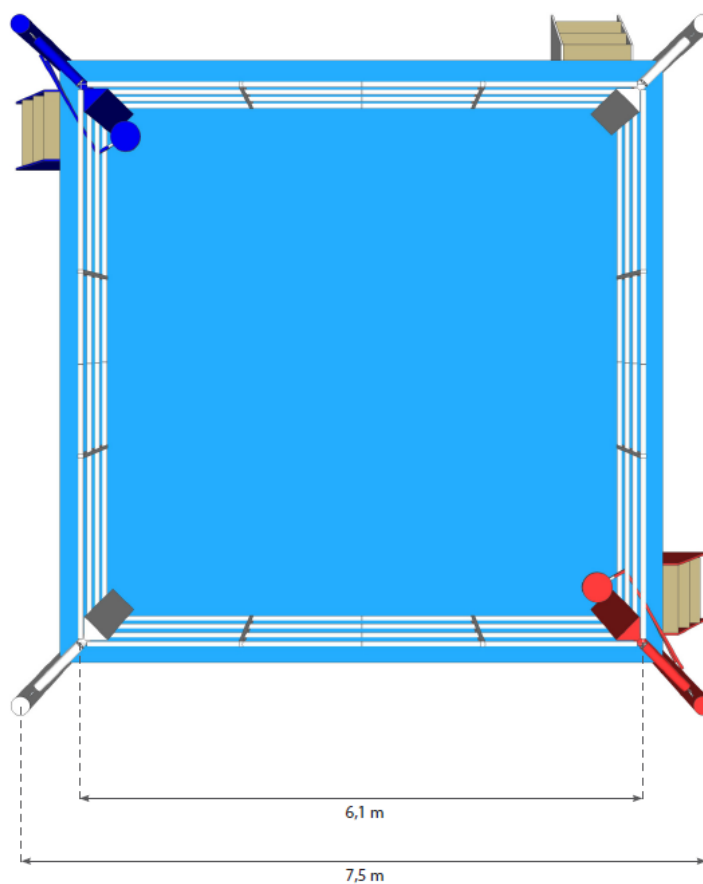
Appendix 12. Shin guard LK, K1

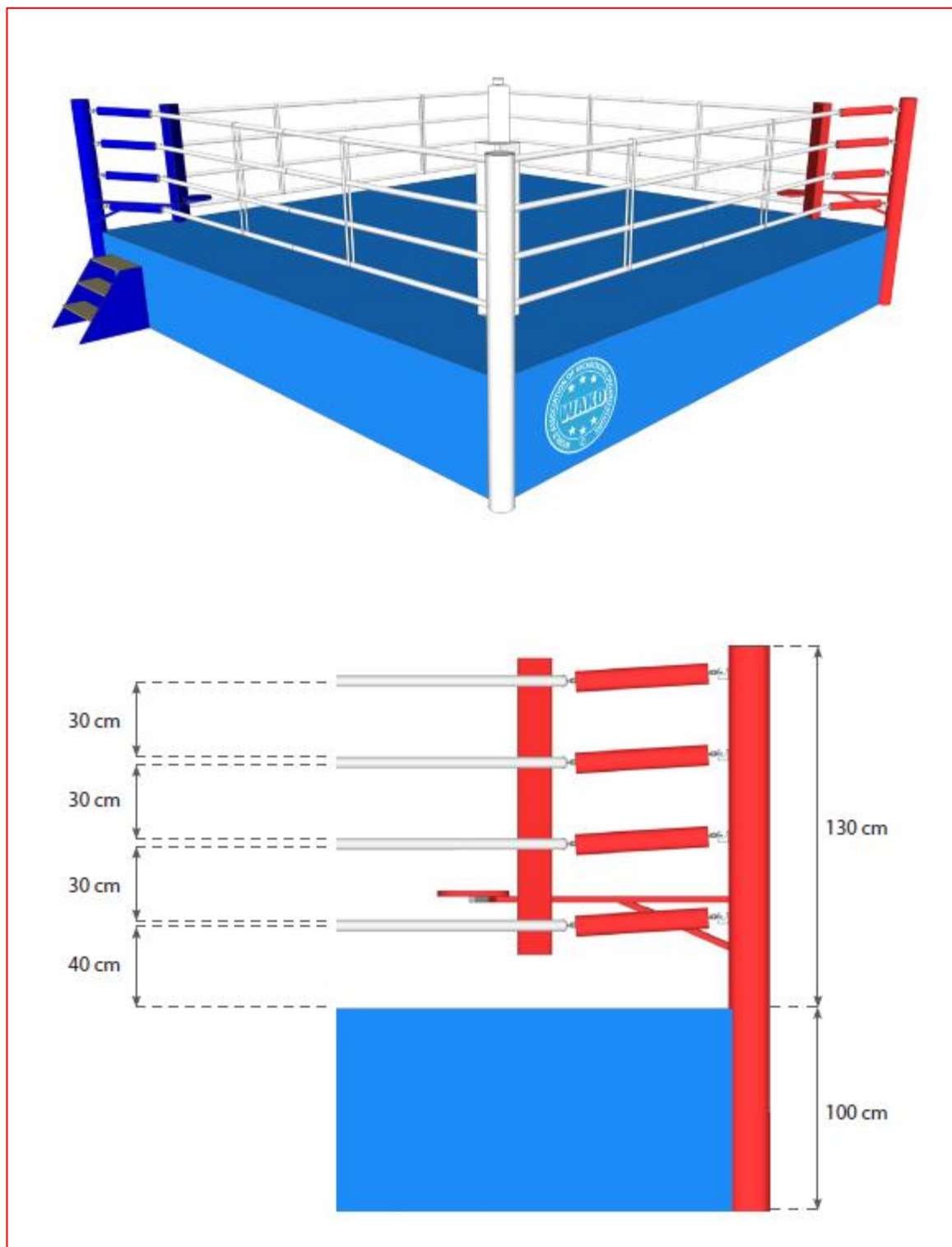


Appendix 13. Foot protection

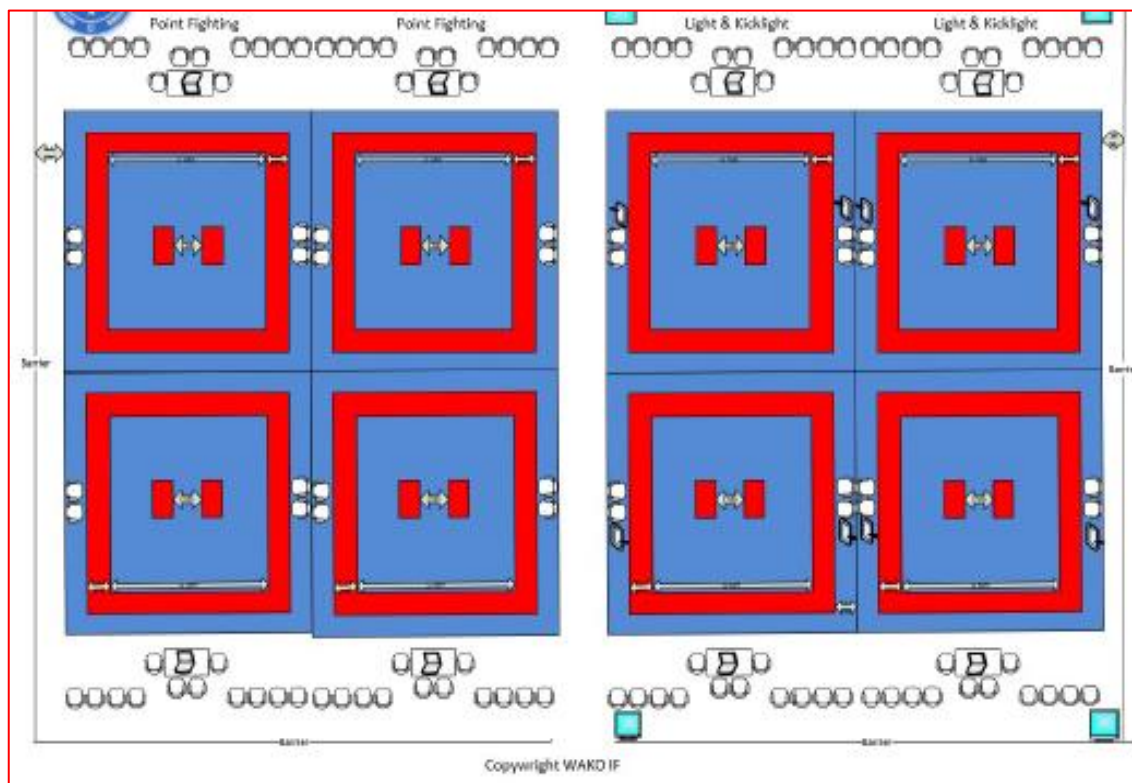


Appendix 14. Ring design





Appendix 15. Tatami floor layout




Appendix 16. Medals





Appendix 17. Each round result form



**WORLD ASSOCIATION
OF KICKBOXING ORGANIZATIONS**

EACH ROUND RESULT FORM

COMPETITION		PLACE		DATE		RING No.	

F.Nr.	Round	Red	JUDGE 1	Blue	Red	JUDGE 2	Blue	Red	JUDGE 3	Blue
	1									
	2									
	3									
RESULT:										

F.Nr.	Round	Red	JUDGE 1	Blue	Red	JUDGE 2	Blue	Red	JUDGE 3	Blue
	1									
	2									
	3									
RESULT:										

F.Nr.	Round	Red	JUDGE 1	Blue	Red	JUDGE 2	Blue	Red	JUDGE 3	Blue
	1									
	2									
	3									
RESULT:										

F.Nr.	Round	Red	JUDGE 1	Blue	Red	JUDGE 2	Blue	Red	JUDGE 3	Blue
	1									
	2									
	3									
RESULT:										









F.Nr.	Round	Red	JUDGE 1	Blue	Red	JUDGE 2	Blue	Red	JUDGE 3	Blue
	1									
	2									
	3									
RESULT:										

CHIEF REFEREE: _____

Name *Signature*


WAKO HQ: Via Alessandro Manzoni, 18 - 20900 Monza (MB) Italy
 E-mail: administration@wako.sport - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wako.sport>

1/1



Appendix 18. Official Protest form



**WORLD ASSOCIATION
OF KICKBOXING ORGANIZATIONS**

OFFICIAL PROTEST FORM

Date:	Competition:	Place:

COMPETITORS

	RED	BLUE
Name:		
Country:		

FIGHT

Ring / Tatami No.	Fight No.	Discipline	Category	Time of end of the fight

PROTEST DESCRIPTION:

.....

.....

.....

.....

.....

.....

.....

.....

The time of the protest

Name and country

Signature

TO BE FILLED OUT BY THE CHIEF OF RING / TATAMI

DECISION:

- PROTEST REJECTED
- ACCEPTED - CHANGED DECISION
- SEND TO A HIGHER AUTHORITY









	REFEREE	JUDGE 1	JUDGE 2	JUDGE 3
NAME				
COUNTRY				
SIGN				

CHIEF REFEREE:

Name	Signature	Time
------	-----------	------

WAKO HQ: Via Alessandro Manzoni, 18 - 20900 Monza (MB) Italy
 E-mail: administration@wako.sport - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wako.sport>

1/1



Appendix 19. Accreditation cards - examples

WAKO WORLD KICKBOXING CHAMPIONSHIPS
SENIORS & VETERANS
Full Contact • Point Fighting • Kick Light • Musical Forms

AUT

BRUENDL ROMAN
1 PF 051 S M -89 kg
1 PF 060 Team S

ATHLETE

23 November - 01 December 2019, Antalya Sport Hall, Antalya - TÜRKİYE
[/kickboxing2019](#) [/worldkickboxing2019](#) [/worldkickboxing2019](#)

22nd WAKO WORLD SENIOR KICKBOXING CHAMPIONSHIPS SARAJEVO 2019.
LowKick/ K-1 / LightContact

SRB

BOZIDAR DJERMANOVIC
COACH

OFFICIAL ACCREDITATION COACH
19. - 27.10.2019
Bosnia and Herzegovina

WAKO WORLD KICKBOXING CHAMPIONSHIPS
SENIORS & VETERANS
Full Contact • Point Fighting • Kick Light • Musical Forms

EST

DENIS LAHTIKOV
REFEREE

REFEREE

23 November - 01 December 2019, Antalya Sport Hall, Antalya - TÜRKİYE
[/kickboxing2019](#) [/worldkickboxing2019](#) [/worldkickboxing2019](#)

22nd WAKO WORLD SENIOR KICKBOXING CHAMPIONSHIPS SARAJEVO 2019.
LowKick/ K-1 / LightContact

IND

SANTOSH KUMAR AGGARWAL
NF_PRESIDENT

OFFICIAL ACCREDITATION VIP
19. - 27.10.2019
Bosnia and Herzegovina



22nd WAKO WORLD SENIOR KICKBOXING CHAMPIONSHIPS SARAJEVO 2019.
LowKick / K-1 / LightContact

USA

ASHLEY ZBILSKI
MEDIA DIRECTOR

OFFICIAL ACCREDITATION MEDIA PRESS
19. - 27.10.2019
Bosnia and Herzegovina

WAKO WORLD KICKBOXING CHAMPIONSHIPS
SENIORS & VETERANS

Full Contact • Point Fighting • Kick Light • Musical Forms

NOR

RUNAR JENSEN
PHYSIO

MEDIC

23 November - 01 December 2019, Antalya Sport Hall, Antalya - TÜRKİYE

/kickboxing2019 /worldkickboxing2019 /worldkickboxing2019

WAKO WORLD KICKBOXING CHAMPIONSHIPS
SENIORS & VETERANS

Full Contact • Point Fighting • Kick Light • Musical Forms

GUA

MARIANA CONTRERAS
OFFICIAL

OFFICIAL

23 November - 01 December 2019, Antalya Sport Hall, Antalya - TÜRKİYE

/kickboxing2019 /worldkickboxing2019 /worldkickboxing2019

22nd WAKO WORLD SENIOR KICKBOXING CHAMPIONSHIPS SARAJEVO 2019.
LowKick / K-1 / LightContact

FRA


LAURENT BOIS
TEAM MANAGER

OFFICIAL ACCREDITATION OFFICIAL
19. - 27.10.2019
Bosnia and Herzegovina



Appendix 20. Medical certificate

Appendix 20.1. Medical certificate for kickboxers



WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

<h3 style="margin: 0;">MEDICAL CERTIFICATE</h3> <p style="margin: 0;">for kickboxer</p>	For: <input type="checkbox"/> - semi-annual registration <input type="checkbox"/> - annual registration <input type="checkbox"/> - championship - competition <input type="checkbox"/> - after suspension period following injury or KO/RSCH
---	---

Country Code	WAKO National Federation	<input type="checkbox"/> Passport No. / <input type="checkbox"/> Identity card No.

Sports ID Number	Family name	Given name	Middle name	Nationality / Citizenship

Gender M / F	Kickboxing discipline Ring / Tatami / Forms	Age category CH, YC, OC, J, YJ, OJ, S, M	Weight category

I hereby confirm that the kickboxer indicated above has passed a pre-participation screening following his/her national laws and WAKO Medical Rules - SEE PAGE TWO, and kickboxer is

Medically FIT

to take part to the current WAKO event and compete in kickboxing.

I confirm, moreover, kickboxer is not medically suspended from training and competition following WAKO Medical Rules and he/she has not suffered from any concussion following the release of this certificate.

This certificate is valid until:	_____
	Date (dd/mm/yyyy)

DECLARATION: "I, the undersigned, declare on my honor that I am eligible and fulfil the Conditions stipulated by the Rules of WAKO. I also declare that, pursuant to Regulation (EU) 679/2016 (GDPR), I am aware that the data collected through this document will be processed for the purposes described in WAKO Privacy Notice and that I have taken vision of the latter pursuant to art.13 GDPR."



_____	_____
Date (dd/mm/yy)	Signature and stamp of authorized Medical Doctor
_____	_____
Date (dd/mm/yy)	Signature and stamp of President or Secretary General of the National Federation

WAKO HQ: Via Alessandro Manzoni,18 - 20900 Monza (MB) Italy
 E-mail: barbaraf@wakoweb.com - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: http://www.wakoweb.com









WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

MIMIMUM EXAMS AND INSTRUMENTAL ASCERTAINMENTS FOR THE RELEASE OF MEDICAL CERTIFICATE FOR WAKO DISCIPLINES

Ring disciplines:

Mandatory:

- Medical history
- Complete physical exam, included, but not limited to, cardiovascular system (heart auscultation, blood pressure, pulses)
- Rest electrocardiogram

Optional (recommended):

- Stress electrocardiogram (mandatory from 2023)
- Eye exam included a dilated ophthalmological examination of fundus oculi, administered by a licensed ophthalmologist (mandatory from 2025)
- Neurological exam administered by a licensed neurologist or neurosurgeon
- Blood Work (for kickboxers aged 18 and older): HIV, Hepatitis B Surface Antigen, Hepatitis C Antibodies (mandatory from 2027)

Tatami disciplines:

Mandatory:

- Medical history
- Complete physical exam, included, but not limited to, cardiovascular system (heart auscultation, blood pressure, pulses)
- Rest electrocardiogram

Optional (recommended):

- Stress electrocardiogram for kickboxers aged 35 or more. In Master class (veteran) competitors it is mandatory to reach a heart rate higher than 90 % of their theoretical maximum (220 minus age in years) (mandatory from 2023 - independently from age)

Forms:

Mandatory:

- Medical history
- Complete physical exam, included, but not limited to, cardiovascular system (heart auscultation, blood pressure, pulses)
- Rest electrocardiogram

Optional (recommended):

- No more tests are suggested

These are the minimum requirements for the release of a Medical Certificate for WAKO disciplines. It can be implemented case by case, following National laws and National Federations' Medical Rules.

The maximum length validity for a Medical Certificate, independently from the WAKO discipline is one year.


WAKO HQ: Via Alessandro Manzoni, 18 - 20900 Monza (MB) Italy
E-mail: barbaraf@wakoweb.com - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wakoweb.com>

Page 2/2





Appendix 20.2. Medical certificate for referees



**WORLD ASSOCIATION
OF KICKBOXING ORGANIZATIONS**

MEDICAL CERTIFICATE		For:	
for referee / judge		<input type="checkbox"/> - annual registration <input type="checkbox"/> - championship - competition	
Country Code	WAKO National Federation	<input type="checkbox"/> Passport No. / <input type="checkbox"/> Identity card No.	
Sports ID Number	Family name	Given name	Middle name
Gender M / F	Kickboxing discipline Ring / Tatami / Forms	Duty (cross one or both possibilities) Referee / Judge	

I hereby confirm that the referee / judge indicated above has passed a pre-participation screening following his/her national laws and WAKO Medical Rules (SEE PAGE TWO), and he/she is

Medically FIT

to take part to the current WAKO event and to referee / judge in kickboxing.

Under current WAKO Medical Rules, I confirm, moreover, that the referee / judge is not medically suspended from participating to this WAKO event and he/she has no health problems that would prevent him/her from performing his/her duties properly.

This certificate is valid until:	<div style="border-bottom: 1px solid black; width: 100%;"></div> <p style="text-align: center; font-size: small;">Date (dd/mm/yyyy)</p>
---	---

DECLARATION: "I, the undersigned, declare on my honor that I am eligible and fulfil the Conditions stipulated by the Rules of WAKO. I also declare that, pursuant to Regulation (EU) 679/2016 (GDPR), I am aware that the data collected through this document will be processed for the purposes described in WAKO Privacy Notice and that I have taken vision of the latter pursuant to art.13 GDPR."

Date (dd/mm/yy)









Signature and stamp of authorized Medical Doctor

Date (dd/mm/yy)

Signature and stamp of Chairman of Medical Committee
of the National Federation

WAKO HQ: Via Alessandro Manzoni, 18 - 20900 Monza (MB) Italy
 E-mail: barbaraf@wakoweb.com - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wakoweb.com>

Page 1/2

Page 171 of 188



WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

MIMINUM EXAMS AND INSTRUMENTAL ASCERTAINMENTS FOR THE RELEASE OF MEDICAL CERTIFICATE FOR WAKO REFEREE / JUDGE

This certificate must be **issued by national federation's GP or sports doctor** and should be **approved by NF's Medical Committee**.

The minimum checks that are proper for releasing the medical certificate is:

To perform the duties of referee / judge:

Mandatory:

- **general physical examination with rest ECG.**
- **visual acuity test** (through Snellen charts) with a threshold of 6/10 in each eye and 8/10 with both eyes (without correction). The use of contact lenses to correct is allowed while refereeing/judging (spectacles are not allowed).
- **normal visual field** to be tested through a confrontation visual field test
- **normal hearing** to be tested through a whispered voice test.

These are the minimum requirements for the release of a Medical Certificate for WAKO duty of referee / judge. It can be implemented case by case, following National laws and National Federations' Medical Rules.

The maximum length validity for a **Medical Certificate**, independently from the duty is **one year**.

WAKO HQ: Via Alessandro Manzoni, 18 - 20900 Monza (MB) Italy
E-mail: barbaraf@wakoweb.com - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wakoweb.com>

Page 2/2





Appendix 21. Medical questionnaire



WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

WAKO MEDICAL QUESTIONNAIRE SPORTS MEDICAL EXAMINATION

Event: _____

Please read the below information carefully, complete the requested information, date and sign under your name. This form must be completed and returned to a Medical Control official when registering.

Name: _____ Sports ID: _____

DOB: _____ Country: _____ E mail address: _____

Weight Class: _____ kg Style: _____

	Yes	No
Did you have any illnesses earlier?		
Were you born with any of your body parts missing?		
Have you ever been treated in hospital?		
Do you take any medicine on a regular basis?		
Do you take any food complementary substances?		
Have you ever fainted during or after training?		
Have you ever had any chest pain?		
Have you ever had high blood pressure?		
Have you ever had any skin diseases?		
Do you have any dermatological complaints at the moment?		
Do you suffer from asthma?		
Do you have any problems related to your bones, joints, tendons, or muscles?		
Have you ever had a skull injury accompanied with a loss of consciousness?		
Did you have headache in the past 10 days?		
Do you have teeth braces? If yes please attach the Dental Brace certification!		
Are you often on a diet		

Please give further details on answers with "Yes": _____

I officially declare that I am fully responsible for my answers given above. I also declare that, pursuant to Regulation (EU) 679/2016 (GDPR), I am aware that the data collected through this document will be processed for the purposes described in WAKO Privacy Notice and that I have taken vision of the latter pursuant to art.13 GDPR.

Date _____ Signature: _____

For a kickboxer under the age of 18 signature of Parent or Legal Guardian: _____
Parent's or Legal Guardian's signature

WAKO HQ: Via Alessandro Manzoni,18 - 20900 Monza (MB) Italy
E-mail: administration@wako.sport - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wako.sport>

1/1





Appendix 22. Dentist-orthodontist approval



**WORLD ASSOCIATION
OF KICKBOXING ORGANIZATIONS**

Dental Brace Certification

Name & Surname of kickboxer _____

Name & Surname of the Orthodontic Surgeon _____

I confirm that I have fitted a dental brace to the above-mentioned kickboxer on (dd/mm/yyyy) _____ and I expect him/her to need to keep it in place until (dd/mm/yyyy) _____ .

I also confirm that I have personally fitted the above-mentioned kickboxer with a personal protective mouth-guard that I am confident will provide him/her with normal protection to the mouth, gums and teeth and the dental brace itself, should he/she wish to participate in kickboxing competitions.

I consider that he/she will be at no more risk than any other person taking part in kickboxing competitions in accordance with the WAKO rules.

DECLARATION: "I declare that, pursuant to Regulation (EU) 679/2016 (GDPR), I am aware that the data collected through this document will be processed for the purposes described in WAKO Privacy Notice and that I have taken vision of the latter pursuant to art.13 GDPR."

Date

Orthodontic Surgeon's signature and stamp

WAKO HQ: Via Alessandro Manzoni,18 - 20900 Monza (MB) Italy
 E-mail: administration@wako.sport - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wako.sport>

1/1













Appendix 23. Non-pregnancy declaration



**WORLD ASSOCIATION
OF KICKBOXING ORGANIZATIONS**

**NON-PREGNANCY DECLARATION
for FEMALE KICKBOXERS 14 year and older**

Event: _____

Please read the below information carefully, complete the requested information, date and sign under your name. This form must be completed and returned to a Medical Control official when registering.

Name: _____ **Sports ID:** _____

DOB: _____ **Country:** _____ **E mail address:** _____

Weight Class: _____ **kg** **Style:** _____

I declare that: I am not pregnant.









I understand the seriousness of this statement and accept full responsibility for it. In the case that this declaration is subsequently shown to be inaccurate or untrue and I suffer any related injury or damage during the competition, I on behalf of myself, my heirs, executors and administrators, waive and release any and all claims for damages I may have against WAKO (including its officials and employees), the organizers of the competition (including the Organizing Committee and/or the Host Federation) and the Competition Venue owners for such injury or damage.

I officially declare that I am fully responsible for the statement given above. I also declare that, pursuant to Regulation (EU) 679/2016 (GDPR), I am aware that the data collected through this document will be processed for the purposes described in WAKO Privacy Notice and that I have taken vision of the latter pursuant to art. 13 GDPR.

Date (dd/mm/yy)
Kickboxer's Signature


For a kickboxer under the age of 18 signature of Parent or Legal Guardian: _____
Parent's or Legal Guardian's signature

WAKO HQ: Via Alessandro Manzoni,18 - 20900 Monza (MB) Italy
 E-mail: administration@wako.sport - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wako.sport>
 1/1



Appendix 24. Liability waiver



**WORLD ASSOCIATION
OF KICKBOXING ORGANIZATIONS**

WAKO LIABILITY WAIVER

Event: _____

Please read the below information carefully, complete the requested information, date and sign under your name. This form must be completed and returned to a Weight Control official when registering.

Name: _____ **Sports ID:** _____

DOB: _____ **Country:** _____ **E mail Address:** _____

Weight Class: _____ **kg** **Style:** _____

LIABILITY WAIVER:

I, the undersigned hereby confirm and agree to the following:

- I have adequate Medical insurance to cover my participation during this event;
- I, the undersigned, do hereby declared that I am currently and prior to leaving my country was in good physical condition and I had not suffered from any injury, infection or disability label to affect my capacity to compete in the current WAKO event;
- I release the event promoter, WAKO, WAKO's officers, the WAKO organising committee, the WAKO (IF) Board, WAKO members and WAKO Continental Board its servants/agents, volunteer committee and referees from any claims and any loss, damage sustained while participating in the above mention event;
- **I understand and I am fully aware that I am participating in a contact sport and may in the normal course of events sustain an injury while competing;**
- therefore, I assume full responsibility for all of my actions during and connected with this event I also agree that my attendance and or performance may be photographed, filmed or taped and used by WAKO, event promoter and/or their respective authorized agents. I waive any compensation thereof.

I, the undersigned, hereby authorize:

- free of charge, without time limits, any publication and/or dissemination of my pictures and videos on WAKO website, on any social channel (Facebook, etc.), on printed paper and/or on any other means of communication;
- the storage of the photos and videos in the WAKO's archives and acknowledges that the pictures and the videos will be used for informational and promotional purposes.
- the processing of your personal data for the management of all activities related to the organization of the event.

This authorization may be revoked at any time by written communication to be sent by e-mail to the address administration@wako.sport

I hereby undertake and agree to abide all WAKO Rules and Regulations including WADA / WAKO Anti-Doping rules and agrees to be tested if requested to do so. I will treat my fellow competitors, officials and referees with, Respect, Integrity, Fair Play and Honour.

I also declare that, pursuant to Regulation (EU) 679/2016 (GDPR), I am aware that the data collected through this document will be processed for the purposes described in WAKO Privacy Notice and that I have taken vision of the latter pursuant to art.13 GDPR.









I declare to have read and understood the content of this document.

Place and Date: _____ **Signature:** _____

For a kickboxer under the age of 18 signature of Parent or Legal Guardian: _____
Parent's or Legal Guardian's signature

WAKO HQ: Via Alessandro Manzoni,18 - 20900 Monza (MB) Italy
E-mail: administration@wako.sport - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wako.sport>

1/1



Appendix 25. Head Injury Card



WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

WAKO Head Injury Card

Name and Surname of competitor _____

WAKO event _____ Date of injury _____

Grade of concussion: grade I. (Mild) grade II (Moderate) grade III (Severe)

- In case of loss of consciousness, it lasted _____ min.
- If available, GCS score:
 - Within 5 min: ___/15 - At 10 min: ___/15 - At 20 min: ___/15
- Other injuries: _____

Requested

Investigations: Head CT Scan or MRI Neurological examination
 Electroencephalogram Psychological examination
 Other tests: _____

The above-mentioned examinations must be sent to the WAKO Medical Committee before returning to competition for a complete clearance.

Treatment: _____

Suspension period (minimum 30 days after a KO for head blows without any Los of Consciousness): _____ (days)

A suspension period means that the athlete cannot take part in kickboxing competitions, no matter what the discipline is. The suspension period is "minimum period" and cannot be overruled even though a head scan shows no visible injuries. The suspension period contains no or light training (independently from the kind of sport), and recommendation of training quantity must be discussed between the athlete and his personal doctor.


For acceptance: _____
 Athlete's signature Coach's signature Doctor's signature and stamp

WAKO HQ: Via Alessandro Manzoni,18 - 20900 Monza (MB) Italy
 E-mail: administration@wako.sport - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: http://www.wako.sport
 1/1





Appendix 26. Parental / Legal Guardian Consent



**WORLD ASSOCIATION
OF KICKBOXING ORGANIZATIONS**

PARENTAL / LEGAL GUARDIAN CONSENT

I _____ as parent / legal guardian of the minor
 son / daughter _____ Full name of underage competitor Passport / ID number _____ Passport / ID Number

agree that my son / daughter participate as a competitor on kickboxing competition

_____ / _____
Name of the competition Place and date of competition

accompanied by a coach _____ Full name of coach Passport / ID number _____ Coach's Passport / ID Number

I confirm with my signature that I fully agree with all of the provisions set out in the *WAKO Liability Waiver* and with all is reported in *WAKO Medical Questionnaire* signed by my son / daughter and *WAKO Non-pregnancy declaration* signed by my daughter.

I also confirm with my signature that I fully agree that in case of an accident and the need of medical assistance to my son / daughter, all necessary exams (including x-rays and CT scan) and all necessary medical treatments (including blood transfusions and surgical procedures) should be performed.









I also declare that, pursuant to Regulation (EU) 679/2016 (GDPR), I am aware that the data collected through this document will be processed for the purposes described in WAKO Privacy Notice and that I have taken vision of the latter pursuant to art.13 GDPR.

I declare to have read and understood the content of this document.

Place and Date: _____ Signature: _____
Parent's or Legal Guardian's signature

WAKO HQ: Via Alessandro Manzoni,18 - 20900 Monza (MB) Italy
 E-mail: administration@wako.sport - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wako.sport>

1/1



Appendix 27. Referee's Code of Conduct



WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

WAKO REFEREES' CODE OF CONDUCT

WAKO IF Referee Committee hereby commits to your agreement to the following "Code of Conduct", which will apply for as long as you are a Wako Referee / Judge / Official during ALL WAKO Tournaments at which you officiating at:

DIGNITY

Code 1:

I must be neutral. I have no right to give any preference to anyone or any country.

Code 2:

I must not conduct myself in any manner that is derogatory to WAKO IF.

Code 3:

I must not violate any rules & regulations of social behaviour in my relations with members of the locals and visiting Countries' citizens.

Code 4:

I have no right to bet on kickboxing or results of the fight.

Code 5:

I must not be under the influence or smell of any alcohol during the entire period of any WAKO tournaments in which I participate in.

Code 6:

I Must not smoke in the competition venue.

Code 7:

I must not use a mobile phone / iPad whilst at the fighting area (tatami, ring), including sat at the official score table or at the referees seating area.

Code 8:

I must at all times conduct myself in a professional and ethical manner, giving due regard, respect and courtesy to my fellow Chief referees, Referees / Judges, Supervisor and other WAKO officials, coaches and kickboxers.

INTEGRITY

Code 9:

I must not, directly or indirectly, solicit, accept or offer any form of remuneration or commission, nor any concealed benefit, service or gift of any nature that could be considered as a bribe, connected with anyone related to any tournament in which I participate in. I understand that to do so may constitute bribery and may lead to an investigation and action being taken against me.

Code 10:

Only official souvenirs from the WAKO Country may be given or accepted, as a mark of respect or appreciation for my contribution.

CONFIDENTIALITY

Code 11:

I must not collude or collaborate with any party by violating the approved WAKO rules that are in use and valid at that given time.

WAKO HQ: Via Alessandro Manzoni, 18 - 20900 Monza (MB) Italy

E-mail: administration@wako.sport - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wako.sport>

Page 1/2





WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

Code 12:

When performing my duties as a WAKO Referee / Judge / Official, I must not communicate with anybody about any tournament related issue within the tournament venue and / or any other location for the entire period of the tournament, especially to persons from my own country such as National federation members, officials, media and the public.

Code 13:

I must not socialise with or become intimate with fighters, coaches, or enter into any relationship or take any action that casts doubt on my impartiality as a WAKO Referee / Judge or Official

Code 14:

I must treat any information I may receive, from WAKO in relation to my position as a WAKO Referee / Judge / Official, confidentially and, in particular, I must not disclose any confidential information with any other officials or members of the public.

Code 15:

I must speak out if anybody is trying to influence me.

AVAILABILITY

Code 16:

I must be on time for ALL tournament assignments or jobs assigned to me.

Code 17:

I must be available to attend all arranged Official Referees/ Judges Meetings on or before the tournament day.

Code 18:

I must fulfil all duties assigned to me by the Supervisor or Chief referee.

RESPONSIBILITY

Code 19:

I must maintain a good physical condition, with personal hygiene and a professional appearance at all times when performing my duties as a WAKO Referee / Judge or Official.

Code 20:

I must not criticise or attempt to comment on calls or decisions made by other Officials, unless where requested by the Supervisor or Chief referee.

Code 21:

I must respect the WAKO Rules, plus all other Rules that apply to and within WAKO, including the Code of Ethics,

I agree to be bound by this **Code of Conduct** and accept the fact that any infringement of it will be referred to a WAKO Disciplinary committee and could lead to an immediate sanction against me in accordance with WAKO Disciplinary procedures.

NAME: _____

SIGNATURE: _____ PLACE and DATE: _____


ROLE: _____

WAKO HQ: Via Alessandro Manzoni,18 - 20900 Monza (MB) Italy
E-mail: administration@wako.sport - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wako.sport>





Appendix 28. Official Protest Form



**WORLD ASSOCIATION
OF KICKBOXING ORGANIZATIONS**

OFFICIAL PROTEST FORM

Date:	Competition:	Place:

COMPETITORS

	RED	BLUE
Name:		
Country:		

FIGHT

Ring / Tatami No.	Fight No.	Discipline	Category	Time of end of the fight

PROTEST DESCRIPTION:

.....

.....

.....

.....

.....

.....

.....

.....

.....

The time of the protest Name and country Signature

TO BE FILLED OUT BY THE CHIEF OF RING / TATAMI

DECISION:

- PROTEST REJECTED
- ACCEPTED - CHANGED DECISION
- SEND TO A HIGHER AUTHORITY









	REFEREE	JUDGE 1	JUDGE 2	JUDGE 3
NAME				
COUNTRY				
SIGN				

CHIEF REFEREE: _____

Name Signature Time

WAKO HQ: Via Alessandro Manzoni, 18 - 20900 Monza (MB) Italy
 E-mail: administration@wako.sport - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wako.sport>

1/1














Appendix 29. Central referee's hand signals

Hand signals - Tatami disciplines 1

			
<i>Fight</i>	<i>Time</i>	<i>Verbal warning</i>	<i>1st Official Warning</i>
			
<i>2nd Official Warning</i>	<i>3rd Official Warning</i>	<i>Minus point</i>	<i>Disqualification</i>













Awarding points in point fighting

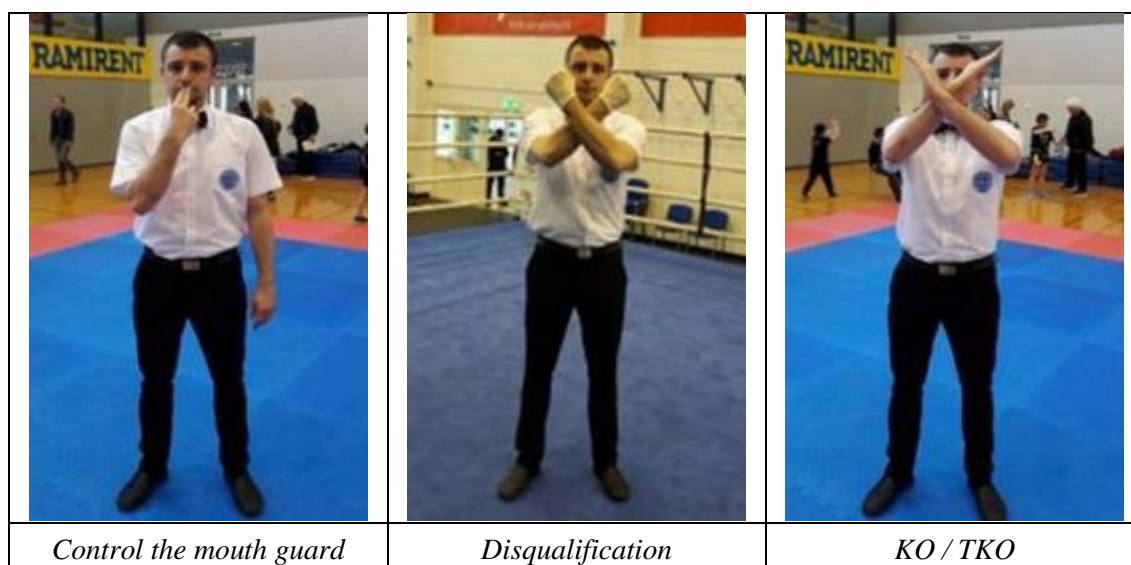
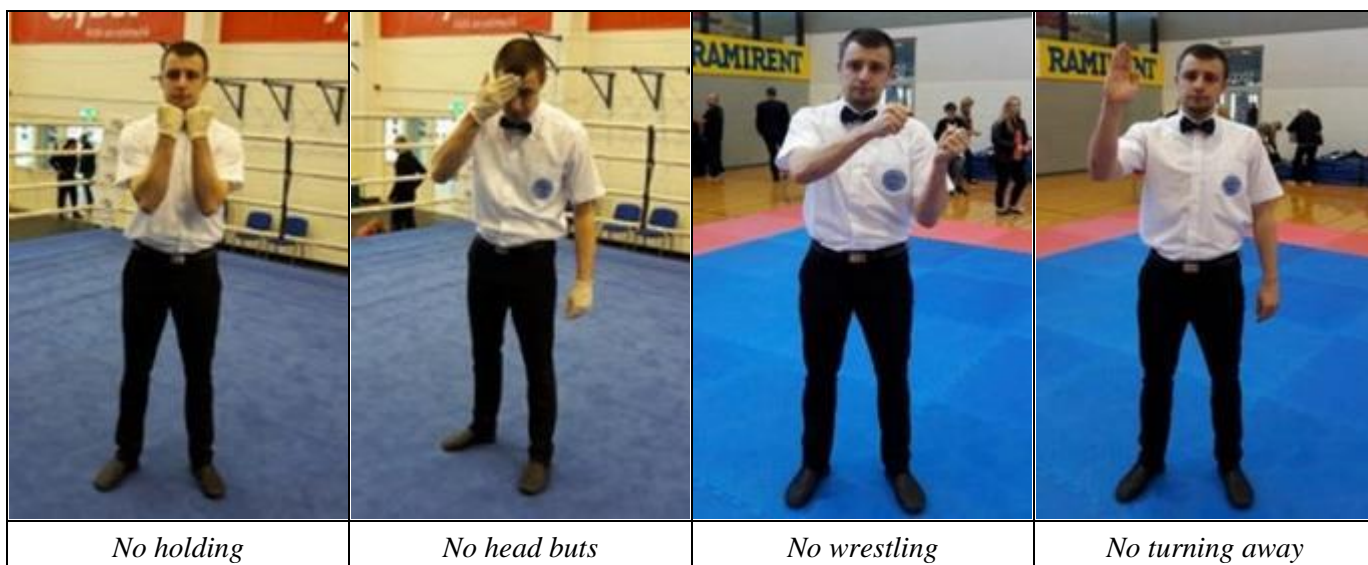
			
<i>One Point</i>	<i>Two Point</i>	<i>Three point</i>	<i>1 point to red, 1 point to blue</i>

Hand signals - Tatami disciplines 2

			
<i>Did not see</i>	<i>No score</i>	<i>Exit</i>	<i>Turning around</i>
			
<i>Technique is short</i>	<i>Pushed</i>	<i>Fell on floor</i>	<i>Excessive contact</i>


Hand signals - Ring disciplines

			
<i>Fight - Stop</i>	<i>Time - Stop time</i>	<i>Official warning</i>	<i>Minus point</i>
			
<i>No knee attacks</i>	<i>No elbow attacks</i>	<i>No grabbing the leg</i>	<i>No attacks with forearms</i>
			
<i>No attacks with open hand</i>	<i>No attacks with the shoulder</i>	<i>No attack to the back of head</i>	<i>Avoiding fight</i>





Appendix 30. Proposal to change rules form



**WORLD ASSOCIATION
OF KICKBOXING ORGANIZATIONS**

PROPOSAL TO CHANGE THE RULES

To: WAKO Rules Committee

THE PROPOSER	
NATIONAL FEDERATION	

ACTUAL ARTICLE (copy from actual rules version) (Chapter ____ / Page ____):

PROPOSAL FOR A NEW ARTICLE (the exact article as you suggest it to be):

EXPLANATION:









Consent of the President of the National Federation YES

Date: _____ Sign of proposer _____

Please, scan and send to: technical.director@wako.sport

WAKO HQ: Via Alessandro Manzoni,18 - 20900 Monza (MB) Italy
E-mail: barbaraf@wakoweb.com - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wakoweb.com>

1/1



Appendix 31. WAKO International tournament request / permission



WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

WAKO INTERNATIONAL TOURNAMENT REQUEST / PERMISSION

This is WAKO request / permission form for holding WAKO International kickboxing tournament in accordance with WAKO Rules.

WAKO Approval

1. GENERAL INFORMATION:				Approved
Name of tournament:				
Date of tournament:				
Place of tournament:				
Country of tournament:				
Organizer / promotor of tournament:				
National kickboxing federation:				
2. VENUE				Approved
Name of venue:				
Capacity of venue:				
Address of venue:				
Web page (if any):				
3. COMPETITION				Approved
Disciplines:				
Age categories:				
List of all competition categories in attachment:		YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Brochure of competition in attachment:		YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Poster of competition in attachment:		YES <input type="checkbox"/>	NO <input type="checkbox"/>	
4. OFFICIALS				Approved
Organizer of tournament:				
Consent of the national federation				
Chief referee:				
Consent of the WAKO Referee Committee				
Chief doctor:				
Consent of the WAKO Medical Committee				
5. FEE and CALENDAR				Approved
500 € sanctioning fee paid		YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Included in the WAKO calendar		YES <input type="checkbox"/>	NO <input type="checkbox"/>	
Published on the WAKO web page		YES <input type="checkbox"/>	NO <input type="checkbox"/>	

APPLICANT

CONSENT OF THE
NATIONAL FEDERATION

WAKO ORGANIZING
COMMITTEE APPROVAL

Name:			
Date:			
Sign:			

WAKO HQ: Via Alessandro Manzoni, 18 - 20900 Monza (MB) Italy
E-mail: administration@wako.sport - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wako.sport>





Appendix 32. WAKO International seminar request / permission



WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

WAKO INTERNATIONAL SEMINAR REQUEST / PERMISSION

This is WAKO request / permission form for holding WAKO International kickboxing seminar in accordance with WAKO Rules

Referee / Coach / Athlete / Medical-antidoping

WAKO Approval

1. GENERAL INFORMATION:		Approved
Name of seminar:		
Date of seminar:		
Place of seminar:		
Country of seminar:		
Organizer / promotor of seminar:		
National kickboxing federation:		
2. SEMINAR		Approved
Name of seminar:		
Seminar topic:		
Seminar type:	Licensed <input type="checkbox"/> Educational <input type="checkbox"/>	
Participants:		
Duration of the seminar:		
Web page (if any):		
3. PROGRAM		Approved
Detailed program of seminar:	YES <input type="checkbox"/> NO <input type="checkbox"/>	
Lecturer(s) / instructor(s):		
Literature / presentation attached:	YES <input type="checkbox"/> NO <input type="checkbox"/>	
Knowledge test attached:	YES <input type="checkbox"/> NO <input type="checkbox"/>	
Diploma / certificate attached:	YES <input type="checkbox"/> NO <input type="checkbox"/>	
Brochure of seminar in attachment (if any):	YES <input type="checkbox"/> NO <input type="checkbox"/>	
Poster of seminar in attachment (if any):	YES <input type="checkbox"/> NO <input type="checkbox"/>	
4. OFFICIALS		Approved
Organizer of seminar:		
Consent of the national federation	YES <input type="checkbox"/> NO <input type="checkbox"/>	
5. FEE and CALENDAR		Approved
_____€ sanctioning fee paid	YES <input type="checkbox"/> NO <input type="checkbox"/>	
Included in the WAKO calendar	YES <input type="checkbox"/> NO <input type="checkbox"/>	
Published on the WAKO web page	YES <input type="checkbox"/> NO <input type="checkbox"/>	

APPLICANT

CONSENT OF THE
NATIONAL FEDERATION

WAKO IF
COMMITTEE APPROVAL

Name:	
Date:	
Sign:	

WAKO HQ: Via Alessandro Manzoni, 18 - 20900 Monza (MB) Italy
E-mail: administration@wako.sport - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wako.sport>

