

WAKO
SPORT RULES AND REGULATIONS



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Sport Rules and Regulations of World Association of Kickboxing Organizations

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Attachments:

- ❖ **WAKO Anti-Doping Rules**
- ❖ **WAKO Constitution**
- ❖ **WAKO Scorecards**
- ❖ **For other services please look at www.wakoweb.com**

FAIR PLAY!

Rules are for the fighters. They are designed and written in order to give both fighters an equal and fair chance to win. Officials should keep in mind that they are in the ring to serve the competitors.

TO THE COMPETITORS!

Take care of yourself

Don't train or fight if you are feeling ill or if you have a serious injury. Listen to your body. If in doubt consult a doctor.

Don't use drugs or any form of doping material

Use your normal body weight and don't risk your health by reducing your weight significantly over a short period of time

Respect yourself, your body and other competitors and officials

A MEDICAL CERTIFICATE:

It is required stating "FIT TO FIGHT"

RULE CHANGES!

Rule changes are only valid if brought up, discussed and decided upon by the WAKO Board of Directors and are to be read in the minutes of meeting. All changes must be communicated to members properly, both by mail/letter and on the web.

CHAPTER ONE – WAKO SAFETY EQUIPMENT, FIGHTING AREA, RING AND UNIFORMS

Art.1 – Safety equipment

- ❖ The WAKO Executive 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 European Championships must be approved at least 3 months before the tournaments and all members must be duly informed.
- ❖ All uniforms and safety equipment must be clean, correct and in good and safe condition. Special care must be taken for weapons which must not be sharp or with unprotected points.

HEAD PROTECTION

Head protection is mandatory in all amateur kickboxing fights in all disciplines except in musical forms and aero kickboxing. For cadets head protection with plastic transparent cover of face is mandatory to avoid direct contact. For juniors and seniors this addition is not allowed. Head protection must be made from foam rubber or soft plastics or from compact sponge covered by leather. In fights, head protection which covers the face and head protection which reduces the field of vision is not allowed. Head protection must cover the top of forehead, top of head, temples, the upper part of jawbone, ears and back of head. Head protection must not obstruct the athletes hearing. Parts for fixing the head protection cannot be metal or plastic buckle. Velcro for adjusting are allowed under chin and on back of head.

GLOVES

Two types of protective gloves are used at kickboxing competitions: gloves for semi-contact and gloves for ring disciplines (light contact, full contact, low-kick and Thai kickboxing). In every fighting discipline, gloves are mandatory.

GLOVES FOR SEMI-CONTACT

In semi-contact 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 fighter's hand by self adhesive and adjustable strip over the wrist. Metal or plastic buckles or ropes are not allowed for fixing gloves. Also, any kind of self-adhesive tape is not allowed, except self adhesive tape made with 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).

GLOVES FOR CONTACT FIGHTING SPORTS (boxing gloves)

(light contact, full contact, low-kick and Thai kickboxing)

Gloves for contact sports (boxing gloves) for light contact, full contact, low-kick and Thai kickboxing which are used in official WAKO competitions must be approved by the WAKO Executive Committee and checked by the referee. Gloves weigh 10 Oz (283 grams) and the weight must be clearly marked. Gloves are produced from special foam rubber, synthetic, compact and soft material which is covered with genuine or artificial leather. Gloves must make it possible for the fighter to completely clench his fist and keep his thumb in contact with other fingers. Gloves completely cover the fighter'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 fighter's thumb or to the other fighter. Inner foam rubber material must cover the front and upper part of the fist, edge of palm and upper and front part of thumb.

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 fighter'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.

HAND WRAPS (BANDAGE)

Hand wraps are used for wrapping the fist to avoid injuries. It is optional to use hand wraps in semi-contact fights, but for all other fighting disciplines (where fighters use 10 Oz gloves), using hand wraps are mandatory.

Hand wraps are 250 cm long and 5 cm wide cotton strips without sharp edges. Hand wraps will be fastened on the upper part of fighter's wrists with self-adhesive cotton-base strips; maximum length 15 cm and width 2 cm.

TOOTH PROTECTION (MOUTH-GUARD)

Mouth-guards must be made from soft and pliable rubber-plastic 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. It is not allowed to use a mouth-guard over tooth correction apparatus (braces, retainers). Using tooth protection is mandatory for all fighting disciplines, in all age categories and in both amateur and professional matches.

BREAST PROTECTION

Breast protection is mandatory for all female competitors in older cadets, junior and senior categories and is mandatory in all fighting disciplines (semi, light, full contact, low-kick and Thai kickboxing). 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).

GROIN PROTECTION

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

SHIN GUARD

Shin guards are made from hard foam-rubber material. A shin guard must cover the shinbone from under the knee to the top of the feet. Shin guards are fastened to the leg by a minimum of two self-adhesive elastic 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.

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 competitor'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.

Art.2- Uniforms

- ❖ T-shirt must be worn in semi-contact and light contact by male and female competitors. Length of sleeves must be a maximum of mid upper arm.
- ❖ Long pants must extend from waist to the ankle joint. Pants must have an elastic waistband, minimum 10 centimeters wide in a different color from that of the pants. Male and female competitors wear pants in semi, light and full contact.
- ❖ Bodice (upper, top) worn by female competitors in full contact, low-kick and Thai kickboxing. Under the bodice, female competitors wear breast protection.
- ❖ Shorts are worn by male and female competitors in low-kick and Thai kickboxing. Their length must be from the waist to mid-thigh. Shorts must have an elastic waistband, minimum 10 centimeters wide in different color from that of shorts

Art.3- Fighter's uniforms and equipment

3.1 COMPETITORS IN SEMI-CONTACT

Amateur competition

- ❖ Mandatory: head-guard, mouth-guard, groin-guard, breast protection (for female competitors only, optional for younger female cadets division), gloves for semi-contact, hand wraps optional, groin protection, shin-guards, and foot-guards.
- ❖ Competitors wear V neck sport top or T-shirt (with name of represented country) and long pants with belts indicating their grade.

- ❖ Other garments such as traditional kimonos (karate, taekwondo, kung fu-wushu) are not allowed.

Professional bouts

- ❖ Mandatory: mouth-guard, , breast protection (for female competitors), groin-guard, shin-guards and foot-guards, hand wraps optional ,gloves for semi-contact.
- ❖ Competitors wear T-shirt and long pants.

3.2 COMPETITORS IN LIGHT CONTACT

Amateur competitions

- ❖ Head protection, mouth-guard, breast protection (for female competitors) ,10 Oz boxing gloves, hand wraps, groin protection , shin guards, and foot protection
- ❖ Competitors wear V neck sport top or T-shirt (with name of represented country) and long pants
- ❖ Belts indicating grade, allowed.
- ❖ Other garments such as traditional kimonos (karate, taekwondo, kung fu-wushu) are not allowed.

Professional bouts

- ❖ Teeth protection, breast protection (for female competitors), 10 Oz boxing gloves, hand wraps, groin protection, shin guards, and foot protection.
- ❖ Competitors wear V neck sport top or T-shirt and long pants.

3.3 COMPETITORS IN FULL CONTACT

Amateur competitions

- ❖ Head protection, mouth-guard, breast protection (for female competitors), 10 Oz boxing gloves, hand wraps, groin protection, shin guards and foot protection.
- ❖ Male competitors wear long pants (bare torso) and female competitors wear a bodice (upper, top) and long pants.

Professional bouts

- ❖ Mouth-guard, breast protection (for female competitors), 10 Oz boxing gloves, hand wraps, groin protection, shin guards, and foot protection.
- ❖ Male competitors wear long pants (bare torso) and female competitors wear a bodice (upper, top) and long pants.

3.4 COMPETITORS IN LOW-KICK

Amateur competitions

- ❖ Head protection, mouth-guard, breast protection (for female competitors), 10 Oz boxing gloves, hand wraps, groin protection (recommended for female competitors), shin guards, and foot protection.
- ❖ Male competitors wear shorts (bare torso) and female competitors wear a bodice (upper, top) and shorts.

Professional bouts

- ❖ Mouth-guard, breast protection (for female competitors), 8 Oz boxing gloves from 51 kg. to 67 kg.; 10 Oz boxing gloves (from 71 kg. Up) , hand wraps, groin protection (recommended for female competitors), and foot protection.
- ❖ Male competitors wear shorts (bare torso) and female competitors wear a bodice (upper, top) and shorts.

3.5 COMPETITORS IN THAI KICKBOXING

Amateur competitions

- ❖ Head protection, mouth-guard, breast protection (for female competitors), 10 Oz boxing gloves, hand wraps, groin protection ,recommended shin guards and no foot protection. It is only permitted to wear ankle supports.

- ❖ Male competitors wear shorts (bare torso) and female competitors wear a bodice (upper, top) and shorts.

Professional bouts

- ❖ Mouth-guard, breast protection (for female competitors), 8 Oz boxing gloves from 51 kg. to 67 kg.; 10 Oz boxing gloves (from 71 kg. Up), hand wraps, groin protection, no shin guards and no foot protection. It is only permitted to wear ankle supports.
- ❖ Male competitors wear shorts (bare torso) and female competitors wear a bodice (upper, top) and shorts.
- ❖ Competitors are not allowed to wear mongkon and paprachiat

3.6 COMPETITORS IN MUSICAL FORMS

- ❖ For musical forms performances the competitor is allowed to wear all original clothes and footwear of the traditional martial art on which his/her performance is based (karate, taekwondo, kung fu/wushu aikido, and others)
- ❖ Costumes, make up and masks or any other things which do not belong to the traditional martial art are not allowed

3.7 WEAPONS

- ❖ For forms with weapon: kama, sai, tonfa, nunchaku, bo, naginata, katana, thai chi chuan sword, chain, wushu long stick, tai chi double sword, broadsword
- ❖ During musical forms with weapon performance, the competitor must not allow, under any circumstance, the weapon to leave his/her hand.

3.8 COMPETITORS IN AERO KICKBOXING

- ❖ The competitor is allowed to wear aerobic or fighting pants with t-shirt or sport top
- ❖ The competitor must wear sports footwear and hand wraps only.
- ❖ They are not allowed to wear boxing gloves.
- ❖ Make-ups is allowed for women
- ❖ Theatrical costumes are not allowed

3.9 ROUNDS

Amateur fights in all WAKO fighting styles, have 3 x2 minute rounds in all WAKO tournaments. In Wako-Pro matches, fighters can have 5-7-10-12 rounds with a minute break between each round

Art.4 – Procedure for equipment and uniform check

- ❖ Competitor's safety equipments, uniform and other checks will be done by the central referee charged by the Chief referee of the area named by International Referee Committee.
- ❖ Competitors must be suitably conditioned to participate in their chosen discipline, they must have no injuries or illness which may harm themselves or other competitors. His/her face must be dry and without any grease. It is not allowed to enter a match while bleeding. Also, it is not allowed to enter a match 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 competitor's face and body
- ❖ It is no allowed to enter a fight with any kind of jewelry or other adornment. Judges will run their fingers under the top of the T-shirt to check that competitors have no jewelry or other adornment around the neck. Also, judges will push index fingers under head guard to insure that competitors have no earrings, studs or other jewelry. No tongue piercing and belly button piercing allowed either. Binding hair with any kind of metal, plastic or hard buckle is not allowed. Only elastic or cotton strips are allowed for this purpose.
- ❖ It is not allowed to fasten safety equipment with self-adhesive tape, over the original strips.
- ❖ Before allowing a fighter to enter the tatami or ring, the judge must be completely sure that the fighter's safety equipment and uniform are fully functional for the competitor's safety and are according the WAKO rules.

SEMI and LIGHT CONTACT:

- ❖ Competitors 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. The waistband of pants must be clearly observable and a different color from pants and T-shirt. Pants must be ankle length.

- ❖ Judge will check head guard and must pay attention to the following: 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. For cadets, the plastic face cover must be in good repair, without any cracks, transparent and firmly fixed to the head guard.
- ❖ Gloves for semi-contact must be without any cracks. The competitor must be able to open his hand, and first half of fingers must be covered. The palm must not be covered. The fastening strip must be self-adhesive and gloves must be fastened at the wrist. It is allowed to use hand wraps under the gloves.
- ❖ Before checking gloves for light contact, the competitor must show his hands with hand wraps. Hand wraps are mandatory. Hand wraps must 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 must touch and feel that hand wraps are soft and without any hard parts. After checking hand wraps, the judge will allow the competitor to put on gloves.
- ❖ Gloves for light contact must be 10 Oz boxing gloves 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.

Art.5 – Other equipment

FIGHTING AREA - TATAMI

The tatami is a 2 cm thick floor pad made of special plastic or foam rubber synthetic material, which can be mutually interconnected (puzzle style). Dimensions of each part are 1 x 1 meter. The fighting area for semi and light contact in official World and Regional Championships (European, Arabian, Asian, Pan American Championships) is 8 x 8 meters .

Tatami can be 7x7 or 6x6 only in case of "force major" or during Open International Championships and World Cups.

The area for musical forms and aero kickboxing performances can be larger.

The tatami must combine two colored parts, a border (6-8 x 1 m) in one color, and the center (5-7 x 5-7 meters) in another color, so as to warn fighters that they are coming close to the boundary.

Art. 6 - JUDGES/REFEREES

All WAKO judges and referees should undergo, in their own countries, a basic medical test before officiating in WAKO Championships. Their valid medical certificate should be brought with them during Championships and shown on demand.

- ❖ WAKO judges must use clickers to count the scoring points while on duty.
- ❖ WAKO judges/referees' age limit is 65.
- ❖ WAKO judges/referees must attend International WAKO referee seminars before officiating in any WAKO Championships. Their license must be renewed every two years.

CHAPTER TWO – WAKO SEMI-CONTACT

Art.1 - Definition

- ❖ Semi-contact is a fighting discipline where two fighters fight with the goal of scoring more points using legal Technique and speed. In this discipline efficiency is not important. The main characteristics of semi-contact are technique and speed. The competition in semi-contact should be executed in its true sense with light and 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 suspends the fight and at the same time as the two judges, shows with his fingers the number of points in the direction of the fighter who is being awarded points.
- ❖ Each fighter must have his own WAKO SPORT PASS with MEDICAL TEST included, valid for 1 year, to be shown at weigh-in procedures.
- ❖ In European or World Championships, NO FOREIGN COMPETITORS can be part of a National Team and official passports must be issued by the nation of the team. At weigh-in, official passports must be shown to the registration/weigh-in officials in charge.
- ❖ In Continental Championships competitors from other continents are not allowed to participate.

Art. 2 - Competition Area

- ❖ Competition area is the tatami.
- ❖ In World and Continental Championships the tatami size should be 8x8 meters for seniors and juniors and 6x6 meters for cadets
- ❖ In World Cups, regional and low-level championships, the tatami can be smaller, but not smaller than 6x6 meters.
- ❖ The tatami must be placed on the bare floor

Art. 3 - Uniforms and Equipment

- ❖ Safety equipment is: head protection, mouth-guard, breast protection (mandatory for senior and junior women, recommended for girls and female cadets), semi-contact gloves, groin protection, shin guards and foot protection. Hand wraps are allowed.
- ❖ Each fighter must wear a clean uniform in good repair. The pants must reach ankle length. The waist may be either a drawstring or elastic waistband. The top must be either a jacket, V-neck top or T-shirt. The top must display on the front and on the back the name or initial of the country that the fighter represents.
- ❖ Sponsor advertising or logos may be worn on the uniform 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.
- ❖ If the promoters and sponsor(s) do not wish the fighters to wear advertising other than their own, the promoter and his sponsor must provide sponsorship to the fighters or countries equal to the amount they have given up from their individual sponsor.
- ❖ For all detailed descriptions of uniform and safety equipment, see chapter two.

Art. 3.1 - Rounds

Amateur fights in semi contact, have 3 x2 minute rounds in all WAKO tournaments. In Wako-Pro matches, fighters can have 5-7 rounds with a minute break between each round

Art. 4 - Weight Divisions and Weigh-in Procedures

Weight Classes:

SENIORS

MEN (From age 18 TO 45)

Under 57 kg
Under 63 kg
Under 69 kg
Under 74 kg
Under 79 kg
Under 84 kg
Under 89 kg
Under 94 kg
Over 94 kg

WOMEN(From age 18 TO 45)

Under 50 kg
Under 55 kg
Under 60 kg
Under 65 kg
Under 70 kg
Over 70 kg

JUNIORS

MALE (From age 16 to 18)

Under 57 kg
Under 63 kg
Under 69 kg
Under 74 kg
Under 79 kg
Under 84 kg
Under 89 kg
Under 94 kg
Over 94 kg

FEMALE (From age 16 to 18)

Under 50 kg
Under 55 kg
Under 60 kg
Under 65 kg
Under 70 kg
Over 70 kg

YOUNGER CADETS (10-11-12 years old)

Boys and Girls

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

OLDER CADETS (13-14-15 years old)

Boys

-42 kg
-47 kg
-52 kg
-57 kg
-63 kg
-69 kg
+69 kg

Girls

-42 kg
-46 kg
-50 kg
-55 kg
-60 kg
-65 kg
+65 kg

- ❖ Important:
 1. Seniors: From the day he/she fill 18 until the day he/she fill 45
 2. Juniors: From the day he/she fill 16 until the day he/she fill 19.
 3. That means that the year he/she are 18, they can decide to be either junior or senior. However if the fighter has competed as senior at the age of 18 he/she can not go back to junior again.
 4. Younger Cadets: From the day he/she fill 10 until the day he/she fill 13
 5. Older Cadets: From the day he/she fill 13 until the day he/she fill 16.
- ❖ Younger competitors can participate only in the next older category.
- ❖ Age divisions will be determined in the following manner: a competitor will be placed in an age division according to his year of birth, not his actual birthday, and he will be required to compete all year in this age category.
- ❖ Positive proof of age will be required at ALL events.
- ❖ Older Cadets can enter Junior competitions, but they cannot enter senior championships.
- ❖ Juniors can enter senior championships.
- ❖ The fighters of each weight category will be weighed the day before the competition or in the morning between 8 and 10 on the same day that they have been drawn to fight.
- ❖ Executive/Referee Committee or any other WAKO official delegate will be allowed to modify these conditions in case of an inevitable post opponent. The fights will start at least 3 hours after the weighing time, or in a shorter lapse of time if the Executive Committee so decides, after consulting the Medical Committee, provided that the decision is not prejudicial to any kickboxer taking part in the first bouts of the tournament.
- ❖ The WAKO authorized delegates will perform the weigh-in. WAKO representatives of any National Association may be present, but are not allowed to intervene on any occasion.
- ❖ Each fighter will be officially weighed only once. The weight registered on that occasion is final. It is allowed, nevertheless, for the representative of a country whose fighter has not reached the right weight during the official weigh-in, to put him into another, suitable weight category, provided that the country in question has got a vacancy in that category and the weigh-in has not yet closed. It is also allowed for all countries to substitute one kickboxer with another, before the end of the first weigh-in and the medical check-up, 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.
- ❖ The weight is what the scale shows when the fighter is undressed. The weight must be displayed in metric measures. Electronic scales can be used. A fighter is allowed to fight solely within the category defined by the weigh-in.
- ❖ Each fighter must be in possession of a WAKO SPORT PASS with all medical certificates in it - stating he is fit to fight - valid for the year to be shown any time when requested.

INTERNATIONAL BOUTS:

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. In a team competition, with each victory, the kickboxer will win 2 points for his team, with each defeat he will win 1 point for his team, unless he is disqualified, when no points will be granted. 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 match takes place. WAKO referees (world, international or national matches) will referee each bout: two or three judges may equally officiate if necessary. Each fighter must, before weigh-in, be judged fit for fighting by the doctor appointed by the Executive Committee. In order to assure a successful weigh-in, the Executive Committee can decide to start the medical check-up earlier

Art. 5 – Fighting Rules

- ❖ The Fighter must present himself to the side Judge nearest his corner to have his safety equipment inspected.
- ❖ After the Judge has inspected the Fighter, he will wait to enter the ring until told to do so by the Referee.
- ❖ Fighters will enter the ring and touch gloves. They will assume a fighting stance and wait for the command "fight" from the Referee.
- ❖ In Continental and World Championships for seniors and juniors, there will be 3 rounds of 2 minutes, with 1 minute rests between rounds in both elimination matches and the finals. For official world, continental and regional Cups, due to the large number of competitors, the time can be reduced to a minimum of 2 rounds of 2 minutes each, with a one minute rest between rounds, both in eliminations and the finals.
- ❖ For Cadets: fights are 2 rounds of 1'30" (qualification, semifinals and finals).
- ❖ The time will only be stopped on the command of the Referee. Time is not stopped to award points of penalty unless the Referee feels it is necessary. The Referee is not allowed to talk to the Fighters during the match unless he has stopped the clock.
- ❖ Fighters may have one Coach and one Second in their corner during the match. Both must remain in the Coaches Box throughout the match.
- ❖ No coaches will be allowed to enter the fighting area while a match is in progress.
- ❖ Only the Referee may ask for time to be stopped. A fighter may request the clock to be stopped to adjust Safety Equipment or check an injury. The Referee does not have to stop the clock if he feels it will take away the advantage from the other Fighter. Time-stops shall be kept to a minimum.
- ❖ If the Referee feels a Fighter is using time-stops to rest or to prevent his opponent from scoring, a warning will be given and the Fighter may be disqualified for delaying the match or refusing to fight.

Art. 6 – Competition Commands

- ❖ Time = forming the letter T with hands, to give order for time keeper to stop the clock until referee says command Fight
- ❖ Referee will give the order Time on these occasions:
 - when he gives a warning to a fighter (opponent must immediately go to the neutral corner)
 - when a fighter asks for stoppage of time by rising right hand (opponent must immediately go to the neutral corner)
 - when referee sees it's necessary to correct a fighter's equipment or uniform
 - when referee sees that a fighter is injured (maximum time for doctor's intervention is 2 minutes for seniors and juniors and 1.5 minutes for boys/girls and cadets)
- ❖ Shake hands = shake hands at the beginning of the fight
- ❖ Fight = to begin contest/fight or after an interruption of the fight
- ❖ Stop = the fight is interrupted immediately and may only be resumed after the referee gives a new command. When points are being made given, the fighters must go back to their starting positions immediately.
- ❖ TIME = when the central referee says TIME he must say the reason why he stopped the clock.

Art. 7 – Legal Target Areas

- ❖ HEAD: Face, side, back and forehead.
- ❖ TORSO: Front and side
- ❖ LEG: Below mid-calf (Foot Sweeps are allowed)

Art. 8 – Illegal Target Areas

- ❖ Top of the head
- ❖ Back of the torso (kidneys and spine)
- ❖ Top of the shoulders
- ❖ Neck: Front, side
- ❖ Below the belt (except for Foot Sweeps)
- ❖ All blind, uncontrolled techniques in general

Art. 9 – Legal Techniques

- ❖ KICKS: Front, Side, Back, Roundhouse, Hook (Sole of the foot only), Crescent, Axe (Sole of the foot only), Jumps, Spins.
- ❖ HANDS: Punch, Backfist, Ridgehand, Hook.
- ❖ FOOTSWEEP: To score with a Footsweep the attacker must remain on his feet at all times. If in the execution of a Footsweep 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.

SPECIAL NOTE!

Because it is extremely dangerous to strike with the back of the heel, it must be strictly emphasized that the attacking Fighter 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.

Art. 10 – Illegal Techniques and Actions:

- ❖ Attacks with any technique other than those mentioned in section 9.
- ❖ Avoiding or refusing to fight
- ❖ Falling or dropping to the floor without due cause.
- ❖ Leaving the Fighting Area. If a Fighter leaves the area (exits) without being pushed, kicked or knocked out by his opponent it will be seen as a "Voluntary Exit" and will receive a warning from the Referee. On the third exit the Fighter will lose one point. At the fourth time the Fighter leaving the area shall be disqualified. (a warning will be carried throughout the Match).
- ❖ Attacks with malicious or excessive contact.
- ❖ Unsportsman-like conduct. A Fighter shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsman-like conduct, the Fighter may be disqualified on the first offence, depending on the severity of the infringement.
- ❖ Grabbing is not allowed
- ❖ Attacking an Official either inside or outside the ring. Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in immediate disqualification. In the event that any of these actions are made by a penalized fighter or his coaches, the person involved may be removed from the Hall or tournament site and the matter turned over to the WAKO Referee Committee.
- ❖ GROUND ATTACKS: A fighter cannot attack an opponent on the ground .The central referee is responsible for stopping the match immediately when one of the two fighters touches the floor with any part of the body apart from his feet. Stomps to the head or body of a downed Fighter can lead to minus points or disqualification (judges decide by majority decision).

Art. 11 - Scoring

A legal technique strikes a legal target. The authorized striking area of the hand or foot must make "Clean / Controlled" contact. The referee and judge must actually see the technique strike the target. Awarding points based on the sound of the strike is not allowed. The Fighter 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 Fighter jumps in the air to attack, he must land inside the tatami to score, and he must keep his balance (it is no allowed to touch the floor with any part of the body except feet).

POINTS:

- ❖ Punch 1 pt
- ❖ Kick to the body 1 pt
- ❖ Footsweep (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

No foot-sweeps follow-up is allowed, since only the first technique counts in scoring.

OVERVIEW AWARDING POINTS:

- ❖ After every recognized score the command "STOP" will be given and an immediate vote to indicate who scored will be given by all ringside Officials.
- ❖ The Winner will be the Fighter with the most points at the end of time.
- ❖ In the case of one Fighter gaining a 10 pt. Margin, he will be declared the Winner.
- ❖ Other methods of winning: Disqualification, Walkover
- ❖ Expiration of Time and score: The Officials shall call for a vote to determine if the score landed before or after time expired.

PENALTY – EXITS:

Warnings will be carried over throughout the Match to all rounds

- ❖ 1st violation or exit - Warning or 1st exit
- ❖ 2nd violation or exit - Official Warning or 2nd exit
- ❖ 3rd violation or exit - Award penalty point -1
- ❖ 4th violation or exit - Disqualification

Stepping out (exit) means: stepping outside the line, even with only one leg. Stepping on the line should not be considered as stepping out.

Not stepping out: if the fighter is pushed out by the other fighter, or he got outside the line as a result of a hit or kick.

The fact of stepping out is stated by the judge every time or decide about is on the basis of majority decision.

SPECIAL NOTE!

Warnings for leaving the area will be kept as a separate issue from Warnings for other offenses.

When referee is giving warnings or a penalty (minus) point, he must stop the clock.

VIOLATIONS OF RULES ARE:

- ❖ Using illegal techniques
- ❖ avoiding fight
- ❖ turning around
- ❖ unnecessary dropping down to waste time
- ❖ commenting on referee's decisions
- ❖ behaving in an unsportsman-like manner
- ❖ loud commands of coach
- ❖ coach entering tatami in case of injury

For any violation of rules by a coach, the referee will give penalties to his fighter.

- ❖ Gross and serious rules violations may be handled immediately with a penalty point or even disqualification in extreme cases. Anytime a Referee thinks that a disqualification is necessary, he shall confer with all the Judges and the Chief Referee of the area at the event to ensure that the proper procedures are being applied.
- ❖ A Fighter cannot receive a Point and a warning at the same time.

Art. 12 – Awarding Points

If the Referee sees an action that he considers to be a valid point, he will command "STOP" and immediately signal the point, as do the Judges. The Referee counts the decisions and awards the score to the appropriate Fighter.

If one of the Judges sees an action he considers to be a valid score, he must signal to the Referee immediately who will command "STOP" and all ring Officials must at that time signal their point calls. In any case, only a simple majority can award a point.

Art. 13 – Stopping the match

TIME-OUT:

Only the Referee has the power to stop the match. A Fighter may request a time-out raising his arm to check an injury or correct/fix his safety equipment. The Referee does not have to grant time-out if he feels it would be an unfair advantage or that it may in any way take away the advantage from the

other Fighter, unless the request is related to a health and safety issue. Time-Outs shall be kept to a minimum. If the Referee feels that a Fighter is using Time-Outs to rest or to prevent the other Fighter from scoring, a warning shall be given for delaying the Match. Only the Chief Official or the Technical Committee of Semi-Contact or their appointed representatives may interrupt the Match from outside the Ring. They shall attract the attention of the Referee who shall call Time-Out.

If a Coach wishes to lodge a complaint or protest, he shall notify the Chief Referee. He may, if possible, handle the protest without stopping the match.

REASONS FOR TIME-OUT:

- ❖ Injury (See Rule on injuries and treatment)
- ❖ For the Referee to confer with Officials
- ❖ For the Referee to converse with a Fighter or his Coach
- ❖ To ensure safety and fair play
- ❖ Time-Out is not called to issue points. The Referee should do this quickly to ensure that each Fighter has the benefit of the complete Fighting time allowed for the Match.
- ❖ Referees who are not proficient in administering the Match quickly and fairly, may be replaced by the WAKO Tournament semi-contact chief referee.

INJURIES:

In the case of an injury to one of the Competitors, the Match shall be stopped only long enough for the Medic/Doctor to decide whether or not the injured Fighter can continue. Once the Medic/Doctor arrives in the Ring, he shall have only two minutes to decide if the injury requires treatment. All treatment must be completed within two minutes.

If the injury is serious, it must be treated by the Medics/Doctor on duty who are the only ones who can say if the Match must be terminated.

If the Match must be stopped because of injury, the Officials must decide:

- ❖ Who caused the injury
- ❖ Whether or not it was an intentional injury
- ❖ Whether or not it was the fault of the injured Fighter
- ❖ Whether or not the injury was caused by an illegal technique
- ❖ If there were no Rules violations by the uninjured Fighter, that Fighter shall win by forfeiture
- ❖ If there was a Rules violation by the uninjured Fighter, the injured Fighter wins by disqualification
- ❖ If the injured Fighter is declared fit to continue by the Medic/Doctor, then the Fight shall resume

Art. 14 - Officials

CHAIRMAN OF THE APPELA BOARD:

The Chairman of the Referee Committee shall act as head of the Appeals Board together with a designated member of the Technical Committee and the designated member of the Executive Committee.

THE TOURNAMENT COMMITTEE:

- ❖ Will act as announcers
- ❖ Will control the Rings where semi contact is being conducted.
- ❖ Will deal with official weigh-in, drawing, disposition of fighting areas in the sport hall

THE REFEREE COMMITTEE:

- ❖ May interrupt the Match to answer or deal with protests.
- ❖ May interrupt the Match if it feels the Rules are not being applied correctly.
- ❖ Shall act as Chief Arbitrator for the Semi-Contact Areas.
- ❖ May remove Officials who are not performing at an acceptable standard.
- ❖ May appoint an assistant to substitute a member when necessary.

THE REFEREES:

- ❖ There is one Central Referee per Match
- ❖ The Referees shall be selected by the International Referee Committee
- ❖ He will have the power to control the Ring and Fighters.
- ❖ His first responsibility is the safety of the Fighters.

- ❖ He shall have the power to stop the Match to award points or penalties.
- ❖ The Referee is the only person who shall have the authority to stop the Match.
- ❖ The Referee may issue warnings for Rules violations without confirmation of the Judges.
- ❖ He shall not award points without at least one Judge voting to confirm his call.
- ❖ When he issues a warning or a penalty, no points can be given to the offending Fighter.
- ❖ He must give all commands in ENGLISH.
- ❖ He will be responsible for the enforcement of the Rules throughout the Competition and ensure that all scores, penalties and warnings are recorded.
- ❖ In cases where the Referee feels a disqualification may be appropriate, except in cases or instances requiring automatic disqualification, the Technical Director for Semi-Contact shall be consulted.

JUDGES:

- ❖ There are two Side Judges per Match including the Final Matches.
- ❖ The side Judges are to assist the Referee to ensure the safety of the Fighters.
- ❖ They shall check Fighters before each Match to ensure proper Safety equipment is being used.
- ❖ When a side Judge sees what he considers a legal score, he must indicate so immediately.
- ❖ The Judges must keep constant watch over the Ring boundaries and inform the Referee when one of the Fighters 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.
- ❖ While on duty on fighting area, judges move on boundary lines only.

Special Note: The Referee and the judges should be dressed in the following manner: clean gray pants, white WAKO shirt, WAKO tie or WAKO bow tie, blue jacket with WAKO insignia on it and black gym shoes.

All referees, judges and officials working a tournament, whether on or off duty, are not allowed to take action on behalf of a team/nation as coach or in any other way show favoritism (screaming, cheering like any coach/fan).

TIME KEEPER:

- ❖ He will stop and start the clock only on the command of the Referee
- ❖ He shall, at the exact moment time has run out, cause the audio device to be activated.
- ❖ The Timekeeper will be in charge of the Clock and audio device

SCORE KEEPER:

- ❖ The Score Keeper records all scores, warnings and penalties given by the Referee.
- ❖ The Score Keeper shall notify the Referee when a 10 point lead is achieved by either Fighter.
- ❖ The Score Keeper must notify the Referee when the warnings add up to a penalty point or when the penalties add up to an automatic disqualification.

Art. 15 - Calls Referees and Judges may Make

POINTS:

- ❖ Arms are raised to indicate the Fighter who scored. To award a score there must be a minimum of two concurring decisions by referee and judges.
- ❖ If the referee and one judge show two raised arms (a point for both fighters) and another judge points to one fighter, the referee's decision must be one point for both fighters.
- ❖ If the referee shows two points (kick to head) and one judge shows one point, the referee must ask the judge what he saw, a kick technique or punch technique. If judge saw a kick technique the referee will award one point to fighter, and if the judge saw a punch technique, the referee will indicate no points scored.
- ❖ In situations where there are the same number of arms raised, both Fighters shall be awarded a score.
- ❖ If two Officials indicate they did not see an action, no points can be awarded. The remaining Official cannot award a point by himself.

Referees and judges will decide only according to their opinions based on what they have seen. Nobody can change a referee or judge's decision. Even if a referee or judge makes a mistake, the chief referee cannot change the decision, but can change referees or judges for future matches.

The chief referee can change a referee or judge's decision only when the referee or judge made a "material mistake". A material mistake is:

- ❖ an incorrect summation of points on scoring cards
- ❖ if the referee gave a point to a fighter who dropped down or stepped out after receiving the point
- ❖

The Technical Director and the Referee should be vigilant to ensure that the Judges are doing their jobs properly. If any one of the Judges indicates he did not see a score on an excessive number of occasions, he should be removed from ringside.

NO SCORE:

- ❖ Arms are crossed in front of Officials at waist level.
- ❖ If one of the Officials indicates a score and the other two signal they did not see, then there can be no score awarded.
- ❖ If one of the Fighters does not get a minimum of two arms, no score can be awarded.
- ❖ If the Referee commands "STOP" and issues a warning to one of the Fighters there can be no point awarded to the offending Fighter. However, the other Fighter may receive a point and may also receive a double point because of the warning to his opponent. EXAMPLE: One of the Fighters executes a technique that merits a score, while the other Fighter violates the Rules for the second time. A score can be awarded for the first Fighter's clean and legal technique and at the same time a penalty point can be awarded for his opponent's Rule violation.

COULD NOT SEE:

- ❖ Arms are crossed in front of the Official's face
- ❖ The Officials could not actually see the technique strike a legal target area.

WARNING:

Warnings should be given in a loud and clear voice so that both the Fighters and Coaches can hear and understand the warning. The Referee should stand facing the offending Fighter and give the warning.

PENALTY:

To award a penalty point the Referee must first request the time to be stopped. He must face the Score Keeper and state that a penalty point is to be awarded by point to the Fighter who is to be penalized and stating in a loud, clear voice why the Fighter is being penalized.

DISQUALIFICATION:

- ❖ If disqualification is called for, the Referee shall confer with the Chief referee to ensure all the proper procedures are being used.

Art. 16 – Grand Champ and Team Competition

GRAND CHAMP:

In tournaments like World Cups, a so-called Grand Champ can be arranged where fighters meet each other under the definition of no weight class. A Grand Champ can be organized as follows:

- ❖ Original Grand Champ: Only winners of the weight classes are to participate. There are free drawings for the fights.
- ❖ Open Grand Champ: All competitors can participate, but have to enroll in advance during the tournament. There are free drawings of the fights with all weight classes included.
- ❖ Matches in a Grand Champ are 1 round of 3 minutes. No time-outs are to be used by the fighters.
- ❖ Rules and equipment are the same as in ordinary semi-contact matches.

The types of Grand Champ competitions organized for a tournament must be stated in the invitation. No Grand Champ matches are organized in European or World Championships.

TEAM COMPETITION:

In tournaments like World Cups, so-called Team Competitions can be organized as follows:

- ❖ There are no weight-class definitions
- ❖ Rounds last 2 minutes. No time-outs are to be used by the fighters

- ❖ There are two options for choosing the winner
 - The team with highest score is the winning team.
 - The team with the most individual wins is the winner.

In the event of a tie of score or wins, a toss of the coin is used to select who sends out a fighter first, with the looser selecting their fighter to enter the ring first, if the winner of the toss selects a female fighter, she must be matched against the other female fighter. If a male is selected any other male fighter from the opposing team may compete against him.

- ❖ A team may consist of the following formats, depending on promoter's preferences.
 - 4 fighters (3 Male and 1 Female)
 - 5 Fighters (Four male – 1 Female)
 - 5 Fighters (Five male)
 - 3 Fighters (Three Female)
- ❖ All fighters are prepared with all equipment in their corner.
- ❖ The female fighter can only meet another female fighter. The female matches are the last in the team competition.
- ❖ Rules and equipment are the same as in ordinary semi-contact.

Team Fights can be organized in European or World Championships after request from the organizer. From 2005 this is the organizing of team competition in World Championships decided by the board June 10th 2005.

Team Competition in the World Championships:

- ❖ Team: 3 men and 1 woman
- ❖ The team must be composed of national fighters only. No mixed teams with fighters from different countries.
- ❖ Each fight :1 round of 2 minutes
- ❖ No timeout can be used during the round
- ❖ To determine final victory, each separate victory will be counted
- ❖ In case of draw, we will look at number of points scored by the four competitors.
- ❖ If the two teams will still be in a draw, one fighter from each team will be selected and winner will determine final victory.
- ❖ The extra match will be on 1 round of 2 minutes.
- ❖ If still in a draw after last 2 minutes, sudden death will be applied.

Note that this is for Semicontact only.

Art. 17 – Hand Shaking/ Touching of Gloves

Before and after a bout, the kickboxers will shake hands/*Touch Gloves* as a sign of a purely sporting and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision. No hand shaking is allowed between the rounds.

Art. 18 – Use of Drugs

Any drug or chemical substance ingested by a kickboxer, which is not included in the kickboxer's normal diet, is forbidden. Any kickboxer or official violating this code may be disqualified or suspended by the WAKO.

Any kickboxer refusing to submit to a medical examination or doping test after a fight, in order to verify that he has not broken this rule, may be disqualified or suspended.

The same will occur in the case of an official encouraging such a refusal. The use of local anesthetics is allowed, if agreed upon by a doctor from the Medical Committee. WAKO refers to and adopt WADA Doping Rules.

Art. 19 – Procedure after KO, RSC, RSC-H, Injury

If a fighter gets injured in a fight the doctor are the only person that can evaluate the circumstances.

If a kickboxer remains unconscious, only the referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.

Procedure if KO, RSC, RSC-H, Injury

- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.
- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will not be allowed to take part in another competition or bout for a period of at least 4 weeks after the KO.
- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, two times in a period of 3 months, will not be allowed to take part in another competition or bout for a period of at least 3 months after the second KO or RSC-H.
- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.
- ❖ To above mentioned quarantine periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can furtheron extend the quarantine period.
- ❖ A quarantine period means that a kickboxer can not take part in no competition in kickboxing no matter what the discipline are. The quarantine periods are "minimum period" and can not be overruled even though a head scan shows no visible injuries.
- ❖ The referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or referee has stopped the bout due to the kickboxer's inability to resume the fight because of head blows. The same has to be reported by the Chief referee on duty in that ring on the fighter's WAKO SPORT PASS. This is also the official result of the fight and it can not 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 sports doctor.
- ❖ When registered a KO or RSC-H a kickboxer must get a CT Scan of the head.

Procedure if 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 kickboxers nation denies doctors medical advice, the doctor 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.

CHAPTER THREE – WAKO LIGHT CONTACT

Art.1 - Definition

- ❖ Competition in Light Contact kickboxing should be executed as its name implies, with well-controlled techniques. In light contact competitors fight continuously until central referee command STOP. They use techniques from full contact, but these techniques must be well controlled when they land on legal targets. Scoring system is almost the same as semi-contact. Equal emphasis must be placed on both punching and kicking techniques. Light contact has been created as an intermediate stage between semi and full contact kickboxing. It is carried out with running time. The central referee doesn't judge the fighters, but only makes sure they respect the rules. Three judges make the complete scoring decisions on normal WAKO scoring sheets.
- ❖ Each fighter must have his own WAKO SPORT PASS with MEDICAL TEST, valid for 1 year, to be shown at weigh-in procedures.
- ❖ In European or World Championships NO FOREIGN COMPETITORS can be included in NATIONAL TEAMS. At weigh-in, official passports must be shown to the officials in charge.

Art. 2 - Competition Area

- ❖ The competition area is the tatami.

- ❖ At World and European Championships the tatami size should be 8x8 meters for seniors and juniors and 6x6 meters for cadets. The Tatami size can be 6x6 in Jun/Sen World or regional Championships only in case of "force major".
- ❖ For World Cups, regional and low-level championships tatami dimensions can be smaller, but no smaller than 6x6 meters.
- ❖ The tatami should be placed directly on the floor, but can be on a raised platform with a padded surface in case of need. In WAKO-PRO title bouts, in case of "force major", a boxing ring can be used,
- ❖ There shall be a Coaches Box marked on the floor adjacent to the fighting area.

Art. 3 - Uniforms and Equipment

- ❖ Safety equipment is: head protection, mouth-guard, breast protection (mandatory for senior and junior women, recommended for cadet girls), gloves for contact sports (10 Oz), groin protection, shin guards and foot protection.
- ❖ Uniforms are a V neck top or T-shirt and long pants for male fighters, long pants and sport top or V neck top or T-shirts for female fighters. For both, belts indicating their grade are allowed. In World/European/regional Championships, T-Shirts of V neck tops, must wear the name of the country.
- ❖ Each Fighter must wear a clean uniform in good repair. The pants must reach ankle length. The waist may be either a drawstring or elastic waistband. The top must be either a Jacket, V-neck top or T shirt. The top must display on the front and on the back the name or initial of the country that the Fighter represents.
- ❖ Sponsor advertising or logos may be worn on the uniform 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.
- ❖ If the promoters and sponsor does not wish the Fighters to wear advertising other than his own, then the promoter and his sponsor must provide sponsorship to the Fighters or Countries equal to the amount they have given up from their individual sponsor.

For all detailed description of uniform and safety equipment, see chapter two.

Art. 3.1 - Rounds

Amateur fights in lightcontact , have 3 x2 minute rounds in all WAKO tournaments. In Wako-Pro matches, fighters can have 5-7 rounds with a minute break between each round

Art. 4 - Weight Divisions and Weigh-in Procedures

Weight Classes:

SENIORS

MEN (From age 19 TO 45)

Under 57 kg
 Under 63 kg
 Under 69 kg
 Under 74 kg
 Under 79 kg
 Under 84 kg
 Under 89 kg
 Under 94 kg
 Over 94 kg

WOMEN (From age 19 TO 45)

Under 50 kg
 Under 55 kg
 Under 60 kg
 Under 65 kg
 Under 70 kg
 Over 70 kg

JUNIORS

-

MALE (From age 16 to 18)

Under 57 kg
Under 63 kg
Under 69 kg
Under 74 kg
Under 79 kg
Under 84 kg
Under 89 kg
Under 94 kg
Over 94 kg

FEMALE (From age 16 to 18)

Under 50 kg
Under 55 kg
Under 60 kg
Under 65 kg
Under 70 kg
Over 70 kg

- ❖ Important:
 1. Seniors: From the day he/she fill 18 until the day he/she fill 45
 2. Juniors: From the day he/she fill 16 until the day he/she fill 19.
 3. That means that the year he/she are 18, they can decide to be either junior or senior. However if the fighter has competed as senior at the age of 18 he/she can not go back to junior again.
 4. Younger Cadets: From the day he/she fill 10 until the day he/she fill 13
 5. Older Cadets: From the day he/she fill 13 until the day he/she fill 16.
- ❖ Junior competitors can participate in senior competitions.
- ❖ Positive proof of age will be required at ALL events.
- ❖ Weigh-ins for all Fighters in European or World Championships must be conducted on the day prior to the competition. In World Cups, Regional or National events may hold their Weigh-ins on the same day as the Competition.
- ❖ Time and place of the Weigh-in must be advertised by the Promoter who must send a written schedule to all National Presidents outlining the details.
- ❖ At least two members of the Technical or Referee Committee must be present at the Weigh-in. A chart must be kept showing the name, weight and country of each Fighter. The Fighter and one member of the Technical or Referee Committee must sign this chart.
- ❖ The Promoter must provide a Doctors Medical Scales for all Official Weigh-ins. These scales shall be made available to all Fighters at least one day prior to the day of the Official Weigh-in.

WEIGH-IN:

During World and International championships, as well as International competitions, the following rules must be respected:

- ❖ The fighters of each weight category will be weighed the day before the competition or in the morning between 8 and 10 on the same day that they have been drawn to fight. Executive/Referee Committee or any other WAKO official delegate will be allowed to modify these conditions in case of an inevitable post opponent. The fights will start at least 3 hours after the weighing time, or in a shorter lapse of time if the Executive Committee so decides, after consulting the Medical Committee, provided that the decision is not prejudicial to any kickboxer taking part in the first bouts of the tournament.
- ❖ The WAKO authorized delegates will perform the weigh-in. WAKO representatives of any National Association may be present, but are not allowed to intervene on any occasion.
- ❖ Each fighter will be officially weighed only once. The weight registered on that occasion is final. It is allowed, nevertheless, for the representative of a country whose fighter has not reached the right weight during the official weigh-in, to put him into another, suitable weight category, provided that the country in question has got a vacancy in that category and the weigh-in has not yet closed. It is also allowed for all countries to substitute one kickboxer with another, before the end of the first weigh-in and the medical check-up, 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.
- ❖ The weight is what the scale shows when the fighter is undressed. The weight must be displayed in metric measures. Electronic scales can be used. A fighter is allowed to fight solely within the category defined by the weigh-in.
- ❖ Each fighter must be in possession of a WAKO SPORT PASS with all medical certificates in stating he is fit to fight- valid for the year to be shown any time when requested.

INTERNATIONL BOUTS:

- ❖ 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. In a team competition, with each victory, the kickboxer will win 2 points for his team, with each defeat he will win 1 point for his team, unless he is disqualified, when no points will be granted. 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 match takes place. WAKO referees (world, international or national matches) will referee each bout: two or three judges may equally officiate if necessary. Each fighter must, before weigh-in, be judged fit for fighting by the doctor appointed by the Executive Committee. In order to assure a successful weigh-in, the Executive Committee can decide to start the medical check-up earlier.

Art. 5 – Legal Target Areas

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

- ❖ head - front and side
- ❖ torso - front and side
- ❖ feet - only for sweeping

Art. 6 – Illegal Target Areas, Prohibited Techniques and Behavior

It is prohibited to:

- ❖ Attack the throat, lower abdomen, kidneys, back, legs, joints, groin and to the back of the head or neck.
- ❖ Attack with the knee, elbow, knife-hand, 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.
- ❖ 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.
- ❖ Leave the tatami without any permission
- ❖ Continue after the command "stop" or "break" or the end of the round has been sounded.
- ❖ Oil the face or the body
- ❖ Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

Art. 7 – Legal Techniques - Scoring

HAND TECHNIQUES:

The following hand techniques may be applied:

- ❖ ridge hand
- ❖ all kind of boxing punches
- ❖ backfist

FOOT, LEG TECHNIQUES:

- ❖ frontkick
- ❖ sidekick
- ❖ roundhouse kick
- ❖ heel kick (sole of the foot only)
- ❖ crescent kick
- ❖ axe kick (sole of the foot only)
- ❖ jumpkicks

THROWING TECHNIQUES:

- ❖ footsweeps (boots to boots –ankle level only)

Hand and foot techniques should be used equally during the entire fighting period. Foot techniques are only recognized when they clearly show the intention to hit the opponent with power.

A legal technique strikes a legal target. The authorized striking area of the hand or foot must make "Clean / Controlled" contact. The judge must actually see the technique strike the target. Marking points based on the sound of the strike is not allowed. The Fighter 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 or brushes or pushes an opponent will not be scored.

If a Fighter jumps in the air to attack, he must land inside the tatami to score, and he must keep his balance (it is no allowed to touch the floor with any part of body except the feet).

POINTS:

- ❖ Punch 1 pt
- ❖ Kick to the body 1 pt
- ❖ Foot sweep 1 pt
- ❖ Foot sweep/Follow up 1 pt
- ❖ Kick to head 2 pts
- ❖ Jumping kick to body 2 pts
- ❖ Jumping kick to head 3 pts

PENALTY – EXITS:

Warning will be carried over throughout the Match to all rounds

- ❖ 1st violation or exit – Verbal Warning or 1st exit
- ❖ 2nd violation or exit - Official Warning or 2nd exit
- ❖ 3rd violation or exit - Award penalty point -1
- ❖ 4th violation or exit - Disqualification

SPECIAL NOTE!

Warnings for leaving the area will be kept as a separate issue from Warnings for other offenses.

Art. 8 – Number of Kicks per Round

In Light Contact there is no limit about number of kicks because fighters score different points according to the technique they use, like in semi contact. Of course fighters are requested to use both punches and kicks and equal emphasis should be put on both. Warning (and consequently, official warnings) should be given though to the fighter who does not use kicks.

Art. 9 - Rounds

In World or regional Championships, fights have 3 rounds of 2 minutes with a one-minute break between each round in both elimination and final matches. In tournaments such as World Cups, 2 rounds of 2 minutes can be used both for elimination and final matches.

In WAKO-PRO activity, rounds can be 5 or 7 according to the different titles they are playing for.

Art. 10 - Match

A coach and a second, who must obey the following rules, may assist each fighter:

- ❖ Only the coach and the second may get into the tatami during breaks.
- ❖ No advice, help or encouragement can be given to the fighter during the round
- ❖ A second can give up the fight on behalf of his fighter, and can also, if the fighter is in a difficulty, toss the sponge or the towel into the tatami.
- ❖ During the match, neither the coach nor the second must be on the tatami. They must, before each round, remove towels or buckets, etc.
- ❖ Any coach, second or official, encouraging or prompting the spectators to give signs of advice, as well as encouragement to a boxer during a round, can be suspended from his function for the competition in progress.
- ❖ A coach or a second who violates the rules, may receive a warning or be disqualified by the referee for bad behavior.

Art. 11 – Officials

REFEREES AND JUDGES IN GENERAL:

- ❖ During World or other international championships, each bout must be supervised by a WAKO acknowledged referee, who will officiate in the fighting area, but will not fill out score sheets.
- ❖ Three WAKO judges, who will be seated at tatami-side away from the spectators, must grade each bout. Each of the three judges must be seated in the middle of three respective corners of the fighting area.
- ❖ To ensure neutrality, the referees and the three judges for each bout will be chosen by the Chief Referee, according to the following rules:
 - Each official will come from a country and Federation/Association different from that of the others and from that of the fighters.
 - In no way may two of the Officials of the same bout, if not due to an uncontrollable event, come from the same country.
 - An official may not be born or live in a country which is a dominion, colony or in any way dependant of the country of either kickboxer taking part in the bout.
 - In the case of an official having changed nationality, he will not officiate in a bout where one of the fighters or other officiating judges come from his native country.
- ❖ In the event the Chief Referee is not able to apply the above-mentioned directions due to special circumstances, it will find a solution that will ensure the neutrality and impartiality of appointed officials, followed by a prompt report to the Referee Committee.
- ❖ In the event the Chief Referee is not able, for any reason, to apply the preceding directives, the name or names of the Official or Officials will be chosen by drawing lots, by the Chairman of the Referee Committee, or any other person on his behalf, for the bout in question.
- ❖ For international matches between the Teams of two or more National Federation/Associations, a bout 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 the basic refereeing principles set forth in WAKO regulations.
- ❖ Persons in charge of the refereeing or judging of a bout or a series of bouts, will not at any moment of the bout or bouts be allowed to act as a manager, trainer, coach or second of a kickboxer or team of kickboxers taking part in a bout, nor act as an official in a match in which a fighter from his country participates.
- ❖ The Referee Committee or its official representatives, to comply with the request of the jury, temporarily or permanently, can suspend the functions of any referee who, to their opinion, does not respect WAKO regulations or any judge whose marks are not considered satisfactory.
- ❖ Should the referee prove to be inadequate during the course of a bout, the Chief Referee will hold him back and stop the match. The next referee on the WAKO international list of neutral referees, will receive the necessary instructions to direct and officiate the rest of the bout.

Art. 12 - Referees

A referee will officiate in the tatami (fighting area). He will wear a WAKO uniform (navy blue jacket with WAKO insignia on it, black gym shoes, gray pants, a WAKO shirt and WAKO bow-tie during the whole tournament.

In case of "force major", referees can officiate with open collar for qualification matches only.

- ❖ He must:
 - Check the safety equipment and clothes of the fighters (if Chief referee has not appointed a judge for that);
 - Make sure that the rules of fair play are strictly observed.
 - Supervise the whole bout.
 - At the end of a bout, gather and check the score sheets of the three judges. After verification, he must hand them over to the Chief Referee or, if he is absent, to the announcer. The referee must not announce the winner by raising a kickboxer's arm or in any other way before the official in charge announces the decision.
- ❖ He must use the following command words:
 - SHAKE HANDS – before starting the fight
 - FIGHT – to start the bout
 - STOP when he orders kickboxers to stop fighting
 - BREAK to break up a body-to-body position, after which each boxer must draw back before continuing the fight
 - FIGHT when he orders the fight to continue.
 - STOP TIME – (forming a T with his hands) when he wants to stop the match for any important reason

- ❖ When the winner is announced, the referee must raise the winning kickboxer's arm.
 - He must indicate to the kickboxers, by appropriate signs or gestures, any violation of the Regulations.

REFEREES POWERS:

The Referee has the power to:

- ❖ Stop a fight at any moment if he finds it to be 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 fighter unable to continue.
- ❖ Stop a fight at any moment if he finds the fighters behaving in an "unsportsman-like" manner. In such a case, he must disqualify one kickboxer.
- ❖ Warn a kickboxer or stop the bout and give a minus point or warning to a kickboxer for an offense.
- ❖ Disqualify a coach or a second who has broken the regulations or the kickboxer himself if his coach or the second fails to obey to his orders.
- ❖ Disqualify, with or without a warning, a fighter who has committed an offense.
- ❖ Interpret the rules as long as they are applicable or compatible with the fight that is taking place, or, at a special moment, decide on a move which does not appear in the rules.
- ❖ If a kickboxer breaks the rules but does not necessarily deserve a disqualification, the referee must stop the fight and give a warning to the kickboxer of a foul. Before the warning, the referee must order the kickboxer to stop fighting. The warning must be given clearly, so that the kickboxer understands the reason and cause of the penalty. The referee must hand signal to each judge that a particular warning has been given and clearly show which kickboxer has been punished. After having given the warning, the referee orders the kickboxers to fight again. If a fighter has been given 3 official warnings within the same bout, he is disqualified.
- ❖ A referee may give a caution to a kickboxer. A caution means a warning given by a referee to a kickboxer for breaking a rule. In order to do this he doesn't need to stop the fight, and may reprimand the kickboxer during the fight.

MEDICAL CHECK-UP OF REFEREES:

Before officiating in an international tournament regulated according to the above-mentioned rules, a referee must submit to a medical check-up in order to prove his physical fitness to fulfill his role on the tatami. His sight must be at least 6 dioptrics per eye. A referee is not allowed to wear glasses, but he may wear contact lenses. The referee is obliged to attend the meeting organized by the Medical Committee, before each Championship.

Art. 13 - Judges

- ❖ Each judge must independently consider the merits of the two fighters and chose the winner according to the regulations.
- ❖ During the match, he will not talk to either fighter, other judges, or anybody else, with the exception of the referee. He may, if necessary at the end of a round, notify the referee about any incident that he has missed, for example telling him about the misbehavior of a second, etc.
- ❖ A judge will mark the number of points (10-10, 10-9) granted to each fighter on his score sheet and in professional bouts only his decision will be announced to the public at the end of the match.
- ❖ During a round the judge will use the back of the scorecard to record the number of hits he sees, either by a number or by numbers of lines. The red corner fighter is on the left side and the blue corner fighter always on the right on both sides of the score sheet. The points/recorded hits must be listed separately for each round.
- ❖ He will not leave his place until the decision has been announced.
- ❖ While on duty, a judge must use clickers.

Art. 14 - Timekeeper

- ❖ The task of a timekeeper is to keep track of the number and the duration of the rounds as well as of the duration of between round periods.
- ❖ He will be seated at fighting area side.
- ❖ Ten seconds before the beginning of each round, he will clear the area , giving the order "Seconds out"
- ❖ He will ring the gong at the beginning and at the end of each round.

- ❖ He will announce the number of the round before it starts.
- ❖ He will stop the time temporarily when asked to do so by the referee.
- ❖ He will keep track of extra time with a watch or a stopwatch
- ❖ Intervals between the rounds will last one minute.

Special Note!

The Referees and the judges should be dressed in the same way : clean gray pants, white WAKO shirt, WAKO bow-tie, blue jacket with WAKO insignia on it, and black gym shoes.

All referees, judges and officials working a tournament, whether on or off duty, are not allowed to take action on behalf of a team/nation as coach or in any other way show favoritism (screaming, cheering like an coach/fan).

Art. 15 – Scoring System

Every round is separately evaluated by each of the three judges according to:

- ❖ the number of points scored according to the agreed criteria for points

A total of ten (10) points may be awarded to each fighter:

- ❖ if they are absolutely equal in points scored 10:10
- ❖ if one is even slightly better by 1 point 10:9

Criteria for minus points, given only by the referee, after previous warnings:

- ❖ unclean fighting style
- ❖ constant clinching
- ❖ constant and continuous ducking, turning of the back
- ❖ too few foot techniques
- ❖ excessive contact
- ❖ heavy knock down
- ❖ any other violation of the rules

Note!

All techniques during in fighting (at very short distance, during clinching) SHOULD NOT BE TAKEN INTO CONSIDERATION BY JUDGES.

Special notes!

Every close match is to be judged by the overall impression the fighter makes and not only by considering the points scored. If the match appears to be close the referee should not stand in the way of or break up the fighters too early.

If there is a tie in points, then that fighter who has shown better technique and tactics or who has shown better defense is declared the winner. The reasons for giving the advantage to one of the fighters must be marked by the judge on his scoring sheet under "Remarks", writing the name of the winner in the proper space.

Art. 16 - Decisions

The following decisions could bring the fight to an end:

- ❖ Winner by points:

The winner of the fight is that fighter to whom the majority of the judges have awarded more points.

- ❖ Winner by disqualification of the opponent:

After three warnings, that is after three minus points, the fight must be stopped. The opponent is the winner by disqualification.

In difficult cases, the referee may also call out a disqualification without having given a warning beforehand, but only after having consulted his colleagues.

For example:

- 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 fighter such as insulting the referee, the opponent or showing overly aggressive behavior.

❖ Winner by not showing up (Walk Over):

That fighter is considered the winner, if his opponent does not show up for a fight due to an injury or for any other reason.

❖ Winner by stopping the fight (Referee Stops Contest, TKO):

A fight may be stopped if the fighter is unable to fight or defend himself and also if the other fighter shows total athletic superiority. The referee decides who is the winner. If the fight is stopped because a fighter is injured, then the officials must make a decision according to Art.20 of present chapter of Rules.

Art. 17 – 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 declare he made a mistake and switched the scores of the fighters;
- ❖ There are evident violations of WAKO rules.

The chief referee of the ring, with the help of the WAKO Appeal Board, will immediately handle all protests. After the discussions, the Chairman of the WAKO Appeal Board will announce the official result.

Art. 18 – Awarding of Points

In awarding points, the following rules must be respected:

❖ Directive 1 - concerning blows

During each round, a judge will mark respective score for each kickboxer, according to the number of technically controlled blows that each one has received. To count a fist or a kick blow must not be blocked, even partially deviated or stopped. The value of recorded blows in a fight will be counted at the end of each round and granted to the better kickboxer, according to his degree of superiority. Blows 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.

❖ Directive 2 - concerning offenses

During each round a judge cannot penalize each offence he sees, regardless of whether the referee has noticed it or not. He has to call the referee's attention to that offense. If the referee gives an official warning to one of the fighters, the judges must note it, writing W on the FOULS column on the scoring sheet, but that does not mean a direct minus point to the other fighter. When a judge decides to give a minus point to a fighter, the judge will put a "-1" in the appropriate column next to the points of the fighters who has received the warning, certifying thus, that he has to take it away from his final score .

❖ Directive 3 - awarding points

Points will be given per round. No fractions of points will be given. At the end of each round, the more skillful kickboxer (the one who has scored more points) will receive 10 points and his opponent proportionally less (10-9) . 10-8 points can be only in case of minus point deduction. . When the kickboxers have scored same points, each one will receive 10 points. If, at the end of a bout, after having judged each round according to directives 1 and 2, both kickboxers have an equal number of points, the judge will give advantage:

- To the kickboxer who has shown better style, better techniques, better defense, better strategy, better endurance and stamina, the fighter who produced more action in the final round.

Art. 19 - Offenses

A fighter who does not obey the referee's orders, who violates regulations, who demonstrates unsportsman-like behavior or who commits offenses can receive a caution, warning or be disqualified by a referee without an official warning. Only 3 official warnings can be given to a fighter in the course of an entire bout. The third warning will automatically mean DISQUALIFICATION (the procedure starts from warning, 1st official warning, 2nd official warning and 1 minus point, third official warning and consequent disqualification of the fighter).

Warnings given to a fighter's corner count against the kickboxer.

A referee may, without stopping the fight, give a caution to a kickboxer at any moment. If he wants to give a warning to a kickboxer, he will stop the fight and announce the offense. He will show it to the three judges, pointing with his finger to the kickboxer at fault.

The following actions are considered fouls:

- ❖ Punching 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 and kidneys.
- ❖ Lying down, wrestling or not fighting at all
- ❖ 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 defense 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 referee at any time
- ❖ When a warning for a particular foul has been administered for example a clinch.

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

Art. 20 – Injuries

The match should be interrupted if an injury occurs, if the equipment is not in order or in the event of a long referee's discussion on a rules violation. The fight may only be interrupted by the referee (the side judges or doctor may notify the referee that the time must be stopped). In the event of injury, time may only be interrupted until the doctor decides how on the seriousness of the injury, that is,

whether or not the fight can continue or whether it must be stopped. Treatment of the injury can only be done in between rounds or after the match. An interruption made by a doctor should not exceed 2 minutes. If the injury needs to be treated, the match must be stopped. In any case, cuts cannot be taped. If the match is stopped due to injury, the officials must decide:

- ❖ who caused the injury
- ❖ whether or not it was intentional
- ❖ whether or not it was self-inflicted.

If the injury was not intentional and the injured fighter cannot continue fighting immediately, the uninjured fighter is declared the winner by RSC.

If the injury is due to a violation of the rules, the responsible fighter is disqualified. If the injury is due to his own fault, the other fighter is declared the winner by RSC. In case of any injury, the doctor and nobody else has the last word on whether a fighter can or cannot continue to fight. The doctor will communicate his decision to the central referee who will act accordingly. A fighter can at any time give up fighting, raising his arm to indicate surrender. In this case the referee will call the other fighter to his side and proclaim him to be the winner by abandonment.

Art. 21 – Procedure after KO, RSC, RSC-H, Injury

If a fighter gets injured in a fight the doctor are the only person that can evaluate the circumstances.

If a kickboxer remains unconscious, only the referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.

Procedure if KO, RSC, RSC-H, Injury

- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.
- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will not be allowed to take part in another competition or bout for a period of at least 4 weeks after the KO.
- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, two times in a period of 3 months, will not be allowed to take part in another competition or bout for a period of at least 3 months after the second KO or RSC-H.
- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.
- ❖ To above mentioned 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 extend the quarantine period.
- ❖ A quarantine period means that a kickboxer can not take part in no competition in kickboxing no matter what the discipline are. The quarantine periods are "minimum period" and can not be overruled even though a head scan shows no visible injuries.
- ❖ The referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or referee has stopped the bout due to the kickboxer's inability to resume the fight because of head blows. The same has to be reported by the Chief referee on duty in that ring on the fighter's WAKO SPORT PASS. This is also the official result of the fight and it can not 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 sports doctor.
- ❖ When registered a KO or RSC-H a kickboxer must get a CT Scan of the head.

Procedure if injuries in general

- ❖ In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine periode and recommend treatment at hospital.
- ❖ A doctor can require immediatly treatment at hospital
- ❖ If a kickboxer or delegates from kickboxers nation denies doctors medical advice, the doctor report in written form immediatly 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.

Art. 22 – Hand Shaking

Before and after a bout, the kickboxers will shake hands as a sign of pure sportsmanship and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision. No hand shaking is allowed between rounds.

Art. 23 – Use of Drugs

Any drug or chemical substance ingested by a kickboxer, that is not included in the kickboxer's normal diet, is forbidden. Any kickboxer or official violating this code may be disqualified or suspended by WAKO.

Any kickboxer refusing to submit to a medical examination or doping test after a fight, in order to verify that he has not broken this rule, may be disqualified or suspended. The same will occur for an official encouraging such a refusal.

The use of local anesthetics is allowed, if agreed by a doctor from the Medical Committee.

WAKO refers to and adopt WADA Doping Rules

CHAPTER FOUR – WAKO FULL CONTACT

Art. 1 - Definition

- ❖ Full contact is a discipline of kickboxing where the intention of a fighter is to beat his opponent with full power and strength. Punches and kicks must be delivered to legal targets with focus, speed and determination, creating solid contact. Punches and kicks are allowed to the front and side of the head, the front and side of the body (above waist) and sweeping is also allowed. The fight is held in a ring. The referee is responsible for fighter safety and keeping to the rules, judges count legal techniques and note the points on scoring card.
- ❖ Each fighter must have his own WAKO SPORT PASS with MEDICAL TEST in it, valid for 1 year, to be shown at weigh-in procedures.
- ❖ In European or World Championships NO FOREIGN COMPETITORS can be included in NATIONAL TEAMS. At weigh-in, official national passports must be shown to officials in charge.

Art. 2 – Competition Area (Ring Equipment)

The following ring equipment must be available:

- ❖ A Boxing ring of international standard size including ordinary canvas (no tatamis on the ring floor),
 - 4 ropes (3 ropes in case of "force major")
 - pads in all corners (1 red, 1 blue, 2 white)
 - straps between the ropes
 - at least 2 stairs
 - 2 chairs
 - 2 foldaway stools for fighters between the rounds
 - 2 cups and bottles of water
 - 2 water buckets
 - At the neutral corners of the ring there must be a bag or a bucket tied up in the corner for all garbage.
- ❖ Ringside
 - A table and chairs for the officials
 - A sound gong or a bell
 - Stopwatches
 - Refereeing sheets according to the WAKO model
 - A first aid kit including plastic gloves for the referee to be used at all matches and also tissue papers
 - A microphone linked to a sound system.

Coaches dressed in sweaters in ring corners will have a towel and a sponge each, to attend to the fighters.

Art. 3 - Uniforms and Equipment

- ❖ Safety equipment is: head protection, mouth-guard, breast protection (mandatory for female fighters), gloves for contact sports (10 Oz), groin protection, shin guards and foot protection.
- ❖ Uniforms are the same for seniors and juniors, naked torso for men and long pants, sport top and long pants for women.
- ❖ See full explanations in chapter one.

Art. 3.1 – Rounds

Amateur fights in full contact, have 3 x2 minute rounds in all WAKO tournaments. In Wako-Pro matches, fighters can have 5-7-10-12 rounds with a minute break between each round

Art. 4 – Weight Categories and Weigh-in Procedures

MALE WEIGHT CATEGORIES

Light bantam	-51 kg
Bantam weight	-54 kg
Feather weight	-57 kg
Light weight	-60 kg
Light welter-weight	-63.5 kg
Welter weight	-67 kg
Light middle-weight	-71 kg
Middle weight	-75 kg
Light heavy weight	-81 kg
Cruiser weight	-86 kg
Heavy weight	-91 kg
Super heavy weight	+91 kg

FEMALE WEIGHT CATEGORIES

Bantam weight	- 48 kg
Feather weight	- 52 kg
Light weight	- 56 kg
Middle weight	- 60 kg
Light heavy weight	- 65 kg
Heavy weight	- 70 kg
Super heavy	+ 70 kg

JUNIORS WEIGHT CLASSES ARE THE SAME AS FOR SENIORS

AGE DIVISIONS:

- ❖ In full contact competition the age categories are:
- ❖ Juniors - 16, 17 and 18 years old. That means from the day he/she fill 16 until the day he/she fill 19
- ❖ Seniors - 18 to 45 years old. From the day he/she fill 18 until the day he/she fill 45
- ❖ The year he/she are 18, they can decide to be either junior or senior. However if the fighter has competed as senior at the age of 18 he/she can not go back to junior again.
- ❖ Age categories are the same for male and female competitors
- ❖ Younger competitors cannot participate in an older category.
- ❖ Age divisions will be determined in the following manner: a competitor will be placed in an age division according to his year of birth, not his actual birthday, and he will be required to compete all year in this age category.

WEIGH-IN:

- ❖ In World and International championships, as well as International competitions, the following rules must be respected:
- ❖ Fighters of each weight category will be weighed the day before the competition or in the morning between 8 and 10 on the same day they have been drawn to fight. International Tournaments Committee or any other WAKO official delegate will be allowed to modify these conditions in case of an inevitable postponement. The fights will start at least 3 hours after the weighing time, or in a shorter lapse of time if the Tournament Committee so decides, after consulting the Medical Committee, provided that the decision is not prejudicial to any kickboxer taking part in the first bouts of the tournament.
- ❖ The Tournament Committee authorizes delegates to perform at weigh-in. WAKO representatives of any National Association may be present, but are not allowed to intervene on any occasion.
- ❖ Each fighter will be officially weighed only once. The weight registered on that occasion is final. It is allowed, nevertheless, for the fighter who has not reached the right weight during the official weigh-in, to come back after 1 hour maximum. In the case he cannot make the weight again, he is disqualified.
- ❖ Before being weighed, each fighter must be declared fit for fighting by a qualified doctor.

- ❖ The weight is what the scale shows when the fighter is undressed. The weight must be displayed in metric measures. Electronic scales can be used. A fighter is allowed to fight solely within the category defined at weigh-in.
- ❖ Each fighter must be in possession of a card with a written decision of a medical doctor as well as the decision of the official in charge of weigh-in.
- ❖ In tournaments, ring sports have daily weigh-ins or at least 3 weigh-ins during the tournament. The weigh-ins are done in the morning between 8 and 10 a.m. All fighters must bring their own national passport as identification.

INTERNATIONAL BOUTS:

- ❖ In case of tournaments or competitions between two or more nations, the weigh-in will be carried out by a member appointed by the National Association of the organizing country, with a representative of the participating country or countries present and allowed to verify the weight of each kickboxer. With each victory, the kickboxer will win 2 points for his team: with each defeat, he will win 1 point for his team, except in case of being disqualified, when no points will be granted. The Association of the country which hosts a "visiting" team will provide it with weigh-in scales for the purpose of weight check and a training area when the last visitor has arrived in the town where the match takes place. WAKO referees (world, international or national matches) will referee each bout: two or three judges may equally officiate if necessary. Each fighter must, before weigh-in, be judged fit for fighting by the doctor appointed by the Tournament Committee. In order to assure successful weigh-in, the Tournament Committee can decide to start the medical check-up earlier.

Art.5 – Legal Target Areas

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

- ❖ Head, front and side
- ❖ Torso, front and side
- ❖ Feet, only for sweeping (ankle level only)

Art. 6 – Illegal Target Areas, Prohibited Techniques and Behavior

It is prohibited to:

- ❖ Attack the throat, lower abdomen, kidneys, back, legs, joints, groin and to the back of the head or neck.
- ❖ Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder.
- ❖ Turn one's back on the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
- ❖ 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.
- ❖ Leave the ring
- ❖ Continue after the command "stop" or "break" or end of the round has been given.
- ❖ Oil the face or the body
- ❖ Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

Art. 7 – Legal Techniques - Scoring

HAND TECHNIQUES:

The following hand technique may be applied:

- ❖ all boxing punches
- ❖ backfist

FOOT TECHNIQUES:

- ❖ frontkick
- ❖ sidekick
- ❖ roundhouse kick
- ❖ heel kick
- ❖ crescent kick
- ❖ axe kick
- ❖ jumpkicks

THROWING TECHNIQUES:

- ❖ footsweeps (ankle level only, from outside to inside and viceversa) to unbalance the opponent and following up with hand/kicking techniques or to bring the unbalanced opponent to the canvas or to touch it with any part of body apart from feet.
- ❖ Hand and foot techniques should be used equally during the entire fighting period. Foot techniques are only recognized when they clearly show the intention to hit the opponent with power.
- ❖ 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.

POINTS:

For all legal techniques (punches, kicks and throwing), clearly landed on legal targets with speed, focus, balance, power, judge will note 1 point on the back side of the scoring card or on his clicker . At the end of each round, he will count the number of points and will give to the better fighter, who has more points, a mark of 10, and to his opponent who has fewer points he will mark 9. If the difference of points between the fighters is more than 8 (a real domination) , the judge will give the fighter with fewer points a mark of 8.

For any knock downs, no extra point should be given to any fighter.

At the end of the match, the judge will sum all the marks per round and name the winning fighter who has the larger sum of marks.

If the sum of marks is the same, the judge will have to give his preference to the fighter that in his opinion showed, in the whole match, i.e. considering the three rounds:

- ❖ better fighting techniques
- ❖ better offense
- ❖ better defense
- ❖ more kicks
- ❖ more powerful
- ❖ better endurance and stamina.

If the result is the same in all three rounds, which is possible but very rare, the judge will give the preference to the fighter who was more active, had more kicks, better style or technique, better conditioning.

PENALTY:

Warnings will be carried through the Match to all rounds

- ❖ 1st violation – Verbal Warning
- ❖ 2nd violation - Official Warning
- ❖ 3rd violation - Award penalty point -1
- ❖ 4th violation - Disqualification

Art. 8 – Number of Kicks per Round

Each fighter is obliged to deliver a minimum of 6 kicks per round. He must clearly show the intention to hit the opponent by kick. Totally, in the whole match, the fighter is obliged to deliver a minimum of 18 kicks. After the first round, the kick counter has to report to the central referee who must inform the fighter if any missing kicks. He will have the chance to recuperate the missing kicks in the following round. If the fighter does not recuperate the missing kicks from first round he will get 1 minus point. If the fighter deliver 6 kick in the first round but not deliver 6 kicks in the second round, the central referee only inform the fighter so he can recuperate the missing kicks in the third round. If the fighter does not deliver the missing kicks in the third round, the central referee will give him 1 minus point.

If the fighter delivered the minimum 6 kicks in the first round and 6 in the second round, but he doesn't deliver 6 kicks in third round, no matter how many over 6 kicks he delivered in the first and second rounds, the central referee will give him 1 minus point.

For violation of this rule the central referee can give a fighter a maximum of 2 minus points.

Minus points for kicks will be kept as a separate issue from warnings for other offenses, but if a fighter gets a third minus point, he will automatically be disqualified.

Art. 9 - Rounds

Amateur fights have 3 x2 minute rounds in all WAKO tournaments. In Wako-Pro matches, fighters can have 5-7-10-12 rounds with a minute break between each round

Article 10 - Match

A coach and a second who must obey the following rules may assist each fighter:

- ❖ Only the coach and the second may get into the ring and only one of them at a time may be inside the ropes.
- ❖ No advice, help or encouragement can be given to the fighter during the round
- ❖ A second can give up the fight on behalf of his fighter, and can also, if the fighter is in great difficulty, toss the sponge or the towel into the ring, except while the referee is counting.
- ❖ During the match, neither the coach nor the second can be on the ring platform. They must, before each round, remove stools, towels, buckets, etc.
- ❖ Any coach, second or official, encouraging or prompting the spectators to give signs of advice or encouragement to a boxer during a round, can be suspended from his function in the competition in course.
- ❖ A coach or a second who violates the rules may receive a warning or be disqualified by the referee for bad behavior.

Article 11 – Officials

- ❖ CHAIRMAN OF THE TECHNICAL COMMITTEE:

The Chairman of the Technical Committee shall act as member of the Appeals Board together with the Referee Committee and the Executive Committee members.

REFEREES AND JUDGES IN GENERAL:

- ❖ During World or other international championships, each bout in a ring must be supervised by a WAKO international acknowledged chief referee, especially appointed by International Referee Committee, who can officiate in the center, but will not fill out score sheets.
- ❖ Each bout is graded by three International judges. The three WAKO judges will be seated away from the spectators and close to the ring. Each of the three judges must be seated in the middle of three respective sides of the ring.
- ❖ To ensure neutrality, the referees and the three judges for each bout will be chosen by the Chief Referee on duty in that ring, according to the following rules:
 - Each official will come from a country and Federation different from that of the others and from that of the fighters.
 - In no way may two of the Officials of the same bout come from the same country, unless it is due to an uncontrollable event.
 - An official may not be born or live in a country which is a dominion, colony or in any way dependant of the country of either kickboxer taking part in the bout.
 - In the case of an official having changed nationality, he will not officiate in a bout where one of the fighters or other officiating judges come from his native country.

- ❖ In the case of the Chief Referee not being able to apply the above-mentioned directives due to special circumstances, it will find a solution which will ensure neutrality and impartiality of appointed officials, followed by a prompt report to the International Referee Committee.
- ❖ In the case of the Chief Referee not being able, for any reason, to apply the preceding directives, the name or names of the Official or Officials will be chosen by drawing lots, by the Chairman of the International Referee Committee, or any other person on his behalf, for the bout in question.
- ❖ In the case of international matches between the Teams of two or more National Associations, a bout could be supervised according to an agreement between the official representatives of the Federations in question, provided that the agreement does not go beyond basic refereeing principles set forth in the in the WAKO regulations.
- ❖ Persons in charge of refereeing or judging of a bout, or a series of bouts, will not at any moment of the bout or bouts be allowed to act as a manager, trainer, coach or second of a kickboxer or team of kickboxers taking part in a bout; or to act as an official in a match in which a fighter from his country participates.
- ❖ The International referee Committee or its official representatives, to comply with the request of the jury, temporarily or permanently can suspend from his functions any referee who, in their opinion, does not respect WAKO regulations; or any judge whose marks are not considered satisfactory.
- ❖ Should the referee be inadequate in the course of a bout, the Chief Referee will hold him back and stop the match. The referee next on the WAKO international list of neutral referees, will receive the necessary instructions to direct and officiate the rest of the bout.

Art 12 - Referees

A referee will officiate in the ring. He will wear a WAKO uniform (navy blue jacket with WAKO insignia on it, black gym shoes, gray pants, white WAKO shirt, WAKO bow-tie for qualification/finals or title matches).

- ❖ He must:
 - Check the safety equipment and clothes of the fighters (unless differently decided by Tournament Committee);
 - Make sure that a weakened kickboxer does not suffer unjust and unnecessary blows.
 - Make sure that the rules of fair play are strictly observed.
 - Supervise the whole of the bout.
 - At the end of a bout, gather and check the score sheets of the three judges. After verification, he must hand them to the Chief Referee, or, if he is absent, to the announcer. The referee must not announce the winner by raising the kickboxer's arms or in any other way announce decisions. If a referee (after having so decided by majority decision with the three judges) disqualifies a kickboxer or stops the fight, he must first indicate to the Chief Referee the kickboxer who has been disqualified and give the reasons for stopping the fight, so that the Chief Referee can inform the announcer, who will then, make a public announcement.
- ❖ He must use three command words:
 - STOP when he orders kickboxers to stop fighting
 - BREAK to break a body to body position, after which each boxer must draw back before continuing the fight
 - FIGHT when he orders the fight to continue

In order not to disturb a close fight, the referee should not stand in the way or break in too early.

- ❖ When the winner is announced, the referee must raise the kickboxer's arm.
 - He must indicate to the kickboxers, by appropriate signs or gestures, any violation of the Regulations.

REFERE'S POWERS:

The referee has the power to:

- ❖ Stop a fight at any moment if he finds it 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 fighter unable to continue.
- ❖ Stop a fight at any moment if he finds the fighters behaving "unsportsman-like". In such a case, he may disqualify one kickboxer.

- ❖ Warn a kickboxer or stop the bout and give a minus point or warning to a kickboxer for an offense.
- ❖ Disqualify a coach or a second who has broken the regulations or a kickboxer himself if the coach or the second fails to obey to his orders.
- ❖ Disqualify, with or without a warning, a fighter who has committed an offense.
- ❖ In the case of a KO, suspend the count if a kickboxer deliberately refuses to withdraw to a neutral corner, or is reluctant to do so.
- ❖ Interpret the rules as long as they are applicable or compatible with the fight taking place, or, at a special moment, decide on a move which does not appear in the rules.
- ❖ If a kickboxer breaks the rules but does not necessarily deserve a disqualification, the referee must stop the fight and give a warning to the kickboxer of a foul. Before the warning, the referee must order the kickboxer to stop fighting. The warning must be given clearly, so that the kickboxer understands the reason and cause of the penalty. The referee must hand signal to each judge that a particular warning has been given and clearly show which kickboxer has been punished. After having given the warning, the referee orders the kickboxers to fight. If a fighter has been given 3 official warnings within the same bout, he is disqualified.
- ❖ A referee may give a caution to a kickboxer. A caution means a warning given by a referee to a kickboxer for breaking a rule. In order to do this he doesn't need to stop the fight, and may reprimand the kickboxer during the fight.

ABOUT HEALTH AND SECURITY:

- ❖ The referee in ring-sports must use plastic gloves and he must change them after every fight in which blood has occurred.
- ❖ At ringside there must be soft paper tissue to be used by the central referee on the fighters
- ❖ Soft paper tissue used on one fighter cannot be used on another fighter.

KICK-COUNTER:

A kick-counter is a judge who sits in neutral ring corners. It is mandatory to use kick-counter in all WAKO World and Regional Championships. It is also recommended to use this in all other WAKO sanctioned tournaments like World Cups or Open Tournaments. The kick-counter reports to the referee after every round if any missing kicks. The only responsibility of the kick-counter is to assure that the fighters have delivered enough kicks (6) in each round. In all WAKO World and Regional Championships it is mandatory that the kick-counter use board with visible red and blue numbers. In other tournaments there can be used klickers even though it is recommended to use boards.

MEDICAL CHECK-UP REFEREES

Before officiating in an international tournament regulated according to the above-mentioned rules, a referee must submit to a medical check-up in order to prove his physical fitness to fulfill his role in the ring. A referee is not allowed to wear glasses, but he may wear contact lenses. The referee is obliged to attend the meeting organized by the Medical Committee, before each Championship.

Art. 13 - Judges

- ❖ Each judge must independently consider the merits of the two fighters, and must chose the winner, according to the regulations.
- ❖ During the match, he will not talk to either fighter, other judges, or anybody else, with the exception of the referee. He may, if necessary, at the end of a round, notify the referee about any incident that he has missed, for example tell him about the misbehavior of a second, loose ropes, etc.
- ❖ A judge will mark the number of points (10-10, 10-9, 10-8 etc) granted to each fighter on his score sheet and in professional bouts and only his decision will be announced to the public at the end of the match.
- ❖ During the round the judge will use the back of the scorecard to register the numbers of hits he sees, either by a number or by numbers of lines. Always the red corner is on the left side and the blue corner on the right side of both sides of the scorecard. The points/recorded hits must be tallied separately by rounds.
- ❖ He will not leave his place until the decision has been announced.
- ❖ It is mandatory for all judges to use klickers in fights. It is important to clarify in front of a tournament between WAKO, promotor or judges themselves to bring this equipment.

Art. 14 - Timekeeper

- ❖ The task of a timekeeper is to keep track of the number and the duration of the rounds as well as of the break time.
- ❖ He will be seated at ringside.
- ❖ Ten seconds before the beginning of each round, he will clear the ring, giving order "Seconds out"
- ❖ He will ring the gong at the beginning and at the end of each round.
- ❖ He will announce the number of the round, before it starts.
- ❖ He will stop the bout temporarily, when asked to do so by the referee.
- ❖ He will keep track of extra time with a watch or a stopwatch
- ❖ If, at the end of a round, a boxer is on the floor, and the referee is counting him out, the gong must ring at the end of two minutes, even if central referee must finish his count. Intervals between the rounds will last one minute.

Special Note!

The Referee and the judges should be dressed in the following manner: clean gray pants, white WAKO shirt, WAKO bow-tie, blue jacket with WAKO insignia on it, and black gym shoes.

All referees, judges and officials working a tournament, whether on or off duty, are not allowed to take action on behalf of a team/nation as coach or in any other way show favoritism (screaming, cheering like a coach/fan).

Art. 15 – Point Evaluation

Each judge separately evaluates every round. The evaluation of a round should be made according to:

- ❖ the number of targets really hit by punches and kicks
- ❖ the effectiveness of the attack
- ❖ the delivery of clean techniques

In case of a draw at the end of three rounds, each judge must give his preference to one of the two fighters considering:

- ❖ the effectiveness of the defense
- ❖ the effectiveness of the attacks
- ❖ the balance of hand and foot technique
- ❖ the correct number of kicks delivered
- ❖ the overall impression of the athletic performance
- ❖ better stamina and endurance
- ❖ more action, especially in last round

The judges use the "Remarks" section on scorecard to explain their decision of the winner.

Art. 16 – Criteria for Minus Points

- ❖ unclean fighting style
- ❖ constant clinching
- ❖ constant and continuous ducking, turning of the back
- ❖ too few foot techniques
- ❖ three warnings
- ❖ any violation of the rules

Art. 17 - Decisions

The decisions will be reached as follows:

- ❖ Victory via points: at the end of a bout, the kickboxer who has obtained a victory by the decision of the majority of judges is declared the winner (victory via majority vote). If both kickboxers are simultaneously injured or KO'd and cannot continue the fight, judges will mark the points obtained by each fighter to that point, and the kickboxer ahead by points will be declared the winner. In WAKO-PRO bouts, rule 14.1 will be applied only after the end of the 3rd round. Otherwise, NO CONTEST will be declared.
- ❖ Victory via abandonment: if a kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.
- ❖ Victory via stoppage, upon order of the referee (TKO).
- ❖ Relegation: if a kickboxer is relegated on the referee's advice, or if he receives excessive punishment, the fight will be stopped and his opponent declared the winner.
- ❖ Injury: if the referee judges a fighter 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 referee who can consult the doctor. Having done so, the referee will follow the doctor's advice. When a referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.
- ❖ Victory via disqualification: if a kickboxer is disqualified, his opponent will be declared the winner. If both kickboxers are disqualified, the decision will be announced accordingly. A disqualified Kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title of the competition in the course of which he has been disqualified, except in the case when the Executive Committee decides differently (in its absence, the decision may be made by the Appeal Board, or if none, by an official responsible for the event). Such a decision not taken by the Executive Committee may be, following a request, submitted to a review and confirmation of the Appeal Board itself.
- ❖ Victory by default: when a kickboxer is present in the ring and ready to fight, and his opponent does not appear when announced by the loud speaker. After two minutes, the gong will ring and the referee will declare the first kickboxer the winner by default. He will ask the judges to annotate the score sheets accordingly; he will gather them and call the kickboxer to the ring center, and raise his hand as the winner.
- ❖ The 3 knock-down rule is valid. This means that the fight will be stopped if a fighter has been knocked down 3 times in the same fight. The referee declare the fighter TKO after the 3rd knock down.

Art. 18 – 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 he has made a mistake and switched the scores of the fighters;
- ❖ There are evident violations of WAKO rules.

The chief referee of the ring, with the help of the WAKO Appeal Board, will immediately handle all protests. After discussions, the representative of the WAKO Appeal Board will announce the official result.

Art. 19 – Awarding of Points

In awarding points, the following rules must be respected:

- ❖ Directive 1 - concerning blows

During each round, a judge will mark the respective score for each kickboxer, according to the number of blows that each one has received. To count a punch or a kick as a blow must not be blocked or stopped. The value of registered blows in a fight will be counted at the end of each round and granted

to the better kickboxer, according to his degree of superiority. Blows given by a kickboxer will not be taken into account:

- if they are contrary to regulations
- if they land on the arms
- if they are weak and do not come from legs, body or shoulders.

❖ Directive 2 - concerning offenses

During each round a judge cannot penalize each offense he sees, regardless of whether the referee has noticed it or not. He has to call the referee's attention to that offence. If the referee gives an official warning to one of the fighters, the judges must note it, writing W on the FOULS column on the scoring paper, but that does not mean a minus point to the other fighter. When a judge decides to give a minus point to a fighter, the judge will put a "-1" in the appropriate column next to the points the same fighter will receive at the end of the round, certifying thus, that he has to take away that point for the final score of the round .

❖ Directive 3 - awarding points

Points will be given per round. No fractions of points will be given. At the end of each round, the better (the more skilful) kickboxer, the one who has scored more , will receive 10 points and his opponent proportionally less (10-9) - (10-8). When the kickboxers are judged on the same level, each one will receive 10 points.

If, at the end of a bout, after having judged each round according to directives 1 and 2, both kickboxers have an equal number of points, the judge will give advantage to the kickboxer who, in his opinion showed, in the whole match, i.e. considering the three rounds:

- ❖ better fighting techniques
- ❖ better offense
- ❖ better defense
- ❖ more kicks
- ❖ more powerful
- ❖ better endurance and stamina.

If the result is the same in all three rounds, which is possible but very rare, the judge will give the preference to the fighter who was more active, had more kicks, better style or technique, better conditioning.

One extra point can be given in each round to one of the two fighters if a kickboxer has dominated the round by 8 points difference.

When a fighter spits out his mouth-guard on purpose, the central referee should stop the fight immediately and count him as if for a knock down.

If the fighters are equal on points after three rounds the fighter who won the last round will win the fight. If the last round is equal the judges will use the remarks to choose a winner.

Art. 20 - Offences

A fighter who does not obey the referee' s orders; who violates regulations, who demonstrates unsportsman-like behavior or who commits offenses, can receive a caution, warning or be disqualified by a referee without an official warning. Only 3 official warnings can be given to a fighter in the course of the entire bout. The third warning will automatically mean DISQUALIFICATION (the procedure starts from warning, 1st official warning, 2nd official warning and 1 minus point, third official warning and consequent disqualification of the fighter).

Warnings given to the second count against the kickboxer.

A referee may, without stopping the fight, give a caution to a kickboxer at any moment. If he wants to give a warning to a kickboxer, he will stop the fight and announce the offense. He will show it to the three judges, pointing with his finger to the kickboxer at fault.

The following actions are considered fouls:

- ❖ Punching below the belt, hooking, tripping, and hitting with knees or elbows.
- ❖ Butting with head, shoulders, with forearms and elbows, strangling the opponent, crushing his face with arm or elbow, pushing his head outside the ropes.
- ❖ Hitting with open gloves, with the inside of the gloves, with a wrist.
- ❖ Hitting the opponent' back, and particularly on the nape of his neck, head and kidneys.
- ❖ Attacking while holding the ropes or using them improperly
- ❖ Lying down, wrestling or not fighting at all
- ❖ Attacking an opponent who is on the floor or getting up
- ❖ Clinching
- ❖ 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 defense 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 referee at any time
- ❖ When a warning for a particular foul has been administered, for example a clinch.

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

Art. - 21 On The Floor

A kickboxer is considered "on the floor" if:

- ❖ If he touches the floor with a part of his body other than his feet following a blow or series of blows.
- ❖ If he hopelessly hangs on the ropes after a blow or a series of blows.
- ❖ If he finds himself outside the ropes, partly or completely, after a blow or a series of blows.
- ❖ If, after a violent blow, he has not fallen to the floor or into the ropes, but is in a state of semi-consciousness and, in the referee's opinion, not able to continue fighting.
- ❖ In the case of a KO, the 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. He will only continue the fight with his fallen opponent when the latter has risen, and when the referee has ordered the continuation of fighting. If the opponent does not go to the neutral corner following the referee's order, the referee will stop the count until that order is executed. The count will then be continued where it was left.

When a kickboxer is on the floor, the 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. One second must pass from the moment the kickboxer falls down to the start of the count.

When a kickboxer is on the floor due to a blow, the fight will not continue before the referee has counted to 8, even if the kickboxer is ready to continue the fight before that time. If the kickboxer doesn't raise his hands the referee will continue to count until "10", the round will be finished and a KO declared.

If a kickboxer is on the floor at the end of a round, the referee will continue the count even if the bell rings. If the referee counts to 10, the kickboxer will be declared loser via KO.

If a kickboxer is on the floor after having received a blow and the fight continues after the count out of 8 seconds, but the kickboxer falls back on the floor without receiving a new blow, the 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 bout will be stopped and decision given, considering the points granted before the KO. This will not be applied in WAKO-PRO bouts unless the third round is over. Otherwise a NO CONTEST will be declared between the two fighters. A kickboxer who does not resume the fight after the break or after a KO loses the fight.

Art. 22 – Procedure after KO, RSC, RSC-H, Injury

If a fighter gets injured in a fight the doctor are the only person that can evaluate the circumstances.

If a kickboxer remains unconscious, only the referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.

Procedure if KO, RSC, RSC-H, Injury

- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.
- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will not be allowed to take part in another competition or bout for a period of at least 4 weeks after the KO.
- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, two times in a period of 3 months, will not be allowed to take part in another competition or bout for a period of at least 3 months after the second KO or RSC-H.
- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.
- ❖ To above mentioned 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 extend the quarantine period.
- ❖ A quarantine period means that a kickboxer can not take part in no competition in kickboxing no matter what the discipline are. The quarantine periods are "minimum period" and can not be overruled even though a head scan shows no visible injuries.
- ❖ The referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or referee has stopped the bout due to the kickboxer's inability to resume the fight because of head blows. The same has to be reported by the Chief referee on duty in that ring on the fighter's WAKO SPORT PASS. This is also the official result of the fight and it can not 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 sports doctor.
- ❖ When registered a KO or RSC-H a kickboxer must get a CT Scan of the head.

Procedure if 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 kickboxers nation denies doctors medical advice, the doctor 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.

Art. 23 – Hand Shaking

Before and after a bout, the kickboxers will shake hands as sign of pure sportsmanship and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision. No hand shaking is allowed between rounds.

Art. 24 – Use of Drugs

Any drug or chemical substance ingested by a kickboxer, which is not included in the kickboxer's normal diet, is forbidden. Any kickboxer or official violating this code may be disqualified or suspended by the WAKO.

Any kickboxer refusing to submit to a medical examination or doping test, after a fight, in order to verify that he has not broken this rule, may be disqualified or suspended. The same will occur in case of an official encouraging such a refusal.

The use of local anesthetics is allowed, if agreed by a doctor from the Medical Committee. WAKO refers to WADA Doping Rules.

Art. 25 – Medical Aptitude

A fighter will be allowed to fight in an International competition only after having been declared fit for it by a sports doctor, recognized by the Federation under whose name the competition takes place, or by the Medical Committee of WAKO during Continental and World Championships.

All kickboxers fighting abroad will need to have a certificate established by a medical doctor, certifying that the athlete, before leaving his country, was in good physical condition and had no injuries, infections or medical problems that could affect his ability to fight in the visiting country. This certificate will be attached to the WAKO passport of the kickboxer, according to the practice of his association and presented during the medical the examination which will precede weigh-in.

One-eyed, deaf, mute and epileptic fighters are not allowed in kickboxing. Hard contact lenses are forbidden while the kickboxer is in the ring.

A kickboxer will not be allowed to take part in a bout if he has bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included. He 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.

Art. 26 – Doctors' Aide

A recognized sports doctor must be present throughout the competition and must not leave his place before the end of the last bout or before seeing the kickboxers who have taken part in it. In a tournament there must be ambulance personnel on site.

Art. 27 – Age Limit of Kickboxers

Kickboxers younger than 18 and older than 45 will not be allowed to take part in Senior World or Continental Championships, nor in Senior International competitions. For the women the allowable ages are from 16 to 40.

Art. 28 - Agreements

It is desirable that all WAKO affiliated Associations ensure that their rules agree with those of WAKO, as far as possible, in order to ensure the uniformity of Kickboxing regulations around the world.

CHAPTER FIVE – WAKO LOW-KICK

Art. 1 - Definition

- ❖ Low-Kick can be defined as full contact kickboxing in which there is also the possibility of attacking the opponent's legs with clean kicks. All other definitions are as those of full contact kickboxing
- ❖ Each fighter must have his own WAKO SPORT PASS with MEDICAL TEST in it, valid for 1 year, to be shown at weigh-in procedures.
- ❖ In European or World Championships NO FOREIGN COMPETITORS can be included in NATIONAL TEAMS. At weigh-in, official passports must be shown to the officials in charge.

Art. 2 – Competition Area (Ring Equipment)

The following ring equipment must be available:

- ❖ A Boxing ring of international standard size including ordinary canvas (no tatamis on the ring floor),
 - 4 ropes (3 ropes in case of "force major")
 - pads in all corners (1 red, 1 blue, 2 white)
 - straps between the ropes
 - at least 2 stairs
 - 2 chairs
 - 2 foldaway stools for fighters between the rounds
 - 2 cups and bottles of water
 - 2 water buckets
 - At the neutral corners of the ring there must be a bag or a bucket tied up in the corner for all garbage.
- ❖ Ringside
 - A table and chairs for the officials
 - A sound gong or a bell
 - Stopwatches
 - Refereeing sheets according to the WAKO model
 - A first aid kit including plastic gloves for the referee to be used for all matches and also soft tissue paper
 - A microphone linked to a sound system.

Coaches dressed in sweaters in ring corners will have a towel and a sponge each, to attend to the fighters.

Art. 3 - Uniforms and Equipment

- ❖ Obligatory safety equipment is: head protection, mouth-guard, breast protection for female fighters, gloves for contact sports (10 Oz), groin protection, shin guards and foot protection.
- ❖ Uniforms are the same for seniors and juniors – bare torso and shorts for men, sport top and shorts for women.
- ❖ See full explanations in chapter one.

Art. 3.1 - Rounds

Amateur fights in low-kick, have 3 x2 minute rounds in all WAKO tournaments. In Wako-Pro matches, fighters can have 5x3 minute rounds with a minute break between each round.

Art. 4 – Weight Categories and Weigh-in Procedures

MALE WEIGHT CATEGORIES:

Light bantamweight	-51 kg
Bantamweight	-54 kg
Featherweight	-57 kg
Lightweight	-60 kg
Light welterweight	-63.5 kg
Welterweight	-67 kg
Light middleweight	-71 kg
Middleweight	-75 kg
Light heavyweight	-81 kg
Cruiserweight	-86 kg
Heavyweight	-91 kg
Super heavyweight	+91 kg

FEMALE WEIGHT CATEGORIES:

Bantamweight	- 48 kg
Featherweight	- 52 kg
Lightweight	- 56 kg
Middleweight	- 60 kg
Light heavyweight	- 65 kg
Heavyweight	- 70 kg
Super heavyweight	+ 70 kg

JUNIOR'S WEIGHT CLASSES ARE THE SAME AS FOR SENIORS

AGE DIVISIONS:

- ❖ In Low-Kick competition the following are allowed to participate:
- ❖ Juniors - 16, 17 and 18 years old. That means from the day he/she fill 16 until the day he/she fill 19
- ❖ Seniors - 18 to 45 years old. From the day he/she fill 18 until the day he/she fill 45
- ❖ The year he/she are 18, they can decide to be either junior or senior. However if the fighter has competed as senior at the age of 18 he/she can not go back to junior again.
- ❖ The age category is same for male and female competitors
- ❖ Younger competitors cannot participate in an older category.
- ❖ Age divisions will be determined in the following manner: a competitor will be placed in age division according to his year of birth, not his actual birthday, and he will be required to compete all year in this age category. Positive proof of age will be required at ALL events.

WEIGH-IN:

In World and International championships, as well as International competitions, the following rules must be respected:

Fighters of each weight category will be weighed the day before the competition or in the morning between 8 and 10 on the same day that they have been drawn to fight. Tournament Committee or any other Wako official delegate will be allowed to modify these conditions in case of an inevitable postponement. The fights will start at least 3 hours after the weighing time, or in a shorter lapse of time if the Tournament Committee so decides, after consulting the Medical Committee, provided that the decision is not prejudicial to any kickboxer, taking part in the first bouts of the tournament.

- ❖ The Wako authorized delegates will perform weighing. WAKO representatives of any National association may be present, but are not allowed to intervene on any occasion.
- ❖ Each fighter will be officially weighed only once. The weight registered on that occasion is final. It is allowed, nevertheless, for the representative of a country whose fighter has not reached the right weight during the official weigh-in, to put him into another, suitable weight category, provided that the country in question has got a vacancy in that category and the weigh-in procedure has not yet closed. It is also allowed for all countries to substitute one kickboxer with another, before the end of the first weigh-in and the medical check-up, 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.
- ❖ Before being weighed, each fighter must be declared fit for fighting by a qualified doctor.
- ❖ The weight is what the scale shows when the fighter is undressed. The weight must be displayed in metric measures. Electronic scales can be used. A fighter is allowed to fight solely within the category defined by weigh-in.
- ❖ Each fighter must be in possession of a card with the written decision of a medical doctor as well as the decision of the official in charge of the weigh-in.

INTERNATIONAL BOUTS:

In tournaments or competitions between two or more nations, the weigh-in will be carried out by a member appointed by the National Association of the organizing country, with a representative of the participating country or countries present and allowed to verify the weight of each kickboxer. With each victory, the kickboxer will win 2 points for his team: with each defeat, he will win 1 point for his team, unless he has been disqualified, then no points will be granted. The Association of the country which hosts a "visiting" team will provide it with a scales (for the purpose of weight check) and a training area when the last visitor has arrived in the town where the match takes place. WAKO referees (world, international or national matches) will referee each bout. Two or three judges may equally officiate if necessary. Each fighter must, before weigh-in, be judged fit for fighting by the doctor appointed by the Executive Committee. In order to assure a successful weigh-in, the Executive Committee can decide to start the medical check-up earlier.

Art.5 – Legal Target Areas

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

- ❖ head - front and side
- ❖ torso - front and side
- ❖ legs - (thigh only from outside to inside and vice versa) which can be attacked using the shin.
- ❖ foot – boot to boot - only for sweeping

Art. 6 – Illegal Target Areas, Prohibited Techniques and Behavior

It is prohibited to:

- ❖ Attack the throat, lower abdomen, kidneys, back, legs, joints, groin and the back of the head or neck.
- ❖ Attack with the knee, elbow, knife-hand, 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.
- ❖ 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.
- ❖ Leave the ring
- ❖ Continue after the command "stop" or "break" or the end of the round signal has been given.
- ❖ Oil the face or the body
- ❖ Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

Art. 7 – Legal Techniques - Scoring

HAND TECHNIQUES:

The following hand technique may be applied:

- ❖ all boxing punches
- ❖ backfist

FOOT TECHNIQUES:

- ❖ frontkick
- ❖ sidekick
- ❖ roundhouse kick
- ❖ heel kick (sole of the foot only)
- ❖ crescent kick
- ❖ axe kick (sole of the foot only)
- ❖ jumpkicks
- ❖ the use of shins in kicking

THROWING TECHNIQUES:

- ❖ footsweeps (ankle level)

Hand and foot techniques should be used equally during the entire fighting period. Foot techniques are only recognized when they clearly show the intention to hit the opponent with power.

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.

POINTS:

For all legal techniques (punches, kicks and throwing), clearly landed on legal targets with speed, focus, balance, power, judge will note 1 point on the back side of the scoring card or on his clicker . At the end of each round, he will count the number of points and will give to the better fighter, who has more points, a mark of 10, and to his opponent who has fewer points he will mark 9. If the difference of points between the fighters is more than 8 (a real domination) , the judge will give the fighter with fewer points a mark of 8.

For any knock downs, no extra point should be given to any fighter.

At the end of the match, the judge will sum all the marks per round and name the winning fighter who has the larger sum of marks.

If the sum of marks is the same, the judge will have to give his preference to the fighter that in his opinion showed, in the whole match, i.e. considering the three rounds, :

- ❖ better fighting techniques
- ❖ better offense
- ❖ better defense
- ❖ more kicks
- ❖ more powerful
- ❖ better endurance and stamina.

If the result is the same in all three rounds, which is possible but very rare, the judge will give the preference to the fighter who was more active, had more kicks, better style or technique, better conditioning.

PENALTY

Warnings will be carried through the Match to all rounds

- ❖ 1st violation – Verbal Warning
- ❖ 2nd violation - Official Warning
- ❖ 3rd violation - Award penalty point -1
- ❖ 4th violation - Disqualification

Art. 8 – Number of Kicks per Round

Each fighter is obliged to deliver a minimum of 6 kicks per round. He must clearly show the intention to hit the opponent by kick. Totally, in the whole match, the fighter is obliged to deliver a minimum of

18 kicks. After the first round, the kick counter has to report to the central referee who must inform the fighter if any missing kicks. He will have the chance to recuperate the missing kicks in the following round. If the fighter does not recuperate the missing kicks from first round he will get 1 minus point. If the fighter deliver 6 kick in the first round but not deliver 6 kicks in the second round, the central referee only inform the fighter so he can recuperate the missing kicks in the third round. If the fighter does not deliver the missing kicks in the third round, the central referee will give him 1 minus point.

If the fighter delivered the minimum 6 kicks in the first round and 6 in the second round, but he doesn't deliver 6 kicks in third round, no matter how many over 6 kicks he delivered in the first and second rounds, the central referee will give him 1 minus point.

For violation of this rule the central referee can give a fighter a maximum of 2 minus points.

Minus points for kicks will be kept as a separate issue from warnings for other offenses, but if a fighter gets a third minus point, he will automatically be disqualified.

Art. 9 - Rounds

Amateur fights have 3 x2 minute rounds in all WAKO tournaments. In Wako-Pro matches, fighters can have 5-7-10-12 rounds with a minute break between each round

Article 10 - Match

A coach and a second who must obey the following rules may assist each fighter:

- ❖ Only the coach and the second may get into the ring and only one of them at a time may be inside the ropes.
- ❖ No advice, help or encouragement can be given to the fighter during the round
- ❖ A second can give up the fight on behalf of his fighter, and can also, if the fighter is in great difficulty, toss the sponge or the towel into the ring, except while the referee is counting.
- ❖ During the match, neither the coach nor the second can be on the ring platform. They must, before each round, remove stools, towels, buckets, etc.
- ❖ Any coach, second or official, encouraging or prompting the spectators to give signs of advice or encouragement to a boxer during a round, can be suspended from his function in the competition in course.
- ❖ A coach or a second who violates the rules may receive a warning or be disqualified by the referee for bad behavior.

Article 11 – Officials

CHAIRMAN OF THE TECHNICAL COMMITTEE:

The Chairman of the Technical Committee shall act as member of the Appeals Board together with the Referee Committee and the Executive Committee members.

REFEREES AND JUDGES IN GENERAL

- ❖ During World or other international championships, each bout in a ring must be supervised by a WAKO international acknowledged chief referee, especially appointed by International Referee Committee, who can officiate in the center, but will not fill out score sheets.
- ❖ Each bout is graded by three International judges. The three WAKO judges will be seated away from the spectators and close to the ring. Each of the three judges must be seated in the middle of three respective sides of the ring.
- ❖ To ensure neutrality, the referees and the three judges for each bout will be chosen by the Chief Referee on duty in that ring, according to the following rules:
 - Each official will come from a country and Federation different from that of the others and from that of the fighters.
 - In no way may two of the Officials of the same bout come from the same country, unless it is due to an uncontrollable event.
 - An official may not be born or live in a country which is a dominion, colony or in any way dependant of the country of either kickboxer taking part in the bout.
 - In the case of an official having changed nationality, he will not officiate in a bout where one of the fighters or other officiating judges come from his native country.
 - In the case of the Chief Referee not being able to apply the above-mentioned directives due to special circumstances, it will find a solution which will ensure

neutrality and impartiality of appointed officials, followed by a prompt report to the International Referee Committee.

- ❖ In the case of the Chief Referee not being able, for any reason, to apply the preceding directives, the name or names of the Official or Officials will be chosen by drawing lots, by the Chairman of the International Referee Committee, or any other person on his behalf, for the bout in question.
- ❖ In the case of international matches between the Teams of two or more National Associations, a bout could be supervised according to an agreement between the official representatives of the Federations in question, provided that the agreement does not go beyond basic refereeing principles set forth in the WAKO regulations.
- ❖ Persons in charge of refereeing or judging of a bout, or a series of bouts, will not at any moment of the bout or bouts be allowed to act as a manager, trainer, coach or second of a kickboxer or team of kickboxers taking part in a bout; or to act as an official in a match in which a fighter from his country participates.
- ❖ The International referee Committee or its official representatives, to comply with the request of the jury, temporarily or permanently can suspend from his functions any referee who, in their opinion, does not respect WAKO regulations; or any judge whose marks are not considered satisfactory.
- ❖ Should the referee be inadequate in the course of a bout, the Chief Referee will hold him back and stop the match. The referee next on the WAKO international list of neutral referees, will receive the necessary instructions to direct and officiate the rest of the bout.

Art 12 - Referees

A referee will officiate in the ring. He will wear a WAKO uniform (navy blue jacket with WAKO insignia on it, black gym shoes, gray pants, white WAKO shirt, WAKO bow-tie for qualification/finals or title matches).

- ❖ He must:
 - Check the safety equipment and clothes of the fighters (unless differently decided by Tournament Committee);
 - Make sure that a weakened kickboxer does not suffer unjust and unnecessary blows.
 - Make sure that the rules of fair play are strictly observed.
 - Supervise the whole of the bout.
 - At the end of a bout, gather and check the score sheets of the three judges. After verification, he must hand them to the Chief Referee, or, if he is absent, to the announcer. The referee must not announce the winner by raising the kickboxer's arms or in any other way announce decisions. If a referee (after having so decided by majority decision with the three judges) disqualifies a kickboxer or stops the fight, he must first indicate to the Chief Referee the kickboxer who has been disqualified and give the reasons for stopping the fight, so that the Chief Referee can inform the announcer, who will then, make a public announcement.
- ❖ He must use three command words:
 - STOP when he orders kickboxers to stop fighting
 - BREAK to break a body to body position, after which each boxer must draw back before continuing the fight
 - FIGHT when he orders the fight to continue

In order not to disturb a close fight, the referee should not stand in the way or break in too early.

- ❖ When the winner is announced, the referee must raise the kickboxer's arm.
 - He must indicate to the kickboxers, by appropriate signs or gestures, any violation of the Regulations.

REFEREES POWERS:

The referee has the power to:

- ❖ Stop a fight at any moment if he finds it 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 fighter unable to continue.
- ❖ Stop a fight at any moment if he finds the fighters behaving "unsportsman-like". In such a case, he may disqualify one kickboxer.
- ❖ Warn a kickboxer or stop the bout and give a minus point or warning to a kickboxer for an offense.

- ❖ Disqualify a coach or a second who has broken the regulations or a kickboxer himself if the coach or the second fails to obey to his orders.
- ❖ Disqualify, with or without a warning, a fighter who has committed an offense.
- ❖ In the case of a KO, suspend the count if a kickboxer deliberately refuses to withdraw to a neutral corner, or is reluctant to do so.
- ❖ Interpret the rules as long as they are applicable or compatible with the fight taking place, or, at a special moment, decide on a move which does not appear in the rules.
- ❖ If a kickboxer breaks the rules but does not necessarily deserve a disqualification, the referee must stop the fight and give a warning to the kickboxer of a foul. Before the warning, the referee must order the kickboxer to stop fighting. The warning must be given clearly, so that the kickboxer understands the reason and cause of the penalty. The referee must hand signal to each judge that a particular warning has been given and clearly show which kickboxer has been punished. After having given the warning, the referee orders the kickboxers to fight. If a fighter has been given 3 official warnings within the same bout, he is disqualified.
- ❖ A referee may give a caution to a kickboxer. A caution means a warning given by a referee to a kickboxer for breaking a rule. In order to do this he doesn't need to stop the fight, and may reprimand the kickboxer during the fight.

ABOUT HEALTH AND SECURITY:

- ❖ The referee in ring-sports must use plastic gloves and he must change them after every fight in which blood has occurred.
- ❖ At ringside there must be soft paper tissue to be used by the central referee on the fighters
- ❖ Soft paper tissue used on one fighter cannot be used on another fighter.

KICK-COUNTER:

A kick-counter is a judge who sits in neutral ring corners. It is mandatory to use kick-counter in all WAKO World and Regional Championships. It is also recommended to use this in all other WAKO sanctioned tournaments like World Cups or Open Tournaments. The kick-counter reports to the referee after every round if any missing kicks. The only responsibility of the kick-counter is to assure that the fighters have delivered enough kicks (6) in each round. In all WAKO World and Regional Championships it is mandatory that the kick-counter use board with visible red and blue numbers. In other tournaments there can be used klickers even though it is recommended to use boards.

MEDICAL CHECK-UP REFEREES:

Before officiating in an international tournament regulated according to the above-mentioned rules, a referee must submit to a medical check-up in order to prove his physical fitness to fulfill his role in the ring. A referee is not allowed to wear glasses, but he may wear contact lenses. The referee is obliged to attend the meeting organized by the Medical Committee, before each Championship.

Art. 13 - Judges

- ❖ Each judge must independently consider the merits of the two fighters, and must chose the winner, according to the regulations.
- ❖ During the match, he will not talk to either fighter, other judges, or anybody else, with the exception of the referee. He may, if necessary, at the end of a round, notify the referee about any incident that he has missed, for example tell him about the misbehavior of a second, loose ropes, etc.
- ❖ A judge will mark the number of points (10-10, 10-9, 10-8 etc) granted to each fighter on his score sheet and in professional bouts and only his decision will be announced to the public at the end of the match.
- ❖ During the round the judge will use the back of the scorecard to register the numbers of hits he sees, either by a number or by numbers of lines. Always the red corner is on the left side and the blue corner on the right side of both sides of the scorecard. The points/recorded hits must be tallied separately by rounds.
- ❖ He will not leave his place until the decision has been announced.
- ❖ It is mandatory for all judges to use klickers in fights. It is important to clarify in front of a tournament between WAKO, promotor or judges themselves to bring this equipment.

Art. 14 - Timekeeper

- ❖ The task of a timekeeper is to keep track of the number and the duration of the rounds as well as of the break time.
- ❖ He will be seated at ringside.

- ❖ Ten seconds before the beginning of each round, he will clear the ring, giving order "Seconds out"
- ❖ He will ring the gong at the beginning and at the end of each round.
- ❖ He will announce the number of the round, before it starts.
- ❖ He will stop the bout temporarily, when asked to do so by the referee.
- ❖ He will keep track of extra time with a watch or a stopwatch
- ❖ If, at the end of a round, a boxer is on the floor, and the referee is counting him out, the gong must ring at the end of two minutes, even if central referee must finish his count. Intervals between the rounds will last one minute.

Special Note!

The Referee and the judges should be dressed in the following manner: clean gray pants, white WAKO shirt, WAKO bow-tie, blue jacket with WAKO insignia on it, and black gym shoes.

All referees, judges and officials working a tournament, whether on or off duty, are not allowed to take action on behalf of a team/nation as coach or in any other way show favoritism (screaming, cheering like a coach/fan).

Art. 15 – Point Evaluation

Each judge separately evaluates every round. The evaluation of a round should be made according to:

- ❖ the number of targets really hit by punches and kicks
- ❖ the effectiveness of the attack
- ❖ the delivery of clean techniques

In case of a draw at the end of three rounds, each judge must give his preference to one of the two fighters considering:

- ❖ the effectiveness of the defense
- ❖ the effectiveness of the attacks
- ❖ the balance of hand and foot technique
- ❖ the correct number of kicks delivered
- ❖ the overall impression of the athletic performance
- ❖ better stamina and endurance
- ❖ more action, especially in last round

The judges use the "Remarks" section on scorecard to explain their decision of the winner.

Art. 16 – Criteria for Minus Points

- ❖ unclean fighting style
- ❖ constant clinching
- ❖ constant and continuous ducking, turning of the back
- ❖ too few foot techniques
- ❖ three warnings
- ❖ any violation of the rules

Art. 17 - Decisions

The decisions will be reached as follows:

- ❖ Victory via points: at the end of a bout, the kickboxer who has obtained a victory by the decision of the majority of judges is declared the winner (victory via majority vote). If both kickboxers are simultaneously injured or KO'd and cannot continue the fight, judges will mark the points obtained by each fighter to that point, and the kickboxer ahead by points will be declared the winner. In WAKO-PRO bouts, rule 14.1 will be applied only after the end of the 3rd round. Otherwise, NO CONTEST will be declared.
- ❖ Victory via abandonment: if a kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.

- ❖ Victory via stoppage, upon order of the referee (TKO).
- ❖ Relegation: if a kickboxer is relegated on the referee's advice, or if he receives excessive punishment, the fight will be stopped and his opponent declared the winner.
- ❖ Injury: if the referee judges a fighter 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 referee who can consult the doctor. Having done so, the referee will follow the doctor's advice. When a referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.
- ❖ Victory via disqualification: if a kickboxer is disqualified, his opponent will be declared the winner. If both kickboxers are disqualified, the decision will be announced accordingly. A disqualified Kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title of the competition in the course of which he has been disqualified, except in the case when the Executive Committee decides differently (in its absence, the decision may be made by the Appeal Board , or if none, by an official responsible for the event). Such a decision not taken by the Executive Committee may be, following a request, submitted to a review and confirmation of the Appeal Board itself.
- ❖ Victory by default: when a kickboxer is present in the ring and ready to fight, and his opponent does not appear when announced by the loud speaker. After two minutes, the gong will ring and the referee will declare the first kickboxer the winner by default. He will ask the judges to annotate the score sheets accordingly; he will gather them and call the kickboxer to the ring center, and raise his hand as the winner.
- ❖ The 3 knock-down rule is valid. This means that the fight will be stopped if a fighter has been knocked down 3 times in the same fight. The referee declares the fighter TKO after the 3rd knock down.

Art. 18 – 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 he has made a mistake and switched the scores of the fighters;
- ❖ There are evident violations of WAKO rules.

The chief referee of the ring, with the help of the WAKO Appeal Board, will immediately handle all protests. After discussions, the representative of the WAKO Appeal Board will announce the official result.

Art. 19 – Awarding of Points

In awarding points, the following rules must be respected:

- ❖ Directive 1 - concerning blows

During each round, a judge will mark the respective score for each kickboxer, according to the number of blows that each one has received. To count a punch or a kick as a blow must not be blocked or stopped. The value of registered blows in a fight will be counted at the end of each round and granted to the better kickboxer, according to his degree of superiority. Blows given by a kickboxer will not be taken into account:

- if they are contrary to regulations
- if they land on the arms
- if they are weak and do not come from legs, body or shoulders.

- ❖ Directive 2 - concerning offenses

During each round a judge cannot penalize each offense he sees, regardless of whether the referee has noticed it or not. He has to call the referee's attention to that offence. If the referee gives an official warning to one of the fighters, the judges must note it, writing W on the FOULS column on the scoring paper, but that does not mean a minus point to the other fighter. When a judge decides to

give a minus point to a fighter, the judge will put a "-1" in the appropriate column next to the points the same fighter will receive at the end of the round, certifying thus, that he has to take away that point for the final score of the round .

❖ Directive 3 - awarding points

Points will be given per round. No fractions of points will be given. At the end of each round, the better (the more skilful) kickboxer, the one who has scored more , will receive 10 points and his opponent proportionally less (10-9) - (10-8). When the kickboxers are judged on the same level, each one will receive 10 points.

If, at the end of a bout, after having judged each round according to directives 1 and 2, both kickboxers have an equal number of points, the judge will give advantage to the kickboxer who, in his opinion showed, in the whole match, i.e. considering the three rounds:

- better fighting techniques
- better offense
- better defense
- more kicks
- more powerful
- better endurance and stamina.

If the result is the same in all three rounds, which is possible but very rare, the judge will give the preference to the fighter who was more active, had more kicks, better style or technique, better conditioning.

One extra point can be given in each round to one of the two fighters if a kickboxer has dominated the round by 8 points difference.

When a fighter spits out his mouth-guard on purpose, the central referee should stop the fight immediately and count him as if for a knock down.

If the fighters are equal on points after three rounds the fighter who won the last round will win the fight. If the last round is equal the judges will use the remarks to choose a winner.

Art. 20 - Offenses

A fighter who does not obey the referee' s orders; who violates regulations, who demonstrates unsportsman-like behavior or who commits offenses, can receive a caution, warning or be disqualified by a referee without an official warning. Only 3 official warnings can be given to a fighter in the course of the entire bout. The third warning will automatically mean DISQUALIFICATION (the procedure starts from warning, 1st official warning, 2nd official warning and 1 minus point, third official warning and consequent disqualification of the fighter).

Warnings given to the second count against the kickboxer.

A referee may, without stopping the fight, give a caution to a kickboxer at any moment. If he wants to give a warning to a kickboxer, he will stop the fight and announce the offense. He will show it to the three judges, pointing with his finger to the kickboxer at fault.

The following actions are considered fouls:

- ❖ Punching below the belt, hooking, tripping, and hitting with knees or elbows.
- ❖ Butting with head, shoulders, with forearms and elbows, strangling the opponent, crushing his face with arm or elbow, pushing his head outside the ropes.
- ❖ Hitting with open gloves, with the inside of the gloves, with a wrist.
- ❖ Hitting the opponent' back, and particularly on the nape of his neck, head and kidneys.
- ❖ Attacking while holding the ropes or using them improperly
- ❖ Lying down, wrestling or not fighting at all
- ❖ Attacking an opponent who is on the floor or getting up
- ❖ Clinching
- ❖ 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 defense 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 referee at any time
- ❖ When a warning for a particular foul has been administered, for example a clinch.

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

Art. - 21 On The Floor

A kickboxer is considered "on the floor" if:

- ❖ If he touches the floor with a part of his body other than his feet following a blow or series of blows.
- ❖ If he hopelessly hangs on the ropes after a blow or a series of blows.
- ❖ If he finds himself outside the ropes, partly or completely, after a blow or a series of blows.
- ❖ If, after a violent blow, he has not fallen to the floor or into the ropes, but is in a state of semi-consciousness and, in the referee's opinion, not able to continue fighting.
- ❖ In the case of a KO, the 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. He will only continue the fight with his fallen opponent when the latter has risen, and when the referee has ordered the continuation of fighting. If the opponent does not go to the neutral corner following the referee's order, the referee will stop the count until that order is executed. The count will then be continued where it was left.

When a kickboxer is on the floor, the referee will count from 1 to 10 with a second interval between each number, and will indicate each second with his hand so that the fallen kickboxer knows how many seconds have already been counted. One second must pass from the moment the kickboxer falls down to the start of the count.

When a kickboxer is on the floor due to a blow, the fight will not continue before the referee has counted to 8, even if the kickboxer is ready to continue the fight before that time. If the kickboxer doesn't raise his hands the referee will continue to count until "10", the round will be finished and a KO declared.

If a kickboxer is on the floor at the end of a round, the referee will continue the count even if the bell rings. If the referee counts to 10, the kickboxer will be declared loser via KO.

If a kickboxer is on the floor after having received a blow and the fight continues after the count out of 8 seconds, but the kickboxer falls back on the floor without receiving a new blow, the 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 bout will be stopped and decision given, considering the points granted before the KO. This will not be applied in WAKO-PRO bouts unless the third round is over. Otherwise a NO CONTEST will be declared between the two fighters. A kickboxer who does not resume the fight after the break or after a KO loses the fight.

Art. 22 – Procedure after K.O. or RSC-H

If a fighter gets injured in a fight the doctor are the only person that can evaluate the circumstances.

If a kickboxer remains unconscious, only the referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.

Procedure if KO, RSC, RSC-H, Injury

- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.
- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will not be allowed to take part in another competition or bout for a period of at least 4 weeks after the KO.
- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, two times in a period of 3 months, will not be allowed to take part in another competition or bout for a period of at least 3 months after the second KO or RSC-H.
- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.
- ❖ To above mentioned quarantine periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can furtheron extend the quarantine period.
- ❖ A quarantine period means that a kickboxer can not take part in no competition in kickboxing no matter what the discipline are. The quarantine periods are "minimum period" and can not be overruled even though a head scan shows no visible injuries.
- ❖ The referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or referee has stopped the bout due to the kickboxer's inability to resume the fight because of head blows. The same has to be reported by the Chief referee on duty in that ring on the fighter's WAKO SPORT PASS. This is also the official result of the fight and it can not 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 sports doctor.
- ❖ When registered a KO or RSC-H a kickboxer must get a CT Scan of the head.

Procedure if 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 kickboxers nation denies doctors medical advice, the doctor 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.*

Art. 23 – Hand Shaking

Before and after a bout, the kickboxers will shake hands as sign of pure sportsmanship and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision. No hand shaking is allowed between rounds.

Art. 24 – Use of Drugs

Any drug or chemical substance ingested by a kickboxer, which is not included in the kickboxer's normal diet, is forbidden. Any kickboxer or official violating this code may be disqualified or suspended by the WAKO.

Any kickboxer refusing to submit to a medical examination or doping test, after a fight, in order to verify that he has not broken this rule, may be disqualified or suspended. The same will occur in case of an official encouraging such a refusal.

The use of local anesthetics is allowed, if agreed by a doctor from the Medical Committee.

WAKO refers to WADA Doping Rules.

Art. 25 – Medical Aptitude

A fighter will be allowed to fight in an International competition only after having been declared fit for it by a sports doctor, recognized by the Federation under whose name the competition takes place, or by the Medical Committee of WAKO during Continental and World Championships.

All kickboxers fighting abroad will need to have a certificate established by a medical doctor, certifying that the athlete, before leaving his country, was in good physical condition and had no injuries, infections or medical problems that could affect his ability to fight in the visiting country. This certificate will be attached to the WAKO passport of the kickboxer, according to the practice of his association and presented during the medical the examination which will precede weigh-in.

One-eyed, deaf, mute and epileptic fighters are not allowed in kickboxing. Hard contact lenses are forbidden while the kickboxer is in the ring.

A kickboxer will not be allowed to take part in a bout if he has bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included. He 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.

Art. 26 – Doctors' Aide

A recognized sports doctor must be present throughout the competition and must not leave his place before the end of the last bout or before seeing the kickboxers who have taken part in it. In a tournament there must be ambulance personnel on site.

Art. 27 – Age Limit of Kickboxers

Kickboxers younger than 18 and older than 45 will not be allowed to take part in Senior World or Continental Championships, nor in Senior International competitions. For the women the allowable ages are from 15 to 40.

Art. 28 - Agreements

It is desirable that all WAKO affiliated Associations ensure that their rules agree with those of WAKO, as far as possible, in order to ensure the uniformity of Kickboxing regulations around the world.

CHAPTER SIX – WAKO THAI-KICKBOXING

Art. 1 - Definition

- ❖ WAKO Thai-Kickboxing comes directly from Muay Thai, the Siamese traditional art. It differs only for the fact that:
 - elbow techniques are forbidden
 - "clinchng" will be limited in the sense that, if fighters are not active in their action, the central referee must stop them .Clinching , in any case, must last not more than 5 seconds.
 - Wai khruu, the ritual dance performed at the beginning of Muay Thai matches, is forbidden
 - Thai Boxing music during the fight is forbidden.
 - Punching techniques reaching legal targets have the same value for judges as knee, leg or any other technique in the repertoire.
- ❖ WAKO Thai-kickboxing is a sport, like the other styles, and applies the same ring, the same weight classes and the same general rules regarding coaches or fighters' behavior that are used in full contact or low-kick. Please, study carefully our kickboxing rules before entering the Thai-kickboxing world.
- ❖ Each fighter must have his own WAKO SPORT PASS with MEDICAL TEST in it, valid for 1 year-stating he is fit to fight-, to be shown at weigh-in procedures.
- ❖ In European or World Championships NO FOREIGN COMPETITORS can be included in NATIONAL TEAMS. At weigh-in, official passports must be shown to the officials in charge.

Art. 2 – Competition Area (Ring Equipment)

The following ring equipment must be available:

- ❖ A Boxing ring with international standard size including ordinary canvas (no tatamis on the ring floor),
 - 4 ropes (3 in case of "force major")
 - Pads in all corners (1 red, 1 blue, 2 white)
 - Straps between the ropes
 - at least 2 stairs
 - 2 chairs
 - 2 foldaway stools for fighters between the rounds
 - 2 cups and bottles of water
 - 2 water buckets
 - At the neutral corners of the ring there must be a bag or a bucket tied up in the corner for all garbage.
- ❖ Ringside
 - A table and chairs for the officials
 - A sound gong or a bell
 - Stopwatches
 - Refereeing sheets according to the WAKO model
 - A first-aid kit including plastic gloves for the referee to be used at all matches and also soft tissue paper.
 - A microphone linked to a sound system.

Coaches dressed in sweaters operating in ring corners will have a towel and a sponge each, to attend to the fighters.

Art. 3 - Uniforms and Equipment

- ❖ Obligatory safety equipment is: head protection, mouth-guard, breast protection for females, gloves for contact sports (10 Oz), groin protection, recommended shin guards and NO foot protection. It is only permitted to wear ankle protection.
- ❖ Uniforms are the same for seniors and juniors – bare torso for men and shorts, sport top and shorts for women.
- ❖ Gloves and ankle protection only. Personal safeties, such as mouth-guard, head-guard , cup, wraps
- ❖ See full explanations in chapter one

Art. 3.1 - Rounds

Amateur fights in Thai/kickboxing, have 3 x2 minute rounds in all WAKO tournaments. In Wako-Pro matches, fighters can have 5x3 minute rounds with a minute break between each round

Art. 4 – Weight Categories and Weigh-in Procedures

MALE WEIGHT CATEGORIES:

Light bantam	-51 kg
Bantamweight	-54 kg
Featherweight	-57 kg
Lightweight	-60 kg
Light welterweight	-63.5 kg
Welterweight	-67 kg
Light middleweight	-71 kg
Middleweight	-75 kg
Light heavyweight	-81 kg
Cruiserweight	-86 kg
Heavyweight	-91 kg
Super heavyweight	+91 kg

FEMALE WEIGHT CATEGORIES:

Bantamweight	- 48 kg
Featherweight	- 52 kg
Lightweight	- 56 kg
Middleweight	- 60 kg
Light heavyweight	- 65 kg
Heavyweight	- 70 kg
Super heavyweight	+ 70 kg

JUNIOR WEIGHT CLASSES ARE THE SAME AS FOR SENIORS

AGE DIVISIONS:

- ❖ In Thai -kickboxing competition the following are allowed to participate:
- ❖ Juniors - 16, 17 and 18 years old. That means from the day he/she fill 16 until the day he/she fill 19
- ❖ Seniors - 18 to 45 years old. From the day he/she fill 18 until the day he/she fill 45
- ❖ The year he/she are 18, they can decide to be either junior or senior. However if the fighter has competed as senior at the age of 18 he/she can not go back to junior again.
- ❖ Age categories are the same for male and female competitors
- ❖ Younger competitors cannot participate in an older category.
- ❖ Age divisions will be determined in the following manner: a competitor will be placed in an age division according to his year of birth, not his actual birthday, and he will be required to compete all year in this age category. Positive proof of age will be required at ALL events.

WEIGH-IN:

- ❖ In World and International Championships, as well as International competitions, the following rules must be respected: Fighters of each weight category will be weighed the day before the competition or in the morning between 8 and 10 on the same day that they have been drawn to fight. The Executive Committee, or any other WAKO official delegate, will be allowed to modify these conditions in the event of an inevitable postponement. The fights will start at least 3 hours after the weigh-in time, or in a shorter lapse of time if the Executive Committee so decides after consulting the Medical Committee, provided that the decision is not prejudicial to any kickboxer, taking part in the first bouts of the tournament.
- ❖ WAKO authorized delegates will perform the weigh-in. WAKO representatives of any National Association may be present, but they are not allowed to intervene on any occasion.
- ❖ Each fighter will be officially weighed only once. The weight registered on that occasion is final. It is allowed, nevertheless, for the representative of a country whose fighter has not reached the right weight during the official weigh-in, to put him into another, suitable weight category, provided that the country in question has got a vacancy in that category and the

weigh-in has not yet closed. It is also allowed for all countries to substitute one kickboxer with another before the end of the first weigh-in and the medical check-up 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.

- ❖ Before being weighed, each fighter must be declared fit for fighting by a qualified doctor.
- ❖ The weight is what the scale shows when the fighter is undressed. The weight must be displayed in metric measures. Electronic scales can be used. A fighter is allowed to fight solely within the category defined by the weigh-in.
- ❖ Each fighter must be in possession of a card with a written decision by a medical doctor as well as the decision of the official in charge of weigh-in.
- ❖ In tournaments, ring sports have daily weigh-ins or at least 3 weigh-ins during the tournament. The weigh-ins are done in the morning. All fighters must bring passport as identification.

INTERNATIONAL BOUTS:

For tournaments or competitions between two or more nations, the weigh-in will be carried out by a member appointed by the National Association of the organizing country, with a representative of the participating country or countries present and allowed to verify the weight of each kickboxer. With each victory, the kickboxer will win 2 points for his team; with each defeat, he will win 1 point for his team, unless he is disqualified, when no points will be granted. The Association 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 match takes place. WAKO referees (world, international or national matches) will referee each bout. Each fighter must, before weigh-in, be judged fit for fighting by the doctor appointed by the Executive Committee. In order to assure a successful weigh-in, the Executive Committee can decide to start the medical check-up earlier.

Art. 5 – Legal Target Areas

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

- ❖ Head, front and side
- ❖ Torso, front and side
- ❖ Legs, any part, which can be attacked using the shin.
- ❖ Foot, only for sweeping

Art. 6 – Illegal Target Areas, Prohibited Techniques and Behavior

It is prohibited to:

- ❖ Attack the throat, lower abdomen, kidneys, back, groin and to the back of the head or neck.
- ❖ Attack with the elbow and knife-hand, 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.
- ❖ 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.
- ❖ Leave the ring without any reason and without central referee's permission
- ❖ Continue after the command "stop" or "break" or end of the round has been given.
- ❖ Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

Art. 7 – Legal Techniques

HAND TECHNIQUES:

The following hand technique may be applied:

- ❖ Punches (all boxing repertoire)
- ❖ Backfist and spinning backfist
- ❖ Knees
- ❖ Clinching
- ❖ Throwing techniques

FOOT, LEG AND KNEE TECHNIQUES:

- ❖ Front kick
- ❖ Sidekick
- ❖ Roundhouse kick
- ❖ Heel kick

- ❖ Crescent kick
- ❖ Axe kick
- ❖ Jumpkicks
- ❖ Knee can be used to attack legs, body or head of the opponent. Even jumping.
- ❖ The possibility of attacking any part of the leg or legal targets of the body and head with the shin.

THROWING TECHNIQUES:

- ❖ Footsweeps
- ❖ Thai-kickboxers can throw using only the torso, not hips, ankles, feet or the legs.

Hand and foot techniques should be used equally during the entire fighting period. Foot techniques are only recognized when they clearly show the intention to hit the opponent with power.

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.

POINTS:

For all legal techniques (punches, knees, kicks and throwing), clearly landed on legal targets with speed, focus, balance, power, judge will note 1 point on the back side of the scoring card or on his clicker. At the end of each round, he will count the number of points and will give to the better fighter, who has more points, a mark of 10, and to his opponent who has fewer points he will mark 9. If the difference of points between the fighters is more than 8 (a real domination), the judge will give the fighter with fewer points a mark of 8.

For any knock downs, no extra point should be given to any fighter.

At the end of the match, the judge will sum all the marks per round and name the winning fighter who has the larger sum of marks.

If the sum of marks is the same, the judge will have to give his preference to the fighter that in his opinion showed, in the whole match, i.e. considering the three rounds:

- ❖ better fighting techniques
- ❖ better offense
- ❖ better defense
- ❖ more kicks
- ❖ more powerful
- ❖ better endurance and stamina.

If the result is the same in all three rounds, which is possible but very rare, the judge will give the preference to the fighter who was more active, had more kicks, better style or technique, better conditioning.

PENALTY:

Warnings will be carried through the Match to all rounds

- ❖ 1st violation – Verbal Warning
- ❖ 2nd violation – Official Warning
- ❖ 3rd violation – Award penalty point -1
- ❖ 4th violation – Disqualification

Art. 8 – Number of Kicks per Round

Because of Thai-Kickboxing's character and style it will not be necessary to count kicks like in Fullcontact or in Low-Kick.

Art. 9 - Rounds

Amateur fights have 3 x2 minute rounds in all WAKO tournaments. In Wako-Pro matches, fighters can have 5x3' rounds with a minute break between each round

Article 10 - Match

A coach and a second who must obey the following rules may assist each fighter:

- ❖ Only the coach and the second may get into the ring and only one of them at a time may be inside the ropes.

- ❖ No advice, help or encouragement can be given to the fighter during the round
- ❖ A second can give up the fight on behalf of his fighter, and can also, if the fighter is in great difficulty, toss the sponge or the towel into the ring, except while the referee is counting.
- ❖ During the match, neither the coach nor the second can be on the ring platform. They must, before each round, remove stools, towels, buckets, etc.
- ❖ Any coach, second or official, encouraging or prompting the spectators to give signs of advice or encouragement to a boxer during a round, can be suspended from his function in the competition in course.
- ❖ A coach or a second who violates the rules may receive a warning or be disqualified by the referee for bad behavior.

Article 11 – Officials

CHAIRMAN OF THE TECHNICAL COMMITTEE:

The Chairman of the Technical Committee shall act as member of the Appeals Board together with the Referee Committee and the Executive Committee members.

REFEREES AND JUDGES IN GENERAL:

- ❖ During World or other international championships, each bout in a ring must be supervised by a WAKO international acknowledged chief referee, especially appointed by International Referee Committee, who can officiate in the center, but will not fill out score sheets.
- ❖ Each bout is graded by three International judges. The three WAKO judges will be seated away from the spectators and close to the ring. Each of the three judges must be seated in the middle of three respective sides of the ring.
- ❖ To ensure neutrality, the referees and the three judges for each bout will be chosen by the Chief Referee on duty in that ring, according to the following rules:
 - Each official will come from a country and Federation different from that of the others and from that of the fighters.
 - In no way may two of the Officials of the same bout come from the same country, unless it is due to an uncontrollable event.
 - An official may not be born or live in a country which is a dominion, colony or in any way dependant of the country of either kickboxer taking part in the bout.
 - In the case of an official having changed nationality, he will not officiate in a bout where one of the fighters or other officiating judges come from his native country.
 - In the case of the Chief Referee not being able to apply the above-mentioned directives due to special circumstances, it will find a solution which will ensure neutrality and impartiality of appointed officials, followed by a prompt report to the International Referee Committee.
- ❖ In the case of the Chief Referee not being able, for any reason, to apply the preceding directives, the name or names of the Official or Officials will be chosen by drawing lots, by the Chairman of the International Referee Committee, or any other person on his behalf, for the bout in question.
- ❖ In the case of international matches between the Teams of two or more National Associations, a bout could be supervised according to an agreement between the official representatives of the Federations in question, provided that the agreement does not go beyond basic refereeing principles set forth in the in the WAKO regulations.
- ❖ Persons in charge of refereeing or judging of a bout, or a series of bouts, will not at any moment of the bout or bouts be allowed to act as a manager, trainer, coach or second of a kickboxer or team of kickboxers taking part in a bout; or to act as an official in a match in which a fighter from his country participates.
- ❖ The International referee Committee or its official representatives, to comply with the request of the jury, temporarily or permanently can suspend from his functions any referee who, in their opinion, does not respect WAKO regulations; or any judge whose marks are not considered satisfactory.
- ❖ Should the referee be inadequate in the course of a bout, the Chief Referee will hold him back and stop the match. The referee next on the WAKO international list of neutral referees, will receive the necessary instructions to direct and officiate the rest of the bout.

Art 12 - Referees

A referee will officiate in the ring. He will wear a WAKO uniform (navy blue jacket with WAKO insignia on it, black gym shoes, gray pants, white WAKO shirt, WAKO bow-tie for qualification/finals or title matches).

- ❖ He must:
 - Check the safety equipment and clothes of the fighters (unless differently decided by Tournament Committee);
 - Make sure that a weakened kickboxer does not suffer unjust and unnecessary blows.
 - Make sure that the rules of fair play are strictly observed.
 - Supervise the whole of the bout.
 - At the end of a bout, gather and check the score sheets of the three judges. After verification, he must hand them to the Chief Referee, or, if he is absent, to the announcer. The referee must not announce the winner by raising the kickboxer's arms or in any other way announce decisions. If a referee (after having so decided by majority decision with the three judges) disqualifies a kickboxer or stops the fight, he must first indicate to the Chief Referee the kickboxer who has been disqualified and give the reasons for stopping the fight, so that the Chief Referee can inform the announcer, who will then, make a public announcement.

- ❖ He must use three command words:
 - STOP when he orders kickboxers to stop fighting
 - BREAK to break a body to body position, after which each boxer must draw back before continuing the fight
 - FIGHT when he orders the fight to continue

In order not to disturb a close fight, the referee should not stand in the way or break in too early.

- ❖ When the winner is announced, the referee must raise the kickboxer's arm.
 - He must indicate to the kickboxers, by appropriate signs or gestures, any violation of the Regulations.

REFEREES POWER:

The referee has the power to:

- ❖ Stop a fight at any moment if he finds it 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 fighter unable to continue.
- ❖ Stop a fight at any moment if he finds the fighters behaving "unsportsman-like". In such a case, he may disqualify one kickboxer.
- ❖ Warn a kickboxer or stop the bout and give a minus point or warning to a kickboxer for an offense.
- ❖ Disqualify a coach or a second who has broken the regulations or a kickboxer himself if the coach or the second fails to obey to his orders.
- ❖ Disqualify, with or without a warning, a fighter who has committed an offense.
- ❖ In the case of a KO, suspend the count if a kickboxer deliberately refuses to withdraw to a neutral corner, or is reluctant to do so.
- ❖ Interpret the rules as long as they are applicable or compatible with the fight taking place, or, at a special moment, decide on a move which does not appear in the rules.
- ❖ If a kickboxer breaks the rules but does not necessarily deserve a disqualification, the referee must stop the fight and give a warning to the kickboxer of a foul. Before the warning, the referee must order the kickboxer to stop fighting. The warning must be given clearly, so that the kickboxer understands the reason and cause of the penalty. The referee must hand signal to each judge that a particular warning has been given and clearly show which kickboxer has been punished. After having given the warning, the referee orders the kickboxers to fight. If a fighter has been given 3 official warnings within the same bout, he is disqualified.
- ❖ A referee may give a caution to a kickboxer. A caution means a warning given by a referee to a kickboxer for breaking a rule. In order to do this he doesn't need to stop the fight, and may reprimand the kickboxer during the fight.

ABOUT HEALTH AND SECURITY:

- ❖ The referee in ring-sports must use plastic gloves and he must change them after every fight in which blood has occurred.
- ❖ At ringside there must be soft paper tissue to be used by the central referee on the fighters
- ❖ Soft paper tissue used on one fighter cannot be used on another fighter.

KICK-COUNTER:

In Thai-Kickboxing no kick counter are used. See also Article 8.

MEDICAL CHECK-UP REFEREES:

Before officiating in an international tournament regulated according to the above-mentioned rules, a referee must submit to a medical check-up in order to prove his physical fitness to fulfill his role in the ring. A referee is not allowed to wear glasses, but he may wear contact lenses. The referee is obliged to attend the meeting organized by the Medical Committee, before each Championship.

Art. 13 - Judges

- ❖ Each judge must independently consider the merits of the two fighters, and must chose the winner, according to the regulations.
- ❖ During the match, he will not talk to either fighter, other judges, or anybody else, with the exception of the referee. He may, if necessary, at the end of a round, notify the referee about any incident that he has missed, for example tell him about the misbehavior of a second, loose ropes, etc.
- ❖ A judge will mark the number of points (10-10, 10-9, 10-8 etc) granted to each fighter on his score sheet and in professional bouts and only his decision will be announced to the public at the end of the match.
- ❖ During the round the judge will use the back of the scorecard to register the numbers of hits he sees, either by a number or by numbers of lines. Always the red corner is on the left side and the blue corner on the right side of both sides of the scorecard. The points/recorded hits must be tallied separately by rounds.
- ❖ He will not leave his place until the decision has been announced.
- ❖ It is mandatory for all judges to use klickers in fights. It is important to clarify in front of a tournament between WAKO, promotor or judges themselves to bring this equipment.

Art. 14 - Timekeeper

- ❖ The task of a timekeeper is to keep track of the number and the duration of the rounds as well as of the break time.
- ❖ He will be seated at ringside.
- ❖ Ten seconds before the beginning of each round, he will clear the ring, giving order "Seconds out"
- ❖ He will ring the gong at the beginning and at the end of each round.
- ❖ He will announce the number of the round, before it starts.
- ❖ He will stop the bout temporarily, when asked to do so by the referee.
- ❖ He will keep track of extra time with a watch or a stopwatch
- ❖ If, at the end of a round, a boxer is on the floor, and the referee is counting him out , the gong must ring at the end of two minutes, even if central referee must finish his count. Intervals between the rounds will last one minute.

Special Note!

The Referee and the judges should be dressed in the following manner: clean gray pants, white WAKO shirt, WAKO bow-tie, blue jacket with WAKO insignia on it, and black gym shoes.

All referees, judges and officials working a tournament, whether on or off duty, are not allowed to take action on behalf of a team/nation as coach or in any other way show favoritism (screaming, cheering like a coach/fan).

Art. 15 – Point Evaluation

Each judge separately evaluates every round. The evaluation of a round should be made according to:

- ❖ the number of targets really hit by punches and kicks
- ❖ the effectiveness of the attack
- ❖ the delivery of clean techniques

In case of a draw at the end of three rounds, each judge must give his preference to one of the two fighters considering:

- ❖ the effectiveness of the defense
- ❖ the effectiveness of the attacks

- ❖ the balance of hand and foot technique
- ❖ the correct number of kicks delivered
- ❖ the overall impression of the athletic performance
- ❖ better stamina and endurance
- ❖ more action, especially in last round

The judges use the "Remarks" section on scorecard to explain their decision of the winner.

Art. 16 – Criteria for Minus Points

- ❖ unclean fighting style
- ❖ constant clinching
- ❖ constant and continuous ducking, turning of the back
- ❖ too few foot techniques
- ❖ three warnings
- ❖ any violation of the rules

Art. 17 - Decisions

The decisions will be reached as follows:

- ❖ Victory via points: at the end of a bout, the kickboxer who has obtained a victory by the decision of the majority of judges is declared the winner (victory via majority vote). If both kickboxers are simultaneously injured or KO'd and cannot continue the fight, judges will mark the points obtained by each fighter to that point, and the kickboxer ahead by points will be declared the winner. In WAKO-PRO bouts, rule 14.1 will be applied only after the end of the 3rd round. Otherwise, NO CONTEST will be declared.
- ❖ Victory via abandonment: if a kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.
- ❖ Victory via stoppage, upon order of the referee (TKO).
- ❖ Relegation: if a kickboxer is relegated on the referee's advice, or if he receives excessive punishment, the fight will be stopped and his opponent declared the winner.
- ❖ Injury: if the referee judges a fighter 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 referee who can consult the doctor. Having done so, the referee will follow the doctor's advice. When a referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.
- ❖ Victory via disqualification: if a kickboxer is disqualified, his opponent will be declared the winner. If both kickboxers are disqualified, the decision will be announced accordingly. A disqualified Kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title of the competition in the course of which he has been disqualified, except in the case when the Executive Committee decides differently (in its absence, the decision may be made by the Appeal Board, or if none, by an official responsible for the event). Such a decision not taken by the Executive Committee may be, following a request, submitted to a review and confirmation of the Appeal Board itself.
- ❖ Victory by default: when a kickboxer is present in the ring and ready to fight, and his opponent does not appear when announced by the loud speaker. After two minutes, the gong will ring and the referee will declare the first kickboxer the winner by default. He will ask the judges to annotate the score sheets accordingly; he will gather them and call the kickboxer to the ring center, and raise his hand as the winner.
- ❖ The 3 knock-down rule is valid. This means that the fight will be stopped if a fighter has been knocked down 3 times in the same fight. The referee declares the fighter TKO after the 3rd knock down.

Art. 18 – 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 he has made a mistake and switched the scores of the fighters;
- ❖ There are evident violations of WAKO rules.

The chief referee of the ring, with the help of the WAKO Appeal Board, will immediately handle all protests. After discussions, the representative of the WAKO Appeal Board will announce the official result.

Art. 19 – Awarding of Points

In awarding points, the following rules must be respected:

- ❖ Directive 1 - concerning blows

During each round, a judge will mark the respective score for each kickboxer, according to the number of blows that each one has received. To count a punch or a kick as a blow must not be blocked or stopped. The value of registered blows in a fight will be counted at the end of each round and granted to the better kickboxer, according to his degree of superiority. Blows given by a kickboxer will not be taken into account:

- if they are contrary to regulations
- if they land on the arms
- if they are weak and do not come from legs, body or shoulders.

- ❖ Directive 2 - concerning offenses

During each round a judge cannot penalize each offense he sees, regardless of whether the referee has noticed it or not. He has to call the referee's attention to that offence. If the referee gives an official warning to one of the fighters, the judges must note it, writing W on the FOULS column on the scoring paper, but that does not mean a minus point to the other fighter. When a judge decides to give a minus point to a fighter, the judge will put a "-1" in the appropriate column next to the points the same fighter will receive at the end of the round, certifying thus, that he has to take away that point for the final score of the round .

- ❖ Directive 3 - awarding points

Points will be given per round. No fractions of points will be given. At the end of each round, the better (the more skilful) kickboxer, the one who has scored more , will receive 10 points and his opponent proportionally less (10-9) - (10-8). When the kickboxers are judged on the same level, each one will receive 10 points.

If, at the end of a bout, after having judged each round according to directives 1 and 2, both kickboxers have an equal number of points, the judge will give advantage to the kickboxer who, in his opinion showed, in the whole match, i.e. considering the three rounds:

- better fighting techniques
- better offense
- better defense
- more kicks
- more powerful
- better endurance and stamina.

If the result is the same in all three rounds, which is possible but very rare, the judge will give the preference to the fighter who was more active, had more kicks, better style or technique, better conditioning.

One extra point can be given in each round to one of the two fighters if a kickboxer has dominated the round by 8 points difference.

When a fighter spits out his mouth-guard on purpose, the central referee should stop the fight immediately and count him as if for a knock down.

If the fighters are equal on points after three rounds the fighter who won the last round will win the fight. If the last round is equal the judges will use the remarks to choose a winner.

Art. 20 - Offences

A fighter who does not obey the referee's orders; who violates regulations, who demonstrates unsportsman-like behavior or who commits offenses, can receive a caution, warning or be disqualified by a referee without an official warning. Only 3 official warnings can be given to a fighter in the course of the entire bout. The third warning will automatically mean DISQUALIFICATION (the procedure starts from warning, 1st official warning, 2nd official warning and 1 minus point, third official warning and consequent disqualification of the fighter).

Warnings given to the second count against the kickboxer.

A referee may, without stopping the fight, give a caution to a kickboxer at any moment. If he wants to give a warning to a kickboxer, he will stop the fight and announce the offense. He will show it to the three judges, pointing with his finger to the kickboxer at fault.

The following actions are considered fouls:

- ❖ Punching below the belt, hooking, tripping, and hitting with knees or elbows.
- ❖ Butting with head, shoulders, with forearms and elbows, strangling the opponent, crushing his face with arm or elbow, 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 on the nape of his neck, head and kidneys.
- ❖ Attacking while holding the ropes or using them improperly
- ❖ Lying down, wrestling or not fighting at all
- ❖ Attacking an opponent who is on the floor or getting up
- ❖ Clinching
- ❖ 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 defense 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 referee at any time
- ❖ When a warning for a particular foul has been administered, for example a clinch.

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

Art. - 21 On The Floor

A kickboxer is considered "on the floor" if:

- ❖ If he touches the floor with a part of his body other than his feet following a blow or series of blows.
- ❖ If he hopelessly hangs on the ropes after a blow or a series of blows.
- ❖ If he finds himself outside the ropes, partly or completely, after a blow or a series of blows.
- ❖ If, after a violent blow, he has not fallen to the floor or into the ropes, but is in a state of semi-consciousness and, in the referee's opinion, not able to continue fighting.
- ❖ In the case of a KO, the referee must immediately start counting out the seconds. When a kickboxer is on the floor, his opponent must instantly go to the neutral corner, shown by the referee. He will only continue the fight with his fallen opponent when the latter has risen, and when the referee has ordered the continuation of fighting. If the opponent does not go to the neutral corner following the referee's order, the referee will stop the count until that order is executed. The count will then be continued where it was left.

When a kickboxer is on the floor, the referee will count from 1 to 10 with a second interval between each number, and will indicate each second with his hand so that the fallen kickboxer knows how many seconds have already been counted. One second must pass from the moment the kickboxer falls down to the start of the count.

When a kickboxer is on the floor due to a blow, the fight will not continue before the referee has counted to 8, even if the kickboxer is ready to continue the fight before that time. If the kickboxer doesn't raise his hands the referee will continue to count until "10", the round will be finished and a KO declared.

If a kickboxer is on the floor at the end of a round, the referee will continue the count even if the bell rings. If the referee counts to 10, the kickboxer will be declared loser via KO.

If a kickboxer is on the floor after having received a blow and the fight continues after the count out of 8 seconds, but the kickboxer falls back on the floor without receiving a new blow, the 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 bout will be stopped and decision given, considering the points granted before the KO. This will not be applied in WAKO-PRO bouts unless the third round is over. Otherwise a NO CONTEST will be declared between the two fighters. A kickboxer who does not resume the fight after the break or after a KO loses the fight.

Art. 22 – Procedure after K.O. or RSC-H

If a fighter gets injured in a fight the doctor are the only person that can evaluate the circumstances.

If a kickboxer remains unconscious, only the referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.

Procedure if KO, RSC, RSC-H, Injury

- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.
- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will not be allowed to take part in another competition or bout for a period of at least 4 weeks after the KO.
- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, two times in a period of 3 months, will not be allowed to take part in another competition or bout for a period of at least 3 months after the second KO or RSC-H.
- ❖ A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.
- ❖ To above mentioned quarantine periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can furtheron extend the quarantine period.
- ❖ A quarantine period means that a kickboxer can not take part in no competition in kickboxing no matter what the discipline are. The quarantine periods are "minimum period" and can not be overruled even though a head scan shows no visible injuries.
- ❖ The referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or referee has stopped the bout due to the kickboxer's inability to resume the fight because of head blows. The same has to be reported by the Chief referee on duty in that ring on the fighter's WAKO SPORT PASS. This is also the official result of the fight and it can not 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 sports doctor.
- ❖ When registered a KO or RSC-H a kickboxer must get a CT Scan of the head.

Procedure if 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 kickboxers nation denies doctors medical advice, the doctor 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.

Art. 23 – Hand Shaking

Before and after a bout, the kickboxers will shake hands as sign of pure sportsmanship and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision. No hand shaking is allowed between rounds.

Art. 24 – Use of Drugs

Any drug or chemical substance ingested by a kickboxer, which is not included in the kickboxer's normal diet, is forbidden. Any kickboxer or official violating this code may be disqualified or suspended by the WAKO.

Any kickboxer refusing to submit to a medical examination or doping test, after a fight, in order to verify that he has not broken this rule, may be disqualified or suspended. The same will occur in case of an official encouraging such a refusal.

The use of local anesthetics is allowed, if agreed by a doctor from the Medical Committee. WAKO refers to WADA Doping Rules.

Art. 25 – Medical Aptitude

A fighter will be allowed to fight in an International competition only after having been declared fit for it by a sports doctor, recognized by the Federation under whose name the competition takes place, or by the Medical Committee of WAKO during Continental and World Championships.

All kickboxers fighting abroad will need to have a certificate established by a medical doctor, certifying that the athlete, before leaving his country, was in good physical condition and had no injuries, infections or medical problems that could affect his ability to fight in the visiting country. This certificate will be attached to the WAKO passport of the kickboxer, according to the practice of his association and presented during the medical the examination which will precede weigh-in.

One-eyed, deaf, mute and epileptic fighters are not allowed in kickboxing. Hard contact lenses are forbidden while the kickboxer is in the ring.

A kickboxer will not be allowed to take part in a bout if he has bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included. He 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.

Art. 26 – Doctors' Aide

A recognized sports doctor must be present throughout the competition and must not leave his place before the end of the last bout or before seeing the kickboxers who have taken part in it. In a tournament there must be ambulance personnel on site.

Art. 27 – Age Limit of Kickboxers

Kickboxers younger than 18 and older than 45 will not be allowed to take part in Senior World or Continental Championships, nor in Senior International competitions. For the women the allowable ages are from 15 to 40.

Art. 28 - Agreements

It is desirable that all WAKO affiliated Associations ensure that their rules agree with those of WAKO, as far as possible, in order to ensure the uniformity of Kickboxing regulations around the world.

CHAPTER SEVEN– WAKO MUSICAL FORMS

Art. 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.

Art. 2 - Rhythm

All Forms divisions must be performed to music. Martial Arts technique must go according to the rhythm, with the exception of soft styles (Note: Until 2005 Szeged World Championships only. Later on even Soft styles will have to follow our basic rules: that the martial arts techniques must be performed according to the rhythm of the music).

Art. 3 - Length

Hard forms cannot be longer than 1 minute and 30 seconds, presentation excluded, with the presentation not exceeding 30 seconds. In soft styles the performance cannot exceed 2 minutes presentation_excluded, with the presentation again not exceeding 30 seconds. In the event of a violation of the present rule, the chief referee can ask for a deduction of 0.5 point. If a form is less than 30 seconds in length the chief referee can ask for a deduction of 1.0 point.

Art. 4 - Age

- ❖ For musical forms competition the allowed age groups are:
 - Boys and girls - 7, 8 and 9 years old
 - Younger cadets - 10,11 and 12 years old
 - Older cadets - 13,14 and 15 years old
 - Juniors - 16,17 and 18 years old
 - Seniors - 19 to 45 years old
- ❖ Age categories are the same for male and female competitors
- ❖ Boys and girls and cadets categories can be merged
- ❖ Younger competitors can participate only in the next older category.
- ❖ Age divisions will be determined in the following manner: a competitor will be placed in an age division according to his year of birth, not his actual birthday, and he will be required to compete all year in this age category. Positive proof of age will be required at ALL events.

Art. 5 - Divisions

In Musical Forms competition there are four divisions both for men and women:

- ❖ Hard styles (coming from Karate or Taekwondo)
- ❖ Soft Styles (coming from Kung Fu and Wu-Shu)
- ❖ Hard styles weapons (using weapons: kama, sai, tonfa,nunchaku,bo)
- ❖ Soft Styles weapons (using weapons: naginata, nunchaku,katana, tai chi chuan sword, chain, wushu long stick, two swords, hook sword and two hook swords, etc.)

Each competitor in Musical Forms can enter one or more divisions in each Championship.

Art. 6 - Uniforms

There is no specific uniform for musical forms competitors. They can wear any kind of uniform, which must be clean and decent. In Hard styles, competitors must be bare footed, while in Soft Styles they can wear sport shoes.

They can also be shirtless for their performance (apart from women, of course).

Art. 7 – State off Weapons

Each athlete is responsible for the perfect state of his or her weapon, which is individual and which cannot be exchanged during the competition. The chief referee can ask to inspect the competitor's weapon if he wishes to do so. No real sword can be used in competitor's performance.

Art. 8 – Acrobatic Movements

Both in Hard or Soft styles, no more than THREE GYMNASTICS MOVEMENTS are allowed in WAKO musical forms.

Violation of this rule may lead to a 0.5 point deduction. A gymnastic movement is a movement with no martial art purpose (no striking). Some gymnastic movements can be modified by adding a kick or a punch to the movement. In that case, it is not considered a gymnastic movement.

Art. 9 – Criteria of Judging

Each judge must take into consideration, before awarding any decision:

- ❖ Synchronization (in hard styles, perfect timing, the relationship between movement and music; in soft styles, the relationship between movement and music)
- ❖ Showmanship (competitor's presence and role playing, and the presentation of choreography)
- ❖ Degree of difficulty (kicks, jumps, combinations, gymnastic movements)
- ❖ Basics (stances, punches, kicks and blocks according to the basic technique of the original styles)
- ❖ Balance, strength, focus (perfect balance and movements done with energy)
- ❖ Manipulation (with regard to weapons, of course. The competitor must show perfect control and mastery of the weapon being used by doing outstanding work with said weapon). This should be the first criteria to consider in the weapon division.

Art. 9 – Scoring

After a musical forms performance judges will grade the performance as follows:

Boys and girls, younger and older cadets:	5.0 to 7.0
Juniors:	6.0 to 8.0
Seniors:	7.0 to 9.0 in European Championships 8.0 to 10.0 in World Championships

Minus points:

- ❖ 1.0 - if the competitor interrupts his performance and starts again from the beginning, the grade will be lowered by 1 full point
- ❖ 0.5 - if the competitor loses synchronization with his music
- 0.5 - if the competitor loses his balance
- 0.5 - if the competitor performs any disallowed movements

- ❖ If the competitor breaks off his performance before the end, the judge will give the minimum mark.
- ❖ If the competitor loses or leaves his weapon, he will be disqualified
- ❖ During a performance of musical form with weapon the weapon may not, in any case, leave the competitor's hand. If the competitor loses or leaves a weapon he will be disqualified

Art. 10 – Dance Movements

Dance movements will not be allowed, accepted or tolerated during a form performance. Competitors who choose to incorporate dance moves such as "break or jazz dancing" or even "classical" will receive the lowest mark, a 5.00 from each judge.

Art. 11 – Costumes and Make-ups

Theatrical costumes, including make-up, masks or any type of uniform that is not recognized as a legal Martial Arts uniform will not be accepted.

Art. 12 – Special Effects

Any special effect, such as lasers, smoke, fire, explosions, etc. will not be tolerated. Infractions to the above-mentioned rule will lead to the immediate disqualification of the competitor.

CHAPTER EIGHT – WAKO AERO KICKBOXING RULES

Art. 1 - Definition

Aero Kickboxing is a sort of training exercise including aerobic and kickboxing techniques. The performer uses techniques coming only from kickboxing "repertoire" to specifically selected music. The variation in the program can be combined with a kind of Fitness program. The choice of the music is personal. These rules are meant for aero kickboxing competition only.

Aero kickboxing must be combined with aerobic techniques such as:

- steps, side to side, step touch, grapevine, leg curls, knee lifts, v steps, mambo, cha cha.

Art. 2 – Knowledge of Music and its Beat

- ❖ Synchronization of movements to the music's beat; Every out of rhythm movement will be considered an error or penalty.
- ❖ Speed of musical beat (B.P.M. – beats per minute): It must be from a minimum of 135 to a maximum of 155 per minute.
- ❖ The exercise must last from a minimum of 1 minute 30 seconds to a maximum of 2 minutes from the start of performance. To remain within the time constraints, it is advisable to use 6 or 8 periods or blocks of 32 beats during the creation of the exercise. Furthermore, the exercise must begin on the first beat of a period, known as the masterbeat or downbeat.
- ❖ No swearing words in the music are allowed.
- ❖ The exercise must last for a minimum of 1 minute 30 seconds to a maximum of 2 minutes from the start of the performance.
- ❖ If the performance is shorter than 1 minute 30 seconds or longer than 2 minutes the competitor will be deducted (minus 1.0).

Art. 3 – Kickboxing Techniques

- ❖ Punching and kicking techniques during the exercise must be performed correctly in a fluid, dynamic and explosive manner, as if facing a real opponent.
- ❖ Any hesitation or loss of balance will be considered an error or penalty.
- ❖ A minimum of five kicks or punches must be employed during a period (32 musical beats).
- ❖ A minimum of 10 aerobic techniques is allowed.
- ❖ No kicking around in circles is allowed.

Art. 4 – Age Divisions

- ❖ In aero kickboxing competition the following are allowed to participate:
 - Boys and girls - 7, 8 and 9 years old
 - Younger cadets - 10, 11 and 12 years old
 - Older cadets - 13, 14 and 15 years old
 - Juniors - 16, 17 and 18 years old
 - Seniors - 19 to 45 years old
- ❖ Age categories are the same for male and female competitors
- ❖ Boys / girls and cadets categories can be merged
- ❖ Younger competitors can participate in only the next older category.
- ❖ Age divisions will be determined in the following manner: a competitor will be placed in an age division according to his year of birth, not his actual birthday, and he will be required to compete all year in this age category. Positive proof of age will be required at ALL events.

Art. 5 – Difficulty of Choreography

During the creation of the choreographed exercise one can choose either a symmetrical or asymmetrical plan. Obviously, the use of an asymmetrical plan will be given a higher degree of difficulty when awarding points for the final score, as will the use of such techniques as: roundhouse and reverse roundhouse kicks, hook kicks, axe kicks, butterfly kicks, jump and double kicks, spinning back-fist punches, etc.

Art. 6 – Type of Competition and Synchronization of Athletes

Competition will be either individual or in groups of 3 athletes, even of different sex. In the case of groups, during the exercise the athletes must carry out perfectly synchronized movements, both in their choreography and in the execution of kickboxing techniques, while respecting the rules mentioned in points 1-2-3. The same rules must also be respected in individual exercise. Any uncertainty will be considered an error or penalty.

Art. 7 – COMPETITION AREA AND UNIFORMS

Aero-kickboxing competition is performed on a tatami (mats) of 8x8 mts. Individual and team members must start their performance at a minimum of 7 meters distance from chief referee.

Competitors show upon tatami when requested to enter the area, they bow slightly and raise their hands to show they are ready. When music starts, time clock starts.

- ❖ Competitors must show up in long pants (aerobic or fighting pants) and t-shirt or sport top (for female only).
- ❖ Women cannot show up in bra only.
- ❖ They must wear shoes and they cannot wear any jewelry or piercing.
- ❖ Make-ups is allowed for women.
- ❖ Competitors can touch the floor with any part of body only during presentation or ending their performance.
- ❖ Competitors in aero-kickboxing cannot use any musical form content.
- ❖ They cannot include any demonstration in their performances (breaking of wooden tables, pumps etc.).
- ❖ No introduction is allowed.
- ❖ Competitors do not announce themselves to the judges but go to the middle of the tatami bow slightly and raise their hand to start.
- ❖ When the music starts the timekeeper will start the clock.
- ❖ Competitor must start on a master beat.
- ❖ No gloves or other kickboxing equipment of any kind are allowed.
- ❖ Competitors must wear hand wraps.
- ❖ Women must wear sports tops not sports bras.

Art. 8 – Match Judges and Referees

The competition will be judged by 5 judges who will use visible score-boards. They will use from a minimum of 7 to a maximum of 10 (in World Championships only) , decimals included. At the end of each performance, at the command of chief referee, they will show their marks to both competitors and the audience. They have to keep their numbers visible for the time necessary to the announcer to read them all.

In giving their marks, Judges have to consider:

- ❖ Synchronization of movements to the music beat;
- ❖ Quality of techniques, focus, speed, balance
- ❖ Coreography (difficulty of combinations etc.)
- ❖ Symmetry and asymmetry actions

Art. 9 – Scoring

After an aero kickboxing performance, judges will show marks for performance as follows:

Boys and girls, younger and older cadets:	5.0 to 6.0
Juniors:	6.0 to 8.0
Seniors:	8.0 to 10.0

Minus points:

- 0.5 - lose of synchronization with music
 - team competition - lose of synchronization with other team members
 - lose of balance on step
 - insufficient number of kickboxing techniques
 - insufficient number of aerobic techniques
 - touching the floor with any part of the body either than their feet
 - use of acoustic aid (whistle) or of any other kind
- 1 - the competitor falls
 - use of Martial Arts techniques
 - repetition of performance

If the competitor / team interrupts performance before the end, judge will give a mark of 5.0

At the end of each performance, judges make up their decisions according to the established criteria. At the command of chief referee, they will raise their scoring boards, visible from 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 scratched. The three remaining will make the final score. In case of draw, winner will be the competitor who had received the higher minimum mark scratched of the two. In case of new draw, it will be looked at the higher mark scratched of the two. In case of new draw, the two competitors will be requested to repeat their performance.

Art. 10 – Decisions

Obviously the winner is the one who obtains the highest combined score:

- ❖ MASTERBEAT -is the first beat of the first phrase of the 32 beat period
- ❖ PERIOD -is four phrases combined (each phrase is 8 beats)
- ❖ BLOCK -is formed by 2 symmetrical periods or by 2 or more symmetrical periods
- ❖ SYMMETRY -actions carried out both to the right and to the left
- ❖ ASYMMETRIC -actions carried out to the right but changed to the left



CHAPTER NINE – WAKO-PRO RULES

Art. 1 - Definition

This chapter defines the specific rules of professional kickboxing in WAKO, through WAKO-PRO. Details not mentioned in this chapter are dealt with in the ordinary rules of each discipline.

IT IS MANDATORY FOR ALL WAKO-PRO FIGHTERS TO TRAVEL WITH THEIR WAKO SPORT PASS WITH PERSONAL MEDICAL CERTIFICATES IN IT. RING SPORTS FIGHTERS MUST ALSO BRING THEIR ECG AND CARDIO TEST OR THEY WILL NOT BE ALLOWED TO FIGHT.

Art. 2 - WAKO-PRO Weight Classes

FULLCONTACT		LOW-KICK		THAI-KICK		SEMICONTACT		LIGHT-CONTACT	
Men	Women	Men	Women	Men	Women	Men	Women	Men	Women
52.7 kg	48 kg	52.7 kg	48 kg	52.7 kg	48 kg	57 kg	50 kg	57 kg	50 kg
54.5 kg	50 kg	54.5 kg	50 kg	54.5 kg	50 kg	63 kg	55 kg	63 kg	55 kg
56.4 kg	52 kg	56.4 kg	52 kg	56.4 kg	52 kg	69 kg	60 kg	69 kg	60 kg
58.2 kg	54 kg	58.2 kg	54 kg	58.2 kg	54 kg	74 kg	65 kg	74 kg	65 kg
60 kg	56 kg	60 kg	56 kg	60 kg	56 kg	79 kg	70 kg	79 kg	70 kg
62.3 kg	58 kg	62.3 kg	58 kg	62.3 kg	58 kg	84 kg	+70 kg	84 kg	+70 kg
64.5 kg	60 kg	64.5 kg	60 kg	64.5 kg	60 kg	89 kg		89 kg	
66.8 kg	62 kg	66.8 kg	62 kg	66.8 kg	62 kg	94 kg		94 kg	
69.1 kg	64 kg	69.1 kg	64 kg	69.1 kg	64 kg	+94 kg		+94 kg	
71.8 kg	66 kg	71.8 kg	66 kg	71.8 kg	66 kg				
75 kg	68 kg	75 kg	68 kg	75 kg	68 kg				
78.1 kg	70 kg	78.1 kg	70 kg	78.1 kg	70 kg				
81.4 kg	+70 kg	81.4 kg	+70 kg	81.4 kg	+70 kg				
85.1 kg		85.1 kg		85.1 kg					
88.6 kg		88.6 kg		88.6 kg					
94.1 kg		94.1 kg		94.1 kg					
+94.1 kg		+94.1 kg		+94.1 kg					

Art. 3 – WAKO-PRO Titles and Rounds

These are the existing rounds and titles of WAKO-PRO

	Full	Low-Kick	Thai-Kick	Semi	Light
World Titles	12	5	5	7	7
Continental Titles*	10	5	5	5	5
Intercontinental Titles	10	5	5	5	5
South American Titles	10	5	5	5	5
Regional Titles**	6	6	6	5	5
Prestige fights	6-8	5	5	5	5
* Continental titles:	European, African, Asian, North American, South American, Australian				
** Regional titles:	Mediterranean, Balkan, Nordic				

Fullcontact, Lightcontact and Semicontact	-	2 minutes rounds – 1 minute rest
Low-Kick and Thai-Kick	-	3 minutes rounds – 1 minute rest

Art. 4 - WAKO-PRO Equipment

Ordinary equipment is used according to WAKO rules. Differences are as follows:

Ring sports:

- ❖ Up to 66.8 kg minimum of 8 Oz gloves.
- ❖ From 66.9 kg minimum of 10 Oz gloves.
- ❖ No leg or foot safety in Thai-Kick and Low-Kick. Only ankle protection.
- ❖ No head-guard allowed (apart Norway due to a particular national law).

Light Contact:

- ❖ Top – a jacket or V-neck top are recommended
- ❖ Recommendations of not using head-guards in light-contact title fights.

Semi-contact:

- ❖ No changes.

NOTE!

If needed, changes of equipment according to normal WAKO-PRO procedures, application to WAKO HQ must be made and changes are to be confirmed by WAKO.

Art. 5 - WAKO-PRO Decisions

Special for decisions according to WAKO rules are:

Ring sports & Light-Contact:

- ❖ Draw: If a fight ends in a draw on a score card, judges must decide a winner applying normal criteria according to above mentioned rules in specific section.
- ❖ Knockdowns: the 3-knockdown rule of ring sports does not apply. The central referee or doctor decides according to the situation .

Semi-contact:

- ❖ Draw: If a fight ends in a draw, 1 minute extra has to be fought. If points still are equal, sudden death decides the winner.
- ❖ Exits: The first minus point is given on the 3rd exit and after 2 official warnings. From the 4th exit on, 1 minus point is given for each additional exit.
- ❖ Stop of fight: If a 15-point difference occurs, the fight ends before regular time.

Art. 6 - WAKO-PRO Judges and Referees

In a WAKO-PRO fight following criteria must be followed:

- ❖ One from each participating country and one neutral referee.
- ❖ The central referee can be a neutral referee, which is preferable, or a referee from the country the fight is hosted.

Art. 7 - WAKO-PRO Fees

❖ Sanctioning Fees

Sanctioning fees are paid from promoters to WAKO HQ according to the list below.

WAKO HQ in case of several title fights in the same card, can offer a reduction of the sanctioning fees.

	European Title	Intercontinental Title	World Title
Sanctioning Fees	800 EURO	1.000 EURO	1.200 EURO

❖ World and European Title belts

Title belts for European, Intercontinental and World titles are not included in sanctioning fees. They are available on demand and can be purchased from WAKO HQ at 350 EURO + delivery costs.

❖ Fighting Fees

Minimum tariffs for fighters engaged in WAKO-PRO title fight activity are as follows:

Tariffs can differ according to a fighter's fame and ability. Negotiation of those purses can be undertaken between promoters and WAKO-PRO HQ in the interest of both fighters and promoters. The purses are paid by promoters and guaranteed by National WAKO Presidents and WAKO HQ.

	European and Interc. Titles	World Titles
Ring Sports	800/ 1.000 EURO	1000/1.200 EURO
Tatami sports	300/500 EURO	500 / 700 EURO
Prestige Fights	50/100 EURO per round	

Art. 8 – WAKO-PRO Agreement

All details of a WAKO-PRO fight must be agreed in a written contract proposed to both parties (Fighters) by WAKO HQ.

CHAPTER TEN – WAKO DUTIES

Art. 1 – Officials in General

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 show an unbiased, positive and honest attitude and fair play to everyone.

Officials at WAKO World, Continental and Regional Championships and WAKO World Cups are:

- ❖ Representative of the WAKO Executive Committee
- ❖ Chief referee Committees (ring sports and tatami sports)
- ❖ Administrator / computer man
- ❖ Chief referees for tatamis or rings
- ❖ Referees
- ❖ Judges
- ❖ Kick counters
- ❖ Time keeper
- ❖ Score keeper
- ❖ Announcer
- ❖ Doctor with medical team

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 Executive Board. He is responsible for seeing that all championships or cups are under WAKO rules and that all results will be WAKO official results. For each championship or cup the WAKO Board or WAKO President will nominate a WAKO Representative.

CHIEF REFEREE COMMITTEES

In WAKO we have created two Referee Committees: one for Tatami sports and one for ring sports.

The Chairman of each Committee is responsible to name chief referees for tatamis or rings and with chief referees deploy referees and judges for tatamis and rings. With each chief referee he checks tatamis, rings, official table equipment, referee and judge uniforms and he will permit the start of competition. He will divide draw papers to the official tables and collect them after finished matches. He is the supervisor of the weigh-in. He is responsible for making draw lists (with the administrator) and only he can make changes to official draw lists. He will be the supreme referee in protests. His decision about protests will be binding.

Referee Committees are named by WAKO Executive Committee and stay in charge for 4 years unless decided by WAKO Board itself.

TOURNAMENT COMMITTEE/ COMPUTER MAN

The Administrator is responsible for collecting all registration material and loads data into a computer to prepare draw lists. With the Tournament Committee he makes draw lists and distributes them to the official tables. He collects completed draw lists after matches 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. If the promoter of a championship cannot appoint a responsible person for administration, the WAKO board or WAKO President will nominate an adequate person.

CHIEF REFEREES FOR TATAMIS OR RINGS

The Chief Referee (named by the referee Committee Chairman) is responsible for normal procedures for matches held on tatamis or rings. He will deploy referees and judges for every match according to their quality and with respect for neutrality rules. He is responsible for the correct compilation of the draw list with results, and at the end he will sign the draw list and give it to the chief referee. In case of protests, he must follow procedures and he makes a first-level decision. If the protester is not satisfied with his decision, the chief referee will explain all details of the protest to the Technical Director. The Chief Referee supervises referees and judges and can change a referee's decision only in case of a "material mistake".

In musical forms and aero kickboxing the Chief Referee will give the signal to competitors to start performing and he coordinates the work of other judges.

The Chairman of Referee Committee of championships or cups will appoint chief referees from well-experienced referees who come with their national teams.

REFEREE

The Referee is the central judge of matches in kickboxing fighting disciplines. At the end of the match he indicates the winner of the match by raising the fighter's hand.

In semi-contact he loudly calls out commands and indicates what he has seen, and afterwards he awards points according to his and the judges' decisions. He is responsible for a safe and correct fight. He must consult the ringside doctor in any case of injury.

In light, full contact, low kick and Thai kickboxing he is responsible for safe and correct fighting. Before the start of the fight he will check the safety equipment and uniforms of the fighters according to procedure. In case of a rules violation he will stop the match and give warnings and penalties to the fighters. In case of a serious violation of the rules he must consult with the judges and for disqualification he must also consult with the chief referee. In the event of a hard blow to a fighter's head he must stop the fight and start counting from 1 to 8. If the fighter is ready to continue fighting at the count of 8 he will check on his condition for continuing the fight. If the fighter is not ready to fight at 8 he will continue counting to 10 and stop the match and send the fighters to their corners.

At the end of a round he will ask the kick counter and according to his report he will give warnings or a minus point to the fighter who hasn't done 6 kick techniques per round.

At the end of match he will check scoring papers of judges before he gave papers to announcer at official table. Referees will be appointed by the Chief Referee according to their and the fighters' nationalities.

JUDGES

His responsibility is the correct, honest and neutral judging the match. He will give points (show or write on scoring sheets) only when fighter's technique is correct, and only when he saw the point. Giving points by sound of punch or kick is not allowed.

Judges will be appointed by the Chief Referee according to their and the fighters' nationalities.

KICK COUNTER

The Kick counter is responsible for counting kicks and good kick technique during the round. When a fighter has achieved 6 kicks or kick techniques he will stop counting. At the end of a round he will report to the referee whether or not the fighter had enough kick techniques achieved, and if not how many kicks were lacking. The Kick counter is a low experience international referee - two for each match (one for each fighter). Kick counters will be appointed by the Chief Referee according to his and the fighters' nationality.

TIME KEEPER

is responsible for starting and stopping timer. He will start when referee give order FIGHT, and stop only in two case: when time expired and when referee said STOP-TIME. In other case he will not stop the timer. Also, he will not stop the timer when referee count in knock down procedure. If the time of round expired during the knock down counting, time keeper will wait until referee give order FIGHT or when he finish count to 10, and then he will hit gong - one time for end of round and two time for end of match. 10 seconds before pause between round will expired, time keeper will give sound sign (light hitting gong several time) to warn referee and coaches. Coaches must exit from ring, and fighter must stand in start position for fight continuing. Time keeper will be nominating by Chief referee or by promoter.

SCORE KEEPER

Score keeper writes result at the end of match in draw list.

In semi contact, he turns around numbers according what referee show to him, how many and to whom he gave points. He must turn around numbers quickly.

In light, full contact, low kick and Thai kickboxing, he check score papers again after referee, and write down result - points or abbreviation as follows:

KO - knock out or TKO - technical nock out (after three knock down in one match), DISQ - disqualification, RSC - referee stop contest, RSCH - referee stop contest because fighter got hard blow in the head, WO - walk over (when fighter didn't came on tatami or in ring), AB - abandonment.

In musical forms and aero kickboxing he write down in scoring papers results of each judge, and count average mark.

Time keeper will be nominating by Chief referee or by promoter.

ANNOUNCER

Before match he calls fighters for fight - first he call fighter in red corner, and after fighter in blue corner. In professional bouts in galas, in red corner is domestic fighter, then announcer will call first visit fighter in blue corner and then domestic fighter in red corner.

At championships and cups, announcer always call fighter for further match, and call for prepare fighter for next match. After three calling when fighter do not coming, he will give order to time keeper to start timer. If the

fighter didn't come in time of 2 minutes, announcer will give sign to referee and announce winner of match by opponent's WO.

In musical forms and aero kickboxing competitions he will real loudly each mark of judges.

Time keeper will be nominating by Chief referee or by promoter.

DOCTOR WITH MEDICAL TEAM

Doctor must be ready for immediate intervention on referee call. Before referee call he can not enter on tatami or in ring. Medical team must have enough equipment and enough number of doctors and technicians for safe and quick intervention at all fighting's areas. Doctor must have experience in treating kickboxing specific injures. Promoter is responsible to provide adequate medical team, with ambulance car.

OFFICIALS IN KICKBOXING DISCIPLINES (minimum)

SEMI CONTACT:

- 1 referee
- 2 judges
- 1 time keeper
- 1 score keeper

LIGHT, FULL CONTACT, LOW KICK, THAI KICKBOXING

- 1 referee
- 3 judges
- 2 kick counter
- 1 time keeper
- 1 score keeper
- 1 announcer

MUSICAL FORMS AND AERO KICKBOXING

- 1 referee
- 4 judges
- 1 score keeper
- 1 announcer

Art. 2 – Promoters

The promoters of all International WAKO events must be the President of the host country or any other but under the responsibility of the President. The President of the host country may if he wishes have a partner, but this in no way relieves him of the over all responsibility of the Tournament. The Promoter shall communicate directly with the WAKO World President on all matters concerning the event. The Promoter shall send a written report to the Wako World President every sixty- (60) days concerning the promotion of the event. Promoters of International Events shall be responsible for the following:

Art. 3 – Official Championships and Tournaments

Championships

The championships like World Championships and European Championships, or regional Championships (Asian, Arabian, Oceania, Pan Americans, African Championships) are promoted alternatively every second year. The championships can be organized as one championship including all disciplines or be divided in maximum two championships for the different disciplines and in agreement with promoter.

The venue for a championship:

- ❖ shall be a suitable auditorium seating of minimum 2000 spectators
- ❖ must have good space for all fighting areas and between all fighting areas
- ❖ must have a warming up section to take care off the numbers of participants attending
- ❖ must have areas for referees, organizers and WAKO officers
- ❖ must have relaxing rooms and dressing rooms for the numbers of participants attending
- ❖ headquarter and administration rooms, faxes and copy machines

WAKO sanctioning fees of Championships and Cups differ and they are dealt directly by WAKO President in accordance with Executive Committee.

World Cups

A WAKO World Cup is such when it is promoted with normal Championship routines as:

- ❖ Tournament for at least 3 days
- ❖ Arrival and Weigh-in day before start of fights
- ❖ Semi contact and light contact: 2x2 minutes rounds
- ❖ Ring sports 3x2 minutes
- ❖ Only WAKO rules shall be used
- ❖ Official WAKO referees and judges only
- ❖ World Cup only open for WAKO members and their clubs/teams.

WAKO are going to work out a ranking system based on points due to results either for competitors or for clubs/teams including prize system.

A WAKO Open tournament can be open to all clubs of different international organizations. When using WAKO name though, it shall be promoted under WAKO rules only.

Art. 4 - Trophies

A suitable reward must be furnished for the following categories:

- ❖ 1st 2nd and two (2) 3rd places for all Competition Divisions.
- ❖ Team Trophies for...Full Contact, Light Contact, Low Kick, Semi Contact an overall Team Trophy.

These awards shall be decided in the following manner;
1st place = 3pts. 2nd placed = 2pts. 3rd place = 1 pt.

Art. 5 - Headquarters

The promoter shall select a Hotel which will serve as the Tournament Headquarters.

Art. 6 - Scales

There shall be a minimum of two seats of Medical Balance Scales made available to the Fighters a minimum of two days before the Official Weigh-in.

Art. 7 - Refreshments

A refreshment area shall be provided for the use of the Referee's Judges and Table Officials. It should have a minimum of tea, coffee and soft drinks. The promoter will be responsible for sending the national WAKO Presidents all relevant information concerning the locations, dates, lists of Hotels and prices, airport transportation and a complete schedule of events. The Promoter shall have a Transportation Co-ordinator assigned at the Airport of the Tournament city to assist the Competitors upon their arrival. The National Presidents are responsible for providing their flight times to the Promoter. The Promoter shall be responsible for the providing of all personal and equipment necessary to conduct and administer the Tournament.

Art. 8 – Tournament Committee

THE COMMITTEE:

The WAKO Executive Committee shall select the Tournament Committee. The Committee shall consist of at least three (3) members. The leader of the Committee shall be known as Tournament Director. It is of importance that the members of the group speak English.

The Committee meets in front of World Cups and/or European/World Championships. If necessary, they initiative other meetings, but are requested to meet during events/tournaments. Otherwise they communicate by mail and by telephone.

RESPONSIBILITIES:

- ❖ They are responsible for the disciplines.
- ❖ They will be responsible for all the Chiefs referees and their staff in the arena throughout the event
- ❖ They will have the responsibility of being in complete charge of all paperwork regarding results and complaints.
- ❖ They will act as Chief Referees of the tournament or will represent responsible persons in their place and to ensure that all Referee's and Judges within WAKO are of the very highest standard possible.
- ❖ They will have a close cooperation to the Referee Committee and will make sure that all referee seminars are being held.

- ❖ They will together with the promoter take care of the event/promotion/tournament and make sure everything are arranged according to the WAKO rules. Any deviation to the rules has to be cleared in the committee or through the Executive Committee.
- ❖ The Technical Committee will be responsible for approving all fighting safety equipment supplied by Promoters. The Committee will also be responsible for inspecting all Fighting Areas.
- ❖ They will take care of all official Weigh-ins or point out referees/officials who take care of it.
- ❖ They will report to the Executive Committee and the president of WAKO.
- ❖ They will take care of protests or give them further on to the Executive Committee. Their or the Executive Committee's decision will be final.

Art. 9 – Referee Committee

THE COMMITTEE:

The Committee have four (4) members representing all the disciplines. The leader take the initiative to organize the work inside the Committee or on behalf of the Tournament Committee. It is of importance that the members of the group speak English.

The Committee meets in front of World Cups and/or European/World Championships. If necessary, they initiative other meetings, but are requested to meet during events/tournaments. Otherwise they communicate by mail and by telephone.

All changing of rules are to be recommended of the Committee to the Executive Committee

RESPONSIBILITY:

The responsibility of the referee Committee are to make sure that all rules are followed, make sure of upgrading the rules/nominating changes in the rules to the Executive Committee and make sure of quality of referees and judges during the World Cups and European and World Championships. They are also responsible to organize referees and judges on all fighting areas in a tournament. They are responsible that all referees and judges are dressed in the same code. They must also rate the referees after the tournament.

Note!

Changing of rules can not be done for the championships or tournament they are participating in, but the changes has to be nominated to the Executive Committee who are responsible of voting and informing the WAKO members for the next championship/tournament for the next season.

INTERNATIONAL REFEREE SEMINARS:

In preparation of World /European Championships and Cups the Committee organize seminars so to make sure that the judging and behavior of referees are at their best .

When sending out letters of invitation to championships, WAKO will write an extra note concerning referees and judges including all demands for their preparations.

The organizing of the seminars are done as follows:

- ❖ All referees and judges must receive a copy of the updated rules which will be used 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 style and the rules to be used during the tournaments.
- ❖ Make sure that all referees and judges wear the same uniforms which is important for the WAKO image.
- ❖ The main content of the seminars are:
 - ❖ Semicontact:
 - Focus on the fighting rules, illegal targets and actions, scoring, gestures (how to call points, no score, could not see etc)
 - ❖ Light/Fullcontact/low-kick/Thai-kickboxing
 - Central referee role, judge's role, criteria of scoring, How to fill up the scorecards, targets, defining hits and kicks, remarks and importance of judge in close fights, protests, procedures of the referees.
 - ❖ Musical Forms and Aero-Kick:
 - Criteria of judging, acrobatic movements, dance movements, giving points

Details of content of the seminars are written down by the member of the Referee Committee.

CHAMPIONSHIPS IN GENERAL:

- ❖ Chief referees of a tournament are to be pointed out before or at championships by the leader of the referee Committee. They will have a minimum of communication by mail or by telephone in front, so to agree on all important matters.
- ❖ During the championship a point system will be used by the chief referee of the ring/tatami. This will be used as a report to the chief referee of the tournament to eliminate judges/referees.
- ❖ The referees and judges have to be classified during the seminars, or immediately after each Championships according to their work.

Art. 10 – Medical and Anti-Doping Committee

THE COMMITTEE:

The Committee have three (3) members. The leader take 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 Cups and/or European/World Championships. If necessary, they initiative other meetings, but are requested to meet during events/tournaments.

RESPONSIBILITY:

- ❖ Their responsibility are to make sure of all safety rules are followed in 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 Executive committee and/or promoter in a championship aim a doping control
- ❖ Make sure that WAKO work effectively to weight reduction problems
- ❖ The Committee work together and report to the Executive Committee
- ❖ 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 , fighters were not properly informed .

Art. 11 – Important for all WAKO and WAKO-PRO officials

All referees and judges must be dressed in the same way: clean dark gray pants, white WAKO-shirt (only WAKO, no national shirt or shirts with sponsors), WAKO-tie (officials) WAKO bow-tie (referees and judges), blue jacket with WAKO badge on it, and black gym shoes. During World Cups also kickboxing shirts with WAKO national logo on the back or on the breast can be used.

All referees, judges and officials represented in the tournament (both on or off-duty) are not allowed to take action for its team/nation as coach or in other way act/behave partial (screaming and move as a coach/fan). It is NOT allowed to change role from official to coach during the same championship.

Again WAKO stress the importance for referees and judges to talk a minimum of English to communicate during the championships.

Art. 12 – Irregular protests

Irregular protests regarding disagreements of decisions, where fighters protests by delaying further program in the ring, such as sitting down in the ring, decided by himself or stimulated by his coach to do so, will be reacted on by the Referee Committee or by the Executive Committee directly. The consequence can be that the total team of the discipline can be excluded. If security staff has to intervene and in case of conflict due to this action, can lead to immediately disqualification of the whole national team.

A protest will only be handled in a written letter and a protest will not be handled if actions mentioned above are in place.

Art. 13 - Regular Protest

If a team wants to protest of a result, the Chief Referee must receive this in written form within 15 minutes after the fight. The written protest must describe clearly the problem. The Chief Referee must deliver the protest to the Appeal Board/Referee Committee who will also consider the problem. The protest will be handled immediately.

Note that in the Fullcontact, Low-Kick, Thai-Kick and Light Contact there will be no changing in decisions as described in Article 18 in the Ring Sports and in Article 17 in Light-Contact.

A protest cost of 100 EURO and must be payed up-front. If the protest is successful the money will be refunded.

CHAPTER ELEVEN – WAKO GENERAL RULES

Art. 1 – Basic

- ❖ The basis of all kickboxing competitions is honor, fair play and honest competition.
- ❖ Results of matches will determine placing and final achievement of fighter, club or national team at the competition.
- ❖ Results and rank achieved by dishonorable acts will not be recognized by judges, referees and competition committees and officials will initiate penalty procedures.
- ❖ All competitions - WAKO official competitions and official National competitions, professional and amateur matches, prestige or title matches, must be under these rules.
- ❖ All competitions and matches are on a voluntary basis. Also, the basis of all our activity in kickboxing must be according to fairplay, respect of all participants and officials and respect of WAKO rules.
- ❖ All sportsmen, coaches, officials, representatives, promoters and members of WAKO organizations must respect WAKO rules and the honor, 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.

Art. 2 – Competitions

Official WAKO competitions directly under WAKO headquarters' authority are (in repetition):

- ❖ World championships for all age categories (cadets, juniors and seniors) and in all kickboxing disciplines (semi, light, full contact, low-kick, Thai kickboxing, musical forms and aero kickboxing) as follows:
- ❖ Semi contact: younger cadets, older cadets, juniors, seniors - male and female division
- ❖ Light contact: juniors, seniors - male and female division
- ❖ Full contact: juniors, seniors - male and female division
- ❖ Low kick: juniors, seniors - male and female division
- ❖ Thai kickboxing – juniors, seniors - male and female division
- ❖ Musical forms (styles - with weapon and without weapon) - cadets (merged younger and older), junior, senior - male and female division
- ❖ Aero kickboxing (styles - with step and without step) - cadets (merged younger and older), junior, senior - male and female division - single and team competition
- ❖ Continental championships for all age categories and in all kickboxing disciplines - same as for world championships
- ❖ Regional Championships for all age categories and in all kickboxing disciplines - same as for world championships
- ❖ World cups for all age categories and in all kickboxing disciplines
- ❖ Continental cups for all age categories and in all kickboxing disciplines

Also:

- ❖ In World, Continental and regional championships only national teams can participate
- ❖ Continental championships can't be open championships for national teams from other continents.
- ❖ In World and continental cups, clubs and members of National federations which are WAKO members can participate
- ❖ In senior championships in each weight or competition category only one member of national team can participate
- ❖ In cadets and juniors championships two members of national teams in each weight or competition category can participate
- ❖ For cups and other tournaments there is no restriction on number of competitors in one weight or competition category from same nation or club
- ❖ World and continental champions will take place every other year - in one year will have world senior championships, the next year will have continental senior and world juniors and cadets championships
- ❖ World and Continental championships will be held in two parts in different disciplines and in two countries, according WAKO Board decision.
- ❖ Continental championships can be held at just one venue - for all disciplines
- ❖ World and continental cadets and junior championships will be held at the same time and place for all kickboxing disciplines
- ❖ World and continental cadet's championships can be held separately from junior championships.

Art. 3 – Equipment for Competitions

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

- ❖ Electronic digital or mechanical scales (minimum two)
- ❖ Amplifier with sufficient number of microphones
- ❖ Flags and CD with national anthems of each competing national team
- ❖ Equipment for cleaning and drying floor
- ❖ Copying machine
- ❖ Timers for all official tables
- ❖ Small pads for each tatami (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 display

Art. 4 – Fighting Area Equipment

SEMI CONTACT:

- ❖ Tatami (in two colors) - 8x8 meters for senior and junior competitions and 6x6 meters for boys/girls and cadets competitions
- ❖ 2 chairs placed away from tatami (minimum 1 m) in the middle of each side of tatami for coaches
- ❖ Near the chairs on either side there must be empty containers for fighters spitting out water
- ❖ An official table with 2 chairs
- ❖ A display for results
- ❖ A microphone
- ❖ Timer
- ❖ Small pad

LIGHT CONTACT:

- ❖ Tatami (in two colors) - 8x8 meters for senior and junior competitions and 6x6 meters for older cadet competitions
- ❖ Three chairs (on left, opposite and right side from official table - in middle of each side of tatami) for judges
- ❖ Three hard pads for clipboards for judges to keep scoring sheets
- ❖ 2 chairs placed in red corner (longer-left corner) and 2 chairs placed in red corner (closer-right corner) for coaches
- ❖ Near the chairs at each corner must be a container for fighters spitting out water
- ❖ The official table with 3 chairs for time keeper, score keeper and chief referee
- ❖ Microphone
- ❖ Timer
- ❖ Small pad

FULL CONTACT, LOW KICK and THAI KICKBOXING

- ❖ A ring with equipment (see attached picture with description)
- ❖ Three small tables with chair, on each side of ring for judges
- ❖ One big official table with 4 chairs (time keeper, score keeper, chief referee and announcer)
- ❖ Two more chairs, left and right from official table, for kick counters
- ❖ Microphone
- ❖ Timer
- ❖ Gong

MUSICAL FORMS

- ❖ Tatami (minimum 10 x 8 meters)
- ❖ 1 official table with 5 chairs (for referee and judges)
- ❖ 5 displays for marks (from 5,0 to 10,0)
- ❖ 1 table with 2 chairs for score keeper and announcer
- ❖ Microphone
- ❖ Calculator

Art. 5 – Drawing

Order of criteria:

- ❖ Competitors from same clubs or national team in 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)
- ❖ Champions from last two championships (World and Continental) will be placed in separate parts of drawing list (one in upper, the other in lower part of drawing list - competitors can only meet in the final)
- ❖ If in a category there are an odd number of fighters, the defending champion (or favorite) will draw a bye (walkover) in the first match.
 - Every drawing 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 drawing 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 drawing 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.

Art. 6 – WAKO Competition Calendar

- ❖ At any time the WAKO calendar will be on the official web site.
- ❖ The WAKO calendar will include:
 - World and continental championships – a minimum of two years before the date of championships
 - Regional championships and world and continental cups – a minimum of one year before date of tournaments
 - WAKO-Pro title bouts - a minimum of 3 months before date of event
 - 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.

Art.7 – Video Evidence

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