



RING SPORT TECHNICAL AND COMPETITION RULES

International Sports & Entertainment S.r.l.
Sport Event Management

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Chapter One – General Rules

Art. 1. – WAKO PRO events and bouts

All WAKO PRO events and single bouts are organized under the auspices of and with the authorization of the International Sports & Entertainment S.r.l. and are subject to the WAKO PRO rules and regulations.

Art. 2. – Event and bout license

The written permission issued by WAKO PRO General Director is required for organization of any WAKO PRO event or title bout. This permission is known as “WAKO PRO event license”. The “WAKO PRO event license” is issued based on official written request sent by Promoter to WAKO PRO General Director not later than 60 days prior to the proposed date for WAKO PRO event or title bout to be organized. Official request must be sent by mail or post on official “WAKO PRO license request”.

Art. 3. – Promoter of the WAKO PRO event

Promoter of any WAKO PRO event can be WAKO PRO National representative in country where WAKO PRO event is taking place or any other individual or organization in that country but under the auspices of WAKO PRO National representative.

Art. 4. – Participants in WAKO PRO events

All participants in any WAKO PRO event must act in accordance with WAKO PRO rules and regulations. Participants are recognized as: kickboxers, officials, coaches and medical staff. Their rights and duties are regulated by this WAKO PRO rules and regulations.

Art. 5. – WAKO PRO bout

The WAKO PRO bout is a kickboxing bout subject to these rules and regulations. Each single bout is organized between two equally matched kickboxers at the same level and in the same weight class. Each WAKO PRO title bout must start and end at the same day, meaning that there is no WAKO PRO title bouts allowed to start after 11:15 p.m. and finish after 12:00 p.m. Each WAKO PRO bout in Full Contact, Low Kick and K1 rules discipline must be held in the ring. It is not allowed to organize any WAKO PRO bout in other fighting area beside the ring such as cage, octagon, tatami.

WAKO PRO sanctioned bouts are as follows:

- WAKO PRO Prestige bout
- WAKO PRO Regional title bout
- WAKO PRO Continental title bout
- WAKO PRO Intercontinental title bout
- WAKO PRO World title bout

The format of each WAKO PRO bout is terminated in Art. 7. of these Rules.

WAKO PRO recognizes and approves WAKO PRO Regional title bouts. By Region is terminated geographic region which include more than one independent country. Existing of each Region and WAKO PRO Regional title will be approved by WAKO PRO General Director evaluating every specific request. The right to challenge for the WAKO PRO Regional title has any kickboxer who is National Champion in chosen kickboxing style and weight class and his right is approved in advance by National federation or WAKO PRO National representative. WAKO PRO Regional representative, named by WAKO PRO General Director, has full responsibility for matchmaking and conducting all WAKO PRO Regional titles following WAKO PRO rules and regulations. Any WAKO PRO Regional Champion will appear on official WAKO PRO ranking with gaining 5 points for the title and 5 additional points for any successfully title defense.



Art. 6. – WAKO PRO age categories

Participation in any WAKO PRO bout is allowed only for **SENIOR** kickboxers:

a) 19 to 45 years old for male kickboxers. Meaning from the date he turns 19 years and up to the day before he turns 45.

b) 19 to 40 years old for female kickboxers. Meaning from the date she turns 19 years and up to the day before she turns 40.

Positive proof of age (ID, Passport) of kickboxers is required for participation in any WAKO PRO event.

Art. 7. – WAKO PRO bouts format (rounds)

The format of WAKO PRO bout is as follows with a minute break between each round:

MALE AND FEMALE FULL CONTACT			
Title	No. of rounds	Round time	Break time
World title bout	12	2 minutes	1 minute
Intercontinental title bout	10	2 minutes	1 minute
Continental title bout	10	2 minutes	1 minute
Regional title bout	8	2 minutes	1 minute
National title bout	7	2 minutes	1 minute
Prestige bout	4/5/6	2 minutes	1 minute
MALE AND FEMALE LOW KICK			
Title	No. of rounds	Round time	Break time
World title bout	5	3 minutes	1 minute
Intercontinental title bout	5	3 minutes	1 minute
Continental title bout	5	3 minutes	1 minute
Regional title bout	5	3 minutes	1 minute
National title bout	4	3 minutes	1 minute
Prestige bout	3	2/3 minutes	1 minute
MALE AND FEMALE K1 RULES			
Title	No. of rounds	Round time	Break time
World title bout	5	3 minutes	1 minute
Intercontinental title bout	5	3 minutes	1 minute
Continental title bout	5	3 minutes	1 minute
Regional title bout	5	3 minutes	1 minute
National title bout	4	3 minutes	1 minute
Prestige bout	3	2/3 minutes	1 minute

Art. 8. – WAKO PRO weight classes and weigh-in procedure

In any WAKO PRO event, kickboxers in each weight category will be weighed the day before the competition. Promoter has to organize the official weigh-in at the time which is minimum 24 hours before the title bout. WAKO PRO Supervisor will be allowed to modify these conditions in case of inevitable delay of kickboxers involved in the WAKO PRO event. The WAKO PRO Supervisor will perform the weigh-in. WAKO PRO representatives of any country or coaches of kickboxers may be present, but they are not allowed to intervene on any occasion. Each kickboxer will be officially weighed only once. The weight registered on that occasion is final. However, if a kickboxer has not reached the right weight during the official weigh-in, he has an extra hour to make it. The weight is what the scale shows when the kickboxer is undressed. The weight must be displayed in metric measures. Electronic scales can be used. A kickboxer is allowed to fight solely within the category defined by the weigh-in. Each kickboxer must be in possession of a medical certificate stating he/she is **“FIT TO FIGHT”** issued by authorized medical institution for that specific WAKO PRO event only. Each kickboxer must be in possession of full insurance covering that specific WAKO PRO event only.



MALE (19 to 45 years old)		FEMALE (19 to 40 years old)	
Weight category	Kg	Weight category	Kg
ATOM	up to 52.700	FLY	up to 50.000
FLY	up to 54.500	BANTAM	up to 52.000
BANTAM	up to 56.400	FEATHER	up to 55.000
FEATHER	up to 58.200	LIGHT	up to 59.000
LIGHT	up to 60.000	WELTER	up to 62.000
SUPER LIGHT	up to 62.200	MIDDLE	up to 65.000
LIGHT WELTER	up to 64.500	LIGHT HEAVY	up to 68.000
WELTER	up to 66.800	HEAVY	up to 71.000
SUPER WELTER	up to 69.100	CRUISER	up to 74.000
LIGHT MIDDLE	up to 71.800	SUPER HEAVY	over 74.000
MIDDLE	up to 75.000		
SUPER MIDDLE	up to 78.100		
LIGHT HEAVY	up to 81.400		
LIGHT CRUISER	up to 85.000		
HEAVY	up to 88.600		
CRUISER	up to 94.100		
SUPER HEAVY	over 94.100		

Chapter two – Bout rules

Art. 1. – The ring

• **Canvas size:** The minimum size of the inside of the ropes must be 490 cm squared (16 feet) and the maximum size 610 cm squared (20 feet). The size of the apron must extend at least 46 cm (18 inches) outside the line of the ropes on each side, including additional canvas necessary to tighten and secure it.

• **Height of ring:** The ring cannot be less than 91 cm (3 feet) or more than 122 cm (4 feet) above the ground.

• **Platform and corner pads:** The platform of the Ring must be safely constructed, leveled and free from any obstructing projections. The minimum size of the platform must be 580 cm squared (19 feet) and the maximum size 762 cm squared (25 feet). It shall be fitted with four corner posts which shall be well padded or otherwise constructed so as to prevent injury of the kickboxers. The corner pads should be arranged in the following way: In the near left side corner facing the WAKO PRO Supervisor - RED; in the far left side corner - WHITE; in the far right side corner - BLUE; and in the near right side corner - WHITE.

• **Kickboxer's position in the ring:** The title holder, domestic kickboxer or kickboxer currently better ranked in the official WAKO PRO ranking, shall be announced and enter the ring second and will fight out of the BLUE corner. The challenger, foreign kickboxer or kickboxer currently lower ranked in the official WAKO PRO rankings shall be announced and enter the ring first and fight out of the RED corner.

• **Surface of the ring floor:** The floor must be covered with felt, rubber or other suitably approved material having the same quality of elasticity and not less than 1.5 cm (0.6 inch) nor more than 2.5 cm (0.98 inch) thick over which a canvas shall be stretched and secured in place. The canvas must cover the entire platform and must be made of non-slippery material.

• **Ropes:** There must be 4 separate ropes on each side of the ring (3 ropes in case of “force majeure”). They must be 4 cm thick, without considering the cover. The heights of the four (4) ropes must be:



- First on 40.6 cm (16 inches)
- Second on 71.1cm (28 inches)
- Third on 101.6cm (40 inches)
- Fourth on 132.1cm (52 inches) from the canvas

The four ropes must be joined on each side of the ring, at equal intervals, by two pieces of material (close to the texture of the canvas) 3 – 4 cm (1.2 – 1.6 inches) wide. The two pieces must not slide along the rope. The tension of each section of the rope must be strong enough to absorb the impact of the kickboxer's contact with the rope. However, in any case, the Supervisor reserves the right to adjust the tension if necessary.

• **Steps:** The ring must be provided with at least three sets of steps. Two sets of steps at the opposite corners (red and blue) for the use of the kickboxers and seconds, and one set of steps in the neutral corner (white) for the use of the Referee, Official Doctor and Announcer.

• **Sanitary bags:** In the two neutral corners outside of the ring, a small plastic bag can be fixed in each corner in which the Official Doctor can drop the cotton or tissue pads used to nurse bleedings.

Art. 1.1. – Accessories of the ringside

The following are defined as the accessories of the ringside which are required for all WAKO PRO events:

- Gong (with striker) or bell.
- Two seats for kickboxer's use during intervals.
- Two plastic mugs can (one in red another in blue corner) to be used for drinking and mouth wash only, and where water is not piped directly to the ringside, two plastic spray bottles and two small plastic bottles for drinking. No other type of water bottle is permitted at ringside for use by the kickboxers or seconds.
- Tables and chairs for officials.
- One (preferably two) stop watches.
- One first-aid kit.
- One microphone connected to the loudspeaker system.
- Two (2) pairs of boxing gloves (one in red and one in blue color).
- One stretcher.
- WAKO PRO scoring papers.

Art. 2. – Safety equipment

The WAKO PRO General Director and/or the WAKO PRO Supervisor must approve all safety equipment. Producers of safety equipment must get their products approved by WAKO PRO. Safeties to be used in World, Intercontinental and Continental title bouts must be approved at least 1 month before the title bout takes place and kickboxers involved must be duly informed.

All uniforms and safety equipment must be clean, correct and in good and safe condition.

Art. 2.1. – Gloves

In all WAKO PRO bouts kickboxers are obligated to wear boxing gloves of the equal weight. The color of the gloves should be the same of the kickboxer's corner (red corner-red gloves, blue corner-blue gloves). It is allowed to have gloves of different color but in than occasion gloves must not be the same color for both kickboxers. Gloves (boxing gloves) for Full Contact, Low Kick and K1 rules which are used in official WAKO PRO bouts must be approved by the WAKO PRO General Director and/or the WAKO PRO Supervisor and checked by the Referee. Gloves weigh 8 Oz (226 grams), in use from -52.700 kg to -66.800 kg for male kickboxers and from -50.00 kg to -59.00 kg for female kickboxers, and 10 Oz (283 grams), in use from -69.100 kg to +94.100 kg for male kickboxers and from -62.00 kg to +74.00 kg for female kickboxers. The weight of the gloves 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 kickboxer to completely clench his fist and keep his thumb in contact with other fingers. Gloves completely cover the kickboxer's fist with separate parts for fingers and thumb. The thumb is connected by a small strong strip to the rest of the glove. This strip keeps the thumb together with other fingers to avoid separation of the thumb during punching and injuries to the kickboxer's thumb or to the other kickboxer. 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 laces at the kickboxer's wrist and then sealed with tape. 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.

Art. 2.2. – Hand and foot wraps (bandage)

Hand wraps are used for wrapping the fist to avoid injuries, not to add force to a strike. Using hand wraps are mandatory. Hand wraps are minimum 300 cm long and 5 cm wide cotton strips with sharp edges. Hand wraps will be fastened on the upper part of kickboxer's wrists with self adhesive cotton base strips; maximum length 15 cm and width 2 cm. It is allowed to stick the wraps with the self adhesive cotton base tape. The tape must be applied less than 2 cm (0.8 inches) in front of the knuckles. The tape can be applied between the fingers and can cover striking area of the fist but not more than 1 cm (0.4 inches) thick.

Bandages must be also used to protect kickboxer's ankle and instep (for Low kick and K1 Rules). They are minimum 300 cm long and 5-8 cm wide cotton strips with sharp edges. They must be stuck with the self adhesive cotton base tape. They must cover kickboxer's instep but not closer than 5 cm (2 inches) from the beginning of the toes. They can cover kickboxer's lower part of the shin but not higher than 5 cm (2 inches) from the ankle and can not be more than 1 cm (0.4 inches) thick. It is not allowed to use any additional material which can make bandage hard such as plastic, wood,... It is mandatory to use elastic ankle support over bandaged ankle and instep. Elastic ankle support must completely cover bandage in order to prevent its damaging during the bout. Elastic ankle support can be in different colors and brands.

Both hand and foot bandages must be soft and approved by WAKO PRO Supervisor before the bout starts.

Art.2.3. – Tooth protection (mouth guard)

Tooth protection (mouth guard) is mandatory for all male and female kickboxers. Mouth guards must be made from soft and pliable rubber-plastic material and can be of any color beside red one. 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 kickboxer's mouth configuration. It is allowed to use a mouth guard over tooth correction apparatus (braces, retainers) only with written approval of doctor which has to be included in kickboxer's medical report stating "Fit to fight".

Art.2.4. – Groin protection

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

Art.2.5. – Breast protection

Breast protection is mandatory for female kickboxers. Breast protection is made of hard and durable plastic material covered with fabric. Breast protection can be formed from one piece to cover the entire chest or two pieces to be included in the bra.

Art.2.6. – Foot protection

Foot protection is mandatory for all male and female kickboxers in Full Contact bouts. Foot protection is made from special synthetic foam rubber, a compact and soft material which is covered with genuine or artificial leather. Foot protection covers the upper part of the foot (instep), lateral and



medial malleolus and heel (all in one piece) with open sole of the foot. They must be long enough (adequate size) to completely cover the kickboxer's feet and toes. The front part of the foot protection is fastened by elastic strips for the big and second toes. Foot protection is fastened to feet with elastic self-adhesive strips on the back of feet, above the heel.

Art.2.7. – Shin guards

Shin guards are mandatory for all male and female kickboxers for Full Contact bouts. 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.

Art. 3. – Uniforms

Kickboxing long pants must extend from waist to the ankle joint and have no pockets. Pants must have an elastic waistband, minimum 10 centimeters wide in a different color from that of the pants. Male and female kickboxers wear pants in Full Contact bouts.

Kickboxing shorts must extend from the waist to half thigh (minimum length) or three quarters thigh (maximum length) and have no pockets. Shorts are worn by male and female kickboxers in Low Kick and K1 rules bouts.

Shorts must have an elastic waistband, minimum 10 centimeters wide in different color from that of shorts. There can be sponsor's names or badges on shorts.

Bodice (upper, top) is worn by female kickboxers in Full Contact, Low Kick and K1 rules bouts. Sponsor advertising or logos may be worn on the uniform in the following manner:

- Top: On the front or back side.
- Pants: on the side between the knee and the hip area, on the central front or back side.
- Shorts: on the side between the knee and the hip area, on the central front or back side.

If the Promoters and sponsors do not wish the kickboxers to wear advertising other than their own, the Promoter and his sponsor must provide sponsorship to the kickboxers equal to the amount they have given up from their individual sponsor.

Art. 4. – Kickboxer's uniforms and equipment

Art. 4.1. – Full Contact

•Mouth-guard, (breast protection for female kickboxers), boxing gloves, hand wraps, groin protection, shin guards and foot protection.

•Male kickboxers wear long pants (bare torso) and female kickboxers wear a bodice (upper, top) and long pants.

Art. 4.2. – Low Kick

•Mouth-guard, (breast protection for female kickboxers), boxing gloves, hand and foot wraps, groin protection and an ankle protection (foot wraps - bandage and elastic ankle support).

•Male kickboxers wear shorts (bare torso) and female kickboxers wear a bodice (upper, top) and shorts.

Art. 4.3. – K1 rules

•Mouth-guard, (breast protection for female kickboxers), boxing gloves, hand and foot wraps, groin protection and an ankle protection (foot wraps - bandage and elastic ankle support).

•Male kickboxers wear shorts (bare torso) and female kickboxers wear a bodice (upper, top) and shorts.

- Wearing of mongkon and paprachiat is forbidden.

Art. 5. – Procedure for equipment and uniform check

Kickboxer's safety equipment and uniform check will be done before the bout starts by the



Referee who must be completely sure that safety equipment and uniform of each kickboxer is fully functional and in accordance with WAKO PRO rules. Kickboxers must be suitably conditioned to participate in their chosen discipline. They must have no injuries or illness which may harm themselves or other kickboxer. Kickboxer's face must be naturally dry and reasonable grease is allowed. Male kickboxers are allowed to wear beard but its length must not extend more than 2 cm. It is not allowed to enter a bout while bleeding, with any sticking plaster casts, tampons in nostrils, any cuts or scratches, any kind of jewelry, earrings, studs or other adornment. 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 mandatory to fasten boxing gloves with self-adhesive cotton-base tape over the laces.

Art. 6. – Officials

- WAKO PRO Judges/Referees must attend WAKO PRO International seminars during which they have to pass exams (theoretical and practical) in order to be licensed.
- After approval of the license WAKO PRO Judges/Referees must sign Contract with WAKO PRO specifying their duties and rights.
- WAKO PRO Judges/Referees licenses must be renewed every two years.
- WAKO PRO Judges must use clickers to count the scoring points while on duty.
- During WAKO PRO events, each bout must be supervised by a WAKO PRO Referee, who will officiate in the ring, but will not score the bout.
- Three WAKO PRO Judges, who will be seated away from the spectators, must grade each bout. Each of the three Judges must be seated in the middle of respective side of the ring separate from the other two Judges.
- In each WAKO PRO title bout, to ensure neutrality, the WAKO PRO Technical Director will appoint WAKO PRO officials respecting following rules:
 - WAKO PRO Supervisor will be named from WAKO PRO Judges/Referees and he can come from the country where WAKO PRO title event is taking place
 - 2 Judges will come from a country different from that of the other Judges and from that of the two kickboxers (Neutral Judges)
 - One Judge will come from the country where WAKO PRO title event is taking place
 - Referee will come from the country where WAKO PRO title event is taking place or he can be named from the country different from that one and from that of the two kickboxers
- WAKO PRO officials appointed for named WAKO PRO event, will not at any moment of the WAKO PRO event be allowed to act as a manager, trainer, coach or second of a kickboxer or team of kickboxers taking part in a bout.
- The WAKO PRO Referee and the Judges have to be dressed in the following manner: Clean black pants, WAKO PRO shirt or one given by the Promoter, WAKO PRO bow tie, blue jacket with WAKO PRO logo on it and black gym shoes.

Art. 6.1. – WAKO PRO Supervisor

WAKO PRO Supervisor is responsible for verifying and securing that each WAKO PRO event is organized fully in compliance with the WAKO PRO rules.

The WAKO PRO Supervisor must:

- Perform the weigh-in
- Make sure that Promoter has fulfilled all of his financial obligations to participants of the WAKO PRO event (kickboxers and officials). Promoter must make all payments immediately after the weigh-in was done and kickboxers are declared ready to fight;
- Appoint the Referee and Judges for each bout;
- Monitor and improve the standards of the Referee and Judges and ensuring conformity to



the rules and standard practice;

- Verify that the Referee and Judges perform their duty and responsibilities and inform the WAKO PRO Technical Director if any irregularity takes place;

- Solve any prior problem regarding the promotion, reporting the result to the WAKO PRO Technical Director.

- Verify the scoring papers to ensure that:

- the score has been tallied correctly;
- the names of the kickboxers are correct;
- the correct winner has been named;

- Authenticate the scoring papers and inspect the score;

- Announce the result of the bout to the Announcer;

- Make any decision in case that the Referee or Judges could not continue;

- Report to the WAKO PRO Technical Director if there was any violation of the WAKO PRO rules made by kickboxers or any other official involved in WAKO PRO event;

- And that all results, photos and general information will be sent to WAKO PRO Management in the next five days from the day that WAKO PRO event was held.

Art.6.2. – WAKO PRO Referee

Designation and Participation:

- In approved WAKO PRO events, each bout shall be controlled by a WAKO PRO Referee who will officiate in the ring but will not score the bout.

Duties:

The WAKO PRO Referee must:

- Verify that the WAKO PRO rules and fair play are strictly observed;

- Take care of the safety of the kickboxers;

- Maintain control of the bout at all its stages;

- Prevent a weak kickboxer from receiving undue and unnecessary punishment;

- Use three words of command:

- “Stop” when ordering the kickboxers to stop fighting;

- “Fight” when ordering the kickboxers to continue fighting;

- “Break” when breaking a clinch, upon which command each kickboxer must make one step back before continue fighting;

- Indicate to a kickboxer by suitable explanatory signs or gestures any violation of the rules;

- In case of one or both kickboxers are deaf, the Referee can use a touch by hand on the shoulder or on the arm to “stop” and to “break” the bout;

- The Referee will not indicate the winner, by raising a kickboxer’s hand or otherwise, until the announcement has been made;

- When the Referee has disqualified a kickboxer or stopped the bout, the Referee must first inform the WAKO PRO Supervisor which kickboxer has been disqualified or the reason for which the bout was stopped, and enable the WAKO PRO Supervisor to instruct the announcer to make the decision correctly known to the public;

- He must give all commands in English;

- He will be responsible for the enforcement of the WAKO PRO rules throughout the bout and ensure that all scores, penalties and warnings are recorded;

- At the end of a bout, gather and check the scoring papers of the three Judges. After verification, he must hand them to the WAKO PRO Supervisor;

- When the winner is announced, the Referee must raise the kickboxer's arm indicating him/her



as a winner of the bout;

Authorities of the Referee

- To stop a bout at any stage if he considers it to be one-sided;
- To stop a bout at any stage if one of the kickboxers has received an unauthorized blow or injury on account of which the Referee decides that the kickboxer should not continue;
- To stop a bout at any stage if he considers the kickboxers are not behaving according to the WAKO PRO rules. In such cases, the Referee may disqualify one or both kickboxers;
- To caution a kickboxer or to stop the bout and give a warning to a kickboxer who has committed a foul in accordance with the WAKO PRO rules;
- To disqualify a kickboxer who fails to comply immediately with the Referee's orders, or behaves towards the Referee in an offensive or aggressive manner at any time;
- To caution, to remove and to disqualify a coach who has infringed the WAKO PRO rules;
- With or without previous warning, to disqualify a kickboxer for committing a foul;
- In case of a knock-down, to suspend a count, if a kickboxer who has delivered strikes deliberately fails to retire to a neutral corner or delays to do so. He will continue counting when kickboxer stands in the neutral corner facing center of the ring with his hands down;
- To interpret the rules insofar as they are applicable or relevant to the actual contest or to decide and take action on any circumstance of the contest which is not covered by a rule;

Medical check

A Referee, before officiating in any WAKO PRO event conducted under WAKO PRO rules, must undergo a medical examination as to physical fitness for carrying out Referee's duties in the ring. The Referee's vision must be correctable to 20/80 or better. The wearing of spectacles by a Referee during a bout is not permitted, but contact lenses are allowed.

Right to check the kickboxer

Equipment and Uniform – Referee will check safety equipment and uniform of the kickboxer when kickboxer is in the ring. Referee will disqualify from competition any kickboxer who refuses to wear safety equipment. During the bout if kickboxer's glove or dress becomes undone or damaged, the Referee must stop the bout until safety equipment is repaired and its condition becomes again in accordance with WAKO PRO rules.

Right to check the Judges

The Referee must check the right positions of Judges before the bout.

Official warning (minus point) – If a kickboxer commits a rule violation, the Referee must stop the action to warn him about violation. In case that rule violation is serious or it was committed second time after the warning Referee must order a point deduction. To order a point deduction, the Referee must show the action clearly for the kickboxer to understand the reason and objective of the point deduction. The Referee must show his hand signal to all Judges telling that there is an order to deduct one point. Referee must point to the kickboxer and clearly show which one will be deducted one point. Only four official warnings may be given to the same kickboxer in one bout. The fourth official warning is disqualification of a kickboxer. The procedure starts from 1st Verbal warning addressing only to the kickboxer, 1st Official warning addressing to the kickboxer and Judges, 2nd Official warning – deduction of one point (first minus point) addressing to the kickboxer and Judges, 3rd Official warning – deduction of one point (second minus point) addressing to the kickboxer and Judges, 4th Official warning is disqualification of the kickboxer. The kickboxer who does not obey the instructions of the Referee, acts against the rules, fight in any unsportsmanlike manner, or commits fouls will be cautioned, warned or disqualified.

- **Verbal warning** (for committing any rule violation) can be given to a kickboxer without stopping the bout. In case that kickboxer continues committing the fouls the Referee must stop the bout and give to a kickboxer 1st Verbal warning. A third caution for the same type of foul will mandatorily



require Official warning to be given.

- **1st Official warning** will be given to a kickboxer for committing a foul. It can be given without previous Verbal warnings in case that in Referee's opinion foul is such a kind that kickboxer who committed it must be warned by Official warning.

- **2nd Official warning – deduction of one point (first minus point)** will be given to a kickboxer for committing a foul of the same or different kind that one for which kickboxer has already been given Official warning. Official warning (first minus point) can be also given to a kickboxer for committing a foul without previous Verbal or an Official warning given in case when foul is heavy rule violation.

- **3rd Official warning – deduction of one point (second minus point)** will be given to a kickboxer for committing a foul of the same or different kind that one for which kickboxer has already been given 2nd Official warning – deduction of one point (first minus point).

- **4th Official warning – disqualification.** Kickboxer will be disqualified for committing a foul of the same or different kind that one for which kickboxer has already been given 3rd Official warning – deduction of one point (second minus point). Kickboxer can be disqualified without previous Official warnings for committing a heavy foul and that in Referee's opinion foul is such a kind that kickboxer who committed it must be disqualified. Before taking any of such a decision Referee can consult WAKO PRO Supervisor.

Official warnings given to a kickboxer's corner count against the kickboxer.

When a warning for a particular foul has been given (for example a holding or clinching) the Referee will give next warning to kickboxer if he commits same or any other offense of the rules. If a Referee thinks that an offense has been committed without his knowledge, he will have the right to stop the bout and consult the WAKO PRO Supervisor.

After each warning given the Referee will order the kickboxers to start fighting again giving a command: Fight.

Health and security

- The Referee must use medical gloves and he must change them after every bout.
- The Referee is not allowed to intervene in occasion of any bleeding of a kickboxer. It must be done by coach or, if necessary, by Official Doctor.

- In case of injury, cut or bleeding the Referee must stop the bout and call for Official Doctor. In that occasion the Referee's duty is to make sure that Official Doctor can approach to the injured kickboxer by bringing kickboxer to neutral corner if possible, or, in case that kickboxer is on the floor, to make sure that Official Doctor and his assistants will be the only one inside of the ropes at that moment.

Art. 6.3. – WAKO PRO Judge

- Each Judge must independently consider the merits of the two kickboxers, and must chose the winner, according to the WAKO PRO Rules.

- During the bout, he will not talk to kickboxer, 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 coach, loose ropes, etc.

- A Judge will use clickers to count the points. Judge will use back side of scoring paper to mark the points he counted for each kickboxer separately. Points will be marked by numbers for each round separately at the end of each round. According to the number of points, on the front page of scoring paper, Judge will give 10 to 8 marks to each kickboxer in following system:

- If the score of points is the same or 1 point difference, 10 – 10
- If the difference of the points is from 2 to 8, 10 – 9 for fighter achieved more points
- If the difference of the points is more than 8, 10 – 8 for fighter achieved more points

- Always the red corner is on the left side and the blue corner on the right side of both sides of the scoring paper.

- Judge will not leave his place until the decision has been announced.



Art. 6.4. – WAKO PRO Timekeeper

- The task of a timekeeper is to keep track of the number and the duration of the rounds as well as of the breaktime.
- He will be seated at ringside.
- Ten seconds before the beginning of each round, he will clear the ring, giving order "Seconds out" to announcer
- He will ring the gong at the beginning and at the end of each round.
- 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 kickboxer is on the floor, and the Referee is counting, the Timekeeper must not ring the gong before Referee finish his count and order "Fight". This rule will not apply only if such a case happens in the last round of the bout. In this case Time keeper will ring the gong at the end of the round no matter if Referee is still counting or not.
- Break intervals between the rounds will last one minute.

Art. 6.5. – Announcer

For all Approved WAKO PRO events, the Official Announcer must have the following qualifications: Fluent in multi-languages (English is mandatory). Official Announcer must have basic understanding of the WAKO PRO Rules. The Promoter of the WAKO PRO event is responsible to hire a professional Announcer for the entire event.

- He will be seated at ringside and instructed by the WAKO PRO Supervisor;
- He will announce the number of the round, before it starts;
- He must announce clearly and succinctly communications of the WAKO PRO Supervisor to the public;
- Ten seconds before the beginning of each round, he will clear the ring, giving order "Seconds out";
- To announce the kickboxer's names, corner and weight prior to the bout and again as the kickboxers arrive in the ring;
- To order the coaches to leave the ring when the gong rings;
- To announce the winner's name and corner.

Art. 6.6. – Coach and Second

A coach and a second must obey the following rules when assisting each kickboxer.

- Only the coach and the second may get into the ring and only one of them at time may be inside the ropes.
- A second can give up the fight on behalf of his kickboxer, and can also, if the kickboxer is in great difficulty, toss the towel into the ring, except while the Referee is counting.
- During the bout, neither the coach nor the second can be on the ring platform. They must, before each round, remove stools, towels, buckets, etc.
- No coaches will be allowed to enter the ring while a bout is in progress.
- Any coach, second or official, encouraging or prompting the spectators to give signs of advice or encouragement to a kickboxer during a round, can be suspended from his function in the bout in course.
- A coach or a second who violates the rules may receive a warning or be disqualified by the Referee.
- A coach and second must be dressed in following manner: t-shirt or truck suit (it is allowed to wear sponsors name and name of the country/gym on it), truck suit (no shorts allowed), gym shoes (no slippers allowed). A coach and second cannot during the bout wear any kind of hat.



Art. 7. – Decisions

The following decisions could bring the fight to an end:

• **Win on points (P).** At the end of a bout, the winner shall be determined on the basis of the total number of points scored during the bout. The kickboxer having scored the most points shall be declared the winner. If one or both kickboxers have suffered head or face area injury, due to head clash, and cannot continue the bout, the kickboxer having scored more points at the time when the bout is stopped shall be declared as the winner. In case that both kickboxers are injured at the same time, and cannot continue the bout, the kickboxer having scored more points at the time when the bout is stopped shall be declared as the winner. This rule will apply only in case that injury was not caused intentionally and if there is already two rounds finished.

• **Win by retirement (AB).** If a kickboxer retires voluntarily owing to injury or throwing a towel in the ring by a second, or if the kickboxer fails to resume fighting immediately after the rest between rounds, the opponent shall be declared the winner.

• **Win by Referee stopping contest (RSC).** Outclassed – RSC is a term used to stop a bout when a kickboxer is outclassed or is unfit to continue. If a kickboxer, in the opinion of the Referee is being outclassed or is receiving excessive punishment, the bout shall be stopped and the opponent declared the winner.

• **Win by Referee stopping contest injury (RSCI).** If a kickboxer, in the opinion of the Official Doctor/Referee, is unfit to continue because of injury sustained from correct blows or other action or is incapacitated for any other physical reason, the bout shall be stopped and the opponent declared the winner by RSCI. The right to make this decision rests with the Referee, who must consult with the Official Doctor who has the right to direct to the Referee to stop the bout by using any form of communication methods. When a Referee calls Official Doctor to the ring to examine a kickboxer, only these two officials must be present. No other person must be allowed into the ring, or on the apron.

• **Win by disqualification (DISQ).** If a kickboxer is disqualified, opponent will be declared the winner. If both fighters are disqualified, the decision shall be announced accordingly. A disqualified kickboxer for any unethical behavior or disciplinary matters shall not be entitled to any prize, medal, trophy, honorable award, or grading, relating to any stage of the competition in which this kickboxer has been disqualified and the misconduct should be reported to the WAKO PRO Management.

• **Win by Knock-Out (KO).** If a kickboxer is “down” and fails to resume fight after he is counted out to ten, the opponent shall be declared the winner by a knock-out.

• **Win by (RSCH).** If a kickboxer is unfit to continue and fails to resume fighting having received hard blows to the head, the opponent shall be declared the winner by RSCH.

• **No contest (NC).** A bout may be terminated by the Referee inside the scheduled distance owing to a material happening outside the responsibility of the kickboxer, or the control of the Referee, such as the ring becoming damaged, the failure of the lighting supply, exceptional weather conditions, etc. In such circumstances, the bout shall be declared “no contest”. In the case of WAKO PRO title bout if both kickboxers are injured which was not caused intentionally and cannot continue the bout but there was no already two rounds finished, the bout will be declared No Contest and the title holder will keep his title. If one or both kickboxers have suffered head or face area injury, due to head clash, and cannot continue the bout the same rule will be applied.

• **Decision in case of draw.** At the end of a contest, if the kickboxers are equal in points, the decision shall be made by the majority of the Judges based on the following performances of the kickboxer:

- who was better and won the last round
- who has shown the better style



- who was more aggressive

• **Incidents in the ring outside the control of the Referee.** If something happens that does not allow the bout to continue within one minute after the gong has rung for the beginning of the first round, e.g. power failure the bout shall be stopped and the results is “No contest”. If the incident occurs at the second round, or more, of a bout, the contest shall be terminated and the Judges are asked to give a decision as to the winner of the bout. If bout must be stopped and can be resumed the score will be recorded and taken over to the time to resume the bout.

Art. 8. – Changing a decision

All public decisions are definitive and cannot be changed unless:

- Mistakes which occurred in calculating the points are discovered;
- One of the Judges declare he made a mistake and switched the scores of the kickboxers;
- There are evident violations of WAKO PRO rules.

Regular protests

If a team wants to protest a result, it must deliver to the WAKO PRO Supervisor a written protest within and no later than 15 minutes after the bout. The written protest must describe clearly the problem. The WAKO PRO Supervisor must consult all Judges and Referee involved about the problem. The protest will be handled immediately. A protest’s cost is of 100 EURO and must be paid up-front. If the protest is successful the money will be refunded.

Irregular protests

Irregular protests regarding disagreements of decisions, where kickboxers protest by delaying further program in the ring, such as sitting down in the ring, decided by himself or stimulated by his coach/team to do so, will be reacted on by the WAKO PRO Supervisor directly who has all power according to WAKO PRO rules to ensure that the event will continue. The WAKO PRO Supervisor can, if it is necessary, ask for assistance of security to provide fulfillment and respect of the WAKO PRO rules. A protest will only be handled in a written letter and a protest will not be handled if actions mentioned above are in place.

Video evidence

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

Art. 9. – Awarding of Points

In awarding points, the following rules must be respected:

Directive 1 - concerning strikes

During each round, a Judge will mark respective score for each kickboxer, according to the number of strikes that each one has delivered. To be scored, a punch, kick or a knee strike must come from the right distance, with full power, with legal striking area, landed on legal target area and not to be blocked, even partially deviated or stopped. In Full Contact and Low kick discipline allowed throwing technique is foot sweep. Throwing technique (foot sweep) will be scored only in case if the unbalanced kickboxer after such a technique touches the canvas by any other part of his body but his feet or, in case of close distance, he grabs his opponent and lean on him in order not to touch the canvas by any other part of his body than feet. In K1 rules discipline it is allowed to throw opponent by using only hands, not hips. This technique will not be scored as point. The number of recorded strikes (points) in a bout will be counted at the end of each round and written to each kickboxer on the back side of the scoring paper. According to points made Judge must give score to each kickboxer on the front side of the scoring paper.

Strikes made by a kickboxer will not be taken into account as points:

- if they were contrary to the regulations



- if they were not delivered from the right distance
- if they did not come with full power
- if they did not come with legal striking area or landed on legal target area
- if they land on the arms or if they are blocked even partially deviated
- if they come without balance or watching the opponent at the time of delivery

Directive 2 - concerning offenses

During each round Judge can not 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 kickboxers, the Judges mark it in the appropriate column next to the points of the kickboxer who has received the warning. In case of minus points Judge must take it away from his final score.

Directive 3 - awarding points

For all legal techniques (punches, kicks, knee strikes or throwing technique), Judge will note 1 point on his clicker. Points will be given per round. No fractions of points will be given. At the end of each round, the kickboxer who has scored more points will receive score 10 and his opponent proportionally less. If the difference between the points is from 2 to 8 the score will be 10-9. If the difference is more than 8 points the score will be 10-8. Each knock down in the round will be scored as minus point to a kickboxer that was knocked down. In case that both kickboxers have scored same points or that difference is 1 point score will be 10-10.

Art. 10. – Injuries

The bout must be stopped if an injury occurs or if the equipment is not in order. The bout may only be stopped by the Referee (the Judges or Official Doctor may notify the Referee that the time must be stopped). In the event of injury, time may only be stopped until the Official Doctor decides about the seriousness of the injury, that is, whether or not the bout can continue or whether it must be stopped. Treatment of the injury can only be done in between rounds or after the bout. An interruption made by Official Doctor should not exceed 2 minutes. If the injury needs to be treated, the bout must be stopped. In any case, cuts cannot be taped. If the bout 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 kickboxer cannot continue fighting immediately, the uninjured kickboxer is declared the winner by RSCI. If the injury is due to a violation of the rules, the responsible kickboxer is disqualified. If the injury is due to his own fault, the other kickboxer is declared the winner by RSCI. In case of any injury, the Official Doctor has the right to instruct Referee whether a kickboxer can or cannot continue to fight. The Official Doctor will communicate his decision to the Referee who will act accordingly with approval of the WAKO PRO Supervisor. A kickboxer can at any time give up fighting, raising his arm to indicate surrender. In this case the Referee will stop the bout. The other kickboxer will be declared to be the winner by retirement (AB).

Art.11. – On the floor (“Down”)

Definition of “Down”

- If the kickboxer touches the floor with any part of the body other than his feet as the result of a strike or series of strikes received.
- If the kickboxer hangs helplessly on the ropes as the result of a strike or series of strikes received.



- If the kickboxer is outside or partly outside of the ropes as the result of a strike or series of strikes received.
- If after receiving a hard strike the kickboxer has not fallen and is not lying on the ropes, but is in a semi-conscious state and cannot, in the opinion of the Referee, continue the bout.
- For any knock down, a minus point must be given to the kickboxer undergoing the KD.

Counts during “Down”

In the case of a knock down, the Referee shall immediately begin to count the seconds. When a kickboxer is “down”, the Referee must count starting from one with intervals of a second between the numbers, and must indicate each second with the hand in such manner that the kickboxer who has been knocked down may be aware of the count. Referee must count to eight and if the kickboxer is ready, Referee will bring both kickboxers to the center of the ring and command “fight” in order to both kickboxers continue fighting. If the kickboxer is not ready to continue when Referee comes to eight, Referee must count till ten and stop the bout. If the opponent does not go to the neutral corner on the command of the Referee, the Referee must stop counting until the opponent has done so. The counting shall then be continued from where it had been interrupted.

Opponent’s responsibilities

If a kickboxer is “down”, his opponent must at once go to the neutral corner facing the center of the ring with his hands down as designated by the Referee.

Mandatory eight count

When a kickboxer is “down” as the result of a strike, the bout shall not be continued until the Referee has reached the count of eight, even if the kickboxer is ready to continue before then.

The Knock Out

If the kickboxer is not ready to continue after the Referee has counted to eight, Referee will count nine and ten and then he will say “OUT”. After that command the bout will be stopped and the bout will be declared as victory by KNOCK OUT (KO).

Kickboxer “Down” at the end of round

In the event of a kickboxer being “down” at the end of any round, the Referee shall continue to count. Should the Referee count up to ten, such kickboxer shall be deemed to have lost the bout by a Knock Out. In case that kickboxer is ready to continue fighting on eight and the round is already finished, Timekeeper will not ring the gong. Timekeeper must wait until Referee gives command to both kickboxers (Fight) to continue fighting and then “Stop” for the end of the round. In case if it was the last round of the bout the Timekeeper will ring the gong when the time expires no matter of the Referee’s counting.

Second time kickboxer “Down” without a Fresh Blow

If a kickboxer is “down” as the result of a strike and the bout is continued after the count of eight has been reached, but the kickboxer falls again without having received a fresh blow, the Referee shall continue the counting from the count of eight at which the Referee stopped.

Both kickboxers “Down”

If both kickboxers go “down” at the same time as a result of strike or serious of strikes received, Referee will start counting and it will be continued as long as one of them is still “down”. If both kickboxers remain “down” until ten, the bout will be stopped and both kickboxers will lose by KNOCK OUT.

Compulsory Count Limits

When a kickboxer has three (3) compulsory counts in the same round or four (4) times for the whole bout, the Referee shall stop the contest (RSC or RSCH).

Art. 12. – Procedure after KO, RSC, RSCH, Injury

If a kickboxer gets injured in a bout the Official Doctor is the only person that can evaluate



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

Procedure after KO, RSC, RSC-H, Injury

A kickboxer who has been knocked out due to a head strike during the bout, or if the Referee has stopped the bout due to severe head trauma which prevents him continuing, will be examined by Official Doctor immediately afterwards, and accompanied to hospital by the ambulance on duty.

A kickboxer who has been knocked out due to a head strike during the bout, or if the Referee has stopped the bout due to severe head trauma which prevents him continuing, will not be allowed to take part in another bout for a period of at least 4 weeks after the KO.

A kickboxer who has been knocked out due to a head strike during the bout, or if the Referee has stopped the bout 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 bout for a period of at least 3 months after the second KO or RSCH.

A kickboxer who has been knocked out due to a head strike during the bout, or if the Referee has stopped the bout 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 bout for a period of one year after the third KO or RSCH.

To above mentioned quarantine periods the Official Doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can further on extend the quarantine period. A quarantine period means that a kickboxer cannot take part in no competition in kickboxing no matter what the discipline are. The quarantine periods are "minimum period" and cannot be overruled even though a head scan shows no visible injuries.

The Referee will instruct Judges to mark KO or RSCH or RSC on their scoring papers, when he has stopped the bout due to the kickboxer's inability to resume the bout because of head blows. The same has to be reported by the WAKO PRO Supervisor on duty on the kickboxer's sport pass. This is also the official result of the bout and it cannot be overruled. Before resuming fighting 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 RSCH a kickboxer must get a CT Scan of the head.

Procedure if injuries in general

In case of injuries besides KO or RSCH the Official Doctor can give a minimum of quarantine period and recommend treatment at hospital. Official Doctor can require immediately treatment at hospital. If a kickboxer or delegates from kickboxers team denies Official Doctors medical advice, the Official Doctor report in written form immediately to WAKO PRO Supervisor that all medical responsibility are denied and are in the hands of the kickboxer and his team. However the official result stays valid.

Art. 13. – Medical Aptitude

A kickboxer will be allowed to fight in an WAKO PRO event only after having been declared fit for it by Official Doctor, named by the WAKO PRO Representative and approved by WAKO PRO Supervisor, in the country where WAKO PRO event takes place. 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 "FIT TO FIGHT" will be attached to the national sport passport of the kickboxer, according to the practice of his/her association and presented during the medical examination which will precede weigh-in. One-eyed, deaf, mute and epileptic kickboxers are not allowed to fight. 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.



Art. 14. – Doctors' Aide

A recognized Official Sports Doctor must be present throughout the WAKO PRO event and must not leave his place before the end of the last bout or before seeing the kickboxers who have taken part in it. There must be ambulance personnel on site with minimum one ambulance car.

Art. 15. – Health of kickboxers

WAKO PRO is an official member of WADA, having fully adopted their Code.

Every kickboxer is asked to respect it and to train without using drugs which can affect his performances. 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 WAKO PRO. Any kickboxer refusing to submit to a medical examination or doping test prior or after a bout, 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 PRO refers to and adopts WADA Doping Rules.

Chapter Three – WAKO PRO Full contact rules

Art. 1. – Definition

Full contact is a kickboxing discipline where the intention of a kickboxer is to defeat opponent using legal techniques with full power and strength. Strikes must be delivered to legal target areas with focus, speed and determination, creating solid contact. Strikes are allowed to the front and side of the head and to the front and side of the torso (above the waist). Sweeping technique is also allowed.

Art. 2. – Legal target areas

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

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

Art. 3. – Legal techniques

Hand and foot techniques must be used equally during the entire bout. 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.

Hand techniques (punches):

- All boxing punches

Foot techniques (kicks):

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

Throwing techniques:

Foot sweeps (ankle level only, from outside to inside and vice versa) to unbalance the opponent



and following up with hand or foot technique or to bring the unbalanced opponent to the canvas.

Art. 4. — Illegal techniques

The following actions are considered as fouls:

- Strikes with head, shoulder, forearm, elbow, knee, throttling of the opponent, pressing with arm or elbow in opponent's face, pressing the head of the opponent back over the ropes
- Striking with open glove, the inside of the glove, wrist or side of the hand
- Strikes landing on the back side of the opponent (spine), back of the neck or head and kidney
- Attack while holding the ropes or pushing from the ropes
- Attacking the opponents legs (low kicks)
- Lying on, wrestling and throwing in the clinch
- Attack the opponent who is down, caught between the ropes or who is in the act of rising
- Holding
- Ducking below the belt of the opponent
- Completely passive defense by means of double cover
- Inappropriate, aggressive, insulting or offensive behavior or language
- Not stepping back when ordered to break
- Attempting to strike opponent immediately after the Referee has ordered "break"
- Assaulting or behaving in an aggressive manner towards a Referee at any time
- Spitting out mouth guard (only in case if it was without the contact with opponent)
- Keeping the advanced hand straight in order to obstruct the opponent's vision
- Clinching without any reason
- Punching below the belt, hooking and tripping
- Hitting while hooking the opponent, or pulling the opponent into the strike
- Turn back to the opponent, running away, intentionally falling or clinching, blind techniques,
- Leave the ring
- Continue after the command "stop" or "break" or end of the round has been given

Any violation of the rules will, depending of the type, lead to warnings or even disqualification.

Art. 5. – Uniform and equipment

• Mouth-guard, (breast protection for female kickboxers), boxing gloves, hand wraps, groin protection, shin guards and foot protection.

• Male kickboxers wear long pants (bare torso) and female kickboxers wear a bodice (upper, top) and long pants.

Chapter Four – WAKO PRO Low Kick rules

Art. 1. – Definition

Low kick is a kickboxing discipline where the intention of a kickboxer is to defeat opponent using legal techniques with full power and strength. Strikes must be delivered to legal target areas with focus, speed and determination, creating solid contact. Strikes are allowed to the front and side of the head and to the front and side of the torso (above the waist). Strikes (kicks) are also allowed to opponent's leg (thigh below the waist and above the knee from outside, inside and on the back). Sweeping technique is also allowed.

Art. 2. – Legal target areas



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

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

Art. 3. – Legal techniques

Hand and foot techniques must be used equally during the entire bout. 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.

Hand techniques (punches):

- All boxing punches

Foot techniques (kicks):

- Front kick to torso and head (not to thigh)
- Side kick to torso and head (not to thigh)
- Roundhouse kick
- Heel kick
- Crescent kick
- Axe kick
- Jump kicks
- Spinning back kick to torso and head (not to thigh)
- It is allowed to attack using the shin

Throwing techniques:

Foot sweeps (ankle level only, from outside to inside and vice versa) to unbalance the opponent and following up with hand or foot technique or to bring the unbalanced opponent to the canvas.

Art. 4. – Illegal techniques

The following actions are considered as fouls:

- Strikes with head, shoulder, forearm, elbow, knee, throttling of the opponent, pressing with arm or elbow in opponent's face, pressing the head of the opponent back over the ropes
- Striking with open glove, the inside of the glove, wrist or side of the hand
- Strikes landing on the back side of the opponent (spine), back of the neck or head and kidney
- Attack while holding the ropes or pushing from the ropes
- Lying on, wrestling and throwing in the clinch
- Attack the opponent who is down, caught between the ropes or who is in the act of rising
- Holding
- Ducking below the belt of the opponent
- Completely passive defense by means of double cover
- Inappropriate, aggressive, insulting or offensive behavior or language
- Not stepping back when ordered to break
- Attempting to strike opponent immediately after the Referee has ordered "break"
- Assaulting or behaving in an aggressive manner towards a Referee at any time
- Spitting out mouth guard (only in case if it was without the contact with opponent)
- Keeping the advanced hand straight in order to obstruct the opponent's vision
- Clinching without any reason



- Punching below the belt, hooking and tripping
- Hitting while hooking the opponent, or pulling the opponent into the strike
- Turn back to the opponent, running away, intentionally falling or clinching, blind techniques,
- Leave the ring
- Continue after the command "stop" or "break" or end of the round has been given

Any violation of the rules will, depending of the type, lead to warnings or even disqualification.

Art. 5. – Uniform and equipment

- Mouth-guard, (breast protection for female kickboxers), boxing gloves, hand and foot wraps, groin protection and an ankle protection (foot wraps - bandage and elastic ankle support).
- Male kickboxers wear shorts (bare torso) and female kickboxers wear a bodice (upper, top) and shorts.

Chapter Five – WAKO PRO K1 Rules

Art. 1. – Definition

K1 rules is a kickboxing discipline where the intention of a kickboxer is to defeat opponent using legal techniques with full power and strength. Strikes must be delivered to legal target areas with focus, speed and determination, creating solid contact. Strikes are allowed to the front and side of the head and to the front and side of the torso. Strikes (kicks and knees) are also allowed to opponent's leg (all part including joints). It is also allowed to hold opponents neck with both hands in order to attack him with the knee.

Art. 2. – 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 (all parts including joints)

Art. 3. – Legal techniques

Hand, foot and knee techniques must be used equally during the entire bout. 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.

Hand techniques (punches):

- All boxing punches
- Spinning back fist
- Clinching (active, for 5 seconds only)

Foot techniques (kicks):

- Front kick to torso and head (not to thigh)
- Sidekick to torso and head (not to thigh)
- Roundhouse kick
- Heel kick
- Crescent kick
- Axe kick
- Jump kicks
- Spinning back kick to torso and head (not to thigh)



- It is allowed to attack using the shin

Knee techniques:

- Knee can be used to attack legs, body or head of the opponent
- It is allowed to hold opponent's neck with both hands in order to attack him with the knee
- Only one knee is allowed during one single attack
- While holding opponents neck it is allowed to attack with the knee only one time

Throwing Techniques:

It is allowed to throw opponent using only hands but it will not be scored as point. Kickboxer cannot throw his opponent using torso, hips, ankles, feet or the legs. It is allowed to catch and hold opponent's leg and to attack him but with only one technique (punch, knee, kick).

Art. 4. – Illegal techniques

The following actions are considered as fouls:

- Strikes with head, shoulder, forearm, elbow, knee, throttling of the opponent, pressing with arm or elbow in opponent's face, pressing the head of the opponent back over the ropes
- Striking with open glove, the inside of the glove, wrist or side of the hand
- Strikes landing on the back side of the opponent (spine), back of the neck or head and kidney
- Attack while holding the ropes or pushing from the ropes
- Lying on, wrestling and throwing in the clinch
- Attack the opponent who is down, caught between the ropes or who is in the act of rising
- Holding
- Ducking below the belt of the opponent
- Completely passive defense by means of double cover
- Inappropriate, aggressive, insulting or offensive behavior or language
- Not stepping back when ordered to break
- Attempting to strike opponent immediately after the Referee has ordered "break"
- Assaulting or behaving in an aggressive manner towards a Referee at any time
- Spitting out mouth guard (only in case if it was without the contact with opponent)
- Keeping the advanced hand straight in order to obstruct the opponent's vision
- Clinching without any reason
- Punching below the belt, hooking and tripping
- Hitting while hooking the opponent, or pulling the opponent into the strike
- Turn back to the opponent, running away, intentionally falling or clinching, blind techniques,
- Leave the ring
- Continue after the command "stop" or "break" or end of the round has been given
- Clinching more than 5 seconds
- Wai khruu
- Muay Thai music during the bout

Any violation of the rules will, depending of the type, lead to warnings or even disqualification.

Art. 5. – Uniform and equipment

- Mouth-guard, (breast protection for female kickboxers), boxing gloves, hand and foot wraps, groin protection and an ankle protection (foot wraps - bandage and elastic ankle support).



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

Chapter Six – Synthesis of WAKO PRO rules

Art. 1. – WAKO PRO representative

A WAKO PRO representative should be present (whenever possible) in all WAKO PRO sanctioned events, especially in title bouts.

He is responsible for seeing that all EVENTS are under WAKO PRO rules and that all results, photos and general information will be sent to WAKO PRO Management in the next five days the event has taken place.

He is also financially responsible for the respect of contracts between parties, i.e. Promoters and kickboxers. He is particularly responsible for the way a foreign kickboxer and his delegation are treated by Promoters.

Art. 2. – WAKO PRO title holder

1. A title holder CANNOT REFUSE any challenge if it is formulated within the established time (a minimum of 45 days notice in advance).

2. However, if a title holder is challenged within 45 days only, he has the right to ask for better financial conditions from the Promoter. WAKO PRO can mediate to come to a quick and fair financial agreement. In other words, in this case, a title holder is not obliged to accept the WAKO PRO minimum tariffs.

3. If a financial agreement is not found, then a title holder can refuse to defend his title, but only if he guarantees to WAKO PRO Management in written form, to defend it anyhow within the next 6 months at the WAKO PRO minimum tariffs.

4. A title holder must defend his title at least every nine months. In case that the title holder has not been challenged within nine months, he can keep his title three more month for a maximum of one year without defending it. During the period of last three months he or his manager can organize title defense. After such a time and in case there was no title defense, WAKO PRO Management will have right to declare his title vacant.

Art. 3. – Male kickboxer’s minimum tariffs

The minimum tariffs for kickboxers as following:

- For any international “prestige” or “non title” bouts: 150 Euro per round
- For any Challenger to a Continental title: 1.500 Euro
- For any Challenger to an Intercontinental title: 1.800 Euro
- For any Challenger to a World title: 2.000 Euro
- For the Continental title holder, first title defense: 2.000 Euro
- For the Intercontinental title holder, first defense: 2.200 Euro
- For the World title holder, first defense: 2.500 Euro
- After any new successful title defense, to add 500 Euro to the minimum tariff

Art. 4. – Female kickboxer’s minimum tariffs

The minimum tariffs for kickboxers as following:

- For any international “prestige” or “non title” bouts: 150 Euro per round
- For any Challenger to a Continental title: 1.500 Euro
- For any Challenger to an Intercontinental title: 1.800 Euro
- For any Challenger to a World title: 2.000 Euro



- For the Continental title holder, first title defense: 2.000 Euro
- For the Intercontinental title holder, first defense: 2.200 Euro
- For the World title holder, first defense: 2.500 Euro
- After any new successful title defense, to add 500 Euro to the minimum tariff

Art. 4. – WAKO PRO sanctioning fees

Accordingly, WAKO PRO will charge the following amounts for its sanctioning fees:

- For any Continental title bouts: 1.000 Euro
- For any Intercontinental title bouts: 1.200 Euro
- For any World title bouts: 1.500 Euro
- Title belts are always ON DEMAND and their cost, which is not included in the sanctioning fee, is of 350 Euro each (delivery expenses included if not by UPS, DHL etc.) .
- For any International Gala, under the WAKO PRO sanctioning, i.e. team matches, prestige or not title matches, but without any title bouts : a forfeit reimbursement of 500 Euro will be charged for the match-making.