



**TATAMI SPORT  
TECHNICAL AND COMPETITION  
RULES**

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## Chapter one – General Rules

### Art.1 – Age categories

**Seniors Category:** 19 to 45 years old. Meaning from the date he/she turns 19 years and up to the day before he turns 45/she turns 40.

### Art.2 – Fighting area - tatami

- **Competition area** is called the tatami. The tatami size is **7 x 7** meters.
- **The tatami** can be placed on the bare floor or platform and must be made up of non slip interlocking mats, suitably colored.
- **Platform:** The tatami can be placed on platform suitable and safe for kickboxers. The platform shall be safely constructed, leveled and free from any obstructing projections. The size of the platform shall be **11 x 11** meters. It shall consist of **7 x 7** meters fighting area and 2 meters safety zone on each side to prevent injury to the fighters by falling down.
- **Surface of the tatami:** The tatami must be made up of non slip interlocking mats with red color on **5 x 5** meters, blue color on 1 meter and again blue color on 2 meters. Blue corner must be marked with blue color mats 2 x 1 meter in the middle of one side opposite to red corner.
- **Steps:** In the case that the tatami is placed on platform it shall be provided with at least three sets of steps. Two sets of steps at the opposite corners for the use of the kickboxers and seconds, and one set of steps in the neutral corner for the use of the Referees and Doctors.

### Art.2.1 Accessories of the tatami

The following are defined as the accessories of the tatami which are required for all Wako Pro events:

- Gong (with striker) or bell.
- Two seats for kickboxer's use during intervals.
- Two seats for seconds, one in each corner
- Two plastic mugs can (one in red another in blue corner) to be used for drinking and mouth wash only, two plastic spray bottles and two small plastic bottles for drinking. No other type of water bottle is permitted 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 competition gloves (one in red and one in blue color).
- One stretcher.
- Wako Pro scoring papers

### Art.3 – Safety equipment

The Wako-Pro HQ, must approve all safety equipments. Producers of safety equipments 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.3.1 Gloves**

In every tatami discipline, gloves are mandatory. Gloves which are used in official Wako Pro bouts must be approved by the Wako Pro and checked by the Referee.

#### **Gloves for Point Fighting**

It is mandatory to use gloves with an open palm or open hand and with full cover of the first half of fingers, including the thumb. The gloves make it possible to open and close the hand. Gloves must cover hitting area on front and upper side of fist and edge of palm and must cover a minimum of 5 cm above wrist. Gloves must be made from soft and compact synthetic foam rubber material covered with original or artificial leather. Gloves must be fixed on kickboxer's hand by self adhesive and adjustable strip over the wrist.

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. The total weight of the glove must be 8 Oz (226 grams).

**Gloves for Light Contact and Kicklight Contact** (boxing gloves). Gloves weigh 10 Oz (283 grams), in use for all weight classes 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 kickboxer to completely clench his fist and keep his thumb in contact with other fingers. Gloves completely cover the kickboxer's fist with separate parts for fingers and thumb. The thumb is connected by a small strong strip to the rest of the glove. This strip keeps the thumb together with the fist to avoid separation of the thumb during punching and injuries to the kickboxer's thumb or to the other kickboxer. 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 velcro at the kickboxer's wrist. 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.3.2 Hand wraps (bandage)**

Hand wraps are used for wrapping the fist to avoid injuries. Using hand wraps are mandatory for Light Contact and Kicklight Contact and optional for Point Fighting.

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.

### **Art.3.3 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 kickboxer's mouth configuration. It is not allowed to use a mouth-guard over tooth correction apparatus (braces, retainers). Using tooth protection is mandatory.

### **Art.3.4 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. Kickboxer's must wear the groin protection under their uniforms.

### **Art.3.5 Breast protection**

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

### **Art.3.6 Foot protection**

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

### **Art.3.7 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. Shin guards are mandatory in all tatami disciplines.

### **Art.4 – Uniforms**

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 kickboxers wear pants in Point Fighting and Light Contact bouts.

Bodice (upper, top) is worn by female kickboxers in all tatami disciplines.

Kickboxing shorts are worn by male and female kickboxers in Kicklight Contact bouts. Shorts must have an elastic waistband, minimum 10 centimeters wide in different color from that of shorts. They can wear sponsor's names or badges.

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 or countries equal to the amount they have given up from their individual sponsor.

## **Art.5 – Kickboxer’s uniforms and equipment**

### **Art.5.1 Kickboxers in Point Fighting**

- Mouth-guard, (breast protection for female kickboxers), gloves, hand wraps (optional), 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.5.2 Kickboxers in Light 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.5.3 Kickboxers in Kicklight Contact**

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

## **Art.6 – Procedure for equipment and uniform check**

Kickboxer’s safety equipment and uniform checks will be done by the Referee. Kickboxers must be suitably conditioned to participate in their chosen discipline, they must have no injuries or illness which may harm themselves or other kickboxer. His/her face must be naturally dry and reasonable grease is allowed. 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.

The Referee will ask the coach to wipe clean the kickboxer's face and body.

It is not allowed to enter a bout with 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.

Before starting a bout the Referee must be completely sure that the kickboxer's safety equipment and uniform are fully functional for the kickboxer's safety and are in accordance with the Wako Pro rules.

## **Art.7– Rounds**

In Wako Pro matches length are as follows.

- **Female bouts**
  - a. World title bout **5** rounds of 2 minute
  - b. Intercontinental and Continental title bouts **5** rounds of 2 minutes
  - c. National title bout **5** rounds of 2 minutes
  - d. International bout **3/5** round of 2 minutes
- **Male bouts**
  - a. World title **7** rounds of 2 minutes
  - b. Intercontinental and continental **7** rounds of 2 minutes
  - c. National title bout **5** rounds of 2 minutes
  - d. International bout **3/5** round of 2 minutes

In all styles with a minute break between each round.

**Art.8 – Weight classes and weight in procedures**

Positive proof of age will be required at all events.

In any Wako Pro title event, kickboxers in each weight category will be weighed the day before the title bout starts. 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 gala. The Wako Pro Supervisor will perform the weigh-in. Wako Pro representatives of any country or coaches of kickboxers may be present, but 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 is fit to fight – issued by authorized medical institution for that specific event only. Each kickboxer must be in possession of full insurance covering that specific event only.

<b>MEN</b> (From age 18 to 45)	<b>WOMEN</b> (From age 18 to 40)
Up to 57,000 kg	Up to 50,000 kg
Up to 63,000 kg	Up to 55,000 kg
Up to 69,000 kg	Up to 60,000 kg
Up to 74,000 kg	Up to 65,000 kg
Up to 79,000 kg	Up to 70,000 kg
Up to 84,000 kg	Over 70,000 kg
Up to 89,000 kg	
Up to 94,000 kg	
Over 94,000 kg	

**Art.9 – Officials**

- Wako Pro Judges/Referees age limit is 65.
- Wako Pro Judges/Referees must attend International Wako Pro Referee seminars before officiating in any Wako Pro event. Their license issued by Wako Pro HQ together with contract must be renewed every two years.
- Wako Pro Judges have to use clickers to count the scoring points while on duty.
- For Point Fighting the Referee will raise his arms immediately to indicate the kickboxer who scored first the point. To award a score there must be a minimum of two concurring decisions by Referee and Judges.

During Wako Pro events, each bout must be supervised by a Wako Pro acknowledge Referee, who will officiate in the tatami, but will not fill out scoring papers.



For Light contact and Kicklight contact 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 corner of the tatami, only for point fighting the Referees can move along the side lines of tatami.

In title bout to ensure neutrality the Wako Pro HQ will act according to the following rules:

- 3 Judges shall come from a country different from that of the others and from that of the two fighters (neutral judges)

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.

The Referee and the Judges should be dressed in the following manner:

Clean black pants, Wako Pro shirt or one given by the promoter, Wako Pro bow tie, black jacket with Wako Pro insignia on it and black gym shoes.

### **Art.9.1 Supervisor**

The Wako Pro Supervisor will be named among one of neutral Judges. He is responsible for seeing that Wako Pro event is organized fully under the Wako Pro rules.

The Wako Pro Supervisor must:

- To appoint the Referee and Judges for each bout.
  - To monitor and improve the standards of the Referee and Judges and ensuring conformity to the rules and standard practice.
  - To verify that the Referee and Judges perform their duty and responsibilities and to advise the Wako Pro HQ if any irregularity takes place
  - To solve any prior problem regarding the promotion, reporting the result to Wako Pro HQ.
  - To 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.
- To authenticate the scoring papers and inspect the score.
- To announce the result of the bout to the announcer.
- To make any decision in case that the Referee or Judges could not continue.
  - To report to the Wako Pro HQ, the name of any kickboxer who violates the rules or shows poor performance.
- And that all results, photos and general information will be sent to Wako Pro HQ in the next five days from the day that Wako Pro event was held.

### **Art.9.2 Referee**

**Designation and Participation:**

- In Approved Wako Pro events, each bout shall be controlled by a Wako Pro approved Referee who shall officiate on the tatami and shall not score the bout.

## Duties

- **The care of the kickboxers should be the primary concern of the Referee.**
- To see that rules and fair play are strictly observed.
- To maintain control of the bout at all its stages.
- To prevent a weak kickboxer from receiving undue and unnecessary punishment.
- To use three words of command:
- “Stop” when ordering the kickboxer to stop fighting.
- “Fight” when ordering the kickboxer to continue fighting.
- “Break” when breaking a clinch, upon which command each kickboxer shall step back before continuing fighting.
  - To 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 shall 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 shall first inform the Supervisor which kickboxer has been disqualified or the reason for which the bout was stopped, to enable the 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 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 Supervisor.
  - When the winner is announced, the Referee must raise the kickboxer's arm.

## Authorities of the Referee

- To stop a bout at any stage if 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 the kickboxer should not continue.
- To stop a bout at any stage if considers the kickboxers are not behaving according to the 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 against fouls to ensure compliance 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 second who has infringed the Wako Pro rules.

- With or without previous warning, to disqualify a kickboxer for committing a foul.
- 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 international event conducted under Wako Pro rules, shall undergo a medical examination as to physical fitness for carrying out Referee's duties in the tatami. The Referee's vision shall 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 shall check safety equipment and uniform of the kickboxer when kickboxer is on the tatami. Referee shall disqualify from competition any kickboxer who refuse to wear safety equipment; however this situation can be immediately rectified at Referee's discretion within five minutes failing which the kickboxer will be disqualified. During the bout if kickboxer's glove or dress becomes undone or damaged, the Referee shall stop the bout to have it attended to.

### **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, but his fault is not too serious to disqualify him, the Referee must stop the action to warn him or if violation is serious to order a point deduction. To order a point deduction, the Referee must show the action clearly for the fighter 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 three official warnings may be given to the same kickboxer in one bout. The fourth warning brings disqualification (the procedure starts from 1st verbal warning addressing only to the kickboxer, 1st official warning addressing to the kickboxer and Judges, 2nd official warning – awarding first minus point addressing to the kickboxer and Judges, 3rd official warning – awarding second minus point addressing to the kickboxers 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.

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 Judges and Supervisor.

After having given the warning, the Referee orders the kickboxers to fight.

**Verbal warning** - A verbal warning means a warning given by a Referee to a kickboxer for violating of the rules. In order to do this he does not need to stop the fight, and may reprimand the kickboxers during the bout. A third caution for the same type of foul will mandatorily require official warning to be given.

### **Health and security**

- The Referee must use medical gloves and he must change them after every bout.

### **Art.9.3 Judges**

- **For Light contact and Kicklight** contact each Judge must independently consider the merits of the two kickboxers, and must chose the winner, according to the 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 second, 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, 10 – 10
  - If the difference of the points is from 2 to 8, 10 – 9 for kickboxer achieved more points
  - If the difference of the points is more than 8, 10 – 8 for kickboxer 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. 9.4 Open Scoring Electronic System**

- For Light contact and Kicklight contact, an open scoring electronic system may be used. This system is as follows:
  - All three Judges use a mouse with buttons indicating the two corners.
  - A screen will show the point status for both kickboxers from the various Judges at all time.
  - The displays will be visible for audience and for the coaches involved either with TV screens and/or roll-up screen.
  - Fouls, warnings, minus points and time is also shown on the screen, administrating from the computer of the secretariat of tatami.
  - The system will be administered by the timekeeper. The bout and its data is stored as a PDF file in the computer at jury's table
- For Point fighting, an electronic device, (clearly visible to the Judges and the Supervisor) will report the score achieved by the two kickboxers and awarded by a majority of Judges.

### **Art.9.5 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 official table.
- Ten seconds before the beginning of each round, he will clear the tatami, 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
- Intervals between the rounds will last one minute.
- Time must be visible all times for the coaches

#### **Art.9.6 Announcer**

For all Approved Wako Pro events, the Official announcer should have the following qualifications: Fluent in multi-languages (English is mandatory). An excellent understanding of the Wako Pro Rules.

The Promoter is responsible to hire a professional announcer for the named event.

- He will be seated at official table and depend to the Supervisor
- He will announce the number of the round, before it starts.
- He must announce clearly and succinctly communications of the Supervisor to the public
- Ten seconds before the beginning of each round, he will clear the tatami, giving order "Seconds out"
- To announce the kickboxer's name, corner and weight prior to the bout and again as the kickboxers arrive in the tatami.
- To order the seconds to leave the tatami when the bell rings.
- To announce the winner's name and corner.

#### **Art.9.7 Coach and Second**

A coach and a second who must obey the following rules may assist each kickboxer.

- Only the coach and the second may get into the tatami and only one of them at time may be inside the tatami.
- A second can give up the bout on behalf of his kickboxer, and can also, if the kickboxer is in great difficulty, toss the towel into the tatami.
- During the match, neither the coach nor the second can be on the tatami. They must, before each round, remove stools, towels, buckets, etc.
- No coaches will be allowed to enter the tatami while a match 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 competition in course.
- A coach or a second who violates the rules may receive a warning or be disqualified by the Referee.

#### **Art. 10 – Decisions**

The following decisions could bring the bout 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 both kickboxers are injured, and cannot continue the bout, the kickboxer having scored more points at the time when the bout is stopped shall be declared such 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. In case both kickboxers are injured at the same time, the kickboxer with the higher score at time of decision will be the winner.

The right to make this decision rests with the Referee, who may consult with the Medical Jury or the Medical Jury has the right to direct to the Referee to stop the bout by using any form of communication methods.

When a Referee calls a Doctor to the tatami 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 kickboxers 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 disciplinary commission.

**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 tatami 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 Championships, a bout is declared No contest, also for injury, if is not terminated the second round.

**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 last round
- who has shown the better style

A Point Fighting bout cannot end in a draw. At the end of the established rounds, in case of a draw an extra round will follow. Duration of extra round is one minute. In case of a draw after extra round the bout will continue until first score is made. The winner will be the kickboxer who scores first.

**Incidents in the tatami outside the control of the Referee.** If something happens that does not allow the bout to continue within one minute after the bell 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. 11 – 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 of a result, the Supervisor must receive it in written form within 15 minutes after the bout. The written protest must describe clearly the problem. The Supervisor must deliver the protest to all Judges and Referee involved who will also consider the problem. The protest will be handled immediately.

#### **Irregular protests**

Irregular protests regarding disagreements of decisions, where kickboxers protests by delaying further program in the tatami, such as sitting down in the tatami, decided by himself or stimulated by his coach/team to do so, will be reacted on by the Supervisor directly who has all power according to Wako Pro rules to ensure that event will continue. Supervisor can, if it is necessary ask for assistance of security to provide respecting of 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. 12 – 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 blows that each one has delivered. To be scored, a fist or a kick blow must come from the right distance, with controlled power, with legal striking area, landed on legal target area and not to be blocked, even partially deviated or stopped. The value of recorded blows in a bout 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 or if they are blocked
- if they come with full power

##### **Directive 2 - concerning offenses**

During each round a 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 will put a "W" in the appropriate column next to the points of the kickboxer 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). In case there is more than 8 points difference in the same round score will be 10-8. If the both kickboxers have scored same points, each one will receive 10 points.

For Point Fighting, an electronic device, (clearly visible to the Judges and the Head Judge) will report the score achieved by the two kickboxers and awarded by a majority of Judges.

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 won the last round, shown better style, better techniques, better defense, better strategy, better endurance and stamina.

A Point Fighting bout cannot end in a draw. At the end of the established rounds, in case of a draw an extra round will follow. Duration of extra round is one minute. In case of a draw after extra round the bout will continue until first score is made. The winner will be the kickboxer who scores first.

### **Art. 13 – Injuries**

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

### **Art. 14 – Procedure after 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 tatami, unless the doctor needs extra help.

### **Procedure if injuries in general**

In case of injuries the Official doctor can give a minimum of quarantine period and recommend treatment at hospital. A Official doctor can require immediately treatment at hospital. If a kickboxer or delegates from kickboxer's team denies Official doctors medical advice, the Official doctor report in written form immediately to 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. 15 – Medical Aptitude**

A kickboxer will be allowed to fight in an Wako Pro sanctioned event only after having been declared Fit to Fight by a Official sport doctor, named by the Wako Pro Representative and approved by Wako Pro Supervisor, in the country where event takes place. All kickboxers fighting abroad will need to have a certificate established by a medical doctor, certifying that the kickboxer, 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 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 tatami. 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. 16 – Doctors' Aide**

A recognized Official sports doctor must be present throughout the 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.17– 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 kickboxer's 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 the Wako Pro. Any kickboxer refusing to submit to a medical examination or doping test 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 2 – Wako Pro Point Fighting rules**

### **Art.1 – Definition**

Point fighting is a fighting discipline where two kickboxers fight with the primary goal of scoring defined points using controlled legal techniques with speed agility and focus. The main characteristic of Point Fighting is delivery, technique and speed. The competition in Point Fighting should be executed in its true sense with well-controlled contact. It is a technical discipline with equal emphasis

put on hand and foot techniques. 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 Referee halts the bout and at the same time as the two Judges, shows with his / her fingers the number of points in the direction of the kickboxer who is being awarded the point or points.

### **Art.2 – Legal Target Areas**

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

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

### **Art.3 – Illegal Target Areas**

- Back of the torso (kidney and spine)
- Top of the shoulders
- Neck front, sides, back
- Below the belt (except for foot sweeps)

### **Art.4 — Legal Techniques**

#### **Hand techniques:**

- Punch, back fist, ridge hand, hook punch

#### **Foot techniques**

- front kick
- sidekick
- roundhouse kick
- heel kick (sole of the foot only)
- crescent kick
- axe kick (sole of the foot only)
- jump kicks
- spinning jump kicks

#### **Throwing techniques:**

Foot sweeps (ankle level only, from outside to inside and vice versa) to unbalance the opponent and following up with hand/kicking techniques or to bring the unbalanced opponent to the tatami 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.

All techniques must be used with controlled power. Any technique which is partially deviated or blocked will not be scored.

### **Art.5 – Illegal techniques and actions**

The following actions are considered fouls:

- Hits or blows with head, shoulder, forearm, elbow, knee, throttling of the opponent, and pressing with arm or elbow in opponent's face
- Hitting with open glove, the inside of the glove, wrist or side of the hand
- Hits landing on the back of the opponent, and especially any blow on the back of the neck and kidney punch

- Lying on, wrestling and throwing in the clinch
- An attack on an opponent who is down or who is in the act of rising
- Holding
- Ducking below the belt of the opponent in a manner dangerous to the opponent
- Completely passive defense by means of double cover and intentionally falling, running, or turning the back to avoid a blow
- Inappropriate, aggressive, or offensive utterances during the round
- 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 gum-shield (teeth protector)
- Clinching without any reason
- Punching below the belt, hooking, tripping, and hitting with knees or elbows
- Hitting while hooking the opponent, or pulling the opponent into the blow
- Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter
- Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder
- Attack opponent's legs with kicks
- Turn one's back on the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist
- 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
- 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 or even disqualification.

## **Art.6 – Points**

### **Art. 6.1 Scoring criteria**

A legal technique strikes a legal target. The authorized striking area of the hand (not the inner 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 kickboxer must be looking at the point of contact when executing the technique.

All techniques must be used with "reasonable" power. Any technique that simply touches, brushes or pushes an opponent will not be scored.

If a kickboxer jumps in the air to attack or defend, they must land inside (standing up) the tatami to score following the execution of the technique, and they must keep their balance (They are not allowed to touch the floor with any part of their body except feet). If the kickboxer lands outside the area after the technique they do not score.

If a kickboxer loses balance due to its own instability following a score and touches the ground with any part of its body other than feet, the score will not count.

If a kickboxer loses balance following a score outside its own control (pushed or tripped) then the score will stand.

### **Art. 6.2 Calls Referees and judges may make (points)**

Referee and Judges will decide only according to their opinions based on what they have seen. Officials cannot change the Referee or Judge's majority decision. If a technical error has occurred WAKO PRO Supervisor of the tatami may indicate time and consult with the officials to seek clarification. The WAKO PRO Supervisor can change a Referee or Judge's decision only when the Referee or Judge made a "material mistake". A material mistake is:

1) An incorrect summation of points

2) Referee gave a point to a kickboxer who dropped down or stepped out after receiving the point

The Referee cannot award a point by himself. **It is by majority only.**

### **Art. 6.3 Score**

Arms are immediately raised to indicate the kickboxer 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 (point for both kickboxers) and other Judge points to one kickboxer, the Referee's decision must be the appropriate point for both kickboxers.

If the Referee shows two points (kick to head) and one Judge shows one point, the Referee must ask the Judge what they saw, a kick technique or punch technique. If Judge saw a kick technique the Referee will award one point to the kickboxer, 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 kickboxers shall be awarded a score.

### **Art. 6.4 No score**

Arms are crossed in front of Referee or Judges at waist level, if the Referee or Judge could not see the technique strike a legal target area.

If the Referee or Judge indicates a score and the other two signals they did not see, then there can be no score awarded.

If one of the kickboxers does not get a minimum of two arms, NO score can be awarded.

If the Referee commands STOP and issues a warning to one of the kickboxers there can be no point awarded to the offending kickboxer. However, the other kickboxer may receive a point and may also receive a further score because of the warning to his opponent.

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

### **Art. 6.5 Awarding points**

If the Referee sees an action that is considered 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 kickboxer. Each Judge must make an immediate decision following the command of the Referee.

If one of the Judges sees an action that is considered to be a valid score, he must signal to the Referee immediately who will command "STOP" and the Referee and Judge must at that time signal their point calls. In all cases, only when there is a clear majority call, point or points can be awarded.

Punch – 1 point

Kick to the body – 1 point

Foot sweep leading opponent to touch the floor with any part of his body apart from feet – 1 point

Kick to head – 2 points

Jumping kick to the body – 2 points

Jumping kick to head – 3 points

#### **Art. 6.6 Overviews awarding points**

After every recognized score the command STOP will be given and an immediate vote to indicate who scored will be given by Referee and the two Judges. Score will be carried out thru all rounds. The Winner of the bout will be kickboxer with higher score at the end of the bout. The winner also will be the kickboxer who first reaches 25 points in total before the end of last round.

#### **Art. 6.7 Penalty – Exits (warnings, disqualifications and exits)**

Warnings should be given in a loud and clear voice so that both kickboxers and their coaches can hear and understand the warning. The Referee should stand facing the offending kickboxer and give the warning.

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

If a kickboxer is attacking and because of velocity forward steps off the tatami, this is not regarded as an exit.

Warnings will be carried over throughout the bout to all rounds. When Referee is giving warnings or a penalty (minus) point, time must be stopped.

#### **Exit Rules**

Unlike the official rules, all outputs will be penalized with -1 point. It does not have the system of suspension over the fourth exit.

1<sup>st</sup> Exit = Official Warning

2<sup>nd</sup> Exit = Official Warning -1 penalty point given verbally communicated to athlete / coach with hand signal

3<sup>rd</sup> Exit = Official Warning -1 penalty point given verbally communicated to athlete / coach with hand signal

4<sup>th</sup> Exit = Disqualification Verbally communicated to athlete / coach with appropriate hand signal

#### **Rule Violations (Other than Exits)**

1<sup>st</sup> Verbal Warning (may move to 1<sup>st</sup> Official Warning if warranted)

1<sup>st</sup> Official Violation = Official warning

2<sup>nd</sup> Official Violation = Official warning -1 penalty point given, verbally communicated to kickboxer with hand signal

3<sup>rd</sup> Official Violation = Official warning -1 penalty point given, verbally communicated to kickboxer with hand signal

4<sup>th</sup> Official Violation = Official Violation = Disqualification, verbally communicated to kickboxer with hand signal

### **Art. 6.8 Disqualification**

If Disqualification is called for, the Referee shall confer with the Judges and with WAKO PRO Supervisor to ensure all the proper procedures are being used.

**Leaving the fighting area:** Rules Unlike the official rules, all outputs will be penalized with -1 point. It does not have the system of suspension over the fourth exit.

If a kickboxer leaves the tatami (EXIT) 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 second exit the kickboxer will lose one point. On the third exit – 1 point. At the fourth time the kickboxer leaving the tatami shall be disqualified.

### **Stepping out (EXIT) means**

Stepping outside the line, even with only one foot – the whole of the foot must be outside the designated area.

Stepping on the line should not be considered as stepping out. If the kickboxer is pushed out by his opponent, or he went outside the line as a result of a hit or kick, it is not classed as a voluntary exit.

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

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

All exits will be indicated to kickboxer and table official.

## **Art. 7. Violations of Rules**

- Using illegal techniques
- Avoiding fight
- Turning around
- Unnecessary dropping down to waste time
- Commenting on Referee's decision
- Behaving in an unsportsman-like manner
- Loud commands of Coach
- Coach entering tatami in case of injury
- Deliberate Exits

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

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 will confer with all the Judges and WAKO PRO Supervisor to ensure that the proper procedures are being applied. A kickboxer cannot receive a point and a warning at the same time.

### **Stopping the bout (Time-out)**

Only the Referee has the power to stop the bout. When the Referee is giving warnings or a penalty (minus point) time must be stopped.

A kickboxer may request a time-out by raising his arm to check an injury or correct / fix his safety equipment. The Referee does not have to grant time-out if it would be an unfair advantage or that it may in any way take away the advantage from the other kickboxer, 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 kickboxer is using Time- Outs to rest or to prevent the other kickboxer from scoring a warning shall be given for delaying the fight. Only WAKO PRO Supervisor may interrupt the bout from outside the tatami. WAKO PRO

Supervisor shall attract the attention of the Referee who shall call Time-Out.

If a Coach wishes to lodge a complaint or protest, he will notify that to WAKO PRO Supervisor. If possible, protest will be handled without stopping the match.

### **Art. 8. Reasons for Time-out**

- Injury (See Rule on injuries and treatment)
- For the Referee to confer with Judges or WAKO PRO Supervisor
- For the Referee to converse with a kickboxer 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 kickboxer has the benefit of the complete fighting time allowed for the bout.

Referee who is not proficient in administering the bout quickly and fairly, may be replaced by the WAKO PRO Supervisor.

## **Chapter 3 – Wako Pro Light Contact rules**

### **Art.1 – Definition**

Competition in Light Contact should be executed as its name implies, with well-controlled techniques. In Light Contact kickboxers fight continuously until Referee command STOP or BREAK. They use techniques from Full Contact and Point Fighting, but these techniques must be well controlled when they land on legal targets. Equal emphasis must be placed on both punching and kicking techniques. It is carried out with running time. The Referee does not score points, but only makes sure that rules are respected. Three Judges make the complete scoring decisions on WAKO PRO scoring papers.

### **Art.2 – Legal Target Areas**

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

- head – front, side and forehead
- torso - front and side
- legs – above waist
- foot – ankle level - only for sweeping

### **Art.3 – Illegal and Prohibited Techniques**

The following actions are considered fouls:

- Hits or blows with head, shoulder, forearm, elbow, knee, throttling of the opponent, and pressing with arm or elbow in opponent's face, pressing the head of the opponent back
- Hitting with open glove, the inside of the glove, wrist or side of the hand
- Hits landing on the back of the opponent, and especially any blow on the back of the neck or head and kidney punch
- Lying on, wrestling and throwing in the clinch
- Using shin while kicking
- An attack on an opponent who is down or who is in the act of rising
- Holding
- Ducking below the belt of the opponent in a manner dangerous to the opponent
- Completely passive defense by means of double cover and intentionally falling, running, or turning the back to avoid a blow

- Inappropriate, aggressive, or offensive utterances during the round
- Not stepping back when ordered to break
- Attempting to strike opponent immediately after the Referee has ordered “break” and before taking a step back
- Assaulting or behaving in an aggressive manner towards a Referee at any time
- Spitting out gum-shield (teeth protector)
- Keeping the advanced hand straight in order to obstruct the opponent’s vision
- Clinching without any reason
- Punching below the belt, hooking, tripping, and hitting with knees or elbows
- Hitting while hooking the opponent, or pulling the opponent into the blow
- Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter
- 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
- 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
- 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 or even disqualification.

#### **Art.4 — Legal Techniques**

##### **Hand techniques:**

- all boxing punches, back fist

##### **Foot techniques**

- front kick
- sidekick
- roundhouse kick
- heel kick (sole of the foot only)
- crescent kick
- axe kick (sole of the foot only)
- jump kicks

##### **Throwing techniques:**

Foot sweeps (ankle level only, from outside to inside and vice versa) to unbalance the opponent and following up with hand/kicking techniques or to bring the unbalanced opponent to the tatami 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 controlled power.

All techniques must be used with controlled power. Any technique which is partially deviated or blocked, or that simply touches, brushes or pushes an opponent will not be scored.



### **Art.5 – Points**

A legal technique strikes a legal target. The authorized striking area of the hand or foot must make "clean/controlled" contact (not the inner hand). The Judge must actually see the technique strike/hit the target. Marking points based on the sound of the strike/hit is not allowed. The kickboxer must be looking at the point of contact when executing the technique.

All techniques must be used with "reasonable" power. Any technique that simply touches or brushes or pushes an opponent will not be scored.

If a kickboxer jumps in the air to attack or defend, he must land inside with both feet on the tatami to score, and he must keep his balance (he is not allowed to touch the floor with any part of his body except the feet).

Points

Punch- 1 point

Kick to the body - 1 point

Foot sweep leading the opponent to touch the floor with any other part of the body apart from feet - 1 point

Kick to head - 2 points

Jumping kick to body - 2 points

Jumping kick to head - 3 points

For all legal techniques (punches, kicks and sweeping), clearly landed on legal targets with speed, focus, balance, reasonable power, judge will note adequate number of point on his clicker. At the end of each round, he will count the number of points and will give to the better kickboxer, 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 kickboxers is more than 8 (a real domination), the Judge will give the kickboxer with fewer points a mark of 8.

At the end of the bout, the Judge will sum all the marks per round and name the winning kickboxer 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 kickboxer that in his opinion showed, in the whole match:

- better in last round
- better fighting techniques
- better offense
- better defense
- more kicks
- better endurance and stamina
- more points scored in total

### **Art.6 – Warnings**

#### **EXIT RULES**

1st Exit = Official Warning

2nd Exit=Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal

3rd Exit=Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal

4th Exit=Disqualification verbally communicated to athlete/coach with appropriate hand signal

#### **RULE VIOLATIONS (OTHER THAN EXITS)**

1st Verbal Warning - Discretionary Warning (May move to first Official Warning if warranted)

1st Violation - 1st Official Warning

2nd Violation - 2nd Official Warning -1 penalty point

3rd Violation - 3rd Official Warning -1 penalty point

4th Violation – Disqualification

### **DISQUALIFICATION**

If disqualification is called for, the Referee shall confer with the Judges and with WAKO PRO Supervisor to ensure all the proper procedures are being used before disqualifying the offending kickboxer.

### **EXIT**

Leaving the tatami.

If a kickboxer leaves the area (EXIT) without being pushed, kicked or knocked out by his opponent it will be seen as a "Voluntary Exit" and will receive a warning from the Referee. On the second exit the kickboxer will lose one point. On the third exit the kickboxer will lose -1 point, on the fourth exit the kickboxer leaving the area shall be disqualified. If the kickboxer fights on the edge of tatami, the Referee must not stop the bout to prevent the kickboxers from the exit.

Stepping out (EXIT) means:

Stepping outside the line, even with only one foot. The whole the foot must be outside the designated area. If the kickboxer is pushed out by his opponent, or he went outside the line as a result of a hit or kick, it is not classed as a voluntary exit.

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

## **Chapter 4 – Wako Pro Kicklight Contact rules**

### **Art.1 – Definition**

Bouts in Kicklight Contact must be executed as its name implies, with well-controlled techniques. In Kicklight Contact kickboxers fight continuously until Referee command STOP or BREAK. They use techniques from low kick, but these techniques must be well controlled when they land on legal targets. Equal emphasis must be placed on both punching and kicking techniques.

### **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 - (thigh only from outside to inside and vice versa) which can be attacked using the shin
- feet – only for sweeping

### **Art.3 — Legal Techniques**

#### **Hand techniques:**

- all boxing punches, back fist

#### **Foot techniques**

- front kick
- sidekick
- roundhouse kick
- heel kick (sole of the foot only)
- crescent kick
- axe kick (sole of the foot only)

- jump kicks

**Throwing techniques:**

Foot sweeps (ankle level only, from outside to inside and vice versa) 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.

**Art.4 – Illegal and Prohibited Techniques**

The following actions are considered fouls:

- the use of elbow techniques is forbidden
- Hits or blows with head, shoulder, forearm, elbow, throttling of the opponent, and pressing with arm or elbow in opponent's face, pressing the head of the opponent back over the ropes
- Hitting with open glove, the inside of the glove, wrist or side of the hand
- Hits landing on the back of the opponent, and especially any blow on the back of the neck or head and kidney punch
- Attack whilst holding the ropes or making any unfair use of the ropes
- Lying on, wrestling and throwing in the clinch
- An attack on an opponent who is down or who is in the act of rising
- Holding
- Ducking below the belt of the opponent in a manner dangerous to the opponent
- Completely passive defense by means of double cover and intentionally falling, running, or turning the back to avoid a blow
- Inappropriate, aggressive, or offensive utterances during the round
- Not stepping back when ordered to break
- Attempting to strike opponent immediately after the Referee has ordered "break" and before taking a step back
- Assaulting or behaving in an aggressive manner towards a Referee at any time
- Spitting out gum-shield (teeth protector).
- Keeping the advanced hand straight in order to obstruct the opponent's vision
- Clinching without any reason
- Punching below the belt
- Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter
- 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
- Leave the ring
- 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
- 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 or even disqualification.

### **Art.5 – Points**

A legal technique strikes a legal target. The authorized striking area of the hand or foot must make "clean/controlled" contact (not the inner hand). The Judge must actually see the technique strike/hit the target. Marking points based on the sound of the strike/hit is not allowed. The kickboxer must be looking at the point of contact when executing the technique.

All techniques must be used with "reasonable" power. Any technique that simply touches or brushes or pushes an opponent will not be scored.

If a kickboxer jumps in the air to attack or defend, he must land inside with both feet on the tatami to score, and he must keep his balance (he is not allowed to touch the floor with any part of his body except the feet).

Points

Punch- 1 point

Kick to the body - 1 point

Foot sweep leading the opponent to touch the floor with any other part of the body apart from feet - 1 point

Kick to head - 2 points

Jumping kick to body - 2 points

Jumping kick to head - 3 points

For all legal techniques (punches, kicks and sweeping), clearly landed on legal targets with speed, focus, balance, reasonable power, Judge will note adequate number of point on his clicker. At the end of each round, he will count the number of points and will give to the better kickboxer, 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 kickboxers is more than 8 (a real domination) , the Judge will give the kickboxer with fewer points a mark of 8.

At the end of the bout, the Judge will sum all the marks per round and name the winning kickboxer 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 kickboxer that in his opinion showed, in the whole match:

- better in last round
- better fighting techniques
- better offense
- better defense
- more kicks
- better endurance and stamina
- more points scored in total

### **Art.6 – Warnings**

#### **EXIT RULES**

1st Exit = Official Warning

2nd Exit=Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal

3rd Exit=Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal

4th Exit=Disqualification verbally communicated to athlete/coach with appropriate hand signal

#### **RULE VIOLATIONS (OTHER THAN EXITS)**

1st Verbal Warning - Discretionary Warning (May move to first Official Warning if warranted)

1st Violation - 1st Official Warning

2nd Violation - 2nd Official Warning -1 penalty point

3rd Violation - 3rd Official Warning -1 penalty point

4th Violation – Disqualification

### **DISQUALIFICATION**

If disqualification is called for, the Referee shall confer with the Judges and with WAKO PRO Supervisor to ensure all the proper procedures are being used before disqualifying the offending kickboxer.

### **EXIT**

Leaving the Fighting Area.

If a Fighter leaves the area (EXIT) without being pushed, kicked or knocked out by his opponent it will be seen as a "Voluntary Exit" and will receive a warning from the Referee. On the Second exit the Fighter will lose one point. On the third exit the fighter will lose -1 point, On the fourth exit the Fighter leaving the area shall be disqualified. If the Kickboxer fights on the edge of Tatami, the Referee must not stop the fight to prevent the fighters from the exit.

Stepping out (EXIT) means:

Stepping outside the line, even with only one foot. The Whole the foot must be outside the designated area. If the fighter is pushed out by the other fighter, or he went outside the line as a result of a hit or kick, it is not classed as a voluntary exit.

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

## **Chapter 5 Synthesis 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 HQ 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.

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 more money 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 Wako Pro 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. He can keep his title for maximum one year without defending it. After such a time, Wako Pro will be free to take away his title from him/her.