

Rule Changes

WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS



*ONE WAKO
ONE CHAMPION*

WAKO Board Approved 4th June 2016

Effective 1/8/2016

WORLD ASSOCIATION
OF KICKBOXING ORGANIZATIONS





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Introduction:

Rules are the heart and soul of our sport, it is important that we collaboratively review them every four years to ensure they are clear, concise, balanced, constructive and in essence protect our athletes and informing our Officials.. Rules should not be open to personal interpretation; they are constructed to give clarity and consistency in our competitive environment.

The details below are a consolidation of the rule changes which will now be inserted in to the WAKO Rule books in the coming weeks. They become effective as and from 1st August 2016. The first Official WAKO Event where they will be applied will be the Junior and Cadet Worlds 2016.

This document was constructed to enable Officials, Coaches, Entourage and Athletes to have a clear and precise understanding of the principle changes being applied to WAKO rules.

we would like to thank all the people who contributed over the last four months in proposing, engaging, debating and communicating their position and collective observations. I would like to particularly thank the WAKO Board for their support and understanding during this process.

The review of the Rule changes where coordinated in and in collaboration with the following committees and constructed by the Technical Director.

WAKO Board
WAKO Organising Committee
WAKO Technical Committee
WAKO Athlete Committee
WAKO Ring Referee Committee
WAKO Tatami Committee
WAKO Refereeing Committee
WAKO Coaches Committee
WAKO Women's Committee

Prof Borislav Pelevich
President WAKO

Roy Baker
VP WAKO
Technical Director WAKO





1. General Rule Changes (Effective 1st August 2016)

a. Weight Classes

- i. A fighter cannot compete in two different weight classes at a WAKO World or Continental Championship
- ii. If a competitor fails their weight, he/she can within the official time get only one time a second chance to reach the limit. Second chance can be given only after 45 minutes from the start of weigh-in. The weight registered on that occasion is final.
- iii. Weigh-in procedure (registration period): The second and the last chance to reach the limit will be done after 1 hour after the first attempt.
- iv. Daily weigh-in: The second and the last chance to reach the limit will be done a maximum after 45 minutes after the first attempt but must be before the publicized closing time.
- v. If a Kickboxer does not make the weight at this second weigh-in, he/she will be disqualified. As a fighter cannot change their official weight class following closure of official registration. If they do not make their weight on the second occasion they are automatically disqualified.

b. Beginning of match

- i. At the beginning of the match the Referee gives an order to kickboxer to shake hands and then he says fight.

c. Fighter Ready

- i. The Referee has right to give the official warning to the kickboxer who is not ready for the fight or is late for coming to the ring or Tatami.
- ii. If a kick-boxer comes to the ring or Tatami inappropriately dressed (wrong color of the head-guard or gloves, using the safe equipment which is not approved by WAKO, using shorts with Muay Thai symbols, without wraps or mouth-guard) he/she will not be disqualified immediately; instead they will be given 2 minutes to remedy matters.
- iii. If the allowed time is up and the kickboxer is not ready, he/she will be disqualified.



- iv. It's forbidden to turn inside out the shorts in order to hide Muay Thai symbols. Wearing of spectacles by a kick-boxer during a bout is not permitted, but soft contact lenses are allowed.

d. Registration/Drawing System

i. *Registration Compliance*

1. All WAKO Approved Events must use the WAKO IF Approved Drawing System including World and Continental Championships.
2. All World Continental Championships registrations must be done online.
3. Registration closes Two weeks in advance of the World – Continental Championships, weight control start date.
4. All WAKO World and Continental Championships must use the approved WAKO IF approved registration and drawing system

ii. *Registration Accuracy/Responsibility* (World – Continental Championships only)

1. One registration closes the Athlete must remain in their age/weight bracket. No changes are allowed. (If He / She is overweight they are disqualified, they cannot move up or down).

e. Ethiccate

i. *Podium*

1. No personal or National Flags are allowed at or on the podium
2. No Coach or official is allowed to go to the podium during or immediately after the presentation
3. Athletes must present themselves to the podium in their National Track suit and T shirt

ii. *Coaches Behaviour*

1. A Coach/Second must remain seated during the contest
2. A Coach/Second must not comment on a referee or judge's decision at and time



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3. A Coach/Second must adhere to all WAKO rules and Ethic ate
4. A Coach must not approach or talk to a Referee before – during or After a contest and discuss the contest/fight in any manner whatsoever.
5. If Referee feels a coach is being inappropriate
 - a. After two verbal warnings has right to punish the kickboxer if the coach/second does not obey his orders.
 - i. He will show it to three judges, pointing with his finger to the kick-boxer at fault The Referee shows it to the Chief Referee of the ring and the timekeeper who has to put it in the electronic system.
 - b. A second caution for the same foul will lead to the official warning.

f. Ranking/Seeding:

i. *WAKO World Championships*

1. World Champion (1)
2. World Silver medallist (8 – 16 – 32)
3. Bronze Medallist who Lost to WC (5 – 9 -17)
4. Bronze medallist who Lost to Silver medallist (4-8-15)

ii. *Continental Championships*

1. Continental Champion (1)
2. CC Silver medallist (8 – 16 – 32)
3. Bronze Medallist who Lost to Continental Gold medalist (5 – 9 -17)
4. Bronze medallist who Lost to Continental Silver medallist (4-8-15)

g. Drawing

i. *Alterations*

1. No Alterations can be made to drawing list once produced by organising committee. Only in a case of material mistake (wrong weight category, wrong age division, wrong discipline by WAKO Administration) which must be approved by Technical Committee in writing.





h. Stop Time

- i. If the Referee wants to stop the time of the bout he gives an order "Stop Time" and to resume the fight he gives an order "Time" and command "Fight".

i. Event Protests/Appeal

i. Official Appeal Protest Panel.

1. Composition of the Appeal Panel: The Appeal Jury is composed by the following

IF Referee Committee of Ring and TD for Ring)
IF Refereeing Committee Tatami and TD for Tatami

No two members may be appointed from the same National Federation. The IF RC and TC should also appoint three additional members with designated numbering from 1 to 3 that automatically replace any of the originally appointed Appeals Jury members in a conflict of interest situation (same nationality, family relationship by blood, etc...)

- ii. The following sequence must be followed when making a protest. It is hoped that at each stage the priority is for an amicable resolution, but if not then.
 1. The Chief Referee of the Ring/Tatami must receive the protest in written form within 30 minutes after the fight
 2. If not resolved escalate issue to Area Control Referee
 3. If not resolved write down, sign and hand complaint to Area Control Referee to escalate along with WAKO Complaint fee €100 (Within two matches)
 - a. WAKO Appeal Committee review complaint and make final judgment
- iii. If the protest is found invalid, the deposit (protest money) will be donated to WAKO IF.

j. Behaviour

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



1. Verbal Abuse
 2. Physical Abuse
 3. Inappropriate Gestures
 4. Intimidation
 5. Obstructing the continuation of the championships
 6. Trying to manipulate or influence a judges decision
- ii. the delegation will be penalized in one or both of the following ways
1. a the sum adopted by WAKO Appeal/complaint committee at the championships by majority vote.
 - a. €5,000
 - b. €10,000
 - c. €20,000
 - i. The president and the National Federation will be responsible for the payment of the fees, for their entourages
 2. or the WHOLE delegation will be disqualified for the period of minimum 2 years from al future International WAKO Championships
- iii. The coach must remain seated at all times on the chair provided and must not interfere or disrupt with the smooth running of the match by word, gesture or deed.

2. Decision Change

- a. Only the Chief Referee And the Supervisor can change a Referee's decision in case of "material mistake

3. Facial Hair

- a. Kickboxers with the beard are allowed to participate in any WAKO tournaments, if only their beard has reasonable length (not more than 2 centimetre). Females if long hair, must be controlled so it does not disrupt the contest.

4. Medical

- a. Stop Time
 - i. Maximum time for medical stop in one match is 2 minutes for each athlete. After which the contestant who has exceeded the two minutes is deemed as being no longer able to continue.



- b. Cuts Bleeding
 - i. In case of the cut or bleeding the official Doctor should decide within 2 minutes if a competitor can continue or not. The medical treatment of the injury is not allowed in this period.
 - ii. Heeding the tournament Doctor's opinion, the Referee will then decide whether the bout should be continued (However only in case when the Official Doctor allows a kickboxer to continue the bout.)

5. WAKO Events

- i. All WAKO World Cup – A , B , C Class events must follow the WAKO rules fully

b. World Cups

- i. Each World Cup must follow the WAKO World Cup Minimum Criteria
- ii. A member of the WAKO Organising Committee/Technical Committee must be present at all World Cups. Attendance is agreed with TD.
- iii. Every World Cup must agree appoint a chief referee of Tatami and Ring with WAKO Technical/Referee Committees approval.
- iv. Every World Cup Arena configuration must be approved by WAKO Organising Committee

6. Equipment / Clothing

a. *Safety equipment Athletes*

i. **Approved manufacturers**

- 1. Only WAKO Approved manufacturer's equipment/safeties may be worn or used at WAKO Events.

ii. **Elbow Pads**

- 1. Mandatory for all point fighters only.

iii. *Gloves*

- 1. Thumb **MUST** be fully attached to the main body of the glove (if the glove attachment is cut or broken the gloves cannot be used.



iv. Coaches (World – Continental Championships)

1. Coaches must wear the National Team Track Suit.
2. Coaches must wear long trousers
3. Coaches must wear runners

v. Clothing Referees

a. Referee's and Judge's Uniform:

- i. Navy blue jacket with emblem of WAKO or National Federation
- ii. White WAKO shirt with short sleeves
- iii. WAKO bow tie (Both Ring and Tatami)
- iv. Black trousers without turn-ups
- v. Dark blue or black socks
- vi. Black gym shoes without heels and laces

vi. Tooth Protection:

1. It's not allowed to use a mouth-guard over teeth braces unless a dentist doctor's certificate allows that.
2. If the kick-boxer has braces on both upper and lower teeth he/she must have mouth-guard on both upper and lower teeth.
3. Mouth-guard must enable free breathing and must be adapted to the fighter's mouth configuration. Mouth-guard can be of any colour. But must not protrude outside the mouth in any way.

vii. Spectacles

1. Wearing of spectacles by a kickboxer during a bout is not permitted, but soft sport contact lenses are allowed

7. Tatami Specific

a. Veterans

i. Name Change

1. Veterans to Master Class

b. Age Categorisation

i. Women

1. Change from 36 years start to 41 years start to 55 years

ii. Men

1. Change Maximum age from 50 years to 55 years



iii. *Country Medal Total*

1. The veterans do not count towards the overall country medal ranking.

c. Exits (Tatami)

- i. Every voluntary exit is -1 Point or if offender has no points +1 to the opponent

1. *Sequence*

- a. -1 then
- b. -1 then
- c. -1 then
- d. Disqualification

Special Note=LC/KL, this means one click for opponent by each referee

d. Stopping Contest

- i. If for any reason the fight is stopped during the match, where the fight is stopped, it must restart with both competitors approximately in the same positions.

e. Glove Slipping

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

f. Area Configuration

- i. All areas will be 7 x 7 in ALL WAKO championships and World Cups, A Class, B Class, C Class.
- ii. A one meter no entry matted safety boundary must surround the fighting area. See Appendix 1.

g. LC / KL Maximum Score

- i. If two judges have the contest + 15, then the contest is stopped in the interest of both competitors.



8. Ring Specific General

a. Weight In

- i. No Weight Control of the first day only of fighting of the championships fighting start. All Kickboxers who fight each day thereafter must weigh in on the day of their fight every day. If a fighter is not fighting that day they do not need to weight in.

b. Safety Equipment/Clothing

c. Gloves

1. Fastening gloves with laces, or any kind of buckles is not allowed.

d. Shin Guards

1. It's prohibited using shin guards sock's type covering shin bone and instep. It's strictly prohibited to use an additional protection under the shin guards like pads, tapes, bandages, etc. In Full Contact it is prohibited to use shin guards sock's type covering shin bone and instep

e. Ankle Support

1. is allowed.

f. Tooth Protection:

1. It's not allowed to use a mouth-guard over teeth braces unless a dentist doctor's certificate allows that.
2. If the kick-boxer has braces on both upper and lower teeth he/she must have mouth-guard on both upper and lower teeth.
3. Mouth-guard must enable free breathing and must be adapted to the fighter's mouth configuration. Mouth-guard can be of any colour. But must not protrude outside the mouth in any way.

g. Brest Protection:

1. It is Mandatory to be worn under the top (bodice) or vest.

h. Hand Wraps (Bandage):

1. It's not allowed to stick wraps with any kind of tape.

i. Bandana

1. It's allowed to use bandana under the head-guard.



j. Female Muslim Clothing

1. May dress in accordance with religious obligations, however they must follow this completely, not partly, precise special underwear cloth and scarf covering the head, but not the face.

k. T Shirts

1. Wearing T-shirts is strictly prohibited.

l. Shorts:

1. It's forbidden to turn inside out the shorts in order to hide Muay Thai symbols

m. Scoring

- i. Scores / Blows given by a kickboxer will not be taken into account:
*If the kickboxer loses their balance or falls down while hitting or sweeping.
- ii. Knock Down
 1. In all age categories knock downs should be counted as one point. It means that judge will once push a button or once click his clicker in a case of knock down. It does not matter what was the reason for counting down: punch, kick or kickboxer's behaviour. NB! IT IS NOT AN EXTRA POINT.

n. Dual KO

- i. If both kickboxers fall at the same time, the count will continue on as long as one of them is still on the floor. If they both remain on the floor after 10 seconds, the bout will stopped and decision given, considering the points granted before the KO.

Nevertheless this winner will be suspended from further participation in this tournament because of the KO and in accordance with WAKO

o. Knock Down Rule

- i. In the age "younger juniors" the 2 knock down rule is valid. This means that the fight will be stopped if a fighter has been knocked down 2 times in the same bout. All other contests it is three.



p. Oiling the body/face

- i. It is prohibited to Oil the face or the body (Vaseline is allowed).

9. Full Contact

a. Uniform:

1. Long pants must extend from waist to the ankle joint.
2. Pants must have an elastic waistband, minimum 10 centimetres wide in different colour from that of main body of the clothing

b. Shin Guard

1. shin guard must cover the shin 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, excluding the self-adhesive cotton-base tape. Shin guards with metal, wooden or hard plastic elements are not allowed.

c. Legal Target Areas:

- i. Head – Front (face and forehead), side and top.
- ii. Legs – for foot sweeps ankle level only.
- iii. Torso – front and side above the waist.

d. Prohibited technique:

- i. To perform kicks below the waist;
- ii. To perform kicks to the hip, knee and shin;
- iii. To attack top of the shoulders;
- iv. To perform somersault kicks.
- v. . WAKO Full Contact Rules.
- vi. In the tournament there must be two ambulance personnel on site.

e. Legal Striking point

- i. It is allowed to use shin while kicking to the head and torso.

10. Low Kick

a. Obligatory safety equipment:

1. Shin guards
 - a. Must be only sock's type covering the instep, produced by companies approved by WAKO). Other brands (not approved by WAKO) are prohibited. Shin guards sock's type using in Muay Thai fights are not allowed.



b. Uniform:

- i. Kickboxing shorts must cover half minimum and three-quarter thigh length maximum. Knees must be visible
- ii. Shorts must have an elastic waistband, minimum 10 centimetres wide in different colour from that of shorts.

c. Hand Techniques:

- i. Only boxing punches.

11. K1 Rules

a. K - 1. Obligatory safety equipment:

1. Shin guards

- a. must be only sock's type covering the instep, produced by companies approved by WAKO Other brands (not approved by WAKO) are not allowed. Shin guards sock's type using in Muay Thai fights are not allowed.

b. Uniform:

- i. Kickboxing shorts must cover half minimum and three-quarter thigh length maximum. Knees must be visible and naked. Shorts must have an elastic waistband, minimum 10 centimetres wide in different colour from that of shorts.

c. Shin Guard:

1. In Low Kick and K-1 shin guards must be only sock's type covering the instep, produced by companies approved by WAKO Other brands (not approved by the WAKO Board) are not allowed. It's strictly prohibited to use an additional protection under the shin guards like pads, tapes, bandages, etc.

12. WAKO Low Kick Rules:

a. Legal Target Areas:

- i. Head – Front (face and forehead), side and top.
- ii. Thighs – outside, inside and backside of the hip.
- iii. Foot – for sweeps ankle level only.

b. Prohibited Technique:

- i. To perform front and side kick to the front side of the hip.
- ii. To perform kicks to the knee and shin.
- iii. To attack top of the shoulders.



13. WAKO K-1 Rules:

i. Holding

1. It's allowed to hold opponent's neck or shoulders with two hands in order to perform only one knee attack. Knee attack must be performed immediately.

ii. Legal Target Areas:

1. Head: Front (face and forehead), side and top.
2. Legs: Any part.
3. Foot: For sweeps ankle level only.

iii. Prohibited Techniques and Behaviour:

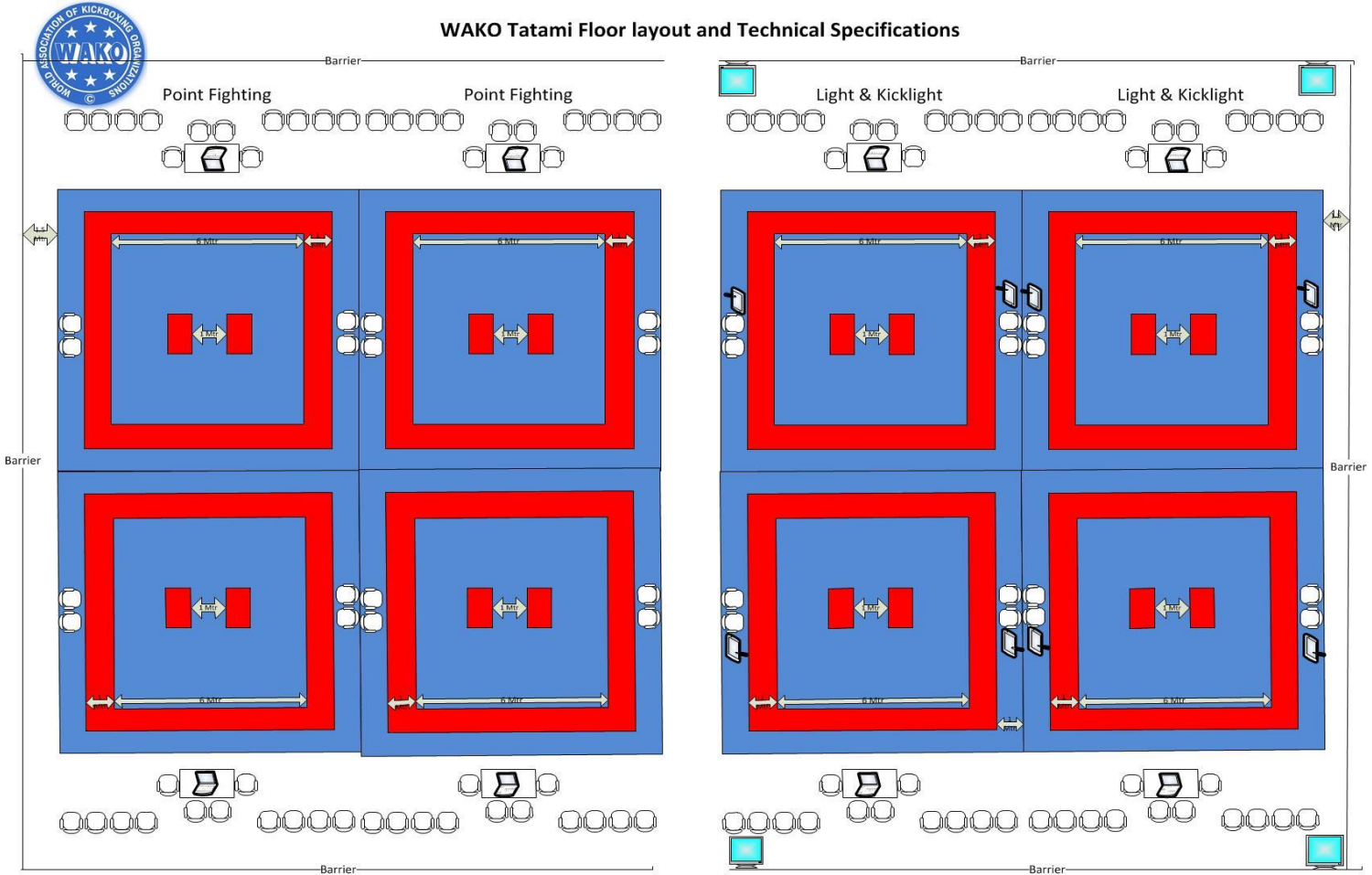
1. To perform front and side kick to the front side of the thigh, knee and shin. This is valid also for the knee attacks.
2. To attack top of the shoulders.
3. To perform somersault kicks.
4. To hold the neck or shoulders with only one hand while attacking with the knee.
5. To perform more than one knee attack while holding the opponent's neck or shoulders with two hands.



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Appendix 1: Tatami Floor layout

WAKO Tatami Floor layout and Technical Specifications



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