CHAPTER ONE – SEMI CONTACT

SEMI CONTACT KICKBOXING

1. Each fighter must have his own WAKO SPORT PASS with MEDICAL TEST in it, valid for 1 year, to be shown at weigh-in procedures.
2. In European or World Championships NO FOREIGN COMPETITORS can be included in NATIONAL TEAMS. At weigh-in, official passports must be shown to officials in charge.
3. The competition in semi contact should be executed in its true sense with light and well-controlled techniques and contact. It is a technical discipline with equal emphasis pun on hand and foot techniques, from an athletic viewpoint.

COMPETITION AREA

1. The Fighting Area shall be called the Ring.
2. The size of the ring shall be 8 x 8 meters (25'x25').
3. The ring should be on a raised platform with a padded surface. If the Promoter cannot obtain a raised platform, he shall notify the World President of WAKO who may give him permission to use the arena floor or a Boxing Ring. Expense for not providing a platform shall not be considered a valid reason.
4. There shall be a Coaches Box marked on the floor on the floor adjacent to the Ring.

UNIFORMS AND EQUIPMENT

1. Each Fighter must wear a clean uniform in good repair. The pants must reach the ankle. The waist may be either a drawstring or elastic waistband. The top must be either a Jacket or a V-neck top. T-shirts of any kind are forbidden. The top must display on the front and on the back the name or initial of the country that the Fighter represents.
2. The Fighter must wear a belt or sash around his waist that reflects his rank.
3. Sponsor advertising or logos may be worn on the uniform in the following manner:
   - TOP: On the upper sleeve and/or shoulder area, and may not be larger than 10 x 10 CMS (4" x 4").
   - PANTS: on the side between the knee and the hip area.
4. If the promoters and sponsor does not wish the Fighters to wear advertising other than his own, then the promoter and his sponsor must provide sponsorship to the Fighters or Countries equal to the amount they have given up from their individual sponsor.

Safety Gloves

The Safety Gloves or Mitts must have padding that will not slip leaving the striking area uncovered. Padding must cover the fist, thumb and ridge hand striking area. The glove must cover the fingers including the fingertips, and must reach at least 5 cm (2") above the wrist (open hand gloves mandatory).

Foot Protection

Food Protectors or Boots must have padding that will not slip leaving the striking area uncovered. The boot must be large enough to cover the toes completely. The heel must also be covered and the boot must extend at least 5 cm (2") above the ankle. The sole of the foot need not be covered.

Head Protection

Head Protectors must be worn and must cover the forehead top of the head, temples, upper jaw and ear. The protector must not in any way interfere with sight or hearing.

Shin Guards

Shin Guards must be worn. They must not contain any hard parts such as plastic, metal or wood.

Mouth Guards

Mouth Guards must be worn.

Groin Guards

Groin Guards must be worn. All Groin Guards must be worn under the pants.

Recommended Safety Equipment

Kneepads, Forearm pads and Chest protectors are all permitted and recommended. This equipment must adhere to the same standards as all the aforementioned mandatory Safety Equipment.

Hand Support (Wraps)
May be used but must not exceed 61 CMS (2') in length or be wider that 5 cm (2’’). The support may be secured at the wrist with a strip of tape not to exceed 15 cm (6’’) in length.

**Safety Equipment (in general)**

Safety Equipment must not have any buckles; straps or tape that might in any way cause injury during the match.

**Medical Examination**

A fighter’s physical condition must be checked annually and signed into the international sport pass.

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**Weight Divisions and Weight in Procedures**

**Weight Classes:**

<table>
<thead>
<tr>
<th>MEN (SENIOR, FROM 16 TO 45)</th>
<th>WOMEN (FROM 15 TO 40)</th>
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<tbody>
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<td>Under 63 kgs</td>
<td>Under 55 kgs</td>
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</tr>
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**Juniors**

(From 16 to 18 years of age)

Weight classes are the same as the senior

<table>
<thead>
<tr>
<th>COLTS (MALE, FROM 10 TO 15 YEARS OF AGE)</th>
<th>COLTS (FEMALE, FROM 10 TO 14)</th>
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<td>Under Mt. +1,65</td>
</tr>
<tr>
<td>Under Mt. +1,65</td>
<td></td>
</tr>
</tbody>
</table>

♦ Junior age divisions will be determined in the following manner. Whatever the Junior competitors age is on the 31st day of June will be the division the Junior will be required to compete in all year. This will allow each country to have Team trials anytime of the year prior to the WAKO World Championships and not lose a Competitor due to an age change at a later date. Positive proof of age will be required.

♦ Weigh-ins for all Fighters in European or World Championships must be conducted on the day prior to the competition. National events may hold their Weigh-ins on the same day as the Competition.

♦ Time and place of the Weigh-in must be advertised by the Promoter who must send a written schedule to all National Presidents outlining the details.

♦ At least two members of the Technical Commission must be present at the Weigh-in. A chart must be kept showing the name, weight and country of each Fighter. The Fighter and one member of the Technical Commission must sign this chart.

♦ The Promoter must provide a Doctors Medical Scales for all Official Weigh-ins. These scales shall be made available to all Fighters at least one day prior to the day of the Official Weigh-in.

**Fighting Rules**

1. The Fighter must present himself to the side Judge nearest his corner to have his safety equipment inspected.
2. Fighters may not wear any form of Jewelry at this inspection or during the fight.
3. After the Judge has inspected the Fighter, he will wait to enter the ring until told to do so by the Referee.
4. Fighters will enter the ring and touch gloves. They will assume a fighting stance and wait for the command “fight” from the Referee.
5. Time shall be two (2) minute rounds, with a one minute rest between rounds in all Finals.
6. The time will only be stopped on the command of the Referee. Time is not stopped to award points of penalty unless the Referee feels it is necessary. The Referee is not allowed to talk to the Fighters during the match unless he has stopped the time.

7. Fighters may have one Coach and one Second in their corner during the match. Both must remain in the Coaches Box throughout the match.

8. No coaching will be allowed while the match is in progress.

9. Only the Referee may ask for time to be stopped. A fighter may request time to be stopped to adjust Safety Equipment or check an injury. The Referee does not have to stop time if he feels it will take away the advantage from the other Fighter. Time-stops shall be kept to a minimum.

10. If the Referee feels a Fighter is using time-stops to rest or to prevent his opponent from scoring, a warning shall be given and the Fighter may be disqualified for delaying the match or refusing to fight.

COMPETITION COMMANDS

- Shake hands - shake hands at the beginning of the fight
- Fight - fight, at the beginning or after an interruption of the fight
- Stop - stop, the fight is interrupted immediately and may only be resumed after the referee gives a new command. When points are being made known, the fighter must go back to their starting positions immediately.

LEGAL TARGET AREAS:

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

ILLEGAL TARGET AREAS:

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

LEGAL TECHNIQUES:

KICKS: Front, Side, Back, Roundhouse, Hook (Sole of the foot only), Crescent, Axe (Sole of the foot only), Jumps, Spins.
HANDS: Punch, Backfist, Ridgehand, Hook.
FOOTSweep: To score with a Footsweep the attacker must remain on his feet at all times. If in the execution of a Footsweep the attacker touches the floor with any part of his body other than his feet, NO score will be given. A score will be awarded to the attacker if his opponent touches the floor with any part of his body other than his feet.
GROUND ATTACKS: A fighter cannot attack an opponent on the ground. The central referee is responsible to stop the match immediately when one of the two fighters touches the floor with any part of the body apart from his feet. Stomps to the head or body on a downed Fighter can bring to minus points or disqualification.
SPECIAL NOTE: Because it is extremely dangerous to strike with the back of the heel, it must be strictly emphasised that the attacking Fighter must extend his foot in such a manner that the SOLE (bottom) of the foot is used as the striking area when executing the following kicks: AXE, HOOK, AND SPINNING HOOK.
Grabbing is allowed but only for 3 seconds to score with a legal technique.

ILLEGAL TECHNIQUES AND ACTIONS:

- Attacks with any technique other than those mentioned in section 7.
Avoiding or refusing to fight
Falling or dropping to the floor without due cause
Leaving the Fighting Area. If a Fighter leaves the area (exits) without being pushed, kicked or knocked out by his opponent it will be seen as a "Voluntary Exit" and will receive a warning from the Referee. On the third exit the Fighter will lose one point. At the fourth time the Fighter leaving the area shall be disqualified. (Warning will be carried throughout the Match).
Attacks with malicious or excessive contact.
Unsportsman like conduct. A Fighter shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsman like conduct, the Fighter may be disqualified on the first offence.
Attacking an Official either inside or outside the ring. Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in immediate disqualification. In the event that any of these actions are made by a penalised, or the person involved may be removed from the Hall or tournament site and the matter turned over to the WAKO Disciplinary Committee.

SCORING:

A legal technique strikes a legal target. The authorised striking area of the hand or foot must make "Clean" contact. The Official must actually see the technique strike the target. Awarding points based on the sound of the strike is not allowed. Enough power and force must be held back (in reserve), so that if it had been used it could have injured, disabled or stunned an opponent and left the fighter using the technique in a position of advantage.

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

If a Fighter jumps in the air to attack, he must land inside the Ring to score.

**Points**
1. Punch 1 pt
2. Kick to the body 1 pt
3. Footsweep 1 pt
4. Kick to head 2 pts
5. Jumping kick to body 2 pts
6. Jumping kick to head 3 pts

NOTE: no scores will be awarded for follow-ups to Footsweeps.

After every recognised score the command "STOP" will be given and an immediate vote to indicate who scored will be given by All ring Officials.

The Winner will be the Fighter with the most points at the end of time.

In the case of one Fighter gaining a 10 pt. Margin, he will be declared the Winner.

Other methods of winning: Disqualification, Walkover

Expiration of Time and score: The Officials shall call for a vote to determine if the score landed before or after time expired.

**PENALTY - EXITS**

Warning will be carried through the Match

1st violation Warning
2nd violation Official Warning
3rd violation Award penalty point
4th violation Disqualification

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

Gross and serious rules violations may be handled immediately with a penalty point or even disqualification in extreme cases. Anytime that a Referee thinks that a disqualification is necessary, he shall confer with all the Judges and the Technical Director of Semi Contact to ensure that the proper procedures are being applied.

A Fighter cannot receive a Point and a warning at the same time.
AWARDING POINTS:

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

STOPPING THE MATCH:

TIME-OUT:
Only the Referee has the power to stop the match. A Fighter may request a time-out raising his arm to check an injury. The Referee does not have to grant time-out if he feels it would be an unfair advantage or that it may in any way take away the advantage from the other Fighter. Time-Outs shall be kept to a minimum. If the Referee feels that a Fighter is using Time-Outs to rest or to prevent the other Fighter from scoring, a warning shall be given for the delaying the Match. Only the Chief Official or the Technical Director of Semi-Contact or their appointed representative may interrupt the Match from outside the Ring. They shall get the attention of the Referee who shall call Time-Out. If a Coach wishes to lodge a complaint or protest, he shall notify the Technical Director of Semi Contact. The Director may, if possible, handle the protest without stopping the match.

REASONS FOR TIME-OUT

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

INJURIES:

In the case of an injury to one of the Competitors, the Match shall be stopped only long enough for the Medic/Doctor to decide whether or not the injured Fighter can continue. Once the Medic/Doctor arrives at the Ring, he shall have only two minutes to decide if the injury requires treatment. All treatments must be completed in two minutes. If the injury is so serious that the Rules 13a and 13b cannot be complied with, then the Match must be terminated. If the Match must be stopped because of injury, the Officials must decide:

A Who caused the injury
B Whether or not it was an intentional injury
C Whether or not it was the fault of the injured Fighter.
D Whether or not the injury was caused by an illegal technique
E If there were no Rules violation by the uninjured Fighter, then that Fighter shall win by forfeiture
F If there was a Rules violation by the uninjured Fighter, the injured Fighter wins by disqualification.
G If the injured Fighter is declared fit to continue by the Medic/Doctor, then the Fight shall resume.
H In cases involving Rule G, the Officials shall decide if either Fighter should receive a point, warning, penalty point, or if no action is required.

OFFICIALS:

CHAIRMAN OF THE TECHNICAL COMMISSION:

The Chairman of the Technical Commission shall act as head of the Appeals Board.
TECHNICAL DIRECTOR FOR SEMI CONTACT:

- Will control the Rings where Semi Contact is being conducted.
- May interrupt the Match to answer or deal with protests.
- May interrupt the Match if feels the Rules are not being applied correctly.
- He shall act as Chief Arbitrator for the Semi Contact Areas.
- May remove Officials who are not performing at an acceptable standard.
- May appoint an assistant to substitute for himself when necessary.

REFEREE:

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

JUDGES:

- Two Side Judges per Match including the Final Matches.
- The Side Judges are to assist the Referee to ensure the safety of the Fighters.
- They shall check Fighters before each Match to ensure proper Safety equipment is being used.
- When the side Judges sees what he considers a legal score, he must indicate immediately.
- The Judges must keep constant watch on the Ring boundaries and inform the Referee when one of the Fighters leaves the Area.
- If a Judge spots an action which he feels is a violation of the Rules he must contact the referee and inform him of his views.

Special Note: The Referee and the judges should be dressed in the following manner: clean grey pants, white Wako-shirt, Wako-tie or Wako bow-tie, blue jacket with Wako badge on it, and black coloured gym shoes.

TIME KEEPER:

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

SCORE KEEPER:

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

RING ASSISTANT:

- The Ring Assistant shall organise the Fighters so that there will be no delay between fights.
CALLS REFEREES AND JUDGES MAY MAKE

POINTS:

♦ One’s arm are raised to indicate the Fighter who scored.
♦ To award a point at least two arms must be raised
♦ The Officials may have two different scores of two different values. If one Official see a 2pt score and the other see at 1pt score, then the lowest score will be awarded.
♦ If more than two arms are raised, then the fighter with the most number of decisions will be awarded the score.
♦ In situations where there are the same number of arms raised, both Fighters shall be awarded a score.
♦ If two Official indicate they did not see, then no points can be awarded. The remaining Official cannot award a point by himself.

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

NO SCORE:

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

COULD NOT SEE:

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

WARNING:

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

PENALTY:

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

DISQUALIFICATION

If disqualification is called for, the Referee shall confer with the Technical Director to ensure all the proper procedures are being used.
CHAPTER TWO – WAKO LIGHT CONTACT

ART. 1 - DEFINITION

Competition in Light contact kickboxing should be executed as its name implies with well-controlled techniques. Equal emphasis must be placed on both punching and kicking techniques. Light contact has been created as an intermediate stage between semi and full contact kickboxing. It is carried out with running time. Central referee doesn't judge the fighters but only controls they respect the rules. Three judges make the complete judgement on normal Wako scoring papers. Each fighter must have his own WAKO SPORT PASS with MEDICAL TEST in it, valid for 1 year, to be shown at weigh-in procedures. In European or World Championships NO FOREIGN COMPETITORS can be included in NATIONAL TEAMS. At weigh in, official passports must be shown to officials in charge.

ART. 2 - THE FIGHTING AREA

In light contact kickboxing a ring can be used (the same as in full contact), but it is recommended an open area of 8 square meters, like the one used in semi contact. If possible, it is also recommended to use mats for the fighting areas. If they are not available, a wooden floor will suit the necessities.

ART. 3 - WEIGHT CLASSES

Same as in semi contact kickboxing both for men and women, the same for Juniors

ART. 4 - UNIFORM AND SAFETY EQUIPMENT

Same as in semi contact, with the only exception of gloves: full contact gloves are mandatory.

ART. 5 - FIGHTING TECHNIQUES

Same as in full contact kickboxing

ART. 6 - AUTHORISED TARGETS

Same as in full contact

ART. 7 - UNAUTHORISED TECHNIQUES AND TARGETS

Same as in full contact

ART. 8 - NUMBER OF KICKS PER ROUND

Six minimum, as in full contact

ART. 9 - SCORING SYSTEM

Every round is separately evaluated by each of the three judges according to:
- the number of points scored
- the combination ability
- the deliverance of clean techniques
- the clean fighting style
- the effectiveness of the defence
- equal emphasis on both hand and foot techniques
- the physical condition of the fighter during and after the fight
A total of ten (10) points may be awarded to each fighter:

- if they are absolutely equal 10:10
- if one is slightly better 10:9
- if one is definitely much better 10:8

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

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

Every close match is to be judged by the overall impression the fighter makes and not only by considering the points scored. If the match appears to be close the referee should not stand in the way of or break the match off too early. If there is a tie in points, then that fighter who has the better technique and tactic or who has shown a better defence or offence is declared the winner. The reasons of giving the advantage to one of the fighters must be marked by a judge on his scoring paper writing the name of the winner on the proper space.

**ART.10 - TIME LIMITS AND INJURIES**

The duration of the match is decided by promoter and the Chief Referee. It should last 3 rounds of 2 minutes each in national tournaments, in European or World championships. The pause between rounds is of 1 minute. The match should be interrupted if an injury occurs or if the equipment is not in order or in case of the longer referee's discussion on rules' violation. The fight may only be interrupted by the referee (the side judges or doctor may notify the referee that the time must be stopped). In case of an injury, the time may only be interrupted until the doctor decides how serious the injuries, that is, whether or not the fight can continue or whether it must be stopped. Treatment of the injury can only be done in between rounds or after the match. An interruption made by a doctor should not exceed 2 minutes. If the injury needs to be treated, the match must be stopped. In any case, cuts cannot be taped. If the match is stopped due to injury, the officials must decide:

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

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

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

**ART.11 - DECISIONS**

The following decisions could bring the fight to an end:

1. Winner by points:

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

2. Winner by disqualification of the opponent:

After three warnings, that is after three minus points, the fight must be stopped. The opponent is the winner by disqualification.
In difficult cases, the referee may also call out a disqualification without having given a warning beforehand.
For example:

♦ knocking out the opponent by an uncontrolled blow to the head or malicious attack
♦ for excessive, continuous hitting after "stop" command
♦ By extreme unsportsman-like conduct of a fighter such as insulting the referee, the opponent or showing an aggressive behaviour.

3. Winner by not showing up (Walk Over):

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

4. Winner by stopping the fight (Referee Stops Contest):

A fight may be stopped if the fighter is unable to fight or defend himself. Also, in the case that the other fighter shows total athletic superiority. The referee decides who is the winner. If the fight is stopped because a fighter is injured, then the officials must take a decision according to Art.10.

For any further information about light contact rules, see full contact rules.
ART. 1 - DEFINITION

Each fighter must have his own WAKO SPORT PASS with MEDICAL TEST in it, valid for 1 year, to be shown at weigh-in procedures. In European or World Championships NO FOREIGN COMPETITORS can be included in NATIONAL TEAMS. At weigh in, official passports must be shown to officials in charge.

ART. 2 - RING EQUIPMENT

The following ring equipment must be available:
- 2 chairs
- 2 foldaway stools for fighters between the rounds,
- 2 cups and bottles of water,
- 2 water buckets;
- table and chairs for the officials;
- a sound gong or a bell,
- stopwatches;
- refereeing sheets according to the WAKO model;
- a first aid kit;
- A microphone linked to a sound system.

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

ART. 3 - WEIGHT CATEGORIES FOR INTERNATIONAL COMPETITIONS

MALE WEIGHT CATEGORIES

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<th>Weight Category</th>
<th>Weight Range</th>
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<tr>
<td>Super heavy weight</td>
<td>more than 91 kg</td>
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FEMALE WEIGHT CATEGORIES

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<th>Weight Category</th>
<th>Weight Range</th>
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<td>Super heavy</td>
<td>weight over 70 kg</td>
</tr>
</tbody>
</table>

JUNIORS’ WEIGHT CLASSES ARE THE SAME AS FOR SENIORS

WEIGH-IN

a. In case of World and International championships, as well as International competitions, the following rules must be respected:
Fighters of each weight category will be weighed the day before the competition or in the morning between 8 and 10 on the same day that they have been drawn to fight. Executive Committee or any other Wako official delegate will be allowed to modify these conditions in case of an inevitable post opponent. The fights will start at least 3 hours after the weighing time, or in a shorter lapse of time if the Executive Committee so decides, after consulting the Medical Commission: providing that the decision is not prejudicial to any kickboxer, taking part in the first bouts of the tournament.

The Wako authorised delegates will perform weighing. WAKO representatives of any National Association may be present, but are not allowed to intervene in any occasion.

Each fighter will be officially weighed only once. The weight registered on that occasion is final. It is allowed, nevertheless, to the representative of a country whose fighter has not reached the right weight during the official weighing, to put him into another, suitable weight category, providing the country in question has got a vacancy in that category, and the weigh-in is not closed yet. It is also allowed to all countries to substitute one kickboxer with another, before the end of the first weigh-in and the medical check-up, on condition that, within each competition where substitutes are allowed, the kickboxer in question has been registered as reserve for that, or in any other weight category.

Before being weighed, each fighter must be declared fit for fighting, by a qualified doctor.

The weight is what the scale shows when fighter is undressed. The weight must be displayed in metric measures. Electronic scales can be used. A fighter is allowed to fight solely within the category defined by weighin.

Each fighter must be in possession of a card with a written decision of a medical doctor as well as the decision of the official in charge of weighin.

Weight registered on the first day's official weigh-in decides the fighter's weight category for the whole of the competition, but (according to Wako technical commission's decision) he can just the same be weighed every day to make sure that his weight does no exceed the maximum of the weight category in which he is enlisted.

International bouts:

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

ART.4 - LEGAL TARGET AREAS:

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

- head front and side
- torso front and side
- foot only for sweeping

ART 5. - ILLEGAL TARGET AREAS, PROHIBITED TECHNIQUES AND BEHAVIOUR

It is prohibited to:

1. Attack the throat, lower abdomen, kidneys, back, legs, joints, groin and to the back of the head or neck.
2. Attack with the knee, elbow, ridge-hand and knife-hand, head-buts, thumb and shoulder.
3. Turn one's back to the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
4. Attack an opponent who is caught between the ropes
5. Attack an opponent who is falling to the floor or is already on the floor; that is, as soon as one hand or knee touches the floor.
6. Leave the ring
7. Continue after the command "stop" or "break" or end of the round has been given.
Oil the face or the body

Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

ART. 6 - LEGAL TECHNIQUES

Hand techniques:

The following hand technique may be applied:
- jab/chop
- punch
- hook
- backfist

Foot techniques:
- frontkick
- sidekick
- roundhouse kick
- heel kick
- crescent kick
- axe kick
- jumpkicks

Throwing techniques:
- foot sweeps
- low throws (not higher than hips).

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

If a fighter fights almost only with hand techniques, then he may be warned or punished with minus points.

If a fighter fights almost only with foot techniques, then he may also be warned or punished with minus points.

ART. 7 - NUMBER OF KICKS PER ROUND

Each fighter is obliged to deliver a minimum of 6 kicks per round. He must clearly show the intention to hit the opponent. After the first round, the kickcounter has to report to the central referee who must inform the fighter. He will have the chance to recuperate the missing kicks in the following round. If not, the central referee will award him 1 minus point. And so on.

ART. 8 - ROUNDS

Professional World and International Championships will have 8, 10, or 12 two minute rounds, with a minute break between each round.

ARTICLE 9 - MATCH

A coach and a second who must obey the following rules may assist each fighter:
1. Only the coach and the second may get into the ring and only one of them may enter inside the ropes.
2. No advice, help or encouragement can be given to the fighter during the round.
3. A second can give up the fight on behalf of his fighter, and can also, if the fighter is in a difficult position, toss the sponge or the towel in the ring, except while the referee is counting.
4. During the match, neither the coach nor the second must be on the ring platform. They must, before each round, remove stools, towels, buckets, etc.
5. Any coach, second or official, encouraging or prompting the audience to give signs of advice, as well as encouragement to a boxer during a round, can be suspended from his function for the competition in course.
A coach or a second who violates the rules, may receive a warning or be disqualified by the referee for bad behavior.

**ARTICLE 10 - REFEREES AND JUDGES**

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

**ART 11 - REFEREE**

A referee will officiate in the ring. He will wear a WAKO uniform (navy blue jacket with WAKO badge on it, light black coloured shoes, grey pants, white shirt, open collar for qualification matches, Wako bow-tie for finals or title matches).

He must:
- Check the safeties and clothes of the fighters;
- Make sure that a weakened kickboxer does not suffer unjust and unnecessary blows.
- Make sure that the rules of fair play are strictly observed.
- Supervise the whole of the bout.
- At the end of a bout, gather and check the score sheets of the three judges. After verification, he must hand them to the President of the Jury, or, if he is absent, to the announcer. Referee must not announce the winner, by raising kickboxer’s arms or in any other way, announcer. If a referee disqualifies a kickboxer or stops the fight, he must first indicate to the President of the Jury the kickboxer who has been disqualified and give the reasons for stopping the fight, so that the President can inform the announcer, who will then, make a public announcement.

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

b. When the winner is announced, the referee must raise kickboxer’s arm.
• He must indicate to the kickboxers, by appropriate signs or gestures, any offence of the Regulations.

Referee’s POWERS

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

Medical check-up of referees.

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

ART. 12 - JUDGES

1. Each judge must independently consider the merits of the two fighters, and must chose the winner, according to the regulations.
2. During the match, he will not talk to either fighters, 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 misbehaviour of a second, loose ropes, etc.
3. A judge will mark the number of points granted to each fighter on his score sheet and in professional bouts only his decision will be announced to the public at the end of the match.
4. He will not leave his place until the decision has been announced.

ART. 13 - TIMEKEEPER

1. 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.
2. He will be seated by the ring.
3. Five seconds before the beginning of each round, he will clear the ring, giving order “Seconds out”
4. He will ring the gong at the beginning and at the end of each round.
He will announce the number of the round, before it starts.

He will stop the bout temporarily, when asked by the referee.

He will keep track of extra time with a watch or a stopwatch

In case of a KO, he will hand signal to the referee the count of the seconds, while the referee counts them out.

If at the end of a round, a boxer is on the floor, and the referee is counting him out, the gong need not ring at the end of two minutes, but only after referee's command "FIGHT", which will indicate the continuation of the match. Intervals between the rounds will last one minute.

**ART. 14 - POINT EVALUATION**

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

- the number of targets hit
- the effectiveness of the attack
- the combination ability
- the deliverance of clean techniques
- the clean fighting style
- the effectiveness of the defence
- the balance of hand and foot technique
- the correct number of kicks delivered
- the overall impression of the athletic performance

**ART. 15 - CRITERIA FOR MINUS POINTS**

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

Every close fight is to be judged by the overall impression and not by considering the single target hits. In order to not harm a close fight, the referee should not stand in the way of or break off too early, a fight which proves to be a close one.

If one fighter has to be declared the winner in a tournament where there is a tie, then the winner is that fighter who has the better technique and tactic or who has shown the better defence.

**ART. 14 - DECISIONS**

The decisions will be reached as follows:

- Victory via points: at the end of a bout, the kickboxer who has obtained a victory by the decision of the majority of judges is declared the winner (victory via majority draw). If both kickboxers are simultaneously injured or KO'd and cannot continue the fight, judges will mark the points obtained by each fighter so far, and the kickboxer ahead by points will be declared the winner. In professional bouts, rule 14.1 will be applied only after the end of the 3rd round. Otherwise, NO CONTEST will be declared.

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

- Victory via stoppage, upon order of the referee:

- Relegation: if a kickboxer is relegated on the referee's advice, or if he receives excessive punishment, the fight will be stopped and his opponent declared the winner.
• Injury: if the referee judges a fighter unable to continue the fight, due to an injury or any other physical reason, the fight will be stopped and his opponent declared winner: The right to make such a decision is incumbent upon the referee who can consult the doctor. Having done so, the referee will follow doctor's advice. When a referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.

• Victory via disqualification: if a kickboxer is disqualified, his opponent will be declared the winner. If both kickboxers are disqualified, the decision will be announced accordingly. A disqualified Kickboxer cannot receive any reward, medal, trophy; any honorary award, grade or title of the competition in the course of which he has been disqualified; except in case when the Executive Committee decides differently (in its absence, the decision may be made by the Jury, or if none, by an official responsible for the event). Such a decision not taken by the Executive Committee may be, following a request, submitted to a revision and confirmation of the Jury itself.

• Victory by default: when a kickboxer is present in the ring and ready to fight, and his opponent does not appear when announced by the loud speaker, after two minutes, the gong will ring and the referee will declare the first kickboxer the winner by default. He will ask the judges to annotate the score sheets accordingly; he will gather them and call the kickboxer to the ring center, and raise his hand as the winner.

ART. 15 - CHANGING OF A DECISION

All public decisions are definitive and cannot be changed unless:
1. Mistakes which occurred in calculating the points are found out;
2. One of the judges declare of having made a mistake and exchanged the scores of the fighters;
3. There are evident violations of WAKO rules.

The chief referee of the ring with the help of the WAKO technical commission will immediately handle all protests. After the discussions, the representative of the WAKO Technical Commission will announce the official result.

ARTICLE 16 - AWARDING OF POINTS

In awarding of points, the following rules must be respected:

1. 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 received. To count a fist or a kick blow must not be blocked or stopped. The value of registered blows in a fight will be counted at the end of each round and granted to the better kickboxer, according to his degree of superiority. Blows given by a kickboxer will not be taken into account:

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

2. Directive 2 concerning offences

During each round a judge cannot penalise each offence he sees, regardless of whether the referee has noticed it or not. He has to call the referee's attention about that offence. If the referee gives an official warning to one of the fighters, the judges must note it writing W on the FOULS column on the scoring paper, but that does not mean a minus point to the other fighter. When a judge decides to give a point to a fighter, due to an offence by his opponent who has received a referee's warning, the judge will put a “1” in the appropriate column next to the points of the fighters who has received the warning, certifying thus, that he has given that point.

3. Directive 3 awarding of points

Points will be given per round. No fractions of points will be given. At the end of each round, the better (the more skilful) kickboxer will receive 10 points and his opponent proportionally less (10-9) - (10-10). When the kickboxers are judged on the same level, each one will receive 10 points.
If, at the end of a bout, after having judged each round according to directives 1 and 2, both kickboxers have an equal number of points, the judge will give advantage:
• To the kickboxer who has dominated and has shown better style.

If they are still even:

• To the kickboxer who has shown a better defence (blocking, parrying, dodging, leaping, etc...) and who has thus best foiled the opponent's attacks. A winner must be declared, filling the proper space on the score paper with the name of the winner.

One extra point can be given for a KO or a KD if that kickboxer has dominated the round (10-8)

When a fighter spits his mouthpiece on purpose, the central referee should stop immediately the fight and count him as in a knock down

**ART. 17 - OFFENCES**

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

Warnings given to the second count against the kickboxer.

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

The following actions are considered fouls:

- Punching below the belt, hooking, tripping, and hitting with knees or elbows.
- Butting with head, shoulders, with forearms and elbows, strangling the opponent, crushing his face with arm or elbow, pushing his head outside the ropes.
- Hitting with open gloves, with the inside of the gloves, with a wrist.
- Hitting the opponent's back, and particularly on the nape of his neck, head and kidneys.
- Swilling blows.
- Attacking while holding the ropes or using them improperly
- Lying down, wrestling or not fighting at all
- Attacking an opponent who is on the floor on getting up
- Clinching
- Hitting while hooking the opponent, or pulling the opponent into the blow.
- Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent.
- Suddenly lowering one's head below opponent's belt, in a way that would be dangerous for the latter.
- Using artificial means for a passive defence, and falling down intentionally, in order to avoid a blow.
- Using insulting and aggressive language during a round.
- Refusing to withdraw after the order "BREAK".
- Trying to land a blow on the opponent, immediately after a "BREAK" order and before withdrawing.
- Assailing or insulting the referee at any time
- When a warning for a particular foul has been administered for example a clinch.

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

**ART. 18 ON THE FLOOR**

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

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

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

If a kickboxer is on the floor at the end of a round, except in case of last rounds of the Olympic Games finals, world championships and regional championship finals, the referee will continue the count. If the referee counts to 10, the kickboxer will be declared loser via KO.

If a kickboxer is on the floor after having received a blow and the fight continues after the count out of 8 seconds, but the kickboxer falls back on the floor without receiving a new blow, the referee will resume the count, starting at 8.

If both kickboxers fall at the same time, the count will continue on as long as one of them is on the floor. If they both remain on the floor after 10 seconds, the bout will be stopped and decision given, considering the points granted before the KO. This will not be applied in professional bouts unless the third round is over. Otherwise a NO CONTEST will be declared between the two fighters. A kickboxer who does not resume the fight after the break or after a KO loses the fight.

ART. 19 - PROCEDURE AFTER A K.O.

If a kickboxer remains unconscious, only the referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.
• A kickboxer who has been Knocked out, due to a head-blow during the fight, or if the referee has stopped the fight due to severe head shocks, which prevent him continuing, will be examined by a doctor, immediately afterwards, and accompanied home or to any other adequate place, by one of the officials in charge at the time.
• A kickboxer who has been Knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head shocks, which prevent him continuing, will not be allowed to take part in a competition or a bout for a period of at least 4 weeks after the KO.
• A kickboxer who has been Knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head shocks, which prevent him continuing, two times in a period of 3 months, will not be allowed to take part in a competition or a bout for a period of 3 months after the second KO.
• A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head shocks, which prevent him continuing. Three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO.

The referee will tell the Jury and Judges to mark "R.S.C.H." on their score sheets, when he has stopped the bout due to the kickboxer's inability to resume the fight, because of head blows. The same has to be reported on the fighter's WAKO SPORT PASS. Before resuming kickboxing, after a ban, as described in above paragraphs, a kickboxer will, after a special medical examination, have to be declared fit to take part in a competition, by a sport doctor.

ART. 20 - HAND SHAKING

Before and after a bout, the kickboxers will shake hands as sign of purely sporting and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision. No hand shaking is allowed between the rounds.
ART. 21 - INGESTION OF DRUGS

Any drug or chemical substance ingested by a kickboxer, which is not included in the kickboxer's normal diet, is forbidden. Any kickboxer or official violating this code may be disqualified or suspended by the WAKO. Any kickboxer refusing to submit himself to a medical examination, after a fight, in order to verify that he has not broken this rule, may be disqualified or suspended. The same will occur in case of an official encouraging such a refusal. The use of locale anaesthetics is allowed, if agreed by a doctor from the Medical Commission.

ART. 22 - MEDICAL APTITUDE

A fighter will be allowed to fight in an International competition only after having been declared fit for it by a sport doctor, recognized by the Association under whose name the competition takes place, or by the Medical Commission of the WAKO during Continental and World Championships. All kickboxers fighting abroad, will need to have a certificate established by a medical doctor, certifying that the athlete, before leaving his country, was in good physical condition and had no injuries, infections or medical problems that could affect his ability to fight in the visiting country. This certificate will be attached to the WAKO passport of the kickboxer, according to the practice of his association and presented during the medical examination which will precede weighin. One-eyed, deaf, mute and epileptic fighters are not allowed to kickboxing. Hard contact lenses are forbidden while the kickboxer is the ring. A kickboxer will not be allowed to take part in a bout if he has bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included. He may be allowed to fight if the ulceration is protected by collodion. This decision will be made by the doctor who examines the kickboxer on the day of the competition.

ART. 23 - DOCTOR'S AIDE

A recognized sport doctor must be present throughout competition and must not leave his place before the end of the last bout or before seeing the kickboxers who have taken part in it.

ART. 24 - AGE LIMIT OF KICKBOXERS

Kickboxers younger than 16 and older than 45 will not be allowed to take part in World or Continental Championships, nor in International competitions and for the women from 15 to 40.

ART. 25 - AGREEMENT

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

Each fighter must have his own WAKO SPORT PASS with MEDICAL TEST in it, valid for 1 year, to be shown at weigh-in procedures.
In European or World Championships NO FOREIGN COMPETITORS can be included in NATIONAL TEAMS. At weigh-in, official passports must be shown to officials in charge.

Art. 1 - DEFINITION

Low kick can be defined as full contact kickboxing in which there is also the possibility to attack the opponent's legs (thigh only from outside to inside and vice versa) using the shin.
The shin can be used in any kick attack to legal targets.
Low kick rules are exactly the same as those of full contact.

Art. 2 - SAFETIES AND UNIFORM

Fighters in low-kick must wear shorts like in Thai boxing.
Singuard is recommended in tournaments, but not in professional bouts where they are forbidden.

Art. 3 - KICKS PER ROUND

Even in low-kick the 6 kicks per round rule must be applied as in light and full contact with the same procedure.
CHAPTER FIVE – WAKO Thai Boxing

OFFICIAL THAI BOXING RULES AND REGULATIONS

GENERAL

WAKO Thai Boxing comes directly from Muay Thai, the Siamese traditional art. It differs only for the fact that:
- elbow techniques are forbidden
- "clinching" will be limited, in the sense that if fighters are not active in their action, central referee must stop them
- Wai khruu, the ritual dance performed at the beginning of Muay Thai matches, is forbidden
- Thai Boxing music during the fight is forbidden.
- Punching techniques reaching the legal targets, have the same value for judges of knee, leg or any other technique in the repertoire.

WAKO Thai Boxing is a sport, like the other kickboxing modes and applies the same ring, the same weight classes, and the same general rules as far as coaches or fighters' behaviour, that are used in full contact or low-kick. Please, study carefully our kickboxing rules before entering the Thai Boxing world.

THAI BOXERS' ATTIRE AND GLOVES

Fighters enter the ring, in Thai Boxing tournaments, in short pants, wearing a mouthpiece (gum shield), a cup, a headgear and elastic ankle protections only.
Bandages and gloves are the same as in low-kick or full contact.
Long hair or beards are prohibited like any jewelry.
In professional bouts, headgear and shinguards are forbidden.

WEIGHT DIVISIONS

Thai Boxing is just for men, and the weight classes - In WAKO tournaments (the same as in full contact or low-kick):

<table>
<thead>
<tr>
<th>Kg</th>
<th>-51</th>
<th>-54</th>
<th>-57</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>-60</td>
<td>-63.5</td>
<td>-67</td>
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<tr>
<td></td>
<td>-71</td>
<td>-75</td>
<td>-81</td>
</tr>
<tr>
<td></td>
<td>-86</td>
<td>-91</td>
<td>+91</td>
</tr>
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</table>

In WAKO-PRO, they differ as follows:

<table>
<thead>
<tr>
<th>Kg</th>
<th>-54.500</th>
<th>-56.400</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>-62.300</td>
<td>-64.500</td>
</tr>
<tr>
<td></td>
<td>-69.100</td>
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<td>-81.400</td>
</tr>
<tr>
<td></td>
<td>-88.600</td>
<td>-94.100</td>
</tr>
<tr>
<td></td>
<td>+94,200</td>
<td></td>
</tr>
</tbody>
</table>

LENGTH OF MATCHES

In WAKO tournaments, 3 rounds of 2 minutes with an interval of 1 minute among rounds
In WAKO-PRO, 5x2' rounds for National titles Class B; 5x3' rounds (and intervals of 1 minute and a half) for National titles of class A, European, Intercontinental or World titles.
COACHES IN THE CORNER

A maximum of 2 coaches are allowed in the corner of Thai Boxers, but only 1 of them can enter the ropes. Coaches must wear national uniforms and sneakers.

TECHNIQUES USED IN THAI BOXING

- All kicking techniques from full or low-kick, plus the possibility to attack any part of the leg or legal targets of the body and head with the shin.
- All boxing punches, plus hitting with the torso of the hand.
- Knee can be used to attack legs, body or head of the opponent. Even jumping.
- Throwing techniques (judo style) are totally forbidden. Thai boxers can throw using only the torso, not hips, ankles, feet or the legs.

LEGAL TARGETS

- Head: any part, but not the back
- Torso: any part, but not the backbone
- Legs: any part, articulations included

FORBIDDEN TECHNIQUES

To attack using the elbows
to attack the groin,
to attack the throat, the neck, the backbone, the eyes
to raise the opponent and throw him to the floor
to hit him, in any way, when the opponent is on the floor

FOULS AND CENTRAL REFEREE

Central referee of Thai Boxing matches, in case of violations of the rules, will apply the same sanctions as in full contact or low-kick. Doctor has always the final word in case of injuries.

JUDGING CRITERIA

As in full or low-kick, judges will have to consider only the clean techniques landing on legal targets. Techniques must contain speed, power, balance, focus and land clearly, in other words must be effective.
The ten points system (like in full and low-kick) must be applied in every round.
It is agreed that in case of a draw, judges will give preference (in a tournament) to the fighter who has used more kicking or knee techniques.

FOR ANY OTHER RULES OR REGULATIONS, WE WILL REFER TO THE EXISTING RULES AND REGULATIONS IN FULL CONTACT AND LOW-KICK.
CHAPTER SIX – MUSICAL FORMS

DEFINITION

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

RHYTHM

All Forms division must be performed with music. Martial Arts technique must go according to the rhythm, with the exception of soft styles.

LENGTH

Hard forms cannot be longer than 1 minute and 30 seconds, presentation included, while in soft styles they cannot exceed 2 minutes 10 seconds, presentation included. In case of violation of the present rule, the chief referee can ask for a deduction of 0.1 point.

AGE

All Forms competition, in WAKO European or World Championships, are open to competitors from 16 years of age. WAKO has also Internationals competitions devoted to hopes or cadets (from 12 to 15 years of age).

DIVISIONS

In Musical Forms competition, we have four divisions both for men and women:

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

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

UNIFORMS

There is no specific uniform for musical forms competitors. They can wear all kind of uniforms, which must be clean and decent. In Hard styles, competitors must be barefoot, while in Soft Styles they can wear shoes. They can also stay naked torso for their performance (apart from women, of course).

STATE OF WEAPONS

Each athlete is responsible for the perfect state of his or her weapon which is individual and which cannot be exchanged during the competition. Chief referee can ask to supervise the competitor’s weapon if he may wish so.

ACROBATIC MOVEMENTS

Both in Hard or Soft styles, no more than THREE ACROBATIC MOVEMENTS are allowed in WAKO musical forms. Violation of this rule may lead to a 0.1 point deduction.

CRITERIA OF JUDGING

Each judge must take into consideration, before awarding any decision:
• synchronisation (in hard styles, perfect timing, the relationship between movement and music; in soft styles, the relationship between movement and music)
• showmanship (competitor’s presence and role playing, and the presentation of the choreography)
• degree of difficulty (kicks, jumps, combinations, gymnastic movements)
• basics (stances, punches, kicks and blocks according to the basic technique of the original styles)
• balance, strength, focus (perfect balance and movements done with energy)
• Manipulation (with regard to weapons, of course. The competitor must show perfect control and mastery of the weapon being used by doing outstanding work with said weapon).

**DANCE MOVEMENTS**

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

**COSTUMES AND MAKE UPS**

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

**SPECIAL EFFECTS**

Any special effect, such as laser, smokes, fires, explosions, etc. will not be tolerated. Infractions to the above-mentioned rule may bring to immediate disqualification of the competitor.
CHAPTER SEVEN – DUTIES

DUTIES AND RESPONSABILITIES OF WAKO OFFICERS AND OFFICIALS

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

VENUE:
The venue shall be a suitable auditorium seating a minimum of 2000.

TROPHIES
A suitable reward must be furnished for the following categories:
• 1st 2nd and two (2) 3rd places for all Competition Divisions.
• Team Trophies for...Full Contact, Light Contact, Low Kick, Semi Contact an overall Team Trophy.

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

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

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

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

TECHNICAL COMMISSION
The International Board of Directors shall select the technical Commission. The Commission shall consist of at least six members. Four of these members will each be in charge of one particular discipline. These members shall be known as Technical Directors. The fifth member shall be the WAKO World President who shall act as Chairman of the Commission. The sixth member shall be the Chief International Referee.

TECHNICAL DIRECTORS
The Technical Directors will each have a particular discipline for which they will be responsible. The Technical Director will be responsible for all the Officials in his area, and must ensure they are rested and rotated throughout the event.
THE CHAIRMAN

The Chairman will have the responsibility of relaying all the decisions of the Technical Commission to the International Board of Directors. He will have the responsibility of being in complete charge of all paperwork regarding results and complaints.

THE CHIEF REFEREE

The Chief Referee, or Chief Official will be selected from within the Technical Commission by the members, or if they so wish, from outside the Commission. It will be his responsibility to ensure that all Referee's and Judges within WAKO are of the very highest standard possible.

APPEAL BOARD

If a Referee or coach wishes to appeal an arbitration ruling by a Technical Director or the Chief Official, he may have his case heard by the Appeal Board. This Board shall be set up by the Chairman of the Technical Commission and shall consist of three members of the Technical Commission who are not involved in the arbitration. The Board will hear all sides of the protest and render a decision by a majority vote.

WEIGH-IN

At least two members of the Technical Commission shall be present at all Weigh-ins.

EXTRA RESPONSIBILITIES OF THE TECHNICAL COMMISSION

The Technical Commission will be responsible for approving all fighting safety equipment supplied by Promoters. The Commission will also be responsible for inspecting all Fighting Areas.

SPECIAL RULE: Any complaints and protest not covered by the present rules shall be handled by the Appeals Board. Their decision will be final.

Anything not covered by the Rules shall be placed on the Official Agenda for the next meeting of the Technical Commission at which time it will be decided if a particular rule may need amended or a new rule will need to be added.

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