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Sport Rules and Regulations of World Association of Kickboxing Organizations-PRO

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For other services please look at www.wako-proweb.com

FAIR PLAY!

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

TO THE COMPETITORS!

Take care of yourself
Don't train or fight if you are feeling ill or if you have a serious injury. Listen to your body. In doubt consult a doctor.
Don't use drugs or any form of doping material
Use your normal body weight and don't risk your health by reducing your weight significantly over a short period of time
Respect yourself, your body and other competitors and officials

A MEDICAL CERTIFICATE:

It is required stating “FIT TO FIGHT” at medics’ check before entering the ring

RULE CHANGES!

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

CHAPTER ONE : WAKO-PRO-PRO SAFETY EQUIPMENT, FIGHTING AREA, RING AND UNIFORMS, HEALTH OF FIGHTERS.

Art.1 – Safety equipment

The WAKO-PRO HQ, must approve all safety equipments. Producers of safety equipments must get their products approved by WAKO-PRO. Safeties to be used in World, Intercontinental
GLOVES
Two types of protective gloves are used at kickboxing title bouts: gloves for semi-contact and gloves for ring disciplines (light contact, full contact, low-kick, K1 Rules and Muay Thai). In every fighting discipline, gloves are mandatory.

GLOVES FOR SEMI-CONTACT
In semi-contact it is mandatory to use gloves with an open palm or open hand and with full cover of the first half of fingers, including the thumb. The gloves make it possible to open and close the hand. Gloves must cover hitting area on front and upper side of fist and edge of palm and must cover a minimum of 5 cm above wrist. Gloves must be made from soft and compact synthetic foam rubber material covered with original or artificial leather. Gloves must be fixed on fighter's hand by self-adhesive and adjustable strip over the wrist. Metal or plastic buckles or ropes are not allowed for fixing gloves. Also, any kind of self-adhesive tape is not allowed, except self adhesive tape made with a cotton base, and this tape can be used only to fix gloves at the wrist. The total weight of the glove must be 8 Oz (226 grams).

GLOVES FOR CONTACT FIGHTING SPORTS (boxing gloves)
(light contact, full contact, low-kick and K1 Rules)
Gloves for contact sports (boxing gloves) for light contact, full contact, low-kick, K1 Rules and Muay Thai which are used in official WAKO-PRO competitions must be approved by the WAKO-PRO Executive Committee and checked by the referee. Gloves weigh 8 Oz (226 grams) – in use from -51 kgs. To – 66,800 kgs)- and 10 Oz (283 grams) - in use from – kgs.69,100 to + 94,200- and the weight must be clearly marked. Gloves are produced from special foam rubber, synthetic, compact and soft material which is covered with genuine or artificial leather. Gloves must make it possible for the fighter to completely clench his fist and keep his thumb in contact with other fingers. Gloves completely cover the fighter's fist with separate parts for fingers and thumb. The thumb is connected by a small strong strip to the rest of the glove. This strip keeps the thumb together with the fist to avoid separation of the thumb during punching and injuries to the fighter's thumb or to the other fighter. Inner foam rubber material must cover the front and upper part of the fist, edge of palm and upper and front part of thumb.
The interior part of gloves covers the bottom part of fingers and palm only with leather and cover a minimum of 5 cm of the wrist. Gloves will be fastened by self-adhesive strips at the fighter’s wrist and the use of self-adhesive cotton-base tape is allowed (plastic or other types of self-adhesive tape are not allowed). Fastening gloves with strips or any kind of buckles is not allowed.

HAND WRAPS (BANDAGE)
Hand wraps are used for wrapping the fist to avoid injuries. It is optional to use hand wraps in semi-contact fights, but for all other fighting disciplines (where fighters use 8 or 10 Oz gloves), using hand wraps are mandatory.
Hand wraps are 250 cm long and 5 cm wide cotton strips with sharp edges. Hand wraps will be fastened on the upper part of fighter’s wrists with self-adhesive cotton-base strips; maximum length 15 cm and width 2 cm.

TOOTH PROTECTION (MOUTH-GUARD)
Mouth-guards must be made from soft and pliable rubber-plastic material. Protection on only the upper teeth or on both upper and lower teeth is allowed. Mouth-guard must enable free breathing and must be adapted to the competitor's mouth configuration. It is not allowed to use a mouth-guard over tooth correction apparatus (braces, retainers). Using tooth protection is mandatory for all fighting disciplines.

GROIN PROTECTION
Groin protector is mandatory for all male and female competitors. Groin protector is made of hard plastic material and fully covers genital organs to protect this part of competitor’s body from any injury. The groin
FOOT PROTECTION
Foot protection is made from special synthetic foam rubber, a compact and soft material which is covered with genuine or artificial leather. Foot protection covers the upper part of the foot (instep), lateral and medial malleolus and heel - all in one piece - with open sole of the foot. They must be long enough (adequate size) to completely cover the competitor's feet and toes. The front part of the foot protection is fastened by elastic strips for the big and second toes. Foot protection is fastened to feet with elastic self adhesive strips on the back of feet, above the heel. Foot protection are mandatory in semi, light contact and full contact title bouts. No foot protection are allowed in low-kick, in K1 Rules or Muay Thai title bouts.

Art.2– Uniforms
- T-shirt are normally worn in semi-contact and light contact by male and female competitors. However, male competitors can be naked torso on demand of promoters' needs. While it stays mandatory for female competitors.
- Length of sleeves must be a maximum of mid upper arm.
- Long pants must extend from waist to the ankle joint. Pants must have an elastic waistband, minimum 10 centimeters wide in a different color from that of the pants. Male and female competitors wear pants in semi, light and full contact.
- Bodice (upper, top) worn by female competitors in full contact, low-kick and K1 Rules. WAKO-PRO recommend female competitors to wear, under the bodice, breast protection.
- Shorts are worn by male and female competitors in low-kick and K1 Rules. Their length must be from the waist to mid-thigh. Shorts must have an elastic waistband, minimum 10 centimeters wide in different color from that of shorts. They can wear sponsors' names or badges.

Art.3– Fighter's uniforms and equipment
3.1 COMPETITORS IN SEMI-CONTACT
- Mandatory: mouth-guard, (breast protection recommended for female competitors), groin-guard, shin-guards and foot-guards, hand wraps, gloves for semi-contact.
- Male competitors can be naked torso (or wear T-shirt) and long pants.
- Female competitors can wear V neck sport top or T-shirt or a top and long pants.

3.2 COMPETITORS IN LIGHT CONTACT
- Mouth-guard, (breast protection recommended for female competitors), 10 Oz boxing gloves, hand wraps, groin protection, shin guards, and foot protection.
- Male competitors can be naked torso (or wear V neck sport top or T-shirt) and long pants.
- Female competitors can wear V neck sport top or T-shirt or a top and long pants.

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

3.4 COMPETITORS IN LOW-KICK
- Mouth-guard, (breast protection recommended for female competitors), 8 Oz boxing gloves from 51 kg. to 67 kg.; 10 Oz boxing gloves (from 71 kg. Up), hand wraps, groin protection (recommended for female competitors), and an ankle protection (elastic band).
- Male competitors wear shorts (bare torso) and female competitors wear a bodice (upper, top) and shorts.

3.5 COMPETITORS IN K1 Rules and Muay Thai
- Mouth-guard, (breast protection recommended for female competitors), 8 Oz boxing gloves from 51 kg. to 67 kg.; 10 Oz boxing gloves (from 71 kg. Up), hand wraps, groin protection, no shin guards and no foot protection. It is only permitted to wear ankle supports.
- Male competitors wear shorts (bare torso) and female competitors wear a bodice (upper, top) and shorts.
- Competitors in K1 Rules are not allowed to wear mongkon and paprachiat, while they can in Muay Thai.

3.6 ROUNDS

In WAKO-PRO title bouts, matches’ length are as follows.

**FEMALE FULL CONTACT**

<table>
<thead>
<tr>
<th>Type of Title Bout</th>
<th>Rounds</th>
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<tbody>
<tr>
<td>World title bout</td>
<td>10 rounds of 2 minutes</td>
</tr>
<tr>
<td>Intercontinental and Continental title bouts</td>
<td>8 rounds of 2 minutes</td>
</tr>
<tr>
<td>National title bouts</td>
<td>7 rounds of 2 minutes</td>
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**MALE FULL CONTACT**

<table>
<thead>
<tr>
<th>Type of Title Bout</th>
<th>Rounds</th>
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</thead>
<tbody>
<tr>
<td>World title bout</td>
<td>12 rounds of 2 minutes</td>
</tr>
<tr>
<td>Intercontinental and continental title bouts</td>
<td>10 rounds of 2 minutes</td>
</tr>
<tr>
<td>National title bouts</td>
<td>8 rounds of 2 minutes</td>
</tr>
</tbody>
</table>

**MALE AND FEMALE LOW-KICK, K1 RULES, MUAYTHAI TITLE BOUTS**

World, Intercontinental, Continental and National title bouts: 5 rounds of 3 minutes

**SEMI CONTACT AND LIGHT CONTACT**

<table>
<thead>
<tr>
<th>Type of Title Bout</th>
<th>Rounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>World title bout</td>
<td>8 rounds of 2 minutes</td>
</tr>
<tr>
<td>Intercontinental and continental title bouts</td>
<td>7 rounds of 2 minutes</td>
</tr>
<tr>
<td>National title bouts</td>
<td>5 rounds of 2 minutes</td>
</tr>
</tbody>
</table>

In all styles, with a minute break between each round.

**Art.4 – Procedure for equipment and uniform check**

- Competitor’s safety equipments, uniform and other checks will be done by the central referee charged by the Chief referee of the area named by International Referee Committee.
- Competitors must be suitably conditioned to participate in their chosen discipline, they must have no injuries or illness which may harm themselves or other competitors. His/her face must be naturally dry and reasonable grease is allowed. It is not allowed to enter a match while bleeding. Also, it is not allowed to enter a match with any sticking plaster casts or with tampons in nostrils or with any cuts or scratches. In that case, judge will consult the doctor. Only in Muay Thai fighters can have oil on their bodies.
- The judge will ask the coach to wipe clean the competitor's face and body.
- It is not allowed to enter a fight with any kind of jewelry or other adornment. Judges will run their fingers under the top of the T-shirt to check that competitors have no jewelry or other adornment around the neck. Also, judges will push index fingers under head guard to insure that competitors have no earrings, studs or other jewelry. No tongue piercing and belly button piercing allowed either. Binding hair with any kind of metal, plastic or hard buckle is not allowed. Only elastic or cotton strips are allowed for this purpose.
- It is not allowed to fasten safety equipment with self-adhesive tape, over the original strips.
- Before allowing a fighter to enter the matami or ring, the judge must be completely sure that the fighter’s safety equipment and uniform are fully functional for the competitor’s safety and are according the WAKO-PRO rules.

**SEMI and LIGHT CONTACT:**

- Competitors must stand outside of the tatami.
- The judge will check uniforms which must be dry, clean, without any blood or other substances and in good repair. The waistband of pants must be clearly observable and a different color from pants and T-shirt. Pants must be ankle length.
- Gloves for semi-contact must be without any cracks. The competitor must be able to open his hand, and first half of fingers must be covered. The palm must not be covered. The fastening strip must be self-adhesive and gloves must be fastened at the wrist. It is allowed to use hand wraps under the gloves.
- Before checking gloves for light contact, the competitor must show his hands with hand wraps. Hand wraps are mandatory. Hand wraps must be wrapped around base of fingers,
palm and back of the hand. Wraps must be fixed on wrist with self-adhesive small strips or with self-adhesive cotton-based tape. Judge must touch and feel that hand wraps are soft and without any hard parts. After checking hand wraps, the judge will allow the competitor to put on gloves.

- Gloves for light contact must be 10 Oz boxing gloves in good repair, without any cracks.
- Fastening must be with a self-adhesive strip and gloves must be secured at the wrist. Gloves with fastening laces are not allowed.

**Art. 5 – Other equipment**

**FIGHTING AREA - TATAMI**

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

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

**Art. 6 - JUDGES/REFEREES**

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

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

**Art. 7 – HEALTH OF FIGHTERS**

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

Every fighter is asked to respect it and to train without using drugs which can effect their performances.

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**CHAPTER TWO – WAKO-PRO SEMI-CONTACT**

**Art. 1 - Definition**

- Semi-contact is a fighting discipline where two fighters fight with the goal of scoring more points using legal Techniques and speed. In this discipline efficiency is not important. The main characteristics of semi-contact are technique and speed. The competition in semi-contact should be executed in its true sense with light and well-controlled contact. It is a technical discipline with equal emphasis put on hand and foot techniques, from an athletic viewpoint. Techniques (punches and kicks) are strictly controlled. At each valid point (point that is given, with legal part of hand or foot to legal targets and with legal technique), the central referee
suspends the fight and at the same time as the two judges, shows with his fingers the number of points in the direction of the fighter who is being awarded points.

- Each fighter must have his own SPORT PASS with MEDICAL TEST included, valid for 1 year, to be shown at weigh-in procedures.

**Art. 2 - Competition Area**

- Competition area is the tatami but if both fighters agree, even a boxing ring can be used.
- In World, Intercontinental and Continental Championships the tatami size should be 8x8 meters.
- The tatami must be placed on the bare floor or on any smooth surface.

**Art. 3 - Uniforms and Equipment**

- Safety equipment is: mouth-guard, (breast protection recommended for women), semi-contact gloves, groin protection, shin guards and foot protection. Hand wraps are allowed.
- Each fighter must wear a clean uniform in good repair. The pants must reach ankle length. The waist may be either a drawstring or elastic waistband. The top must be either a jacket, V-neck top or T-shirt. The top must display on the front and on the back the name or initial of the country that the fighter represents.
- Sponsor advertising or logos may be worn on the uniform in the following manner:
  - **TOP:** On the upper sleeve and/or shoulder area, and may not be larger than 10 x 10 cm (4" x 4").
  - **PANTS:** On the side between the knee and the hip area.
- If the promoters and sponsor(s) do not wish the fighters to wear advertising other than their own, the promoter and his sponsor must provide sponsorship to the fighters or countries equal to the amount they have given up from their individual sponsor.
- For all detailed descriptions of uniform and safety equipment, see chapter two.

**Art. 3.1 - Rounds**

WAKO-PRO matches, are on 8 rounds (World title), 7 (Intercontinental-Continental), 5 (National) with a minute break between each round.

**Art. 4 - Weight Divisions and Weigh-in Procedures**

**Weight Classes:**

**SENIORS**

- **MEN (From age 19 TO 45)**
  - Under 57 kg
  - Under 63 kg
- **WOMEN (From age 19 TO 45)**
  - Under 50 kg
  - Under 55 kg
Positive proof of age will be required at ALL events.
Junior competitors can challenge senior competitors for titles.
In any Gala, fighters in each weight category will be weighed the day before the competition. Promoter should organize the official weigh-in at 19.00 of the day before the title bout, so to allow contenders, immediately after, to dinner.
A Promoter or any other WAKO-PRO official delegate will be allowed to modify these conditions in case of inevitable delay of fighters involved in the gala. The WAKO-PRO authorized delegates will perform the weigh-in. WAKO-PRO representatives of any country or coaches of fighters may be present, but are not allowed to intervene on any occasion.
Each fighter will be officially weighed only once. The weight registered on that occasion is final. However, if a fighter has not reached the right weight during the official weigh-in, he has an extra hour to make it if there is no other agreement between the parties.
The weight is what the scale shows when the fighter is undressed. The weight must be displayed in metric measures. Electronic scales can be used. A fighter is allowed to fight solely within the category defined by the weigh-in.
Each fighter must be in possession of a SPORT PASS with all medical certificates in it –stating he is fit to fight - valid for the year to be shown any time when requested.

Art. 5 – Fighting Rules
The Fighter must present himself to the side Judge nearest his corner to have his safety equipment inspected.
After the Judge has inspected the Fighter, he will wait to enter the ring until told to do so by the Referee.
Fighters will enter the ring and touch gloves. They will assume a fighting stance and wait for the command "fight" from the Referee.
In Continental, Intercontinental and World title bouts, there will be 7/8 rounds of 2 minutes, with 1 minute rest between rounds.
The time will only be stopped on the command of the Referee. Time is not stopped to award points of penalty unless the Referee feels it is necessary. The Referee is not allowed to talk to the Fighters during the match unless he has stopped the clock.
Fighters may have one Coach and one Second in their corner during the match. Both must remain in the Coaches Box throughout the match.
No coaches will be allowed to enter the fighting area while a match is in progress.
Only the Referee may ask for time to be stopped. A fighter may request the clock to be stopped to adjust Safety Equipment or check an injury. The Referee does not have to stop the clock if he feels it will take away the advantage from the other Fighter. Time-stops shall be kept to a minimum.
If the Referee feels a Fighter is using time-stops to rest or to prevent his opponent from scoring, a warning will be given and the Fighter may be disqualified for delaying the match or refusing to fight.

Art. 6 – Competition Commands
Time = forming the letter T with hands, to give order for time keeper to stop the clock until referee says command Fight
Referee will give the order Time on these occasions:
- when he gives a warning to a fighter (opponent must immediately go to the neutral corner)
- when a fighter asks for stoppage of time by rising right hand (opponent must immediately go to the neutral corner)
- when referee sees it's necessary to correct a fighter's equipment or uniform
- when referee sees that a fighter is injured (maximum time for doctor’s intervention is 2 minutes for seniors and juniors and 1.5 minutes for boys/girls and cadets)
  - Shake hands = shake hands at the beginning of the fight
  - Fight = to begin contest/fight or after an interruption of the fight
  - Stop = the fight is interrupted immediately and may only be resumed after the referee gives a new command. When points are being made given, the fighters must go back to their starting positions immediately.
  - TIME = when the central referee says TIME he must say the reason why he stopped the clock.

Art. 7 – Legal Target Areas

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

Art. 8 – Illegal Target Areas

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

Art. 9 – Legal Techniques

- KICKS: Front, Side, Back, Roundhouse, Hook (Sole of the foot only), Crescent, Axe (Sole of the foot only), Jumps, Spins.
- HANDS: Punch, Backfist, Hook.
- FOOTSWEEP: To score with a Footsweep the attacker must remain on his feet at all times. If in the execution of a Footsweep the attacker touches the floor with any part of his body other than his feet, NO score will be given. A score will be awarded to the attacker if his opponent touches the floor with any part of his body other than his feet.

SPECIAL NOTE!
Because it is extremely dangerous to strike with the back of the heel, it must be strictly emphasized that the attacking fighter must extend his foot in such a manner that the SOLE (bottom) of the foot is used as the striking area when executing the following kicks: AXE, HOOK, AND SPINNING HOOK.

Art. 10 – Illegal Techniques and Actions:

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

Art. 11 - Scoring
A legal technique strikes a legal target. The authorized striking area of the hand or foot must make "Clean / Controlled" contact. The referee and judge must actually see the technique strike the target. Awarding points based on the sound of the strike is not allowed. The Fighter must be looking at the point of contact when executing the technique.

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

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

POINTS:
- Punch 1 pt
- Kick to the body 1 pt
- Footsweep (leading the opponent to touch the floor with any other part of the body apart from feet) 1 pt
- Kick to head 2 pts
- Jumping kick to body 2 pts
- Jumping kick to head 3 pts

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

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

PENALTY – EXITS:
Warnings will be carried over throughout the Match to all rounds
- 1\textsuperscript{st} violation or exit - Warning or 1\textsuperscript{st} exit
- 2\textsuperscript{nd} violation or exit - Official Warning or 2\textsuperscript{nd} exit
- 3\textsuperscript{rd} violation or exit - Award penalty point -1
- 4\textsuperscript{th} violation or exit - Disqualification

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

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

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

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

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

Art. 12 – Awarding Points
If the Referee sees an action that he considers to be a valid point, he will command "STOP" and immediately signal the point, as do the Judges. The Referee counts the decisions and awards the score to the appropriate Fighter.

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

**Art. 13 – Stopping the match**

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

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

**INJURIES:**
In the case of an injury to one of the Competitors, the Match shall be stopped only long enough for the Medic/Doctor to decide whether or not the injured Fighter can continue. Once the Medic/Doctor arrives in the Ring, he shall have only two minutes to decide if the injury requires treatment. All treatment must be completed within two minutes. If the injury is serious, it must be treated by the Medics/Doctor on duty who are the only ones who can say if the Match must be terminated. If the Match must be stopped because of injury, the Officials must decide:

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

**Art. 14 - Officials**
- An announcer, designated by the promoter will control the Rings where semi contact is being conducted.
- He will normally deal with official weigh-in, drawing, disposition of the fighting area in the sport hall if so charged by the promoter.

**THE REFEREES:**
- The Referees shall be selected by the WAKO-PRO HQ to assure neutral judgment for any title bout.
- There is one Central Referee per Match who cannot of the country of origin of any of the two fighters.
- He will have the power to control the Ring and Fighters.
His first responsibility is the safety of the Fighters.
He shall have the power to stop the Match to award points or penalties.
The Referee is the only person who shall have the authority to stop the Match.
The Referee may issue warnings for Rules violations without confirmation of the Judges.
He shall not award points without at least one Judge voting to confirm his call.
When he issues a warning or a penalty, no points can be given to the offending Fighter.
He must give all commands in ENGLISH.
He will be responsible for the enforcement of the Rules throughout the Competition and ensure that all scores, penalties and warnings are recorded.
In cases where the Referee feels a disqualification may be appropriate, except in cases or instances requiring automatic disqualification, the Technical Director for Semi-Contact shall be consulted.

JUDGES:
- There are two Side Judges per Match. Normally they are both of the same country of the fighters involved in the title bout.
- The side Judges are to assist the Referee to ensure the safety of the Fighters.
- They shall check Fighters before the Match to ensure proper Safety equipment is being used.
- When a side Judge sees what he considers a legal score, he must indicate so immediately.
- The Judges must keep constant watch over the Ring boundaries and inform the Referee when one of the Fighters leaves the Area.
- If a Judge spots an action which he feels is in violation of the Rules he must contact the referee and inform him of his views.
- While on duty on fighting area, judges move on boundary lines only.

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

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

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

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

Art. 15 - Calls Referees and Judges may Make

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

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

The chief referee can change a referee or judge’s decision only when the referee or judge made a "material mistake". A material mistake is:
- an incorrect summation of points on scoring cards
- if the referee gave a point to a fighter who dropped down or stepped out after receiving the point
- The Chief Referee should be vigilant to ensure that the Judges are doing their jobs properly. If any one of the Judges indicates he did not see a score on an excessive number of occasions, he should be removed from ringside.

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

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

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

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

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

Art. 16 –Team Competition

TEAM WORLD, INTERCONTINENTAL AND CONTINENTAL TITLE BOUTS
Team Competitions can be organized as follows:
- There are no weight-class definitions
- Rounds last 2 minutes. No time-outs are to be used by the fighters
- There are two options for choosing the winner
  - The team with highest score is the winning team.
In the event of a tie of score or wins, a toss of the coin is used to select who sends out a fighter first, with the looser selecting their fighter to enter the ring first, if the winner of the toss selects a female fighter, she must be matched against the other female fighter. If a male is selected any other male fighter from the opposing team may compete against him.
A team may consist of the following formats:
  o 5 Fighters (Five male)
  o 3 Fighters (Three Female)
  o All fighters are prepared with all equipment in their corner.
  o Rules and equipment are the same as in ordinary semi-contact.

**Art. 17 – Hand Shaking/ Touching of Gloves**

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

**Art. 18 – Use of Drugs**

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

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

The same will occur in the case of an official encouraging such a refusal. The use of local anesthetics is allowed, if agreed upon by a doctor from the Medical Committee.

WAKO-PRO refers to and adopt WADA Doping Rules.

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

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

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

**Procedure if KO, RSC, RSC-H, Injury**

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

When registered a KO or RSC-H a kickboxer must get a CT Scan of the head.

Procedure if injuries in general

- In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.
- A doctor can require immediately treatment at hospital
- If a kickboxer or delegates from kickboxers nation denies doctors medical advice, the doctor report in written form immediately to chief referee or to a WAKO-PRO delegate that all medical responsibility are denied and are in the hands of the kickboxer and his team. However the official result and a quarantine given is valid.

CHAPTER THREE – WAKO-PRO LIGHT CONTACT

Art.1 - Definition

- Competition in Light Contact kickboxing should be executed as its name implies, with well-controlled techniques. In light contact competitors fight continuously until central referee command STOP. They use techniques from full contact, but these techniques must be well controlled when they land on legal targets. Scoring system is almost the same as semi-contact. Equal emphasis must be placed on both punching and kicking techniques. Light contact has been created as an intermediate stage between semi and full contact kickboxing. It is carried out with running time. The central referee doesn't judge the fighters, but only
makes sure they respect the rules. Three judges make the complete scoring decisions on normal WAKO-PRO scoring sheets.

- Each fighter must have his own SPORT PASS with MEDICAL TEST, valid for 1 year, to be shown at weigh-in procedures.

**Art. 2 - Competition Area**

- The competition area is the tatami.
- Its size should be 8x8 meters.
- The tatami should be placed directly on the floor, but can be on a raised platform with a padded surface in case of need. In WAKO-PRO-PRO title bouts, in case of “force major”, a boxing ring can be used.
- There shall be a Coaches Box marked on the floor adjacent to the fighting area. Normally, two chairs are placed for fighter’s coaches.

**Art. 3 - Uniforms and Equipment**

- Safety equipment is: head protection, mouth-guard, (breast protection recommended for women), gloves for contact sports (10 Oz), groin protection, shin guards and foot protection.
- Uniforms are a V neck top or T-shirt and long pants for male fighters, long pants and sport top or V neck top or T-shirts for female fighters. For both, belts indicating their grade are allowed. In World/Intercontinental and Continental title bouts, naked torso is allowed for men.
- Each Fighter must wear a clean uniform in good repair. The pants must reach ankle length. The waist may be either a drawstring or elastic waistband. The top must be either a Jacket, V-neck top or T-shirt.
- Sponsor advertising or logos may be worn on the uniform in the following manner:
  - **TOP:** On the upper sleeve and/or shoulder area, and may not be larger than 10 x 10 cm (4” x 4”).
  - **PANTS:** on the side between the knee and the hip area.
- If the promoters and sponsor does not wish the Fighters to wear advertising other than his own, then the promoter and his sponsor must provide sponsorship to the Fighters equal to the amount they have given up from their individual sponsor.

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

**Art. 3.1 - Rounds**

WAKO-PRO matches, are on 8 rounds (World title), 7 (Intercontinental-Continental), 5 (National) with a minute break between each round.

**Art. 4 - Weight Divisions and Weigh-in Procedures**

**Weight Classes:**

<table>
<thead>
<tr>
<th>SENIORS</th>
<th>WOMEN (From age 19 TO 45)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEN (From age 19 TO 45)</td>
<td>WOMEN (From age 19 TO 45)</td>
</tr>
<tr>
<td>Under 57 kg</td>
<td>Under 50 kg</td>
</tr>
<tr>
<td>Under 63 kg</td>
<td>Under 55 kg</td>
</tr>
<tr>
<td>Under 69 kg</td>
<td>Under 60 kg</td>
</tr>
<tr>
<td>Under 74 kg</td>
<td>Under 65 kg</td>
</tr>
<tr>
<td>Under 79 kg</td>
<td>Under 70 kg</td>
</tr>
</tbody>
</table>
Positive proof of age will be required at ALL events.

Junior competitors can challenge senior competitors for titles.

In any Gala, fighters in each weight category will be weighed the day before the competition. Promoter should organize the official weigh-in at 19.00 of the day before the title bout, so to allow contenders, immediately after, to dinner.

A Promoter or any other WAKO-PRO official delegate will be allowed to modify these conditions in case of inevitable delay of fighters involved in the gala. The WAKO-PRO authorized delegates will perform the weigh-in. WAKO-PRO representatives of any country or coaches of fighters may be present, but are not allowed to intervene on any occasion.

Each fighter will be officially weighed only once. The weight registered on that occasion is final. However, if a fighter has not reached the right weight during the official weigh-in, he has an extra hour to make it if there is no other agreement between the parties.

If a title holder can’t make the weight at all, he will be declared the loser (losing the title at the same time).

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

Each fighter must be in possession of a SPORT PASS with all medical certificates in it – stating he is fit to fight - valid for the year to be shown any time when requested.

Art. 5 – Fighting Rules

The Fighter must present himself to the side Judge nearest his corner to have his safety equipment inspected.

After the Judge has inspected the Fighter, he will wait to enter the ring until told to do so by the Referee.

Fighters will enter the ring and touch gloves. They will assume a fighting stance and wait for the command “fight” from the Referee.

In Continental, Intercontinental and World title bouts, there will be 7/8 rounds of 2 minutes, with 1 minute rest between rounds.

The time will only be stopped on the command of the Referee. Time is not stopped to award points of penalty unless the Referee feels it is necessary. The Referee is not allowed to talk to the Fighters during the match unless he has stopped the clock.

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

No coaches will be allowed to enter the fighting area while a match is in progress.

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

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

Art. 5 – Legal Target Areas

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

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

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

It is prohibited to:
• Attack the throat, lower abdomen, kidneys, back, legs, joints, groin and to the back of the head or neck.
• Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder.
• Turn one's back to the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
• Attack an opponent who is falling to the floor or is already on the floor, that is, as soon as one hand or knee touches the floor.
• Leave the tatami without any permission
• Continue after the command "stop" or "break" or the end of the round has been sounded.
• Oil the face or the body
• Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

**Art. 7 – Legal Techniques - Scoring**

**HAND TECHNIQUES:**
The following hand techniques may be applied:
• all kind of boxing punches
• backfist

**FOOT, LEG TECHNIQUES:**
• frontkick
• sidekick
• roundhouse kick
• heel kick (sole of the foot only)
• crescent kick
• axe kick (sole of the foot only)
• jumpkicks

**THROWING TECHNIQUES:**
• footsweeps (boots to boots – ankle level only)

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

A legal technique strikes a legal target. The authorized striking area of the hand or foot must make “Clean / Controlled” contact. The judge must actually see the technique strike the target. Marking points based on the sound of the strike is not allowed. The Fighter must be looking at the point of contact when executing the technique.

All techniques must be used with "reasonable" power. Any technique that simply are partially blocked or deviated or brushes an opponent will not be scored.

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

**POINTS:**
• Punch 1 pt
• Kick to the body 1 pt
• Foot sweep 1 pt
• Foot sweep/Follow up 1 pt
• Kick to head 2 pts
• Jumping kick to body 2 pts
• Jumping kick to head 3 pts

**PENALTY – EXITS:**
Warning will be carried over throughout the Match to all rounds
• 1st violation or exit – Verbal Warning or 1st exit
• 2nd violation or exit - Official Warning or 2nd exit
• 3rd violation or exit - Award penalty point -1
• 4th violation or exit - Disqualification

**SPECIAL NOTE!**
*Warnings for leaving the area will be kept as a separate issue from Warnings for other offenses.*
Art. 8 – Number of Kicks per Round

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

Art. 9 - Rounds

In WAKO-PRO activity, rounds can be 5(national titles) or 7(Intercontinental and Continental titles), 8 (World titles) according to the different titles they are playing for.

Art. 10 - Match

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

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

Art. 11 – Officials

REFEREES AND JUDGES IN GENERAL:

- During WAKO-PRO Events or Galas, each bout must be supervised by a WAKO-PRO acknowledged referee, who will officiate in the fighting area, but will not fill out score sheets.
- Three WAKO-PRO judges, who will be seated at tatami-side away from the spectators, must grade each bout. Each of the three judges must be seated in the middle of three respective corners of the fighting area.
- To ensure neutrality, the WAKO-PRO HQ will act according to the following rules:
  - 1 official will come from a country and Federation/Association different from that of the others and from that of the two fighters (Neutral judge)
  - Central referee and one judge may be of the same country of one of the fighters
  - 1 judge must be from the country of the opponent

Persons in charge of the refereeing or judging of a bout will not at any moment of the bout be allowed to act as a manager, trainer, coach or second of a kickboxer or team of kickboxers taking part in a title bout.

Art. 12 - Referees

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

- He must:
  - Check the safety equipment and clothes of the fighters (if Chief referee has not appointed a judge for that);
  - Make sure that the rules of fair play are strictly observed.
  - Supervise the whole bout.
  - At the end of a bout, gather and check the score sheets of the three judges. After verification, he must hand them over to the Chief Referee or, if he is absent, to the announcer. The referee must not announce the winner by raising a kickboxer's arm or in any other way before the official in charge announces the decision.

- He must use the following command words:
  - SHAKE HANDS – before starting the fight
  - FIGHT – to start the bout
  - STOP when he orders kickboxers to stop fighting
o **BREAK** to break up a body-to-body position, after which each boxer must draw back before continuing the fight.
o **FIGHT** when he orders the fight to continue.
o **STOP TIME** – (forming a T with his hands) when he wants to stop the match for any important reason.

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

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

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

**Art. 13 - Judges**
- Each judge must independently consider the merits of the two fighters and chose the winner according to the regulations.
- During the match, he will not talk to either fighter, other judges, or anybody else, with the exception of the referee. He may, if necessary at the end of a round, notify the referee about any incident that he has missed, for example telling him about the misbehavior of a second, etc.
- A judge, using appropriate clickers, will mark the number of points (10-10, 10-9) granted to each fighter on his score sheet and in professional bouts only his decision will be announced to the public at the end of the match.
- At the end of each round the judge will use the back of the scorecard to record the number of hits he has on his clickers, by a number. The red corner fighter is on the left side and the blue corner fighter always on the right on both sides of the score sheet. The points/recorded hits must be listed separately for each round.
- He will not leave his place until the decision has been announced.
- While on duty, a judge must use clickers.

**Art. 14 - Timekeeper**
- The task of a timekeeper is to keep track of the number and the duration of the rounds as well as of the duration of between round periods.
- He will be seated at fighting area side.
Ten seconds before the beginning of each round, he will clear the area, giving the order "Seconds out"
He will ring the gong at the beginning and at the end of each round.
He will announce the number of the round before it starts.
He will stop the time temporarily when asked to do so by the referee.
Intervals between the rounds will last one minute.

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

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

Art. 15 – Scoring System
Every round is separately evaluated by each of the three judges according to:
- the number of points scored according to the agreed criteria for points

A total of ten (10) points may be awarded to each fighter:
- if they are absolutely equal in points scored 10:10
- if one is even slightly better by 1 point 10:9
- in case there are 10 points or more of difference between the two fighters in the same round, 10-8 is possible

Criteria for minus points, given only by the referee, after previous warnings:
- unclean fighting style
- constant clinching
- constant and continuous ducking, turning of the back
- too few foot techniques
- excessive contact
- heavy knock down
- any other violation of the rules

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

Special notes!
Every close match is to be judged by the overall impression the fighter makes and not only by considering the points scored. If the match appears to be close the referee should not stand in the way of or break up the fighters too early.
If there is a tie in points, then that fighter who has scored more "marks" is declared the winner. The reasons for giving the advantage to one of the fighters must be marked by the judge on his scoring sheet under "Remarks", writing the name of the winner in the proper space.

Art. 16 - Decisions
The following decisions could bring the fight to an end:

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

- Winner by disqualification of the opponent:

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

In difficult cases, the referee may also call out a disqualification without having given a warning beforehand, but only after having consulted his colleagues.
For example:
- knocking out the opponent by an uncontrolled blow to the head or malicious attack
- for excessive, continuous hitting after the "stop" command
by extreme unsportsman-like conduct of a fighter such as insulting the referee, the opponent or showing overly aggressive behavior.

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

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

**Art. 17 – Changing a decision**

All public decisions are definitive and cannot be changed unless:
- Mistakes which occurred in calculating the points are discovered;
- One of the judges declare he made a mistake and switched the scores of the fighters;
- There are evident violations of WAKO-PRO rules.

**Art. 18 – Awarding of Points**

In awarding points, the following rules must be respected:

- **Directive 1 - concerning blows**

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

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

- **Directive 2 - concerning offenses**

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

- **Directive 3 - awarding points**

  Points will be given per round. No fractions of points will be given. At the end of each round, the more skillful kickboxer (the one who has scored more points) will receive 10 points and his opponent proportionally less (10-9). 10-8 points can be only in case of minus point deduction, or because of 10 points difference in the same round. When the kickboxers have scored same points, each one will receive 10 points.

  If, at the end of a bout, after having judged each round according to directives 1 and 2, both kickboxers have an equal number of points, the judge will give advantage:

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

**Art. 19 - Offenses**

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

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

The following actions are considered fouls:

- Punching below the belt, hooking, tripping, and hitting with knees or elbows.
- Butting with the head, shoulders, forearms and elbows, strangling the opponent, crushing his face with arm or elbow, pushing back the opponent;
- Hitting with open gloves, with the inside of the gloves, with a wrist.
- Hitting the opponent’s back, particularly on the nape of his neck, head and kidneys.
- Lying down, wrestling or not fighting at all
- Attacking an opponent who is on the floor on getting up
- Clinching without any reason
- Hitting while hooking the opponent, or pulling the opponent into the blow.
- Hooking or holding opponent’s arm or putting an arm underneath the arm of the opponent.
- Suddenly lowering one's head below opponent’s belt in a way that would be dangerous for the latter.
- Using artificial means for a passive defense and falling down intentionally, in order to avoid a blow.
- Using insulting and aggressive language during a round.
- Refusing to withdraw after the order "BREAK".
- Trying to land a blow on the opponent immediately after a "BREAK" order and before withdrawing.
- Assailing or insulting the referee at any time
- When a warning for a particular foul has been administered for example a clinch.

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

Art. 20 – Injuries

The match should be interrupted if an injury occurs, if the equipment is not in order or in the event of a long referee's discussion on a rules violation. The fight may only be interrupted by the referee (the side judges or doctor may notify the referee that the time must be stopped). In the event of injury, time may only be interrupted until the doctor decides how on the seriousness of the injury, that is, whether or not the fight can continue or whether it must be stopped. Treatment of the injury can only be done in between rounds or after the match. An interruption made by a doctor should not exceed 2 minutes. If the injury needs to be treated, the match must be stopped. In any case, cuts cannot be taped. If the match is stopped due to injury, the officials must decide:

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

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

If the injury is due to a violation of the rules, the responsible fighter is disqualified. If the injury is due to his own fault, the other fighter is declared the winner by RSC. In case of any injury, the doctor and nobody else has the last word on whether a fighter can or cannot continue to fight. The doctor will communicate his decision to the central referee who will act accordingly. A fighter can at any time give up fighting, raising his arm to indicate surrender. In this case the referee will call the other fighter to his side and proclaim him to be the winner by abandonment.
Art. 21 – Procedure after KO, RSC, RSC-H, Injury

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

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

Procedure if KO, RSC, RSC-H, Injury

- A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.

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

- A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, two times in a period of 3 months, will not be allowed to take part in another competition or bout for a period of at least 3 months after the second KO or RSC-H.

- A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.

- To above mentions quarantine periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can further on extend the quarantine period.

- A quarantine period means that a kickboxer can not take part in no competition in kickboxing no matter what the discipline are. The quarantine periods are “minimum period” and can not be overruled even though a head scan shows no visible injuries.

- The referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or referee has stopped the bout due to the kickboxer's inability to resume the fight because of head blows. The same has to be reported by the Chief referee on duty in that ring on the fighter's WAKO-PRO SPORT PASS. This is also the official result of the fight and it can not be overruled.

- Before resuming kickboxing after a ban, as described in the above paragraphs, a kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a sports doctor.

- When registered a KO or RSC-H a kickboxer must get a CT Scan of the head.

Procedure if injuries in general

- In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.

- A doctor can require immediately treatment at hospital

- If a kickboxer or delegates from kickboxers nation denies doctors medical advice, the doctor report in written form immediately to chief referee or to a WAKO-PRO delegate that all medical responsibility are denied and are in the hands of the kickboxer and his team. However the official result and a quarantine given is valid.

Art. 22 – Hand Shaking

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

Art. 23 – Use of Drugs
Any drug or chemical substance ingested by a kickboxer, that is not included in the kickboxer's normal diet, is forbidden. Any kickboxer or official violating this code may be disqualified or suspended by WAKO-PRO.

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

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

WAKO-PRO refers to and adopt WADA Doping Rules.
**CHAPTER FOUR – WAKO-PRO FULL CONTACT**

**Art. 1 - Definition**

- Full contact is a discipline of kickboxing where the intention of a fighter is to beat his opponent with full power and strength. Punches and kicks must be delivered to legal targets with focus, speed and determination, creating solid contact. Punches and kicks are allowed to the front and side of the head, the front and side of the body (above waist) and sweeping is also allowed. The fight is held in a ring. The referee is responsible for fighter safety and keeping to the rules, judges count legal techniques and note the points on scoring card.
- Each fighter must have his own SPORT PASS with MEDICAL TEST in it, valid for 1 year, to be shown at weigh-in procedures.

**Art. 2 – Competition Area (Ring Equipment)**

The following ring equipment must be available:

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

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

**Art. 3 - Uniforms and Equipment**

- Safety equipment is: head protection, mouth-guard, (breast protection recommended for female fighters), gloves for contact sports (8 Oz) or (10 Oz) according to the weight class, groin protection, shin guards and foot protection.
- Uniforms are the same for seniors, naked torso for men and long pants, sport top and long pants for women.
- See full explanations in chapter one.

**Art. 3.1 – Rounds**

WAKO-PRO title bouts in full contact, have 7 x2 minute rounds (national titles), 8x2 minutes rounds (Female continental titles), 10x2 minute rounds (male continental titles and world female titles), 12x2 minute rounds (male world titles) , with a minute break between each round.
Art. 4 – Weight Categories and Weigh-in Procedures

MALE WEIGHT CATEGORIES
Atom weight - 52,700 kg
Fly weight - 54,500 kg
Bantam weight - 56,400 kg
Feather weight - 58,200 kg
Light weight - 60,000 kg
Super Light weight - 62,200 kg
Light welter weight - 64,500 kg
Welter weight - 66,800 kg
Super welter weight - 69,100 kg
Light Middle weight - 71,800 kg
Middle weight - 75,000 kg
Super Middle weight - 78,100 kg
Light Heavy weight - 81,400 kg
Cruiser Light Heavy weight - 85,100 kg
Heavy weight - 88,600 kg
Cruiser Heavy weight - 94,100 kg
Super Heavy weight - 94,200 kg

FEMALE WEIGHT CATEGORIES
Fly weight - 48 kg
Super Fly weight - 50 kg
Bantam weight - 52 kg
Super Bantam weight - 54 kg
Feather weight - 56 kg
Super feather weight - 58 kg
Light weight - 60 kg
Super Light weight - 62 kg
Welter weight - 66 kg
Super welter weight - 68 kg
Middle weight - 70 kg
Super Middle heavy - 70 kg

AGE DIVISIONS:
- In full contact competition the age categories are:
- Seniors - 19 to 40 for male fighters
- Seniors - 19 to 35 for female fighters
- Junior competitors can participate in an older category.
- Age divisions will be determined in the following manner: a competitor will be placed in an age division according to his actual birthday.

WEIGH-IN:
- Positive proof of age will be required at ALL events.
- Junior competitors can challenge senior competitors for titles.
- In any Gala, fighters in each weight category will be weighed the day before the competition. Promoter should organize the official weigh-in at 19.00 of the day before the title bout, so to allow contenders, immediately after, to dinner.
- A Promoter or any other WAKO-PRO official delegate will be allowed to modify these conditions in case of inevitable delay of fighters involved in the gala. The WAKO-PRO authorized delegates will perform the weigh-in. WAKO-PRO representatives of any country or coaches of fighters may be present, but are not allowed to intervene on any occasion.
- Each fighter will be officially weighed only once. The weight registered on that occasion is final. However, if a fighter has not reached the right weight during the official weigh-in, he has an extra hour to make it if there is no other agreement between the parties.
- If a title holder can't make the weight at all, he will be declared the loser (losing the title at the same time).
The weight is what the scale shows when the fighter is undressed. The weight must be displayed in metric measures. Electronic scales can be used. A fighter is allowed to fight solely within the category defined by the weigh-in.

Each fighter must be in possession of a SPORT PASS with all medical certificates in it – stating he is fit to fight - valid for the year to be shown any time when requested.

Art. 5 – Legal Target Areas

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

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

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

It is prohibited to:

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

Art. 7 – Legal Techniques - Scoring

- HAND TECHNIQUES:
  - The following hand technique may be applied:
    - all boxing punches

- FOOT TECHNIQUES:
  - frontkick
  - sidekick
  - roundhouse kick
  - heel kick
  - crescent kick
  - axe kick
  - jumpkicks

- THROWING TECHNIQUES:
  - footsweeps (ankle level only, from outside to inside and viceversa) to unbalance the opponent and following up with hand/kicking techniques or to bring the unbalanced opponent to the canvas or to touch it with any part of body apart from feet.

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

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

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

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

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

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

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

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

- PENALTY:

Warnings will be carried through the Match to all rounds

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

Art. 8 – Number of Kicks per Round

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

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

Art. 9 - Rounds

In WAKO - PRO activity, rounds can be 5/7 (female and male national titles respectively) or 8 (female continental titles), 10 (female world titles and Male Continental and Intercontinental titles), 12 (male World titles) according to the different titles they are playing for.

Article 10 - Match

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

- Only the coach and the second may get into the ring and only one of them at a time may be inside the ropes.
- No advice, help or encouragement can be given to the fighter during the round.
- A second can give up the fight on behalf of his fighter, and can also, if the fighter is in great difficulty, toss the sponge or the towel into the ring, except while the referee is counting.
- During the match, neither the coach nor the second can be on the ring platform. They must, before each round, remove stools, towels, buckets, etc.
- Any coach, second or official, encouraging or prompting the spectators to give signs of advice or encouragement to a boxer during a round, can be suspended from his function in the competition in course.
- A coach or a second who violates the rules may receive a warning or be disqualified by the referee for bad behavior.
Article 11 – Officials

REFEREES AND JUDGES IN GENERAL:

- During WAKO-PRO Events or Galas, each bout must be supervised by a WAKO-PRO acknowledged referee, who will officiate in the fighting area, but will not fill out score sheets.
- Three WAKO-PRO judges, who will be seated at tatami-side away from the spectators, must grade each bout. Each of the three judges must be seated in the middle of three respective corners of the fighting area.
- To ensure neutrality, the WAKO-PRO HQ will act according to the following rules:
  - 1 official will come from a country and Federation/Association different from that of the others and from that of the two fighters (Neutral judge)
  - Central referee and one judge may be of the same country of one of the fighters
  - 1 judge must be from the country of the opponent

Persons in charge of the refereeing or judging of a bout will not at any moment of the bout be allowed to act as a manager, trainer, coach or second of a kickboxer or team of kickboxers taking part in a title bout.

Art 12 - Referees

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

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

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

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

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

REFEREE'S POWERS:

The referee has the power to:

- Stop a fight at any moment if he finds it too one-sided.
- Stop a fight at any moment if one of the kickboxers has received an unauthorized blow or is wounded, or if he considers a fighter unable to continue.
- Stop a fight at any moment if he finds the fighters behaving "unsportsman-like". In such a case, he may disqualify one kickboxer.
- Warn a kickboxer or stop the bout and give a minus point or warning to a kickboxer for an offense.
- Disqualify a coach or a second who has broken the regulations or a kickboxer himself if the coach or the second fails to obey to his orders.
- Disqualify, with or without a warning, a fighter who has committed an offense.
In the case of a KO, suspend the count if a kickboxer deliberately refuses to withdraw to a neutral corner, or is reluctant to do so.

Interpret the rules as long as they are applicable or compatible with the fight taking place, or, at a special moment, decide on a move which does not appear in the rules.

If a kickboxer breaks the rules but does not necessarily deserve a disqualification, the referee must stop the fight and give a warning to the kickboxer of a foul. Before the warning, the referee must order the kickboxer to stop fighting. The warning must be given clearly, so that the kickboxer understands the reason and cause of the penalty. The referee must hand signal to each judge that a particular warning has been given and clearly show which kickboxer has been punished. After having given the warning, the referee orders the kickboxers to fight. If a fighter has been given 3 official warnings within the same bout, he is disqualified.

A referee may give a caution to a kickboxer. A caution means a warning given by a referee to a kickboxer for breaking a rule. In order to do this he doesn't need to stop the fight, and may reprimand the kickboxer during the fight.

ABOUT HEALTH AND SECURITY:

- The referee in ring-sports must use plastic gloves.
- At ringside there must be soft paper tissue to be used by the central referee on the fighters.
- Soft paper tissue used on one fighter cannot be used on another fighter.

**KICK-COUNTER:**
A kick-counter is a judge who sits in neutral ring corners. It is mandatory to use kick-counter in all WAKO-PRO title bouts. The kick-counter reports to the referee after every round if any missing kicks. The only responsibility of the kick-counter is to assure that the fighters have delivered enough kicks (6) in each round. In all WAKO-PRO title bouts it is mandatory that the kick-counter use board with visible red and blue numbers.

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

**Art. 13 - Judges**
- Each judge must independently consider the merits of the two fighters, and must chose the winner, according to the regulations.
- During the match, he will not talk to either fighter, other judges, or anybody else, with the exception of the referee. He may, if necessary, at the end of a round, notify the referee about any incident that he has missed, for example tell him about the misbehavior of a second, loose ropes, etc.
- A judge will mark the number of points (10-10, 10-9, 10-8 etc) granted to each fighter on his score sheet and his decision will be announced to the public at the end of the match.
- During the round the judge will use the back of the scorecard to register the numbers of hits he sees, by a number (the one he will see on his clicker at the end of the round). Always the red corner is on the left side and the blue corner on the right side of both sides of the scorecard. The points/recorded hits must be tallied separately by rounds.
- He will not leave his place until the decision has been announced.
- It is mandatory for all judges to use klickers in fights.

**Art. 14 - Timekeeper**
- The task of a timekeeper is to keep track of the number and the duration of the rounds as well as of the break time.
- He will be seated at ringside.
- Ten seconds before the beginning of each round, he will clear the ring, giving order "Seconds out"
- He will ring the gong at the beginning and at the end of each round.
- He will announce the number of the round, before it starts.
- He will stop the bout temporarily, when asked to do so by the referee.
- He will keep track of extra time with a watch or a stopwatch.
- If, at the end of a round, a boxer is on the floor, and the referee is counting him out, the gong must ring at the end of two minutes, even if central referee must finish his count. Intervals between the rounds will last one minute.
Special Note!
The Referee and the judges should be dressed in the following manner: clean gray pants, white WAKO-PRO shirt, WAKO-PRO bow-tie, blue jacket with WAKO-PRO insignia on it, and black gym shoes.

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

**Art. 15 – Point Evaluation**

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

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

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

- the effectiveness of the defense
- the effectiveness of the attacks
- the balance of hand and foot technique
- the correct number of kicks delivered
- the overall impression of the athletic performance
- better stamina and endurance
- more action, especially in last round
- more marks scored summing them all at the end of match

The judges use the "Remarks” section on scorecard to explain, in case of necessity, their decision of the winner.

**Art. 16 – Criteria for Minus Points**

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

**Art. 17 - Decisions**

The decisions will be reached as follows:

- Victory via points: at the end of a bout, the kickboxer who has obtained a victory by the decision of the majority of judges is declared the winner (victory via majority vote).
- If both kickboxers are simultaneously injured or KO'd and cannot continue the fight, from the third round, judges will mark the points obtained by each fighter to that point, and the kickboxer ahead by points will be declared the winner. In WAKO-PRO bouts, rule 14.1 will be applied only after the end of the 3rd round. Otherwise, NO CONTEST will be declared.
- Victory via abandonment: if a kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.
- Victory via stoppage, upon order of the referee (TKO).
- Relegation: if a kickboxer is relegated on the referee's advice, or if he receives excessive punishment, the fight will be stopped and his opponent declared the winner.
- Injury: if the referee judges a fighter unable to continue the fight, due to an injury or any other physical reason, the fight will be stopped and his opponent declared the winner: The
right to make such a decision is incumbent upon the referee who can consult the doctor. Having done so, the referee will follow the doctor's advice. When a referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.

- Victory via disqualification: if a kickboxer is disqualified, his opponent will be declared the winner. If both kickboxers are disqualified, the decision will be announced accordingly. A disqualified Kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title of the competition in the course of which he has been disqualified.

**Art. 18 – Changing a decision**

All public decisions are definitive and cannot be changed unless:

- Mistakes which occurred in calculating the points are discovered;
- One of the judges declares he has made a mistake and switched the scores of the fighters;
- There are evident violations of WAKO-PRO rules.

**Art. 19 – Awarding of Points**

In awarding points, the following rules must be respected:

- **Directive 1 - concerning blows**
  
  During each round, a judge will mark the respective score for each kickboxer, according to the number of blows that each one has received. To count a punch or a kick as a blow must not be blocked or stopped, even partially. The value of registered blows in a fight will be counted at the end of each round and granted to the better kickboxer, according to his degree of superiority. Blows given by a kickboxer will not be taken into account:
  - if they are contrary to regulations
  - if they land on the arms
  - if they are weak and do not come from legs, body or shoulders.

- **Directive 2 - concerning offenses**
  
  During each round a judge cannot penalize each offense he sees, regardless of whether the referee has noticed it or not. He has to call the referee's attention to that offence. If the referee gives an official warning to one of the fighters, the judges must note it, writing W on the FOULS column on the scoring paper, but that does not mean a minus point to the other fighter. When a judge decides to give a minus point to a fighter, the judge will put a "-1" in the appropriate column next to the points the same fighter will receive at the end of the round, certifying thus, that he has to take away that point for the final score of the round.

- **Directive 3 - awarding points**
  
  Points will be given per round. No fractions of points will be given. At the end of each round, the better (the more skilful) kickboxer, the one who has scored more, will receive 10 points and his opponent proportionally less (10-9) or (10-8) in case there are at least 8 marks difference between the two fighters. When the kickboxers are judged on the same level, each one will receive 10 points. If, at the end of a bout, after having judged each round according to directives 1 and 2, both kickboxers have an equal number of points, the judge will give advantage to the kickboxer who, in his opinion showed, in the whole match, i.e. considering the three rounds:
  - better fighting techniques
  - better offense
  - better defense
  - more kicks
  - more powerful
  - better endurance and stamina.

When a fighter spits out his mouth-guard on purpose, the central referee should stop the fight immediately and count him as if for a knock down.
Art. 20 - Offences

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

Warnings given to the second count against the kickboxer.

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

The following actions are considered fouls:

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

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

Art. 21 On The Floor

A kickboxer is considered "on the floor" if:

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

When a kickboxer is on the floor, the referee will count from 1 to 10 with a second interval between each number, and will indicate each second with his fingers so that the fallen kickboxer knows how many seconds have already been counted. One second must pass from the moment the kickboxer falls down to the start of the count.
When a kickboxer is on the floor due to a blow, the fight will not continue before the referee has counted to 8, even if the kickboxer is ready to continue the fight before that time. If the kickboxer doesn't raise his hands the referee will continue to count until "10", the round will be finished and a KO declared.

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

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

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

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

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

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

Procedure if KO, RSC, RSC-H, Injury

- A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.

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

- A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will not be allowed to take part in another competition or bout for a period of at least 3 months after the second KO or RSC-H.

- A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.

- To above mentiones quarantine periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can furtheron extend the quarantine period.

- A quarantine period means that a kickboxer can not take part in no competition in kickboxing no matter what the discipline are. The quarantine periods are "minimum period" and can not be overruled even though a head scan shows no visible injuries.

- The referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or referee has stopped the bout due to the kickboxer's inability to resume the fight because of head blows. The same has to be reported by the Chief referee on duty in that ring on the fighter's nationals SPORT PASS. This is also the official result of the fight and it can not be overruled.

- Before resuming kickboxing after a ban, as described in the above paragraphs, a kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a sports doctor.

- When registered a KO or RSC-H a kickboxer must get a CT Scan of the head.

Procedure if injuries in general
In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.

A doctor can require immediately treatment at hospital

If a kickboxer or delegates from kickboxers nation denies doctors medical advice, the doctor report in written form immediately to chief referee or to a WAKO-PRO delegate that all medical responsibility are denied and are in the hands of the kickboxer and his team. However the official result and a quarantine given is valid.

Art. 23 – Hand Shaking
Before and after a bout, the kickboxers will shake hands as sign of pure sportsmanship and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision. No hand shaking is allowed between rounds.

Art. 24 – Use of Drugs
Any drug or chemical substance ingested by a kickboxer, which is not included in the kickboxer's normal diet, is forbidden. Any kickboxer or official violating this code may be disqualified or suspended by the WAKO-PRO.

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

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

WAKO-PRO refers to WADA Doping Rules.

Art. 25 – Medical Aptitude
A fighter will be allowed to fight in an International competition only after having been declared fit for it by a sports doctor, recognized by the Federation under whose name the competition takes place, or by the Medical Committee of WAKO-PRO during international Galas.

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 national sport passport of the kickboxer, according to the practice of his/her association and presented during the medical the examination which will precede weigh-in.

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

A kickboxer will not be allowed to take part in a bout if he has bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included. He may be allowed to fight if the ulceration is protected by Collodion. This decision will be made by the doctor who examines the kickboxer on the day of the competition.

Art. 26 – Doctors’ Aide
A recognized sports doctor must be present throughout the competition and must not leave his place before the end of the last bout or before seeing the kickboxers who have taken part in it. In a tournament there must be ambulance personnel on site.

Art. 27 – Age Limit of Kickboxers
Kickboxers younger than 19 and older than 45 will not be allowed to take part in Senior World or Continental Championships, nor in Senior International competitions. For the women the allowable ages are from 19 to 35.

Art. 28 - Agreements
It is desirable that all WAKO-PRO Representatives ensure that their rules agree with those of WAKO-PRO, as far as possible, in order to ensure the uniformity of Kickboxing regulations around the world.
CHAPTER FIVE – WAKO-PRO LOW-KICK

Art. 1 - Definition

- Low-Kick can be defined as full contact kickboxing in which there is also the possibility of attacking the opponent’s legs with clean kicks. All other definitions are as those of full contact kickboxing.
- Each fighter must have his own n SPORT PASS with MEDICAL TEST in it, valid for 1 year, to be shown at weigh-in procedures.

Art. 2 – Competition Area (Ring Equipment)

The following ring equipment must be available:

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

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

Art. 3 - Uniforms and Equipment

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

Art. 3.1 – Rounds

WAKO-PRO title bouts in Low-kick, at national, continental, intercontinental and world level, are on 5 rounds of 3 minutes with a break between rounds of 1 minute.

World title bouts can be on 12x2 minute rounds if promoter has a written consent by both fighters involved in that title bout.
## MALE WEIGHT CATEGORIES

<table>
<thead>
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<tr>
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<td>Bantam weight</td>
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## FEMALE WEIGHT CATEGORIES

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</table>

## AGE DIVISIONS:

- In full contact competition the age categories are:
- Seniors - 19 to 40 for male fighters
- Seniors – 19 to 35 for female fighters
- Junior competitors can participate in an older category.
- Age divisions will be determined in the following manner: a competitor will be placed in an age division according to his actual birthday.

## WEIGH-IN:

- Positive proof of age will be required at ALL events.
- Junior competitors can challenge senior competitors for titles.
- In any Gala, fighters in each weight category will be weighed the day before the competition. Promoter should organize the official weigh-in at 19.00 of the day before the title bout, so to allow contenders, immediately after, to dinner.
- A Promoter or any other WAKO-PRO official delegate will be allowed to modify these conditions in case of inevitable delay of fighters involved in the gala. The WAKO-PRO authorized delegates will perform the weigh-in. WAKO-PRO representatives of any country or coaches of fighters may be present, but are not allowed to intervene on any occasion.
- Each fighter will be officially weighed only once. The weight registered on that occasion is final. However, if a fighter has not reached the right weight during the official weigh-in, he has an extra hour to make it if there is no other agreement between the parties.
- If a title holder can’t make the weight at all, he will be declared the loser (losing the title at the same time).
- The weight is what the scale shows when the fighter is undressed. The weight must be displayed in metric measures. Electronic scales can be used. A fighter is allowed to fight solely within the category defined by the weigh-in.
Each fighter must be in possession of a SPORT PASS with all medical certificates in it – stating he is fit to fight – valid for the year to be shown any time when requested.

Art. 5 – Legal Target Areas
The following parts of the body may be attacked using authorized fighting techniques:

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

Art. 6 – Illegal Target Areas, Prohibited Techniques and Behavior
It is prohibited to:

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

Art. 7 – Legal Techniques - Scoring
HAND TECHNIQUES:
The following hand technique may be applied:

- all boxing punches

FOOT TECHNIQUES:

- front kick
- side kick
- roundhouse kick
- heel kick (sole of the foot only)
- crescent kick
- axe kick (sole of the foot only)
- jump kicks
- the use of shins in kicking

THROWING TECHNIQUES:

- foot sweeps (ankle level)

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

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

POINTS:
For all legal techniques (punches, kicks and throwing), clearly landed on legal targets with speed, focus, balance, power, judge will note 1 point on his clicker. At the end of each round, he will count the number of points and will give to the better fighter, who has more points, a mark of 10, and to his opponent who has fewer points he will mark 9. If the difference of points between the fighters is more than 8 (a real domination), the judge will give the fighter with fewer points a mark of 8.
For any knock downs, no extra point should be given to any fighter. At the end of the match, the judge will sum all the marks per round and name the winning fighter who has the larger sum of marks. If the sum of marks is the same, the judge will have to give his preference to the fighter that in his opinion showed, in the whole match:

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

**PENALTY**

Warnings will be carried through the Match to all rounds:

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

**Art. 8 – Number of Kicks per Round**

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

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

**Art. 9 – Rounds**

In WAKO - PRO activity, rounds can be 5 x3 minute rounds for any kind of title unless previously and differently decided by both fighters in accordance with promoter’s needs.

**Article 10 – Match**

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

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

**Article 11 – Officials**

REFEREES AND JUDGES IN GENERAL:

- During WAKO-PRO Events or Galas, each bout must be supervised by a WAKO-PRO acknowledged referee, who will officiate in the fighting area, but will not fill out score sheets.
- Three WAKO-PRO judges, who will be seated at tatami-side away from the spectators, must grade each bout. Each of the three judges must be seated in the middle of three respective corners of the fighting area.
- To ensure neutrality, the WAKO-PRO HQ will act according to the following rules:
1 official will come from a country and Federation/Association different from that of the others and from that of the two fighters (Neutral judge)
- Central referee and one judge may be of the same country of one of the fighters
- 1 judge must be from the country of the opponent

Persons in charge of the refereeing or judging of a bout will not at any moment of the bout be allowed to act as a manager, trainer, coach or second of a kickboxer or team of kickboxers taking part in a title bout.

**Art 12 - Referees**

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

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

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

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

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

**REFEREE’S POWERS:**

The referee has the power to:

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

ABOUT HEALTH AND SECURITY:
- The referee in ring-sports must use plastic gloves.
- At ringside there must be soft paper tissue to be used by the central referee on the fighters
- Soft paper tissue used on one fighter cannot be used on another fighter.

KICK-COUNTER:
A kick-counter is a judge who sits in neutral ring corners. It is mandatory to use kick-counter in all WAKO-PRO title bouts. The kick-counter reports to the referee after every round if any missing kicks. The only responsibility of the kick-counter is to assure that the fighters have delivered enough kicks (6) in each round. In all WAKO-PRO title bouts it is mandatory that the kick-counter use board with visible red and blue numbers.

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

Art. 13 - Judges
- Each judge must independently consider the merits of the two fighters, and must chose the winner, according to the regulations.
- During the match, he will not talk to either fighter, other judges, or anybody else, with the exception of the referee. He may, if necessary, at the end of a round, notify the referee about any incident that he has missed, for example tell him about the misbehavior of a second, loose ropes, etc.
- A judge will mark the number of points (10-10, 10-9, 10-8 etc) granted to each fighter on his score sheet and his decision will be announced to the public at the end of the match.
- During the round the judge will use the back of the scorecard to register the numbers of hits he sees, by a number (the one he will see on his clicker at the end of the round). Always the red corner is on the left side and the blue corner on the right side of both sides of the scorecard. The points/recorded hits must be tallied separately by rounds.
- He will not leave his place until the decision has been announced.
- It is mandatory for all judges to use clickers in fights.

Art. 14 - Timekeeper
- The task of a timekeeper is to keep track of the number and the duration of the rounds as well as of the break time.
- He will be seated at ringside.
- Ten seconds before the beginning of each round, he will clear the ring, giving order "Seconds out"
- He will ring the gong at the beginning and at the end of each round.
- He will announce the number of the round, before it starts.
- He will stop the bout temporarily, when asked to do so by the referee.
- He will keep track of extra time with a watch or a stopwatch.
- If, at the end of a round, a boxer is on the floor, and the referee is counting him out, the gong must ring at the end of two minutes, even if central referee must finish his count. Intervals between the rounds will last one minute.

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

All referees, judges and officials working a tournament, whether on or off duty, are not allowed to take action on behalf of a team/nation as coach or in any other way show favoritism (screaming, cheering like a coach/fan).
Art. 15 – Point Evaluation
Each judge separately evaluates every round. The evaluation of a round should be made according to:

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

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

- the effectiveness of the defense
- the effectiveness of the attacks
- the balance of hand and foot technique
- the correct number of kicks delivered
- the overall impression of the athletic performance
- better stamina and endurance
- more action, especially in last round
- more marks scored summing them all at the end of match

The judges use the “Remarks” section on scorecard to explain, in case of necessity, their decision of the winner.

Art. 16 – Criteria for Minus Points

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

Art. 17 - Decisions
The decisions will be reached as follows:

- Victory via points: at the end of a bout, the kickboxer who has obtained a victory by the decision of the majority of judges is declared the winner (victory via majority vote).
- If both kickboxers are simultaneously injured or KO'd and cannot continue the fight, from the third round, judges will mark the points obtained by each fighter to that point, and the kickboxer ahead by points will be declared the winner. In WAKO-PRO bouts, rule 14.1 will be applied only after the end of the 3rd round. Otherwise, NO CONTEST will be declared.
- Victory via abandonment: if a kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.
- Victory via stoppage, upon order of the referee (TKO).
- Relegation: if a kickboxer is relegated on the referee's advice, or if he receives excessive punishment, the fight will be stopped and his opponent declared the winner.
- Injury: if the referee judges a fighter unable to continue the fight, due to an injury or any other physical reason, the fight will be stopped and his opponent declared the winner: The right to make such a decision is incumbent upon the referee who can consult the doctor. Having done so, the referee will follow the doctor's advice. When a referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.
- Victory via disqualification: if a kickboxer is disqualified, his opponent will be declared the winner. If both kickboxers are disqualified, the decision will be announced accordingly. A disqualified Kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title of the competition in the course of which he has been disqualified.

Art. 18 – Changing a decision
All public decisions are definitive and cannot be changed unless:
Mistakes which occurred in calculating the points are discovered;
One of the judges declares he has made a mistake and switched the scores of the fighters;
There are evident violations of WAKO-PRO rules.

**Art. 19 – Awarding of Points**

In awarding points, the following rules must be respected:

- **Directive 1 - concerning blows**
  
  During each round, a judge will mark the respective score for each kickboxer, according to the number of blows that each one has received. To count a punch or a kick as a blow must not be blocked or stopped, even partially. The value of registered blows in a fight will be counted at the end of each round and granted to the better kickboxer, according to his degree of superiority. Blows given by a kickboxer will not be taken into account:
  
  - if they are contrary to regulations
  - if they land on the arms
  - if they are weak and do not come from legs, body or shoulders.

- **Directive 2 - concerning offenses**
  
  During each round a judge cannot penalize each offense he sees, regardless of whether the referee has noticed it or not. He has to call the referee's attention to that offence. If the referee gives an official warning to one of the fighters, the judges must note it, writing W on the FOULS column on the scoring paper, but that does not mean a minus point to the other fighter. When a judge decides to give a minus point to a fighter, the judge will put a "-1" in the appropriate column next to the points the same fighter will receive at the end of the round, certifying thus, that he has to take away that point for the final score of the round.

- **Directive 3 - awarding points**
  
  Points will be given per round. No fractions of points will be given. At the end of each round, the better (the more skillful) kickboxer, the one who has scored more, will receive 10 points and his opponent proportionally less (10-9) or (10-8) in case there are at least 8 marks difference between the two fighters. When the kickboxers are judged on the same level, each one will receive 10 points. If, at the end of a bout, after having judged each round according to directives 1 and 2, both kickboxers have an equal number of points, the judge will give advantage to the kickboxer who, in his opinion showed, in the whole match, i.e. considering the three rounds:

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

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

**Art. 20 - Offenses**

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

Warnings given to the second count against the kickboxer.
A referee may, without stopping the fight, give a caution to a kickboxer at any moment. If he wants to give a warning to a kickboxer, he will stop the fight and announce the offense. He will show it to the three judges, pointing with his finger to the kickboxer at fault.
The following actions are considered fouls:

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

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

Art. - 21 On The Floor

A kickboxer is considered "on the floor" if:

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

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

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

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

If a kickboxer is on the floor after having received a blow and the fight continues after the count out of 8 seconds, but the kickboxer falls back on the floor without receiving a new blow, the referee will resume the count, starting at 8.
If both kickboxers fall at the same time, the count will continue on as long as one of them is still on the floor. If they both remain on the floor after 10 seconds, the bout will be stopped and decision given, considering the points granted before the KO. This will not be applied in WAKO-PRO-PRO bouts unless the third round is over. Otherwise a NO CONTEST will be declared between the two fighters. A kickboxer who does not resume the fight after the break or after a KO loses the fight.

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

If a fighter gets injured in a fight the doctor are the only person that can evaluate the circumstances. If a kickboxer remains unconscious, only the referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.

Procedure if KO, RSC, RSC-H, Injury

- A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.
- A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will not be allowed to take part in another competition or bout for a period of at least 4 weeks after the KO.
- A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, two times in a period of 3 months, will not be allowed to take part in another competition or bout for a period of at least 3 months after the second KO or RSC-H.
- A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.

To above mentioned quarantine periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can furtheron extend the quarantine period.

A quarantine period means that a kickboxer can not take part in no competition in kickboxing no matter what the discipline are. The quarantine periods are “minimum period” and can not be overruled even though a head scan shows no visible injuries.

The referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or referee has stopped the bout due to the kickboxer’s inability to resume the fight because of head blows. The same has to be reported by the Chief referee on duty in that ring on the fighter’s WAKO-PRO SPORT PASS. This is also the official result of the fight and it can not be overruled.

Before resuming kickboxing after a ban, as described in the above paragraphs, a kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a sports doctor.

When registered a KO or RSC-H a kickboxer must get a CT Scan of the head.

Procedure if injuries in general

- In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.
- A doctor can require immediately treatment at hospital
- If a kickboxer or delegates from kickboxers nation denies doctors medical advice, the doctor report in written form immediately to chief referee or to a WAKO-PRO delegate that all medical responsibility are denied and are in the hands of the kickboxer and his team. However the official result and a quarantine given is valid.

Art. 23 – Hand Shaking
Before and after a bout, the kickboxers will shake hands as sign of pure sportsmanship and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision. No hand shaking is allowed between rounds.

**Art. 24 – Use of Drugs**

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

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

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

**Art. 25 – Medical Aptitude**

A fighter will be allowed to fight in an International competition only after having been declared fit for it by a sports doctor, recognized by the Federation under whose name the competition takes place, or by the Medical Committee of WAKO-PRO 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-PRO passport of the kickboxer, according to the practice of his association and presented during the medical the examination which will precede weigh-in.

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

A kickboxer will not be allowed to take part in a bout if he has bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included. He may be allowed to fight if the ulceration is protected by Collodion. This decision will be made by the doctor who examines the kickboxer on the day of the competition.

**Art. 26 – Doctors’ Aide**

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

**Art. 27 – Age Limit of Kickboxers**

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

**Art. 28 – Agreements**

It is desirable that all WAKO-PRO affiliated Associations ensure that their rules agree with those of WAKO-PRO, as far as possible, in order to ensure the uniformity of Kickboxing regulations around the world. Art. 20 - Offences

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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 national sport passport of the kickboxer, according to the practice of his/her association and presented during the medical the examination which will precede weigh-in.

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

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It is desirable that all WAKO-PRO Representatives ensure that their rules agree with those of WAKO-PRO, as far as possible, in order to ensure the uniformity of Kickboxing regulations around the world.
**CHAPTER SIX – WAKO-PRO K1 RULES**

**Art. 1 - Definition**

- WAKO-PRO K1 Rules comes from a Japanese way of interpreting kickboxing.
- In K1 Rules, the use of elbow techniques is forbidden
  - "Clinching" will be limited in the sense that, if fighters are not active in their action, the central referee must stop them. Clinching, in any case, must last not more than 5 seconds.
  - Wai khruu, the ritual dance performed at the beginning of Muay Thai matches, is forbidden
  - Thai Boxing music during the fight is forbidden.
  - Punching techniques reaching legal targets have the same value for judges as knee, leg or any other technique in the repertoire.
- WAKO-PRO K1 Rules is a sport, like the other styles, and applies the same ring, the same weight classes and the same general rules regarding coaches or fighters' behavior that are used in full contact or low-kick. Please, study carefully our kickboxing rules before entering the K1 Rules world.
- Each fighter must have his own national SPORT PASS with MEDICAL TEST in it, valid for 1 year stating he is fit to fight, to be shown at weigh-in procedures.

**Art. 2 – Competition Area (Ring Equipment)**

The following ring equipment must be available:

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

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

**Art. 3 - Uniforms and Equipment**

- Obligatory safety equipment is: head protection, mouth-guard, breast protection for females, gloves for contact sports (10 Oz), groin protection, shin guards and foot protection.
- Uniforms are the same for seniors and juniors - bare torso for men and shorts, sport top and shorts for women.
- Gloves and ankle protection only. Personal safeties, such as mouth-guard, head-guard, cup, wraps.
- See full explanations in chapter two
**Art. 3.1 - Rounds**

In all WAKO-PRO title bouts, without distinction of gender, fighters will fight on 5x3 minute rounds with a minute break between each round.

**Art. 4 – Weight Categories and Weigh-in Procedures**

<table>
<thead>
<tr>
<th>MALE WEIGHT CATEGORIES</th>
<th>WEIGHT (kg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Atom weight</td>
<td>-52,700</td>
</tr>
<tr>
<td>Fly weight</td>
<td>-54,500</td>
</tr>
<tr>
<td>Bantam weight</td>
<td>-56,400</td>
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<tr>
<td>Feather weight</td>
<td>-58,200</td>
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<tr>
<td>Light weight</td>
<td>-60,000</td>
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<td>Super Light weight</td>
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<td>Light welter weight</td>
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<td>Welter weight</td>
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<td>Super welter weight</td>
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<td>Light Middle weight</td>
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<td>Middle weight</td>
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<td>Super Middle weight</td>
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<td>Cruiser Light Heavy weight</td>
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<td>Cruiser Heavy weight</td>
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<tr>
<td>Super Heavy weight</td>
<td>+94.200</td>
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<table>
<thead>
<tr>
<th>FEMALE WEIGHT CATEGORIES</th>
<th>WEIGHT (kg)</th>
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<tbody>
<tr>
<td>Fly weight</td>
<td>- 48</td>
</tr>
<tr>
<td>Super Fly weight</td>
<td>- 50</td>
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<tr>
<td>Bantam weight</td>
<td>- 52</td>
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<td>Super Bantam weight</td>
<td>- 54</td>
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<tr>
<td>Feather weight</td>
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<tr>
<td>Super feather weight</td>
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<td>Middle weight</td>
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</tr>
<tr>
<td>Super Middle heavy</td>
<td>+ 70</td>
</tr>
</tbody>
</table>

**AGE DIVISIONS:**

- In full contact competition the age categories are:
- Seniors - 19 to 40 for male fighters
- Seniors – 19 to 35 for female fighters
- Junior competitors can participate in an older category.
- Age divisions will be determined in the following manner: a competitor will be placed in an age division according to his actual birthday.

**WEIGH-IN:**

- Positive proof of age will be required at ALL events.
- Junior competitors can challenge senior competitors for titles.
- In any Gala, fighters in each weight category will be weighed the day before the competition. Promoter should organize the official weigh-in at 19.00 of the day before the title bout, so to allow contenders, immediately after, to dinner.
- A Promoter or any other WAKO-PRO official delegate will be allowed to modify these conditions in case of inevitable delay of fighters involved in the gala. The WAKO-PRO authorized delegates will perform the weigh-in. WAKO-PRO representatives of any country or coaches of fighters may be present, but are not allowed to intervene on any occasion.
- Each fighter will be officially weighed only once. The weight registered on that occasion is final. However, if a fighter has not reached the right weight during the official weigh-in, he has an extra hour to make it if there is no other agreement between the parties.
- If a title holder can’t make the weight at all, he will be declared the loser (losing the title at the same time).
The weight is what the scale shows when the fighter is undressed. The weight must be displayed in metric measures. Electronic scales can be used. A fighter is allowed to fight solely within the category defined by the weigh-in.

Each fighter must be in possession of a SPORT PASS with all medical certificates in it – stating he is fit to fight - valid for the year to be shown any time when requested.

Art. 5 – Legal Target Areas

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

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

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

It is prohibited to:

- Attack the throat, lower abdomen, kidneys, back, groin and to the back of the head or neck.
- Attack with the elbow and knife-hand, head-buts, thumb and shoulder.
- Turn one's back to the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
- Attack an opponent who is caught between the ropes
- Attack an opponent who is falling to the floor or is already on the floor; that is, as soon as one hand or knee touches the floor.
- Leave the ring without any reason and without central referee's permission
- Continue after the command "stop" or "break" or end of the round has been given.
- Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

Art. 7 – Legal Techniques

HAND TECHNIQUES:

The following hand technique may be applied:

- Punches (all boxing repertoire)
- Backfist and spinning backfist
- Knees
- Clinching (if active, for 5 seconds only)

FOOT, LEG AND KNEE TECHNIQUES:

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

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

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

POINTS:

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

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

At the end of the match, the judge will sum all the marks per round and name the winning fighter who has the larger sum of marks.
If the sum of marks is the same, the judge will have to give his preference to the fighter that in his opinion showed, in the whole match:

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

PENALTY

Warnings will be carried through the Match to all rounds

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

Art. 8 – Number of Kicks per Round

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

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

For violation of this rule the central referee can give a fighter a maximum of 2 minus points. Minus points for kicks will be kept as a separate issue from warnings for other offenses, but if a fighter gets a third minus point, he will automatically be disqualified.

Art. 9 - Rounds

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

Article 10 - Match

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

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

Article 11 – Officials

REFEREES AND JUDGES IN GENERAL:

- During WAKO-PRO Events or Galas, each bout must be supervised by a WAKO-PRO acknowledged referee, who will officiate in the fighting area, but will not fill out score sheets.
Three WAKO-PRO judges, who will be seated at tatami-side away from the spectators, must grade each bout. Each of the three judges must be seated in the middle of three respective corners of the fighting area.

To ensure neutrality, the WAKO-PRO HQ will act according to the following rules:
- 1 official will come from a country and Federation/Association different from that of the others and from that of the two fighters (Neutral judge).
- Central referee and one judge may be of the same country of one of the fighters.
- 1 judge must be from the country of the opponent.

Persons in charge of the refereeing or judging of a bout will not at any moment of the bout be allowed to act as a manager, trainer, coach or second of a kickboxer or team of kickboxers taking part in a title bout.

**Art 12 - Referees**

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

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

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

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

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

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

- A referee may give a caution to a kickboxer. A caution means a warning given by a referee to a kickboxer for breaking a rule. In order to do this he doesn't need to stop the fight, and may reprimand the kickboxer during the fight.

ABOUT HEALTH AND SECURITY:
- The referee in ring-sports must use plastic gloves.
- At ringside there must be soft paper tissue to be used by the central referee on the fighters.
- Soft paper tissue used on one fighter cannot be used on another fighter.

KICK-COUNTER:
A kick-counter is a judge who sits in neutral ring corners. It is mandatory to use kick-counter in all WAKO-PRO title bouts. The kick-counter reports to the referee after every round if any missing kicks. The only responsibility of the kick-counter is to assure that the fighters have delivered enough kicks (6) in each round. In all WAKO-PRO title bouts it is mandatory that the kick-counter use board with visible red and blue numbers.

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

Art. 13 - Judges
- Each judge must independently consider the merits of the two fighters, and must chose the winner, according to the regulations.
- During the match, he will not talk to either fighter, other judges, or anybody else, with the exception of the referee. He may, if necessary, at the end of a round, notify the referee about any incident that he has missed, for example tell him about the misbehavior of a second, loose ropes, etc.
- A judge will mark the number of points (10-10, 10-9, 10-8 etc) granted to each fighter on his score sheet and his decision will be announced to the public at the end of the match.
- During the round the judge will use the back of the scorecard to register the numbers of hits he sees, by a number (the one he will see on his clicker at the end of the round). Always the red corner is on the left side and the blue corner on the right side of both sides of the scorecard. The points/recorded hits must be tallied separately by rounds.
- He will not leave his place until the decision has been announced.
- It is mandatory for all judges to use clickers in fights.

Art. 14 - Timekeeper
- The task of a timekeeper is to keep track of the number and the duration of the rounds as well as of the break time.
- He will be seated at ringside.
- Ten seconds before the beginning of each round, he will clear the ring, giving order "Seconds out".
- He will ring the gong at the beginning and at the end of each round.
- He will announce the number of the round, before it starts.
- He will stop the bout temporarily, when asked to do so by the referee.
- He will keep track of extra time with a watch or a stopwatch.
- If, at the end of a round, a boxer is on the floor, and the referee is counting him out, the gong must ring at the end of two minutes, even if central referee must finish his count. Intervals between the rounds will last one minute.

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

All referees, judges and officials working a tournament, whether on or off duty, are not allowed to take action on behalf of a team/nation as coach or in any other way show favoritism (screaming, cheering like a coach/fan).
Art. 15 – Point Evaluation

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

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

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

- the effectiveness of the defense
- the effectiveness of the attacks
- the balance of hand and foot technique
- the correct number of kicks delivered
- the overall impression of the athletic performance
- better stamina and endurance
- more action, especially in last round
- more marks scored summing them all at the end of match

The judges use the “Remarks” section on scorecard to explain, in case of necessity, their decision of the winner.

Art. 16 – Criteria for Minus Points

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

Art. 17 - Decisions

The decisions will be reached as follows:

- Victory via points: at the end of a bout, the kickboxer who has obtained a victory by the decision of the majority of judges is declared the winner (victory via majority vote).
- If both kickboxers are simultaneously injured or KO’d and cannot continue the fight, from the third round, judges will mark the points obtained by each fighter to that point, and the kickboxer ahead by points will be declared the winner. In WAKO-PRO bouts, rule 14.1 will be applied only after the end of the 3rd round. Otherwise, NO CONTEST will be declared.
- Victory via abandonment: if a kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.
- Victory via stoppage, upon order of the referee (TKO).
- Relegation: if a kickboxer is relegated on the referee's advice, or if he receives excessive punishment, the fight will be stopped and his opponent declared the winner.
- Injury: if the referee judges a fighter unable to continue the fight, due to an injury or any other physical reason, the fight will be stopped and his opponent declared the winner: The right to make such a decision is incumbent upon the referee who can consult the doctor. Having done so, the referee will follow the doctor's advice. When a referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.
- Victory via disqualification: if a kickboxer is disqualified, his opponent will be declared the winner. If both kickboxers are disqualified, the decision will be announced accordingly. A disqualified Kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title of the competition in the course of which he has been disqualified.
Art. 18 – Changing a decision

All public decisions are definitive and cannot be changed unless:
- Mistakes which occurred in calculating the points are discovered;
- One of the judges declares he has made a mistake and switched the scores of the fighters;
- There are evident violations of WAKO-PRO rules.

Art. 19 – Awarding of Points

In awarding points, the following rules must be respected:

- Directive 1 - concerning blows
  During each round, a judge will mark the respective score for each kickboxer, according to the number of blows that each one has received. To count a punch or a kick as a blow must not be blocked or stopped, even partially. The value of registered blows in a fight will be counted at the end of each round and granted to the better kickboxer, according to his degree of superiority. Blows given by a kickboxer will not be taken into account:
  - if they are contrary to regulations
  - if they land on the arms
  - if they are weak and do not come from legs, body or shoulders.

- Directive 2 - concerning offenses
  During each round a judge cannot penalize each offense he sees, regardless of whether the referee has noticed it or not. He has to call the referee's attention to that offence. If the referee gives an official warning to one of the fighters, the judges must note it, writing W on the FOULS column on the scoring paper, but that does not mean a minus point to the other fighter. When a judge decides to give a minus point to a fighter, the judge will put a "-1" in the appropriate column next to the points the same fighter will receive at the end of the round, certifying thus, that he has to take away that point for the final score of the round.

- Directive 3 - awarding points
  Points will be given per round. No fractions of points will be given. At the end of each round, the better (the more skilful) kickboxer, the one who has scored more, will receive 10 points and his opponent proportionally less (10-9) or (10-8) in case there are at least 8 marks difference between the two fighters. When the kickboxers are judged on the same level, each one will receive 10 points. If, at the end of a bout, after having judged each round according to directives 1 and 2, both kickboxers have an equal number of points, the judge will give advantage to the kickboxer who, in his opinion showed, in the whole match, i.e. considering the three rounds:
  - better fighting techniques
  - better offense
  - better defense
  - more kicks
  - more powerful
  - better endurance and stamina.

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

Art. 20 - Offenses

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

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

The following actions are considered fouls:

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

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

**Art. - 21 On The Floor**

A kickboxer is considered "on the floor" if:

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

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

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

If a kickboxer is on the floor at the end of a round, the referee will continue the count even if the bell rings. If the referee counts to 10, the kickboxer will be declared loser via KO.
If a kickboxer is on the floor after having received a blow and the fight continues after the count out of 8 seconds, but the kickboxer falls back on the floor without receiving a new blow, the referee will resume the count, starting at 8.

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

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

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

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

**Procedure if KO, RSC, RSC-H, Injury**

- A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.

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

- A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, two times in a period of 3 months, will not be allowed to take part in another competition or bout for a period of at least 3 months after the second KO or RSC-H.

- A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.

To above mentioned quarantine periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can furtheron extend the quarantine period.

A quarantine period means that a kickboxer can not take part in no competition in kickboxing no matter what the discipline are. The quarantine periods are "minimum period" and can not be overruled even though a head scan shows no visible injuries.

- The referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or referee has stopped the bout due to the kickboxer's inability to resume the fight because of head blows. The same has to be reported by the Chief referee on duty in that ring on the fighter's WAKO-PRO SPORT PASS. This is also the official result of the fight and it can not be overruled.

- Before resuming kickboxing after a ban, as described in the above paragraphs, a kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a sports doctor.

- When registered a KO or RSC-H a kickboxer must get a CT Scan of the head.

**Procedure if injuries in general**

- In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.

- A doctor can require immediately treatment at hospital

- If a kickboxer or delegates from kickboxers nation denies doctors medical advice, the doctor report in written form immediately to chief referee or to a WAKO-PRO delegate that
all medical responsibility are denied and are in the hands of the kickboxer and his team. However the official result and a quarantine given is valid.

Art. 23 - Hand Shaking

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

Art. 24 - Use of Drugs

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

Art. 25 - Medical Aptitude

A fighter will be allowed to fight in an International competition only after having been declared fit for it by a sports doctor, recognized by the Federation under whose name the competition takes place, or by the Medical Committee of WAKO-PRO 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-PRO passport of the kickboxer, according to the practice of his association and presented during the medical examination which will precede weigh-in. One-eyed, deaf, mute and epileptic fighters are not allowed in kickboxing. Hard contact lenses are forbidden while the kickboxer is in the ring. A kickboxer will not be allowed to take part in a bout if he has bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included. He may be allowed to fight if the ulceration is protected by Collodion. This decision will be made by the doctor who examines the kickboxer on the day of the competition.

Art. 26 - Doctors’ Aide

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

Art. 27 - Age Limit of Kickboxers

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

Art. 28 - Agreements

It is desirable that all WAKO-PRO affiliated Associations ensure that their rules agree with those of WAKO-PRO, as far as possible, in order to ensure the uniformity of Kickboxing regulations around the world. Art. 20 - Offences

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

Warnings given to the second count against the kickboxer. A referee may, without stopping the fight, give a caution to a kickboxer at any moment. If he wants to give a warning to a kickboxer, he will stop the fight and announce the offense. He will show it to the three judges, pointing with his finger to the kickboxer at fault.
The following actions are considered fouls:

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

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

Art. - 21 On The Floor

A kickboxer is considered "on the floor" if:

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

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

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

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

If a kickboxer is on the floor after having received a blow and the fight continues after the count out of 8 seconds, but the kickboxer falls back on the floor without receiving a new blow, the referee will resume the count, starting at 8.
If both kickboxers fall at the same time, the count will continue on as long as one of them is still on the floor. If they both remain on the floor after 10 seconds, the bout will be stopped and decision given, considering the points granted before the KO. This will not be applied in WAKO-PRO-PRO bouts unless the third round is over. Otherwise a NO CONTEST will be declared between the two fighters. A kickboxer who does not resume the fight after the break or after a KO loses the fight.

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

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

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

Procedure if KO, RSC, RSC-H, Injury

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

Procedure if injuries in general

- In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.
- A doctor can require immediately treatment at hospital
- If a kickboxer or delegates from kickboxers nation denies doctors medical advice, the doctor report in written form immediately to chief referee or to a WAKO-PRO delegate that all medical responsibility are denied and are in the hands of the kickboxer and his team. However the official result and a quarantine given is valid.

Art. 23 – Hand Shaking

Before and after a bout, the kickboxers will shake hands as sign of pure sportsmanship and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision. No hand shaking is allowed between rounds.
Art. 24 – Use of Drugs

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

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

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

Art. 25 – Medical Aptitude

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

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 national sport passport of the kickboxer, according to the practice of his/her association and presented during the medical examination which will precede weigh-in.

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

A kickboxer will not be allowed to take part in a bout if he has bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included. He may be allowed to fight if the ulceration is protected by Collodion. This decision will be made by the doctor who examines the kickboxer on the day of the competition.

Art. 26 – Doctors’ Aide

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

Art. 27 – Age Limit of Kickboxers

Kickboxers younger than 19 and older than 45 will not be allowed to take part in Senior World or Continental Championships, nor in Senior International competitions. For the women the allowable ages are from 19 to 35.

Art. 28 - Agreements

It is desirable that all WAKO-PRO Representatives ensure that their rules agree with those of WAKO-PRO, as far as possible, in order to ensure the uniformity of Kickboxing regulations around the world.
Art. 1 - WAKO-PRO styles

Weight Classes

<table>
<thead>
<tr>
<th>FULLCONTACT</th>
<th>LOW-KICK</th>
<th>K1 RULES</th>
<th>Muay Thai</th>
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Art. 2 – WAKO-PRO Titles and Rounds

These are the existing rounds and titles of WAKO-PRO-PRO

<table>
<thead>
<tr>
<th>World Titles</th>
<th>Full</th>
<th>Low-Kick</th>
<th>K1 Rules</th>
<th>Semi</th>
<th>Light</th>
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</tbody>
</table>

*Continental titles:
European, African, Asian, North American, South American, Australian

| Fullcontact, Lightcontact and Semicontact | 2 minutes rounds – 1 minute rest |
| Low-Kick and K1 Rules                  | 3 minutes rounds – 1 minute rest |

WAKO-PRO REPRESENTATIVE

A WAKO-PRO representative should be present (whenever possible) in all WAKO-PRO title bout galas. He is responsible for seeing that all EVENTS are under WAKO-PRO rules and that all results, photos and general information will be sent to WAKO-PRO HQ in the next few days the Gala has taken place. He is also financially responsible for the respect of contracts between parties, i.e. promoters and fighters. He is particularly responsible for the way a foreign fighter and his delegation are treated by promoters.

1. From April 2008, only a NATIONAL “PRO” CHAMPION or a fighter designated by its federation can challenge any WAKO-PRO title holders. It means that National Federations must promote national “pro” title fights and establish national rankings in all kickboxing styles.
2. A title holder CANNOT REFUSE any challenge if it is formulated within the established time (a minimum of 45 days notice in advance).
3. However, if a title holder is challenged within 45 days only, he has the right to ask for more money from the promoter. WAKO-PRO can mediate to come to a quick and fair financial agreement. In other words, in this case, a title holder is not obliged to accept the WAKO-PRO minimum tariffs.
4. If a financial agreement is not found, then a title holder CAN REFUSE TO DEFEND HIS TITLE, but only if he GUARANTEES WAKO-PRO to defend it anyhow WITHIN THE NEXT 6 MONTHS at the WAKO-PRO minimum tariffs.
5. A title holder must defend his title at least every six months. He can keep his title for a maximum one year without defending it. After such a time, WAKO-PRO will be free to take away his title from him.

We think that with this new rule, many problems will be solved. In other words, offering more money to a title holder, we think is the best way to persuade him to make the effort to defend his title. In that case, the promoter is sure to save his promotion even if it costs him a little bit more.

FIGHTERS’ MINIMUM TARIFFS (to be considered reimbursements for training expenses).
From 2008, WAKO-PRO would also like to increase the minimum tariffs for our ring fighters as following:
1. For any international "prestige" or "non title" bouts: 100 Euro per round
2. For any challenger to a Continental (European, Asia, American etc.) title: 1000 Euro
3. For any challenger to an Intercontinental title: 1200 Euro
4. For any challenger to a World title: 1500 Euro
5. For the European title holder, first title defence: 1500 Euro
6. For the Intercontinental title holder, first defence: 1800 Euro
7. For the World title holder, first defence: 2000 Euro
8. After any new successful title defence, to add 500 Euro to the minimum tariff

WAKO-PRO SANCTIONING FEES
Accordingly, WAKO-PRO will charge the following amounts for its sanctioning fees of ring sports:

1. For any Continental title bouts: 1000 Euro
2. For any Intercontinental title bouts: 1200 Euro
3. For any World title bouts: 1500 Euro

Title belts are always ON DEMAND and their cost, which is not included in the sanctioning fee, is of 350 Euro each (delivery expenses included if not by UPS, DHL etc.).

For any International Gala, under the WAKO-PRO sanctioning, i.e. team matches, prestige or not title matches, but without any title bouts: a forfeit reimbursement of 500 Euro will be charged for the match-making.

WAKO-PRO SANCTIONING FEES FOR SEMI AND LIGHT CONTACT (TATAMI SPORTS)
In order to try to increase the WAKO-PRO activity in tatami sports, we decided to reduce the sanctioning fees to the following:

1. For any Continental title bouts: 600 Euro
2. For any Intercontinental title bouts: 800 Euro
3. For any world title bouts: 1000 Euro

Title belts always on demand only and their price is not included in the above mentioned figures.

NEUTRAL JUDGE IN ALL TITLE BOUTS.

Following our previous e-mail, we confirm that from 2008, WAKO-PRO will select the NEUTRAL JUDGE for any WAKO-PRO events where there are title bouts.
A neutral judge has the right to get plane tickets. Hotel accommodation in a 3 stars hotel and meals + 200 Euro paid by the promoter.
WAKO-PRO international referees and judges will be picked up by the WAKO international list of judges and referees who qualified in WAKO International referee seminars.

Rules up-dated 15th October 2008