



TATAMI SPORT TECHNICAL AND COMPETITION RULES

International Sports & Entertainment S.r.l.

Sport Event Management

Sole Director: Barbara Falsoni - Legal office: Via S. Alessandro n.12 - 24122 - Bergamo (Italy)

Tax code and registration number with the Companies' Register of Bergamo 03455740161

Tel. +39 3450135521 - Fax +39 0392328901

Web: <http://www.wakopro.org> - E-mail: bf@wakopro.org - ise@wakopro.org



INDEX

Chapter One – General Rules

- Art. 1. – WAKO PRO events and bouts
- Art. 2. – Event and bout license
- Art. 3. – Promoter of the WAKO PRO event
- Art. 4. – Participants in the WAKO PRO events
- Art. 5. – WAKO PRO bout
- Art. 6. – WAKO PRO age categories
- Art. 7. – WAKO PRO bouts format (rounds)
- Art. 8. – WAKO PRO weight classes and weigh-in procedure

Chapter Two – Bout rules

- Art. 1. – Fighting Area – the Tatami
 - Art.1.1 Accessories of the Tatami
- Art. 2. – Safety equipment
 - Art. 2.1. Gloves
 - Art. 2.2. Hand wraps (bandage)
 - Art. 2.3. Tooth protection (mouth-guard)
 - Art. 2.4. Groin protection
 - Art. 2.5. Breast protection
 - Art. 2.6. Foot protection
 - Art. 2.7. Shin guard
- Art. 3. – Uniforms
- Art. 4. – Kickboxer’s uniforms and equipment
 - Art. 4.1. Point Fighting
 - Art. 4.2. Light Contact
 - Art. 4.3. Kick Light Contact
- Art. 5. – Procedure for equipment and uniform check
- Art. 6. – Officials
 - Art. 6.1. WAKO PRO Supervisor
 - Art. 6.2. WAKO PRO Referee
 - Art. 6.3. WAKO PRO Judge
 - Art. 6.4. Open Scoring Electronic System
 - Art. 6.5. WAKO PRO Timekeeper
 - Art. 6.6. Announcer
 - Art. 6.7. Coach and Second
- Art. 7. – Decision
- Art. 8. – Changing decision
- Art. 9. – Awarding of points
- Art. 10. – Injuries
- Art. 11. – Medical aptitude
- Art. 12. – Doctors aide
- Art. 13. – Health of kickboxers



Chapter Three – Point Fighting Rules

- Art. 1. – Definition
- Art. 2. – Legal target areas
- Art. 3. – Legal techniques
- Art. 4. – Illegal techniques
- Art. 5. – Uniforms and equipment
- Art. 6. – Points
- Art. 7. – Warnings

Chapter Four – Light Contact Rules

- Art. 1. – Definition
- Art. 2. – Legal target areas
- Art. 3. – Legal techniques
- Art. 4. – Illegal techniques
- Art. 5. – Uniforms and equipment
- Art. 6. – Points
- Art. 7. – Warnings

Chapter Five – Kick Light Contact Rules

- Art. 1. – Definition
- Art. 2. – Legal target areas
- Art. 3. – Legal techniques
- Art. 4. – Illegal techniques
- Art. 5. – Uniforms and equipment
- Art. 6. – Points
- Art. 7. – Warnings

Chapter Six – Synthesis of WAKO PRO rules

- Art. 1. – WAKO PRO representative
- Art. 2. – WAKO PRO title holder
- Art. 3. – Male kickboxer's minimum tariffs
- Art. 4. – Female kickboxer's minimum tariffs
- Art. 5. – WAKO PRO sanctioning fees



Chapter One – General Rules

Art. 1. – WAKO PRO events and bouts

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

Art. 2. – Event and bout license

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

Art. 3. – Promoter of the WAKO PRO event

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

Art. 4. – Participants in WAKO PRO events

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

Art. 5. – WAKO PRO bout

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

WAKO PRO sanctioned bouts are as follows:

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

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

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



Art. 6. – WAKO PRO age categories

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

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

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

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

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

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

MALE AND FEMALE POINT FIGHTING			
Title	No. of rounds	Round time	Break time
World title bout	7	2 minutes	1 minute
Intercontinental title bout	6	2 minutes	1 minute
Continental title bout	6	2 minutes	1 minute
Regional title bout	5	2 minutes	1 minute
National title bout	4	2 minutes	1 minute
Prestige bout	3	2 minutes	1 minute
MALE AND FEMALE LIGHT CONTACT			
Title	No. of rounds	Round time	Break time
World title bout	7	2 minutes	1 minute
Intercontinental title bout	6	2 minutes	1 minute
Continental title bout	6	2 minutes	1 minute
Regional title bout	5	2 minutes	1 minute
National title bout	4	2 minutes	1 minute
Prestige bout	3	2 minutes	1 minute
MALE AND FEMALE KICK LIGHT CONTACT			
Title	No. of rounds	Round time	Break time
World title bout	7	2 minutes	1 minute
Intercontinental title bout	6	2 minutes	1 minute
Continental title bout	6	2 minutes	1 minute
Regional title bout	5	2 minutes	1 minute
National title bout	4	2 minutes	1 minute
Prestige bout	3	2 minutes	1 minute

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

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



MALE (19 to 45 years old)		FEMALE (19 to 40 years old)	
Weight category	Kg	Weight category	Kg
LIGHT	up to 57.00	BANTAM	up to 50.00
LIGHT WELTER	up to 63.00	LIGHT	up to 55.00
WELTER	up to 69.00	WELTER	up to 60.00
MIDDLE	up to 74.00	MIDDLE	up to 65.00
SUPER MIDDLE	up to 79.00	HEAVY	up to 70.00
LIGHT HEAVY	up to 84.00	SUPER HEAVY	over 74.00
HEAVY	up to 89.00		
CRUISER	up to 94.00		
SUPER HEAVY	over 94.00		

Chapter two – Bout rules

Art. 1. – Fighting Area – The Tatami

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

Art. 1.1. – Accessories of the Tatami

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

- Gong (with striker) or bell.
- Two seats for kickboxer's use during intervals.
- Two seats for seconds, one in each corner
- Two plastic mugs can (one in red another in blue corner) to be used for drinking and mouth wash only, two plastic spray bottles and two small plastic bottles for drinking. No other type of water bottle is permitted for use by the kickboxers or seconds.
- Tables and chairs for officials.
- One (preferably two) stop watches.
- One first-aid kit.
- One microphone connected to the loudspeaker system.
- Two (2) pairs of competition gloves (one in red and one in blue color).
- One stretcher.
- Wako Pro scoring papers



Art. 2. – Safety equipment

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

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

Art. 2.1. – Gloves

In all WAKO PRO bouts kickboxers are obligated to wear gloves of the equal weight. The color of the gloves should be the same of the kickboxer's corner (red corner-red gloves, blue corner-blue gloves). It is allowed to have gloves of different color but in than occasion gloves must not be the same color for both kickboxers. Gloves which are used in official WAKO PRO bouts must be approved by the WAKO PRO General Director and/or the WAKO PRO Supervisor and checked by the Referee.

Gloves for Point Fighting

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

Use of self-adhesive cotton-base tape is allowed (plastic or other types of self-adhesive tape are not allowed). Fastening gloves with strips or any kind of buckles is not allowed. The total weight of the glove must be 8 Oz (226 grams).

Gloves for Light Contact and Kick Light Contact (boxing gloves). Gloves weigh 10 Oz (283 grams), in use for all weight classes and the weight must be clearly marked. Gloves are produced from special foam rubber, synthetic, compact and soft material which is covered with genuine or artificial leather. Gloves must make it possible for the kickboxer to completely clench his fist and keep his thumb in contact with other fingers. Gloves completely cover the kickboxer's fist with separate parts for fingers and thumb. The thumb is connected by a small strong strip to the rest of the glove. This strip keeps the thumb together with the fist to avoid separation of the thumb during punching and injuries to the kickboxer's thumb or to the other kickboxer. Inner foam rubber material must cover the front and upper part of the fist, edge of palm and upper and front part of thumb.

The interior part of gloves covers the bottom part of fingers and palm only with leather and cover a minimum of 5 cm of the wrist. Gloves will be fastened by Velcro at the kickboxer's wrist. Use of self-adhesive cotton-base tape is allowed (plastic or other types of self-adhesive tape are not allowed). Fastening gloves with strips or any kind of buckles is not allowed.

Art. 2.2. – Hand wraps (bandage)

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

Hand wraps are minimum 300 cm long and 5 cm wide cotton strips with sharp edges. Hand wraps will be fastened on the upper part of kickboxer's wrists with self-adhesive cotton-base strips; maximum length 15 cm and width 2 cm. It is allowed to stick the wraps with the self-adhesive cotton-base tape.

Art.2.3. – Tooth protection (mouth guard)

Tooth protection (mouth guard) is mandatory for all male and female kickboxers. Mouth



guards must be made from soft and pliable rubber-plastic material and can be of any color beside red one. Protection on only the upper teeth or on both upper and lower teeth is allowed. Mouth guard must enable free breathing and must be adapted to the kickboxer's mouth configuration. It is allowed to use a mouth guard over tooth correction apparatus (braces, retainers) only with written approval of doctor which has to be included in kickboxer's medical report stating "Fit to fight".

Art.2.4. – Groin protection

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

Art.2.5. – Breast protection

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

Art.2.6. – Foot protection

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

Art.2.7. – Shin guards

Shin guards are mandatory for all male and female kickboxers. Shin guards are made from hard foam-rubber material. A shin guard must cover the shinbone from under the knee to the top of the feet. Shin guards are fastened to the leg by a minimum of two self-adhesive elastic strips. No other kind of plastic tape is allowed for fixing the guard to the shin. Shin guards with metal, wooden or hard plastic elements are not allowed.

Art. 3. – Uniforms

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

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

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

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

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

If the Promoters and sponsors do not wish the kickboxers to wear advertising other than



their own, the Promoter and his sponsor must provide sponsorship to the kickboxers equal to the amount they have given up from their individual sponsor.

Art. 4. – Kickboxer’s uniforms and equipment

Art. 4.1. – Point Fighting

- Mouth-guard, (breast protection for female kickboxers), Point Fighting gloves, hand wraps (optional), groin protection, shin guards and footprotection.
- Male kickboxers wear long pants (bare torso) and female kickboxers wear a bodice (upper, top) and long pants.

Art. 4.2. – Light Contact

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

Art. 4.3. – Kick Light Contact

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

Art. 5. – Procedure for equipment and uniform check

Kickboxer’s safety equipment and uniform check will be done before the bout starts by the Referee who must be completely sure that safety equipment and uniform of each kickboxer is fully functional and in accordance with WAKO PRO rules. Kickboxers must be suitably conditioned to participate in their chosen discipline. They must have no injuries or illness which may harm themselves or other kickboxer. Kickboxer’s face must be naturally dry and reasonable grease is allowed. Male kickboxers are allowed to wear beard but its length must not extend more than 2 cm. It is not allowed to enter a bout while bleeding, with any sticking plaster casts, tampons in nostrils, any cuts or scratches, any kind of jewelry, earrings, studs or other adornment. No tongue piercing and belly button piercing allowed either. Binding hair with any kind of metal, plastic or hard buckle is not allowed. Only elastic or cotton strips are allowed for this purpose.

Art. 6. – Officials

- WAKO PRO Judges/Referees age limit is 65.
- WAKO PRO Judges/Referees must attend WAKO PRO International seminars during which they have to pass exams (theoretical and practical) in order to be licensed.
- After approval of the license WAKO PRO Judges/Referees must sign Contract with WAKO PRO specifying their duties and rights.
- WAKO PRO Judges/Referees licenses must be renewed every two years.
- WAKO PRO Judges must use clickers to count the scoring points while on duty.
- During WAKO PRO events, each bout must be supervised by a WAKO PRO Referee, who will officiate in the Tatami.
- Three WAKO PRO Judges, who will be seated away from the spectators, must grade each bout. Each of the three Judges must be seated in the corner of the Tatami separate from the other two Judges.
- In each WAKO PRO title bout, to ensure neutrality, the WAKO PRO Technical Director will appoint WAKO PRO officials respecting following rules:
 - WAKO PRO Supervisor will be named from WAKO PRO Judges/Referees and he can



- come from the country where WAKO PRO title event is taking place
- 2 Judges will come from a country different from that of the other Judges and from that of the two kickboxers (Neutral Judges)
- One Judge will come from the country where WAKO PRO title event is taking place
- Central Referee will be from the country where WAKO PRO title event is taking place or he can be named from the country different from that one and from that of the two kickboxers for Light Contact and Kick Light Contact. For Point Fighting title bouts Central Referee will be named from one of two Neutral Judges
- WAKO PRO officials appointed for named WAKO PRO event, will not at any moment of the WAKO PRO event be allowed to act as a manager, trainer, coach or second of a kickboxer or team of kickboxers taking part in a bout.
- The WAKO PRO Referee and the Judges must be dressed in the following manner: clean black pants, WAKO PRO shirt or one given by the Promoter, WAKO PRO bow tie, blue jacket with WAKO PRO logo on it and black gym shoes.

Art. 6.1. – WAKO PRO Supervisor

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

The WAKO PRO Supervisor must:

- Perform the weigh-in
- Make sure that Promoter has fulfilled all of his financial obligations to participants of the WAKO PRO event (kickboxers and officials). Promoter must make all payments immediately after the weigh-in was done and kickboxers are declared ready to fight;
- Appoint the Referee and Judges for each bout;
- Monitor and improve the standards of the Referee and Judges and ensuring conformity to the rules and standard practice;
- Verify that the Referee and Judges perform their duty and responsibilities and inform the WAKO PRO Technical Director if any irregularity takes place;
- Solve any prior problem regarding the promotion, reporting the result to the WAKO PRO Technical Director.
- Verify the scoring papers to ensure that:
 - the score has been tallied correctly;
 - the names of the kickboxers are correct;
 - the correct winner has been named;
- Authenticate the scoring papers and inspect the score;
- Announce the result of the bout to the Announcer;
- Make any decision in case that the Referee or Judges could not continue;
- Report to the WAKO PRO Technical Director if there was any violation of the WAKO PRO rules made by kickboxers or any other official involved in WAKO PRO event;
- And that all results, photos and general information will be sent to WAKO PRO Management in the next five days from the day that WAKO PRO event was held.

Art.6.2. – WAKO PRO Referee

Designation and Participation:

- In approved WAKO PRO events, each bout shall be controlled by a WAKO PRO Referee who shall officiate in the Tatami.



Duties:

The WAKO PRO Referee must:

- Verify that the WAKO PRO rules and fair play are strictly observed;
- Take care of the safety of the kickboxers;
- Maintain control of the bout at all its stages;
- Prevent a weak kickboxer from receiving undue and unnecessary punishment;
- Use three words of command:
 - “Stop” when ordering the kickboxers to stop fighting;
 - “Fight” when ordering the kickboxers to continue fighting;
 - “Break” when breaking a clinch, upon which command each kickboxer shall make one step back before continue fighting;
- Indicate to a kickboxer by suitable explanatory signs or gestures any violation of the rules;
- In case of one or both kickboxers are deaf, the Referee can use a touch by hand on the shoulder or on the arm to “stop” and to “break” the bout.
 - The Referee shall not indicate the winner, by raising a kickboxer’s hand or otherwise, until the announcement has been made.
 - When the Referee has disqualified a kickboxer or stopped the bout, the Referee shall first inform the WAKO PRO Supervisor which kickboxer has been disqualified or the reason for which the bout was stopped, and enable the WAKO PRO Supervisor to instruct the announcer to make the decision correctly known to the public.
 - He must give all commands in English.
 - He will be responsible for the enforcement of the WAKO PRO rules throughout the bout and ensure that all scores, penalties and warnings are recorded.
 - At the end of a bout, gather and check the scoring papers of the three Judges. After verification, he must hand them to the WAKO PRO Supervisor.
 - When the winner is announced, the Referee must raise the kickboxer's arm indicated him/her as the winner of the bout.

Authorities of the Referee

- To stop a bout at any stage if he considers it to be one-sided.
- To stop a bout at any stage if one of the kickboxers has received an unauthorized blow or injury on account of which the Referee decides that the kickboxer should not continue.
- To stop a bout at any stage if he considers the kickboxers are not behaving according to the WAKO PRO rules. In such cases, the Referee may disqualify one or both kickboxers.
- To caution a kickboxer or to stop the bout and give a warning to a kickboxer who has committed a foul in accordance with the WAKO PRO rules.
- To disqualify a kickboxer who fails to comply immediately with the Referee’s orders, or behaves towards the Referee in an offensive or aggressive manner at any time.
- To caution, to remove and to disqualify a second who has infringed the WAKO PRO rules.
 - With or without previous warning, to disqualify a kickboxer for committing a foul.
 - To interpret the rules insofar as they are applicable or relevant to the actual contest or to decide and take action on any circumstance of the contest which is not covered by a rule.

Medical check

A Referee, before officiating in any WAKO PRO event conducted under WAKO PRO rules, shall undergo a medical examination as to physical fitness for carrying out Referee’s



duties in the ring. The Referee's vision shall be correctable to 20/80 or better. The wearing of spectacles by a Referee during a bout is not permitted, but contact lenses are allowed.

Right to check the kickboxer

Equipment and Uniform – Referee shall check safety equipment and uniform of the kickboxer when kickboxer is on the tatami. Referee shall disqualify from competition any kickboxer who refuse to wear safety equipment; however this situation can be immediately rectified at Referee's discretion within five minutes failing which the kickboxer will be disqualified. During the bout if kickboxer's glove or dress becomes undone or damaged, the Referee shall stop the bout to have it attended to.

Right to check the Judges

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

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

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

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

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

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

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

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

When a warning for a particular foul has been given (for example a holding or clinching) the Referee will give next warning to kickboxer if he commits same or any other offense of the rules.



If a Referee thinks that an offense has been committed without his knowledge, he will have the right to stop the bout and consult the WAKO PRO Supervisor.

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

Health and security

- The Referee must use medical gloves and he must change them after every bout.
- The Referee is not allowed to intervene in occasion of any bleeding of a kickboxer. It must be done by coach or, if necessary, by Official Doctor.
- In case of injury, cut or bleeding the Referee must stop the bout and call for Official Doctor. In that occasion the Referee's duty is to make sure that Official Doctor can approach to the injured kickboxer by bringing kickboxer to neutral corner if possible, or, in case that kickboxer is on the floor, to make sure that Official Doctor and his assistants will be the only one at Tatami at that moment.

Art. 6.3. – WAKO PRO Judge

- For Light Contact and Kick Light Contact each Judge must independently consider the merits of the two kickboxers, and must chose the winner, according to the WAKO PRO Rules.
- During the bout, he will not talk to kickboxer, other Judges, or anybody else, with the exception of the Referee. He may, if necessary, at the end of a round, notify the Referee about any incident that he has missed, for example tell him about the misbehavior of a second, loose ropes, etc.
- A Judge will use clickers to count the points. Judge will use back side of scoring paper to mark the points he counted for each kickboxer separately. Points will be marked by numbers for each round separately at the end of each round. According to the number of points, on the front page of scoring paper, Judge will give 10 to 8 marks to each kickboxer in following system:
 - If the score of points is the same or 1 point difference, 10 – 10
 - If the difference of the points is from 2 to 8, 10 – 9 for fighter achieved more points
 - If the difference of the points is more than 8, 10 – 8 for fighter achieved more points
- Always the red corner is on the left side and the blue corner on the right side of both sides of the scoring paper.
- Judge will not leave his place until the decision has been announced.

Art. 6.4. Open Scoring Electronic System

For Light contact and Kick Light contact, an open scoring electronic system may be used. This system is as follows:

- Judge will not leave his place until the decision has been announced.
- All three Judges use a buttons indicating the two corners.
- A screen will show the point status for both kickboxers from the various Judges at all time.
- The displays will be visible for audience and for the coaches involved either with TV screens and/or roll-up screen.
- Fouls, warnings, minus points and time is also shown on the screen, administrating from the computer of the secretariat of tatami.
- The system will be administered by the timekeeper. The bout and its data is stored as a PDF file in the computer at jury's table
- For Point Fighting, an electronic device, (clearly visible to the Judges and the Supervisor) will report the score achieved by the two kickboxers and awarded by a majority of Judges.



Art. 6.5. – WAKO PRO Timekeeper

- The task of a timekeeper is to keep track of the number and the duration of the rounds as well as of the break time.
- He will be seated on next to WAKO PRO Supervisor.
- Ten seconds before the beginning of each round, he will clear the ring, giving order "Seconds out" to announcer
- He will ring the gong at the beginning and at the end of each round.
- He will stop the bout temporarily, when asked to do so by the Referee.
- He will keep track of extra time with a watch or a stopwatch
- Break intervals between the rounds will last one minute.

Art. 6.6. – Announcer

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

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

Art. 6.7. – Coach and Second

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

- Only the coach and the second may get into the Tatami and only one of them at time may be inside.
- A second can give up the fight on behalf of his kickboxer, and can also, if the kickboxer is in great difficulty, toss the towel into the Tatami, except while the Referee is counting.
- During the bout, neither the coach nor the second can be on the Tatami. They must, before each round, remove stools, towels, buckets, etc.
- No coaches will be allowed to enter the Tatami while a bout is in progress.
- Any coach, second or official, encouraging or prompting the spectators to give signs of advice or encouragement to a kickboxer during a round, can be suspended from his function in the bout in course.
- A coach or a second who violates the rules may receive a warning or be disqualified by the Referee.

Art. 7. – Decisions

The following decisions could bring the fight to an end:

- Win on points (P).** At the end of a bout, the winner shall be determined on the basis of the total number of points scored during the bout. The kickboxer having scored the most points shall be



declared the winner. If both kickboxers are injured, and cannot continue the bout, the kickboxer having scored more points at the time when the bout is stopped shall be declared such as the winner. This rule will apply only in case that injury was not caused intentionally and if there is already two rounds finished.

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

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

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

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

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

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

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

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

Art. 8. – Changing a decision

All public decisions are definitive and cannot be changed unless:

- Mistakes which occurred in calculating the points are discovered;



- One of the Judges declare he made a mistake and switched the scores of the kickboxers;
- There are evident violations of WAKO PRO rules.

Regular protests

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

Irregular protests

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

Video evidence

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

Art. 9. – Awarding of Points

In awarding points, the following rules must be respected:

Directive 1 - concerning strikes

During each round, a Judge will mark respective score for each kickboxer, according to the number of strikes that each one has delivered. To be scored, a punch or kick strike must come from the right distance, with controlled power, with legal striking area, landed on legal target area and not to be blocked, even partially deviated or stopped. The number of recorded strikes (points) in a bout will be counted at the end of each round and written to each kickboxer on the back side of the scoring paper. According to points made Judge will give score to each kickboxer on the front side of the scoring paper.

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

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

Directive 2 - concerning offenses

During each round Judge can not penalize each offence he sees, regardless of whether the Referee has noticed it or not. He has to call the Referee's attention to that offense. If the Referee gives an Official warning to one of the kickboxers, the Judges mark it in the appropriate column next to the points of the kickboxer who has received the warning. In case of minus points Judge must take it away from his final score.

Directive 3 - awarding points

Points will be given per round. No fractions of points will be given. At the end of each round, the more skillful kickboxer (the one who has scored more points) will receive 10 points and his opponent proportionally less (10-9). In case that there was 2 to 8 points difference score will be 10:9. In case there is more than 8 points difference in the same round score will be 10-8. If the both kickboxers have scored same points or one has scored 1 point more, each one will receive 10 points.



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

If, at the end of a bout, after having judged each round according to directives 1 and 2, both kickboxers have an equal number of points, the Judge will give advantage to the kickboxer who has won the last round, shown better style, better techniques, better defense, better strategy, better endurance and stamina.

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

Art. 10. – Injuries

The bout must be stopped if an injury occurs or if the equipment is not in order. The bout may only be stopped by the Referee (the Judges or Official Doctor may notify the Referee that the time must be stopped). In the event of injury, time may only be stopped until the Official Doctor decides about the seriousness of the injury, that is, whether or not the bout can continue or whether it must be stopped. Treatment of the injury can only be done in between rounds or after the bout. An interruption made by Official Doctor should not exceed 4 minutes in total for entire bout. If the injury needs to be treated, the bout must be stopped. In any case, cuts cannot be taped. If the bout is stopped due to injury, the officials must decide:

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

If the injury was not intentional and the injured kickboxer cannot continue fighting immediately, the uninjured kickboxer is declared the winner by RSCI. If the injury is due to a violation of the rules, the responsible kickboxer is disqualified. If the injury is due to his own fault, the other kickboxer is declared the winner by RSCI. In case of any injury, the Official Doctor has the right to instruct Referee whether a kickboxer can or cannot continue to fight. The Official Doctor will communicate his decision to the Referee who will act accordingly with approval of the WAKO PRO Supervisor. A kickboxer can at any time give up fighting, raising his arm to indicate surrender. In this case the Referee will stop the bout. The other kickboxer will be declared to be the winner by retirement (AB).

Art.11. – Procedure after Injury

If a kickboxer gets injured in a bout the Official doctor is the only person that can evaluate the circumstances.

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

Procedure if injuries in general

In case of injuries the Official doctor can give a minimum of quarantine period and recommend treatment at hospital. An Official doctor can require immediately treatment at hospital. If a kickboxer or delegates from kickboxer's team denies Official doctors medical advice, the Official doctor report in written form immediately to Supervisor that all medical responsibility are denied and are in the hands of the kickboxer and his team. However the official result stays valid.

Art. 12. – Medical Aptitude

A kickboxer will be allowed to fight in an WAKO PRO event only after having been declared fit for it by Official Doctor, named by the WAKO PRO Representative and approved by WAKO PRO Supervisor, in the country where WAKO PRO event takes place. All kickboxers fighting abroad will need to have a certificate established by a medical doctor,



certifying that the athlete, before leaving his country, was in good physical condition and had no injuries, infections or medical problems that could affect his ability to fight in the visiting country. This certificate “FIT TO FIGHT” will be attached to the national sport passport of the kickboxer, according to the practice of his/her association and presented during the medical examination which will precede weigh-in. One-eyed, deaf, mute and epileptic kickboxers are not allowed to fight. Hard contact lenses are forbidden while the kickboxer is in the ring. A kickboxer will not be allowed to take part in a bout if he has bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included.

Art. 13. – Doctors’ Aide

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

Art. 14. – Health of kickboxers

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

Every kickboxer is asked to respect it and to train without using drugs which can affect his performances. Any drug or chemical substance ingested by a kickboxer, which is not included in the kickboxer's normal diet, is forbidden. Any kickboxer or official violating this Code may be disqualified or suspended by WAKO PRO. Any kickboxer refusing to submit to a medical examination or doping test prior or after a bout, in order to verify that he has not broken this rule, may be disqualified or suspended.

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

WAKO PRO refers to and adopts WADA Doping Rules.

Chapter Three – WAKO PRO Point Fighting rules

Art.1 – Definition

Point fighting is a fighting discipline where two kickboxers fight with the primary goal of scoring defined points using controlled legal techniques with speed agility and focus. The main characteristic of Point Fighting is delivery, technique and speed. The competition in Point Fighting should be executed in its true sense with well-controlled contact. It is a technical discipline with equal emphasis put on hand and foot techniques. Techniques (punches and kicks) are strictly controlled. At each valid point (point that is given, with legal part of hand or foot to legal targets and with legal technique) the Referee halts the bout and at the same time as the two Judges, shows with his / her fingers the number of points in the direction of the kickboxer who is being awarded the point or points.

Art.2 – Legal Target Areas

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

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

Art.3 – Illegal Target Areas

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



Art.4 — Legal Techniques

Hand techniques:

- Punch, back fist, ridge hand, hook punch

Foot techniques

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

Throwing techniques:

Foot sweeps (ankle level only, from outside to inside and vice versa) to unbalance the opponent and following up with hand/kicking techniques or to bring the unbalanced opponent to the Tatami or to touch it with any part of body apart from feet.

Hand and foot techniques should be used equally during the entire fighting period. All techniques must be used with controlled power. Any technique which is partially deviated or blocked by opponent will not be scored.

Art.5 – Illegal techniques and actions

The following actions are considered fouls:

- Hits or blows with head, shoulder, forearm, elbow, knee, throttling of the opponent, and pressing with arm or elbow in opponent's face
 - Hitting with open glove, the inside of the glove, wrist or side of the hand
 - Hits landing on the back of the opponent, and especially any blow on the back of the neck and kidney punch
 - Lying on, wrestling and throwing in the clinch
 - An attack on an opponent who is down or who is in the act of rising
 - Holding
 - Ducking below the belt of the opponent in a manner dangerous to the opponent
 - Completely passive defense by means of double cover and intentionally falling, running, or turning the back to avoid a blow
 - Inappropriate, aggressive, or offensive utterances during the round
 - Not stepping back when ordered to break
 - Attempting to strike opponent immediately after the Referee has ordered "break"
 - Assaulting or behaving in an aggressive manner towards a Referee at any time
 - Spitting out gum-shield (teeth protector)
 - Clinching without any reason
 - Punching below the belt, hooking, tripping, and hitting with knees or elbows
 - Hitting while hooking the opponent, or pulling the opponent into the blow
 - Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter
 - Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder
 - Attack opponent's legs with kicks
 - Turn one's back on the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist
 - Using artificial means for a passive defense and falling down intentionally, in order to avoid a



blow

- Using insulting and aggressive language during a round
- Continue after the command "stop" or "break" or end of the round has been given.

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

Art.6 – Points

Art. 6.1 Scoring criteria

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

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

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

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

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

Art. 6.2 Calls Referees and Judges may make (points)

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

1. An incorrect summation of points
2. Referee gave a point to a kickboxer who dropped down or stepped out after receiving the point

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

Art. 6.3 Score

Arms are immediately raised to indicate the kickboxer who scored. To award a score there must be a minimum of two concurring decisions by Referee and Judges.

If the Referee and one Judge show two raised arms (point for both kickboxers) and other Judge points to one kickboxer, the Referee's decision must be the appropriate point for both kickboxers.

If the Referee shows two points (kick to head) and one Judge shows one point, the Referee must ask the Judge what they saw, a kick technique or punch technique. If Judge saw a kick technique the Referee will award one point to the kickboxer, and if the Judge saw a punch technique, the Referee will indicate no points scored.

In situations where there are the same number of arms raised, both kickboxers shall be awarded a score.

Art. 6.4 No score

Arms are crossed in front of Referee or Judges at waist level, if the Referee or Judge could not



see the technique strike a legal target area.

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

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

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

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

Art. 6.5 Awarding points

If the Referee sees an action that is considered to be a valid point, he will command STOP and immediately signal the point, as do the Judges. The Referee counts the decisions and awards the score to the appropriate kickboxer. Each Judge must make an immediate decision following the command of the Referee.

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

Punch – 1 point

Kick to the body – 1 point

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

Kick to head – 2 points

Jumping kick to the body – 2 points

Jumping kick to head – 3 points

Art. 6.6 Overviews awarding points

After every recognized score the command STOP will be given and an immediate vote to indicate who scored will be given by Referee and the two Judges. Score will be carried out thru all rounds. The Winner of the bout will be kickboxer with higher score at the end of the bout.

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

Warnings should be given in a loud and clear voice so that both kickboxers and their coaches can hear and understand the warning. The Referee should stand facing the offending kickboxer and give the warning. To award a penalty point the Referee must first request the time to be stopped. They must face the Score Keeper and state that a penalty point is to be awarded by point to the kickboxer who is to be penalized and stating in a loud, clear voice why the kickboxer is being penalized. If a kickboxer is attacking and because of velocity forward steps off the Tatami, this is not regarded as an exit. Warnings will be carried over throughout the bout to all rounds. When Referee is giving warnings or a penalty (minus) point, time must be stopped.

Exit Rules

Unlike the official rules, all outputs will be penalized with -1 point.

1st Exit = Official Warning

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



with hand signal

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

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

Rule Violations (Other than Exits)

1st Verbal Warning (may move to 1st Official Warning if warranted)

1st Official Violation = Official warning

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

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

4th Official Violation = Official Violation = Disqualification, verbally communicated to kickboxer with hand signal

Art. 6.8 Disqualification

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

Leaving the Tatami: Rules Unlike the official rules, all outputs will be penalized with -1 point.

If a kickboxer leaves the Tatami (EXIT) without being pushed, kicked or knocked out by his opponent it will be seen as a "Voluntary Exit" and will receive a warning from the Referee. On the second exit the kickboxer will lose one point. On the third exit – 1 point. Each following exit will be penalized with – 1 point.

Stepping out (EXIT) means

Stepping outside the line, even with only one foot – the whole of the foot must be outside the designated area. Stepping on the line should not be considered as stepping out. If the kickboxer is pushed out by his opponent, or he went outside the line as a result of a hit or kick, it is not classed as a voluntary exit. The fact of stepping out is stated by the Judge every time or decide about is on the basis of majority decision. Warnings for leaving the area will be kept as a separate issue from Warnings for other **offences**. All exits will be indicated to kickboxer and table official.

Art. 7. Violations of Rules

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

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

Gross and serious rules violations may be handled immediately with a penalty point or even disqualification in extreme cases. Anytime a Referee thinks that a disqualification is necessary, he will confer with all the Judges and WAKO PRO Supervisor to ensure that the proper procedures are being applied. A kickboxer cannot receive a point and a warning at the same time.

Stopping the bout (Time-out)

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



A kickboxer may request a time-out by raising his arm to check an injury or correct / fix his safety equipment. The Referee does not have to grant time-out if it would be an unfair advantage or that it may in any way take away the advantage from the other kickboxer, unless the request is related to a health and safety issue.

Time-Outs shall be kept to a minimum. If the Referee feels that a kickboxer is using Time-Outs to rest or to prevent the other kickboxer from scoring a warning shall be given for delaying the fight. Only WAKO PRO Supervisor may interrupt the bout from outside the Tatami. WAKO PRO Supervisor shall attract the attention of the Referee who shall call Time-Out.

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

Art. 8. Reasons for Time-out

- Injury (See Rule on injuries and treatment)
- For the Referee to confer with Judges or WAKO PRO Supervisor
- For the Referee to converse with a kickboxer or his Coach
- To ensure safety and fair play

Time-Out is not called to issue points. The Referee should do this quickly to ensure that each kickboxer has the benefit of the complete fighting time allowed for the bout.

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

Chapter Four – WAKO PRO Light Contact rules

Art. 1. – Definition

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

Art.2 – Legal Target Areas

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

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

Art.3 – Illegal and Prohibited Techniques

The following actions are considered fouls:

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



- An attack on an opponent who is down or who is in the act of rising
 - Holding
 - Ducking below the belt of the opponent in a manner dangerous to the opponent
 - Completely passive defense by means of double cover and intentionally falling, running, or turning the back to avoid a blow
 - Inappropriate, aggressive, or offensive utterances during the round
 - Not stepping back when ordered to break
 - Attempting to strike opponent immediately after the Referee has ordered “break” and before taking a step back
 - Assaulting or behaving in an aggressive manner towards a Referee at any time
 - Spitting out gum-shield (teeth protector)
 - Keeping the advanced hand straight in order to obstruct the opponent’s vision
 - Clinching without any reason
 - Punching below the belt, hooking, tripping, and hitting with knees or elbows
 - Hitting while hooking the opponent, or pulling the opponent into the blow
 - Suddenly lowering one's head below opponent's belt in a way that would be dangerous
 - Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder
 - Turn one's back on the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent’s waist
 - Using artificial means for a passive defense and falling down intentionally, in order to avoid a blow
 - Using insulting and aggressive language during a round
 - Continue after the command "stop" or "break" or end of the round has been given.
- Violations of the rules and regulations may, depending how grave they are, lead to warnings or even disqualification.

Art.4 — Legal Techniques

Hand techniques:

- all boxing punches, back fist

Foot techniques

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

Throwing techniques:

Foot sweeps (ankle level only, from outside to inside and vice versa) to unbalance the opponent and following up with hand/kicking techniques or to bring the unbalanced opponent to the tatami or to touch it with any part of body apart from feet.

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

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



Art.5 – Points

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

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

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

Points

Punch - 1 point

Kick to the body - 1 point

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

Kick to head - 2 points

Jumping kick to body - 2 points

Jumping kick to head - 3 points

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

At the end of the bout, the Judge will sum all the marks per round and name the winning kickboxer who has the larger sum of marks.

If the sum of marks is the same, the Judge will have to give his preference to the kickboxer that in his opinion showed, in the whole match:

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

Art.6 – Warnings

EXIT RULES

1st Exit = Official Warning

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

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

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

RULE VIOLATIONS (OTHER THAN EXITS)

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

1st Violation - 1st Official Warning



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

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

4th Violation – Disqualification

DISQUALIFICATION

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

EXIT

Leaving the Tatami.

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

Stepping out (EXIT) means:

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

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

Chapter Five – WAKO PRO Kick Light Contact

Art. 1. – Definition

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

Art.2 – Legal Target Areas

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

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

Art.3 — Legal Techniques

Hand techniques:

- all boxing punches, back fist

Foot techniques

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

Throwing techniques:



Foot sweeps (ankle level only, from outside to inside and vice versa) to unbalance the opponent and following up with hand/kicking techniques or to bring the unbalanced opponent to the canvas or to touch it with any part of body apart from feet.

Art.4 – Illegal and Prohibited Techniques

The following actions are considered fouls:

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

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

Art.5 – Points

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

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



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

Points

Punch - 1 point

Kick to the body - 1 point

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

Kick to head - 2 points

Jumping kick to body - 2 points

Jumping kick to head - 3 points

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

At the end of the bout, the Judge will sum all the marks per round and name the winning kickboxer who has the larger sum of marks.

If the sum of marks is the same, the Judge will have to give his preference to the kickboxer that in his opinion showed, in the whole match:

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

Art.6 – Warnings

EXIT RULES

1st Exit = Official Warning

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

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

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

RULE VIOLATIONS (OTHER THAN EXITS)

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

1st Violation – 1st Official Warning

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

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

4th Violation – Disqualification



DISQUALIFICATION

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

EXIT

Leaving the Tatami.

If a kickboxer leaves the area (EXIT) without being pushed, kicked or knocked out by his opponent it will be seen as a "Voluntary Exit" and will receive a warning from the Referee. On the Second exit the kickboxer will lose one point. On the third exit the kickboxer will lose -1 point. Each following exit will be penalized – 1 point. If the kickboxer fights on the edge of Tatami, the Referee must not stop the fight to prevent the kickboxers from the exit.

Stepping out (EXIT) means:

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

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

Chapter Six – Synthesis of WAKO PRO rules

Art. 1. – WAKO PRO representative

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

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

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

Art. 2. – WAKO PRO title holder

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

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

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

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