

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

Art. 2 - Competition Area

- ❖ The competition area is the tatami.
- ❖ At World and European Championships the tatami size should be 8x8 meters for seniors and juniors and 6x6 meters for cadets. The Tatami size can be 6x6 in Jun/Sen World or regional Championships only in case of "force major".
- ❖ For World Cups, regional and low-level championships tatami dimensions can be smaller, but no smaller than 6x6 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 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.

Art. 3 - Uniforms and Equipment

- ❖ Safety equipment is: head protection, mouth-guard, breast protection (mandatory for senior and junior women, recommended for cadet girls), 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/European/regional Championships, T-Shirts of V neck tops, must wear the name of the country.
- ❖ 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 does not wish the Fighters to wear advertising other than his own, then the promoter and his sponsor must provide sponsorship to the Fighters or Countries equal to the amount they have given up from their individual sponsor.

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

Art. 3.1 - Rounds

Amateur fights in lightcontact , have 3 x2 minute rounds in all WAKO tournaments. In Wako-Pro matches, fighters can have 5-7 rounds 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
Under 69 kg
Under 74 kg
Under 79 kg
Under 84 kg
Under 89 kg
Under 94 kg
Over 94 kg

WOMEN (From age 19 TO 45)

Under 50 kg
Under 55 kg
Under 60 kg
Under 65 kg
Under 70 kg
Over 70 kg

JUNIORS

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MALE (From age 16 to 18)

Under 57 kg
Under 63 kg
Under 69 kg
Under 74 kg
Under 79 kg
Under 84 kg
Under 89 kg
Under 94 kg
Over 94 kg

FEMALE (From age 16 to 18)

Under 50 kg
Under 55 kg
Under 60 kg
Under 65 kg
Under 70 kg
Over 70 kg

- ❖ Important:
 1. Seniors: From the day he/she fill 18 until the day he/she fill 45
 2. Juniors: From the day he/she fill 16 until the day he/she fill 19.
 3. That means that the year he/she are 18, they can decide to be either junior or senior. However if the fighter has competed as senior at the age of 18 he/she can not go back to junior again.
 4. Younger Cadets: From the day he/she fill 10 until the day he/she fill 13
 5. Older Cadets: From the day he/she fill 13 until the day he/she fill 16.
- ❖ Junior competitors can participate in senior competitions.
- ❖ Positive proof of age will be required at ALL events.
- ❖ Weigh-ins for all Fighters in European or World Championships must be conducted on the day prior to the competition. In World Cups, Regional or National events may hold their Weigh-ins on the same day as the Competition.
- ❖ Time and place of the Weigh-in must be advertised by the Promoter who must send a written schedule to all National Presidents outlining the details.
- ❖ At least two members of the Technical or Referee Committee must be present at the Weigh-in. A chart must be kept showing the name, weight and country of each Fighter. The Fighter and one member of the Technical or Referee Committee must sign this chart.
- ❖ The Promoter must provide a Doctors Medical Scales for all Official Weigh-ins. These scales shall be made available to all Fighters at least one day prior to the day of the Official Weigh-in.

WEIGH-IN:

During World and International championships, as well as International competitions, the following rules must be respected:

- ❖ The fighters of each weight category will be weighed the day before the competition or in the morning between 8 and 10 on the same day that they have been drawn to fight. Executive/Referee Committee or any other WAKO official delegate will be allowed to modify these conditions in case of an inevitable post opponent. The fights will start at least 3 hours after the weighing time, or in a shorter lapse of time if the Executive Committee so decides, after consulting the Medical Committee, provided that the decision is not prejudicial to any kickboxer taking part in the first bouts of the tournament.
- ❖ The WAKO authorized delegates will perform the weigh-in. WAKO representatives of any National Association 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. It is allowed, nevertheless, for the representative of a country whose fighter has not reached the right weight during the official weigh-in, to put him into another, suitable weight category, provided that the country in question has got a vacancy in that category and the weigh-in has not yet closed. It is also allowed for all countries to substitute one kickboxer with another, before the end of the first weigh-in and the medical check-up, on condition that, within each competition where substitutes are allowed, the kickboxer in question has been registered as a reserve for that, or in any other weight category.
- ❖ 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 WAKO 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.

INTERNATIONL BOUTS:

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

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 Behavior

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:

- ❖ ridge hand
- ❖ 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 touches or brushes or pushes 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 World or regional Championships, fights have 3 rounds of 2 minutes with a one-minute break between each round in both elimination and final matches. In tournaments such as World Cups, 2 rounds of 2 minutes can be used both for elimination and final matches.

In WAKO-PRO activity, rounds can be 5 or 7 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 behavior.

Art. 11 – Officials

REFEREES AND JUDGES IN GENERAL:

- ❖ During World or other international championships, each bout must be supervised by a WAKO acknowledged referee, who will officiate in the fighting area , but will not fill out score sheets.
- ❖ Three WAKO 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 referees and the three judges for each bout will be chosen by the Chief Referee , according to the following rules:
 - Each official will come from a country and Federation/Association different from that of the others and from that of the fighters.
 - In no way may two of the Officials of the same bout, if not due to an uncontrollable event, come from the same country.
 - An official may not be born or live in a country which is a dominion, colony or in any way dependant of the country of either kickboxer taking part in the bout.
 - In the case of an official having changed nationality, he will not officiate in a bout where one of the fighters or other officiating judges come from his native country.
- ❖ In the event the Chief Referee is not able to apply the above-mentioned directions due to special circumstances, it will find a solution that will ensure the neutrality and impartiality of appointed officials, followed by a prompt report to the Referee Committee.
- ❖ In the event the Chief Referee is not able, for any reason, to apply the preceding directives, the name or names of the Official or Officials will be chosen by drawing lots, by the Chairman of the Referee Committee, or any other person on his behalf, for the bout in question.
- ❖ For international matches between the Teams of two or more National Federation/Associations, a bout could be supervised according to an agreement between the official representatives of the Federation/Associations in question, provided that the agreement does not go beyond the basic refereeing principles set forth in WAKO regulations.
- ❖ Persons in charge of the refereeing or judging of a bout or a series of bouts, will not at any moment of the bout or bouts be allowed to act as a manager, trainer, coach or second of a kickboxer or team of kickboxers taking part in a bout, nor act as an official in a match in which a fighter from his country participates.
- ❖ The Referee Committee or its official representatives, to comply with the request of the jury, temporarily or permanently, can suspend the functions of any referee who, to their opinion, does not respect WAKO regulations or any judge whose marks are not considered satisfactory.
- ❖ Should the referee prove to be inadequate during the course of a bout, the Chief Referee will hold him back and stop the match. The next referee on the WAKO international list of neutral referees, will receive the necessary instructions to direct and officiate the rest of the bout.

Art. 12 - Referees

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

In case of "force major", referees can officiate with open collar for qualification matches only.

- ❖ 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
 - BREAK to break up a body-to-body position, after which each boxer must draw back before continuing the fight
 - FIGHT when he orders the fight to continue.
 - 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.
 - He must indicate to the kickboxers, by appropriate signs or gestures, any violation of the Regulations.

REFEREES 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 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 on the tatami. His sight must be at least 6 dioptrics per eye. A referee is not allowed to wear glasses, but he may wear contact lenses. The referee is obliged to attend the meeting organized by the Medical Committee, before each Championship.

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 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.

- ❖ During a round the judge will use the back of the scorecard to record the number of hits he sees, either by a number or by numbers of lines. 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.
- ❖ He will keep track of extra time with a watch or a stopwatch
- ❖ 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 shirt, WAKO bow-tie, blue jacket with WAKO 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

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 shown better technique and tactics or who has shown better defense 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 not showing up (Walk Over):

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

- ❖ 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 rules.

The chief referee of the ring, with the help of the WAKO Appeal Board, will immediately handle all protests. After the discussions, the Chairman of the WAKO Appeal Board will announce the official result.

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. . 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 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 further 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 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 periode 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 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.

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 refers to and adopt WADA Doping Rules