

## **CHAPTER FIVE – WAKO LOW-KICK**

### **Art. 1 - Definition**

- ❖ Low-Kick can be defined as full contact kickboxing in which there is also the possibility of attacking the opponent's legs with clean kicks. All other definitions are as those of full contact kickboxing
- ❖ Each fighter must have his own WAKO SPORT PASS with MEDICAL TEST in it, valid for 1 year, to be shown at weigh-in procedures.
- ❖ In European or World Championships NO FOREIGN COMPETITORS can be included in NATIONAL TEAMS. At weigh-in, official passports must be shown to the officials in charge.

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

The following ring equipment must be available:

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

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

### **Art. 3 - Uniforms and Equipment**

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

### **Art. 3.1 - Rounds**

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

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

##### **MALE WEIGHT CATEGORIES:**

Light bantamweight	-51 kg
Bantamweight	-54 kg
Featherweight	-57 kg
Lightweight	-60 kg
Light welterweight	-63.5 kg
Welterweight	-67 kg
Light middleweight	-71 kg
Middleweight	-75 kg
Light heavyweight	-81 kg
Cruiserweight	-86 kg
Heavyweight	-91 kg
Super heavyweight	+91 kg

##### **FEMALE WEIGHT CATEGORIES:**

Bantamweight	- 48 kg
Featherweight	- 52 kg
Lightweight	- 56 kg
Middleweight	- 60 kg
Light heavyweight	- 65 kg
Heavyweight	- 70 kg
Super heavyweight	+ 70 kg

JUNIOR'S WEIGHT CLASSES ARE THE SAME AS FOR SENIORS

##### **AGE DIVISIONS:**

- ❖ In Low-Kick competition the following are allowed to participate:
- ❖ Juniors - 16, 17 and 18 years old. That means from the day he/she fill 16 until the day he/she fill 19
- ❖ Seniors - 18 to 45 years old. From the day he/she fill 18 until the day he/she fill 45
- ❖ 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.
- ❖ The age category is same for male and female competitors
- ❖ Younger competitors cannot participate in an older category.
- ❖ Age divisions will be determined in the following manner: a competitor will be placed in age division according to his year of birth, not his actual birthday, and he will be required to compete all year in this age category. Positive proof of age will be required at ALL events.

##### **WEIGH-IN:**

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

Fighters of each weight category will be weighed the day before the competition or in the morning between 8 and 10 on the same day that they have been drawn to fight. Tournament Committee or any other Wako official delegate will be allowed to modify these conditions in case of an inevitable postponement. The fights will start at least 3 hours after the weighing time, or in a shorter lapse of time if the Tournament 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 weighing. 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 procedure 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.
- ❖ Before being weighed, each fighter must be declared fit for fighting by a qualified doctor.
- ❖ 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 weigh-in.
- ❖ Each fighter must be in possession of a card with the written decision of a medical doctor as well as the decision of the official in charge of the weigh-in.

#### INTERNATIONAL BOUTS:

In tournaments or competitions between two or more nations, the weigh-in will be carried out by a member appointed by the National Association of the organizing country, with a representative of the participating country or countries present and allowed to verify the weight of each kickboxer. With each victory, the kickboxer will win 2 points for his team: with each defeat, he will win 1 point for his team, unless he has been disqualified, then no points will be granted. The Association of the country which hosts a "visiting" team will provide it with a 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 authorized fighting techniques:

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

#### **Art. 6 – Illegal Target Areas, Prohibited Techniques and Behavior**

It is prohibited to:

- ❖ Attack the throat, lower abdomen, kidneys, back, legs, joints, groin and the back of the head or neck.
- ❖ Attack with the knee, elbow, knife-hand, head-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 caught between the ropes
- ❖ Attack an opponent who is falling to the floor or is already on the floor; that is, as soon as one hand or knee touches the floor.
- ❖ Leave the ring
- ❖ Continue after the command "stop" or "break" or the end of the round signal has been given.
- ❖ Oil the face or the body
- ❖ Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

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

### HAND TECHNIQUES:

The following hand technique may be applied:

- ❖ all boxing punches
- ❖ backfist

### FOOT TECHNIQUES:

- ❖ frontkick
- ❖ sidekick
- ❖ roundhouse kick
- ❖ heel kick (sole of the foot only)
- ❖ crescent kick
- ❖ axe kick (sole of the foot only)
- ❖ jumpkicks
- ❖ the use of shins in kicking

### THROWING TECHNIQUES:

- ❖ footsweeps (ankle level)

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

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

### POINTS:

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

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

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

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

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

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

### PENALTY

Warnings will be carried through the Match to all rounds

- ❖ 1<sup>st</sup> violation – Verbal Warning
- ❖ 2<sup>nd</sup> violation - Official Warning
- ❖ 3<sup>rd</sup> violation - Award penalty point -1
- ❖ 4<sup>th</sup> violation - Disqualification

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

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

the fighter does not deliver the missing kicks in the third round, the central referee will give him 1 minus point.

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

For violation of this rule the central referee can give a fighter a maximum of 2 minus points.

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

## **Art. 9 - Rounds**

Amateur fights have 3 x2 minute rounds in all WAKO tournaments. In Wako-Pro matches, fighters can have 5-7-10-12 rounds with a minute break between each round

## **Article 10 - Match**

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

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

## **Article 11 – Officials**

### CHAIRMAN OF THE TECHNICAL COMMITTEE:

The Chairman of the Technical Committee shall act as member of the Appeals Board together with the Referee Committee and the Executive Committee members.

### REFEREES AND JUDGES IN GENERAL

- ❖ During World or other international championships, each bout in a ring must be supervised by a WAKO international acknowledged chief referee, especially appointed by International Referee Committee, who can officiate in the center, but will not fill out score sheets.
- ❖ Each bout is graded by three International judges. The three WAKO judges will be seated away from the spectators and close to the ring. Each of the three judges must be seated in the middle of three respective sides of the ring.
- ❖ To ensure neutrality, the referees and the three judges for each bout will be chosen by the Chief Referee on duty in that ring, according to the following rules:
  - Each official will come from a country and Federation different from that of the others and from that of the fighters.
  - In no way may two of the Officials of the same bout come from the same country, unless it is due to an uncontrollable event.
  - 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 case of the Chief Referee not being able to apply the above-mentioned directives due to special circumstances, it will find a solution which will ensure neutrality and impartiality of appointed officials, followed by a prompt report to the International Referee Committee.
- ❖ In the case of the Chief Referee not being 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 International Referee Committee, or any other person on his behalf, for the bout in question.
- ❖ In the case of international matches between the Teams of two or more National Associations, a bout could be supervised according to an agreement between the official representatives of the Federations in question, provided that the agreement does not go beyond basic refereeing principles set forth in the in the WAKO regulations.

- ❖ Persons in charge of refereeing or judging of a bout, or a series of bouts, will not at any moment of the bout or bouts be allowed to act as a manager, trainer, coach or second of a kickboxer or team of kickboxers taking part in a bout; or to act as an official in a match in which a fighter from his country participates.
- ❖ The International referee Committee or its official representatives, to comply with the request of the jury, temporarily or permanently can suspend from his functions any referee who, in their opinion, does not respect WAKO regulations; or any judge whose marks are not considered satisfactory.
- ❖ Should the referee be inadequate in the course of a bout, the Chief Referee will hold him back and stop the match. The referee next on the WAKO international list of neutral referees, will receive the necessary instructions to direct and officiate the rest of the bout.

## **Art 12 - Referees**

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

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

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

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

## **REFEREES POWERS:**

The referee has the power to:

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

to each judge that a particular warning has been given and clearly show which kickboxer has been punished. After having given the warning, the referee orders the kickboxers to fight. If a fighter has been given 3 official warnings within the same bout, he is disqualified.

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

#### ABOUT HEALTH AND SECURITY:

- ❖ The referee in ring-sports must use plastic gloves and he must change them after every fight in which blood has occurred.
- ❖ At ringside there must be soft paper tissue to be used by the central referee on the fighters
- ❖ Soft paper tissue used on one fighter cannot be used on another fighter.

#### KICK-COUNTER:

A kick-counter is a judge who sits in neutral ring corners. It is mandatory to use kick-counter in all WAKO World and Regional Championships. It is also recommended to use this in all other WAKO sanctioned tournaments like World Cups or Open Tournaments. The kick-counter reports to the referee after every round if any missing kicks. The only responsibility of the kick-counter is to assure that the fighters have delivered enough kicks (6) in each round. In all WAKO World and Regional Championships it is mandatory that the kick-counter use board with visible red and blue numbers. In other tournaments there can be used klickers even though it is recommended to use boards.

#### MEDICAL CHECK-UP REFEREES:

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

#### **Art. 13 - Judges**

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

#### **Art. 14 - Timekeeper**

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

#### *Special Note!*

*The Referee and the judges should be dressed in the following manner: clean gray pants, white WAKO 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 a coach/fan).*

#### **Art. 15 – Point Evaluation**

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

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

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

- ❖ the effectiveness of the defense
- ❖ the effectiveness of the attacks
- ❖ the balance of hand and foot technique
- ❖ the correct number of kicks delivered
- ❖ the overall impression of the athletic performance
- ❖ better stamina and endurance
- ❖ more action, especially in last round

The judges use the "Remarks" section on scorecard to explain their decision of the winner.

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

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

#### **Art. 17 - Decisions**

The decisions will be reached as follows:

- ❖ **Victory via points:** at the end of a bout, the kickboxer who has obtained a victory by the decision of the majority of judges is declared the winner (victory via majority vote). If both kickboxers are simultaneously injured or KO'd and cannot continue the fight, judges will mark the points obtained by each fighter to that point, and the kickboxer ahead by points will be declared the winner. In WAKO-PRO bouts, rule 14.1 will be applied only after the end of the 3<sup>rd</sup> round. Otherwise, NO CONTEST will be declared.
- ❖ **Victory via abandonment:** if a kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.
- ❖ **Victory via stoppage, upon order of the referee (TKO).**
- ❖ **Relegation:** if a kickboxer is relegated on the referee's advice, or if he receives excessive punishment, the fight will be stopped and his opponent declared the winner.
- ❖ **Injury:** if the referee judges a fighter unable to continue the fight, due to an injury or any other physical reason, the fight will be stopped and his opponent declared the winner: The right to make such a decision is incumbent upon the referee who can consult the doctor. Having done so, the referee will follow the doctor's advice. When a referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.
- ❖ **Victory via disqualification:** if a kickboxer is disqualified, his opponent will be declared the winner. If both kickboxers are disqualified, the decision will be announced accordingly. A disqualified Kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title of the competition in the course of which he has been disqualified, except in the case when the Executive Committee decides differently (in its absence, the decision may be made by the Appeal Board, or if none, by an official responsible for the event). Such a decision not

taken by the Executive Committee may be, following a request, submitted to a review and confirmation of the Appeal Board itself.

- ❖ Victory by default: when a kickboxer is present in the ring and ready to fight, and his opponent does not appear when announced by the loud speaker. After two minutes, the gong will ring and the referee will declare the first kickboxer the winner by default. He will ask the judges to annotate the score sheets accordingly; he will gather them and call the kickboxer to the ring center, and raise his hand as the winner.
- ❖ The 3 knock-down rule is valid. This means that the fight will be stopped if a fighter has been knocked down 3 times in the same fight. The referee declares the fighter TKO after the 3rd knock down.

### **Art. 18 – Changing a decision**

All public decisions are definitive and cannot be changed unless:

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

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

### **Art. 19 – Awarding of Points**

In awarding points, the following rules must be respected:

- ❖ Directive 1 - concerning blows

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

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

- ❖ Directive 2 - concerning offenses

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

- ❖ Directive 3 - awarding points

Points will be given per round. No fractions of points will be given. At the end of each round, the better (the more skilful) kickboxer, the one who has scored more , will receive 10 points and his opponent proportionally less (10-9) - (10-8). When the kickboxers are judged on the same level, each one will receive 10 points.

If, at the end of a bout, after having judged each round according to directives 1 and 2, both kickboxers have an equal number of points, the judge will give advantage to the kickboxer who, in his opinion showed, in the whole match, i.e. considering the three rounds:

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

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

One extra point can be given in each round to one of the two fighters if a kickboxer has dominated the round by 8 points difference.

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

If the fighters are equal on points after three rounds the fighter who won the last round will win the fight. If the last round is equal the judges will use the remarks to choose a winner.

### **Art. 20 - Offenses**

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

Warnings given to the second count against the kickboxer.

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

The following actions are considered fouls:

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

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

### **Art. - 21 On The Floor**

A kickboxer is considered "on the floor" if:

- ❖ If he touches the floor with a part of his body other than his feet following a blow or series of blows.
- ❖ If he hopelessly hangs on the ropes after a blow or a series of blows.
- ❖ If he finds himself outside the ropes, partly or completely, after a blow or a series of blows.

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

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

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

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

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

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

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

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

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

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

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

- ❖ A quarantine period means that a kickboxer can not take part in no competition in kickboxing no matter what the discipline are. The quarantine periods are "minimum period" and can not be overruled even though a head scan shows no visible injuries.
- ❖ The referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or referee has stopped the bout due to the kickboxer's inability to resume the fight because of head blows. The same has to be reported by the Chief referee on duty in that ring on the fighter's WAKO SPORT PASS. This is also the official result of the fight and it can not be overruled.
- ❖ Before resuming kickboxing after a ban, as described in the above paragraphs, a kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a sports doctor.
- ❖ When registered a KO or RSC-H a kickboxer must get a CT Scan of the head.

#### Procedure if injuries in general

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

#### **Art. 23 – Hand Shaking**

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

#### **Art. 24 – Use of Drugs**

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

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

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

WAKO refers to WADA Doping Rules.

#### **Art. 25 – Medical Aptitude**

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

All kickboxers fighting abroad will need to have a certificate established by a medical doctor, certifying that the athlete, before leaving his country, was in good physical condition and had no injuries, infections or medical problems that could affect his ability to fight in the visiting country. This certificate will be attached to the WAKO passport of the kickboxer, according to the practice of his association and presented during the medical the examination which will precede weigh-in.

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

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

#### **Art. 26 – Doctors' Aide**

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

**Art. 27 – Age Limit of Kickboxers**

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

**Art. 28 - Agreements**

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