

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

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

- ❖ Semi-contact is a fighting discipline where two fighters fight with the goal of scoring more points using legal Technique and speed. In this discipline efficiency is not important. The main characteristics of semi-contact are technique and speed. The competition in semi-contact should be executed in its true sense with light and well-controlled contact. It is a technical discipline with equal emphasis put on hand and foot techniques, from an athletic viewpoint. Techniques (punches and kicks) are strictly controlled. At each valid point (point that is given, with legal part of hand or foot to legal targets and with legal technique), the central referee suspends the fight and at the same time as the two judges, shows with his fingers the number of points in the direction of the fighter who is being awarded points.
- ❖ Each fighter must have his own WAKO SPORT PASS with MEDICAL TEST included, valid for 1 year, to be shown at weigh-in procedures.
- ❖ In European or World Championships, NO FOREIGN COMPETITORS can be part of a National Team and official passports must be issued by the nation of the team. At weigh-in, official passports must be shown to the registration/weigh-in officials in charge.
- ❖ In Continental Championships competitors from other continents are not allowed to participate.

### **Art. 2 - Competition Area**

- ❖ Competition area is the tatami.
- ❖ In World and Continental Championships the tatami size should be 8x8 meters for seniors and juniors and 6x6 meters for cadets
- ❖ In World Cups, regional and low-level championships, the tatami can be smaller, but not smaller than 6x6 meters.
- ❖ The tatami must be placed on the bare floor

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

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

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

Amateur fights in semi contact, 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 18 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 18 TO 45)

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

#### JUNIORS

##### 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

#### YOUNGER CADETS (10-11-12 years old)

##### Boys and Girls

-28 kg  
-32 kg  
-37 kg  
-42 kg  
-47 kg  
+ 47 kg

#### OLDER CADETS (13-14-15 years old)

##### Boys

-42 kg  
-47 kg  
-52 kg  
-57 kg  
-63 kg  
-69 kg  
+69 kg

##### Girls

-42 kg  
-46 kg  
-50 kg  
-55 kg  
-60 kg  
-65 kg  
+65 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.

- ❖ Younger competitors can participate only in the next older category.
- ❖ Age divisions will be determined in the following manner: a competitor will be placed in an 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.
- ❖ Older Cadets can enter Junior competitions, but they cannot enter senior championships.
- ❖ Juniors can enter senior championships.
- ❖ 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.

#### INTERNATIONAL 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 – Fighting Rules**

- ❖ The Fighter must present himself to the side Judge nearest his corner to have his safety equipment inspected.
- ❖ After the Judge has inspected the Fighter, he will wait to enter the ring until told to do so by the Referee.
- ❖ Fighters will enter the ring and touch gloves. They will assume a fighting stance and wait for the command "fight" from the Referee.
- ❖ In Continental and World Championships for seniors and juniors, there will be 3 rounds of 2 minutes, with 1 minute rests between rounds in both elimination matches and the finals. For official world, continental and regional Cups, due to the large number of competitors, the time can be reduced to a minimum of 2 rounds of 2 minutes each, with a one minute rest between rounds, both in eliminations and the finals.
- ❖ For Cadets: fights are 2 rounds of 1'30" (qualification, semifinals and finals).
- ❖ The time will only be stopped on the command of the Referee. Time is not stopped to award points of penalty unless the Referee feels it is necessary. The Referee is not allowed to talk to the Fighters during the match unless he has stopped the clock.
- ❖ Fighters may have one Coach and one Second in their corner during the match. Both must remain in the Coaches Box throughout the match.
- ❖ No coaches will be allowed to enter the fighting area while a match is in progress.

- ❖ Only the Referee may ask for time to be stopped. A fighter may request the clock to be stopped to adjust Safety Equipment or check an injury. The Referee does not have to stop the clock if he feels it will take away the advantage from the other Fighter. Time-stops shall be kept to a minimum.
- ❖ If the Referee feels a Fighter is using time-stops to rest or to prevent his opponent from scoring, a warning will be given and the Fighter may be disqualified for delaying the match or refusing to fight.

#### **Art. 6 – Competition Commands**

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

#### **Art. 7 – Legal Target Areas**

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

#### **Art. 8 – Illegal Target Areas**

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

#### **Art. 9 – Legal Techniques**

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

#### **SPECIAL NOTE!**

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

#### **Art. 10 – Illegal Techniques and Actions:**

- ❖ Attacks with any technique other than those mentioned in section 9.
- ❖ Avoiding or refusing to fight
- ❖ Falling or dropping to the floor without due cause.
- ❖ Leaving the Fighting Area. If a Fighter leaves the area (exits) without being pushed, kicked or knocked out by his opponent it will be seen as a "Voluntary Exit" and will receive a warning from the Referee. On the third exit the Fighter will lose one point. At the fourth time the Fighter leaving the area shall be disqualified. (a warning will be carried throughout the Match).

- ❖ Attacks with malicious or excessive contact.
- ❖ Unsportsman-like conduct. A Fighter shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsman-like conduct, the Fighter may be disqualified on the first offence, depending on the severity of the infringement.
- ❖ Grabbing is not allowed
- ❖ Attacking an Official either inside or outside the ring. Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in immediate disqualification. In the event that any of these actions are made by a penalized fighter or his coaches, the person involved may be removed from the Hall or tournament site and the matter turned over to the WAKO Referee Committee.
- ❖ GROUND ATTACKS: A fighter cannot attack an opponent on the ground. The central referee is responsible for stopping the match immediately when one of the two fighters touches the floor with any part of the body apart from his feet. Stomps to the head or body of a downed Fighter can lead to minus points or disqualification (judges decide by majority decision).

### **Art. 11 - Scoring**

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

All techniques must be used with "reasonable" power. Any technique that simply touches, 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 not allowed to touch the floor with any part of the body except feet).

#### **POINTS:**

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

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

#### **OVERVIEW AWARDING POINTS:**

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

#### **PENALTY – EXITS:**

Warnings will be carried over throughout the Match to all rounds

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

Stepping out (exit) means: stepping outside the line, even with only one leg. Stepping on the line should not be considered as stepping out.

Not stepping out: if the fighter is pushed out by the other fighter, or he got outside the line as a result of a hit or kick.

The fact of stepping out is stated by the judge every time or decide about is on the basis of majority decision.

#### **SPECIAL NOTE!**

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

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

**VIOLATIONS OF RULES ARE:**

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

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

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

**Art. 12 – Awarding Points**

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

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

**Art. 13 – Stopping the match**

**TIME-OUT:**

Only the Referee has the power to stop the match. A Fighter may request a time-out raising his arm to check an injury or correct/fix his safety equipment. The Referee does not have to grant time-out if he feels it would be an unfair advantage or that it may in any way take away the advantage from the other Fighter, unless the request is related to a health and safety issue. Time-Outs shall be kept to a minimum. If the Referee feels that a Fighter is using Time-Outs to rest or to prevent the other Fighter from scoring, a warning shall be given for delaying the Match. Only the Chief Official or the Technical Committee of Semi-Contact or their appointed representatives may interrupt the Match from outside the Ring. They shall attract the attention of the Referee who shall call Time-Out.

If a Coach wishes to lodge a complaint or protest, he shall notify the Chief Referee. He may, if possible, handle the protest without stopping the match.

**REASONS FOR TIME-OUT:**

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

**INJURIES:**

In the case of an injury to one of the Competitors, the Match shall be stopped only long enough for the Medic/Doctor to decide whether or not the injured Fighter can continue. Once the Medic/Doctor arrives in the Ring, he shall have only two minutes to decide if the injury requires treatment. All treatment must be completed within two minutes.

If the injury is serious, it must be treated by the Medics/Doctor on duty who are the only ones who can say if the Match must be terminated.

If the Match must be stopped because of injury, the Officials must decide:

- ❖ Who caused the injury
- ❖ Whether or not it was an intentional injury

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

#### **Art. 14 - Officials**

##### **CHAIRMAN OF THE APPELA BOARD:**

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

##### **THE TOURNAMENT COMMITTEE:**

- ❖ Will act as announcers
- ❖ Will control the Rings where semi contact is being conducted.
- ❖ Will deal with official weigh-in, drawing, disposition of fighting areas in the sport hall

##### **THE REFEREE COMMITTEE:**

- ❖ May interrupt the Match to answer or deal with protests.
- ❖ May interrupt the Match if it feels the Rules are not being applied correctly.
- ❖ Shall act as Chief Arbitrator for the Semi-Contact Areas.
- ❖ May remove Officials who are not performing at an acceptable standard.
- ❖ May appoint an assistant to substitute a member when necessary.

##### **THE REFEREES:**

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

##### **JUDGES:**

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

*Special Note: The Referee and the judges should be dressed in the following manner: clean gray pants, white WAKO shirt, WAKO tie or 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 any coach/fan).*

##### **TIME KEEPER:**

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

#### SCORE KEEPER:

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

#### **Art. 15 - Calls Referees and Judges may Make**

#### POINTS:

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

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

The chief referee can change a referee or judge's decision only when the referee or judge made a "material mistake". A material mistake is:

- ❖ an incorrect summation of points on scoring cards
- ❖ if the referee gave a point to a fighter who dropped down or stepped out after receiving the point
- ❖

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

#### NO SCORE:

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

#### COULD NOT SEE:

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

#### WARNING:

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

#### PENALTY:

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

#### DISQUALIFICATION:

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

#### **Art. 16 – Grand Champ and Team Competition**

##### GRAND CHAMP:

In tournaments like World Cups, a so-called Grand Champ can be arranged where fighters meet each other under the definition of no weight class. A Grand Champ can be organized as follows:

- ❖ Original Grand Champ: Only winners of the weight classes are to participate. There are free drawings for the fights.
- ❖ Open Grand Champ: All competitors can participate, but have to enroll in advance during the tournament. There are free drawings of the fights with all weight classes included.
- ❖ Matches in a Grand Champ are 1 round of 3 minutes. No time-outs are to be used by the fighters.
- ❖ Rules and equipment are the same as in ordinary semi-contact matches.

The types of Grand Champ competitions organized for a tournament must be stated in the invitation. No Grand Champ matches are organized in European or World Championships.

##### TEAM COMPETITION:

In tournaments like World Cups, so-called Team Competitions can be organized as follows:

- ❖ There are no weight-class definitions
- ❖ Rounds last 2 minutes. No time-outs are to be used by the fighters
- ❖ There are two options for choosing the winner
  - The team with highest score is the winning team.
  - The team with the most individual wins is the winner.

In the event of a tie of score or wins, a toss of the coin is used to select who sends out a fighter first, with the looser selecting their fighter to enter the ring first, if the winner of the toss selects a female fighter, she must be matched against the other female fighter. If a male is selected any other male fighter from the opposing team may compete against him.

- ❖ A team may consist of the following formats, depending on promoter's preferences.
  - 4 fighters (3 Male and 1 Female)
  - 5 Fighters ( Four male – 1 Female)
  - 5 Fighters ( Five male)
  - 3 Fighters ( Three Female)
- ❖ All fighters are prepared with all equipment in their corner.
- ❖ The female fighter can only meet another female fighter. The female matches are the last in the team competition.
- ❖ Rules and equipment are the same as in ordinary semi-contact.

Team Fights can be organized in European or World Championships after request from the organizer. From 2005 this is the organizing of team competition in World Championships decided by the board June 10<sup>th</sup> 2005.

##### Team Competition in the World Championships:

- ❖ Team: 3 men and 1 woman
- ❖ The team must be composed of national fighters only. No mixed teams with fighters from different countries.
- ❖ Each fight :1 round of 2 minutes
- ❖ No timeout can be used during the round
- ❖ To determine final victory, each separate victory will be counted
- ❖ In case of draw, we will look at number of points scored by the four competitors.
- ❖ If the two teams will still be in a draw, one fighter from each team will be selected and winner will determine final victory.
- ❖ The extra match will be on 1 round of 2 minutes.
- ❖ If still in a draw after last 2 minutes, sudden death will be applied.

Note that this is for Semicontact only.

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

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

### **Art. 18 – Use of Drugs**

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

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

The same will occur in the case of an official encouraging such a refusal. The use of local anesthetics is allowed, if agreed upon by a doctor from the Medical Committee. WAKO refers to and adopt WADA Doping Rules.

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

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

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

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

- ❖ 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.