

# WAKO

## Kick-Light Rules



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

Competition in Kick-Light kickboxing should be executed as its name implies, with well-controlled techniques. In Kick-Light competitors fight continuously until central referee command STOP or BREAK. They use techniques from full contact, but these techniques must be well controlled when they land on legal targets. Equal emphasis must be placed on both punching and kicking techniques. Kick-Light 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 in an electronically scoring system or by clickers.

### **Art. 2. Weigh-in**

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

Each fighter will be officially weighed only once, unless **board of members decide otherwise, WAKO HQ must notify members in advance...** 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.

For all detailed description of Weigh-in and Procedure of Weigh-in, see chapter two - WAKO Rules of Tatami Sports / General Rules.

### **Art. 3. Fighting Rules**

Fighters will enter the Tatami and touch gloves. They will then step back and assume a fighting stance and wait for the command FIGHT from the Referee.

The Referee will initiate the fight by commanding fight, when the referee calls STOP, the fighters must return to their starting points on the mat. If the referee's commands break both fighters must step back and then reengage with his opponent.

The time will only be stopped on the command of the Referee, by calling TIME to the area control table. Time is not stopped to award penalties unless the Referee feels it is necessary to do so. The Referee should not 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 in their seats.

No coach will be allowed to enter the fighting area while a match is in progress and no Coach will be allowed to interfere with any referee or judge. No Coach will be allowed to make derogatory remarks about a referee or judge or comment. A Coach may be removed from his coaching position during the match if he continues to abuse officials or referees.

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 must be kept to a minimum.

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

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### Art. 4. Competition Commands

- **SHAKE HANDS**  
At the beginning of the fight
- **FIGHT**  
to begin contest/fight or after an interruption of the fight.
- **BREAK**  
To break up a body-to-body position, after which each boxer must draw back before continuing the fight
- **STOP**  
The fight is interrupted immediately and may only be resumed after the referee gives a new command.
- **STOP TIME** (forming a T with his hands)  
When he wants to stop the match for any important reason. The Referee must **explain** the reason for each warning to the fighter
- **TIME**  
forming the letter T with hands, to give order for time keeper to stop the clock until referee says command FIGHT.  
When the central referee says TIME he must say the reason why he stopped the clock.  
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 all fighters).

### Art. 5. Legal Target Areas

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

#### Head

Front and side

#### Torso

Front and side

#### Legs

Thigh (only from outside to inside and vice versa) which can be attacked using the shin.

#### Feet

Only for sweeping

### Art. 6. Illegal Target Areas (Prohibited Techniques and Behaviour)

It is prohibited to:

- Any Attacks other than those mentioned in section 7.
- Attacks with malicious or excessive contact.
- Top of the head
- Falling or dropping to the floor without due cause.
- Back of the torso (kidneys and spine)
- Top of the shoulders
- Neck: Front, sides, back
- Below the belt (except for Foot Sweeps)
- Continue after the command "stop" or the end of the round has been sounded
- Turn one's back to the opponent, running away, deliberately falling down.
- All blind, uncontrolled techniques in general
- Back of the Head
- Groin
- Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder.
- Wrestling and ducking below opponent's waist.



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- Throwing
- Attacking 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.
- Leaving the Fighting Area (Exits).
- Continue after the command "stop" or "break" or the end of the round has been sounded.
- Oil on the face or the body
- a fighter spits out his mouth-guard voluntarily,
- 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).
- Unsportsmanlike-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 unsportsmanlike like-like conduct, the Fighter may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.

### Coaches/Coach Second:

- Inappropriately Arguing/ **Commenting** on a referees/judges decision
- Inappropriately Arguing/ Commenting on a score not given
- Attacking or verbally abusing an Official either inside or outside the Tatami.
- Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in the immediate removal from Coaching Area at Tatami and possible permanent removal from Arena/Event following Technical Committee review.
- Note (Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification?)

## Art. 7. Legal Techniques

- **Kicks**  
Front kick, Sidekick, Roundhouse kick, Hook kick (sole of the foot only), Crescent kick, Axe kick (sole of the foot only), Jump kicks, spinning kicks
- **Hands**  
all kind of boxing punches.
- **Leg, Foot sweep**  
to score with a Foot sweep the attacker must remain on his feet at all times. If in the execution of a Foot sweep 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.

Hand and foot techniques should be used equally during the entire fighting period.

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 kick, All Jumping Spinning Kicks.

## Art. 8. Scoring

A legal technique strikes a legal target. The authorized striking area of the hand (Not the inner hand) or foot must make "Clean / Controlled" contact. The 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 or defend, he must land inside the Tatami to score with both feet and he must keep his balance (it is no allowed to touch the floor with any part of body except the feet).

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### Art. 8.1 Points

- Punch 1 pt
- Kick to the leg (thigh) 1 pt
- Kick to the body 1 pt
- Foot sweep 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

### Art. 8.1 Directive 3 - awarding points (Using Electronic Scoring System)

For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance, power, the judge will once push a button of his mouse indicating the correct fighter (red or blue corner). Points, starting from first round, will continuously be added from the judges and they will be to everybody through a screen which is placed on the jury's table.

At the end of the fight, the winner is the competitor who scored more points (which will appear on the screen).

If the referee inflicts a foul or a warning, he will indicate so in front of the judges and the chief referee, and the timekeeper has to put it in the electronic system. It will then be shown on the screen.

If the referee inflicts a minus point he will indicate so in front of the judges and the chief referee and the timekeeper have to put it in the electronic system. It will then be shown on the screens, reducing 1 point from the total score from each judge (total of 3 points).

The electronic system shows a running time score. In every moment of the fight everybody knows the situation of points.

### Art. 8.2.1 In case of a draw

If the match ends, by one or more judges, in a draw (equal points after 3 rounds), to determine a winner, the electronic scoring system will automatically assign the win to the fighter with the highest points in the last round.

- Using fouls and minus-points: Select the fighter with less fouls and minus-points. The reason is that this fighter had a more fair fight. The judges push the correct button indicating the winner when chief referee indicates so.

### Art. 8.2 Directive 3 - awarding points (Using Clickers and Scorecards)

For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance and power, the judge will initially note give points to each fighter using the clickers. The clicker score will be recorded on the paper after each round. Scores will be accumulated with the winner being the highest scoring fighter over the three rounds per referee. The overall score will be indicated to each coach between rounds by the referee.

Note \* all kick light contact matches are on a continuous scoring system.

It is mandatory if no digital system is available for all judges to use clickers in Continental and World Championships. At the end of the match, the judge will sum the total points given and name the winning fighter who has the larger number of points. The judge must make a circle around the fighter's name.

- Punch 1 Click
- Kick to the body 1 Click
- Foot sweep leading the opponent to touch the floor with any other part of the body apart from feet) 1 Click
- Kick to head 2 Clicks
- Jumping kick to body 2 Clicks
- Jumping kick to head 3 Clicks



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### Art. 8.3 In case of a draw (Clickers)

If the match ends in a draw (equal points after 3 rounds), to determine a winner, a judge has to take into consideration the remarks on the WAKO scorecard in the following order.

These remarks according to WAKO Scorecards are:

1. Better in the last round
2. More active
3. More kicks
4. Better defence
5. Better style and techniques

### Art. 8.3.1 Using the Back of the Scorecards

#### Using the back of the scorecards:

If the number of points scored in a round are equal, meaning from 0 – 2 marks more, a judge uses the remark section on the back of the scorecard to express his opinion after each round.

When a fighter spits out his mouth-guard voluntarily, the central Referee should stop the fight immediately and count him as per a knock down.

### Art. 8.4 Decisions

The following decisions could bring the fight to an end:

- Winner by points
- Winner by disqualification of the opponent  
in difficult cases, the referee may also call out a disqualification without having given a warning beforehand, but only after having consulted his Judges.

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 UN sportsman-like conduct of a fighter such as insulting the referee, the opp
- Showing overly aggressive behaviour.
- Winner by not showing up
- Excessive Exits
- Winner by stopping the fight (Referee Stops Contest, RSC)
- An official Warning can only be given by a majority decision of judges.

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 the winner is. If the fight is stopped because a fighter is injured, then the officials must make a decision according to Art. 15 of present chapter of Rules.

### Art. 8.5 Changing a decision

All public decisions are definitive and cannot be changed unless agreed by appeal committee. (Reference article 1.1 general rules)

- Clear and Fundamental 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 Chairman of Tatami Sports, with the help of the WAKO Executive Board, will immediately handle all protests. After the discussions, the Chairman of the WAKO Technical Board will announce the official result.

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### Art. 8.6 Awarding of Points

In awarding points, the following rules must be respected:

#### Directive 1 - concerning actual hits

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 punch or a kick blow must not be blocked, even partially deviated or stopped. The value of recorded blows in a fight will be counted by click or digitally at the end of each round and granted to the 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 offences

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 offence. If the referee gives any kind of warnings 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 the Referee decides to give a minus point to a fighter, the table official will minus the fighter as indicated by the referee, in the case of clickers each referee will add 3 points to the other fighter.

- For all detailed descriptions, see Art. 8.2. Scoring System.

### Art. 9. Offences

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 offence. 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
- Grabbing
- Holding
- 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 defence 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
- Inappropriate behaviours of a coach or coach assistant

The referee will not caution the kickboxer again for the same offence. An official warning will follow a third caution for



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the same foul. If a referee thinks that an offence has been committed without his knowledge, he will have to consult the judges.

### Art. 9.1 Minus Points

Criteria for minus points, given only by the referee, after previous warnings (2):

- 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

### Exit Rules

1 <sup>st</sup> Exit	Official Warning
2 <sup>nd</sup> Exit	Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal
3 <sup>rd</sup> Exit	Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal
4 <sup>th</sup> Exit	Disqualification Verbally communicated to athlete/coach with appropriate hand signal

### Rule Violations (Other than Exits)

1 <sup>st</sup> Verbal Warning	Discretionary Warning (May move to first Official Warning if warranted)
1 <sup>st</sup> Official Violation	Official Warning
2 <sup>nd</sup> Official Violation hand signal	Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal
3 <sup>rd</sup> Official Violation hand signal	Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal
4 <sup>th</sup> Official Violation	Disqualification Verbally communicated to athlete/coach with appropriate hand signal

### Art. 9.2 Disqualification

If disqualification is called for, the Referee shall confer with the Judges and with the Observer of the Area to ensure all the proper procedures are being used before disqualifying the offending fighter.

### Art. 9.3 Exit

Leaving the Fighting Area.

If a Fighter leaves the area (EXIT) without being pushed, kicked or knocked out by his opponent it will be seen as a "Voluntary Exit" and will receive a warning from the Referee. On the third exit the Fighter will lose one point. At the fourth time the Fighter leaving the area shall be disqualified. If the Kickboxer fights on the edge of Tatami, the Referee must not stop the fight to prevent the fighters from the exit.

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Stepping out (EXIT) means stepping outside the line, even with only one foot.

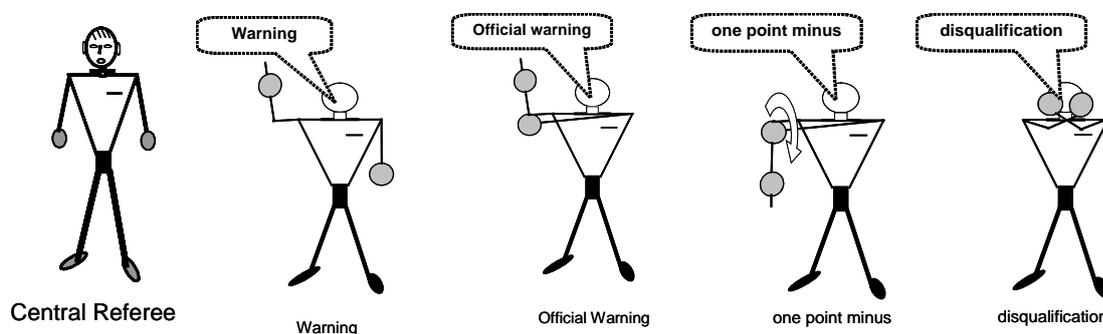
Stepping on the line should not be considered as stepping out. The Whole the foot must be outside the designated area. If the fighter is pushed out by the other fighter, or he went outside the line as a result of a hit or kick, it is not classed as a voluntary exit.

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

### Art. 10. Number of Kicks per Round

In Kick-Light 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 appropriately

### Art. 11. Hand Signals



### Art. 12. Match

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

- Only the coach and the second may be at 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 Kickboxer during a round, can be suspended from his function for the competition in progress.
- A coach or a second who violates the rules, may receive a warning or be disqualified by the referee for bad behaviour and be refused to act as a coach or coach assistant for the remainder of the tournament.

### Art. 13. Officials

For General Rules and all detailed description of Officials, see chapter two.

#### Art. 13.1 Referees and Judges

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.

In the event the Observer/Organizer 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.



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### Art. 13.2 Referees

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 Observer of the Area or, if he is absent, to the announcer.

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

He must also:

- Supervise the whole bout

### Art. 13.3 Referees Powers

A referee may;

- Stop a fight at any moment if he finds it to be too one-sided and in the interest of health and safety...
- Stop a fight at any moment if one of the kickboxer 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 or both Kickboxer's.
- Warn a kickboxer or stop the bout and give a minus point or warning to a kickboxer for an offence.
- 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 offence.
- 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 kickboxer 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.

### Art. 13.4 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 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 misbehaviour of a second, etc.

A judge will mark the number of points 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.



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### Art. 14. Injuries

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 Tatami, 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 is the only ones who can say if the Match must be terminated.

If the Match must be stopped because of injury, the Referee & the two Judges 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
- Procedure after KO, RSC, RSC-H, Injury

If a fighter gets injured in a fight, the doctor is 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 On the Tatami, unless the doctor needs extra help.

### Art. 15. Procedure after KO, RSC, RSC-H, Injury

If a fighter gets injured in a fight the doctor are the only people 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.

#### Art. 15.1 Procedure if KO, RSC, RSC-H, Injury

Will the injured Fighter declared as the winner (disqualification of the opponent), the doctor has to decide immediately, if the injured Fighter is able to continue with in the tournament.

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 **8** weeks after the KO.

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

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

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

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



## **WAKO Rules of Tatami Sports – Kick-Light**

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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.

### **Art. 15.2 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

### **Art. 16. Hand Shaking / Touching of Gloves**

Before and after a bout, the kickboxer 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 touching of gloves is allowed between rounds.

### **Art. 17. 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 anaesthetics is allowed, if agreed by a doctor from the Medical Committee.

WAKO refers to and adopt WADA Doping Rules

### **Art. 18. Indication**

For better readability the text uses masculine pronouns throughout. However, all references to persons apply to both genders.

### **Art. 19. Weigh-in**

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

Each fighter will be officially weighed only once, UNLESS BOARD OF DIRECTORS DECIDE OTHERWISE, WAKO HQ MUST NOTIFY ALL MEMBERS IN ADVANCE. 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 have 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.

For all detailed description of Weigh-in and Procedure of Weigh-in, see chapter two - WAKO Rules of Tatami Sports / General Rules.

### **Note!**

For better readability the text uses masculine pronouns throughout. However, all references to persons apply to both genders. These Rules will remain in place a minimum of two years from 28<sup>th</sup> April 2011 Until WAKO Board Meeting April 2013