

WAKO

RING SPORTS GENERAL RULES





WAKO Rules of Ring Sports – General Rule

Table of Contents

Art. 1. Officials	4
Art. 1.1 Chairman of Technical/Appeal Committee	4
Art. 1.2 Tournament Committee	4
Art. 1.3 Chief referee of the Ring	4
Art. 1.4 Referee and Judges	4
Art. 1.5 Referee	5
Art. 1.6 Referee Commands	5
Art. 1.7 Referees power	5
Art. 1.8 Health and security	6
Art. 1.9 Kick-Counter	6
Art. 1.10 Medical check-up Referees	6
Art. 2. Judges	6
Art. 2.1 Special Note	7
Art. 3. Timekeeper	7
Art. 4. Competition Area (Ring Equipment)	7
Art. 5. Fighter Uniform and Equipment	7
Art. 6. Rounds	9
Art. 7. Coaches/Coaches Second	9
Art. 8. Male weight categories	9
Art. 8.1 Female weight categories	10
Art. 8.2 Younger juniors – male	10
Art. 8.3 Younger Juniors Female	10
Art. 8.4 Age Determination	11
Art. 8.4.1 Juniors Younger Category:	11
Art. 8.4.2 Junior Older:	11
Art. 8.4.3 Seniors Category:	11
Art. 8.4.4 Specification during championships/tournaments:	11
Art. 8.4.5 Legitimizing:	11
Art. 9. Maximum Weight Class	11
Art. 10. Health Certificate	11
Art. 11. Weigh In Procedures	11
Art. 12. Fighter's Nationality.	12
Art. 13. International Bouts	13
Art. 14. Special violations of Rules	13
Art. 15. Open Scoring Electronic System	13



WAKO Rules of Ring Sports - General Rule

Art. 16. Note!	14
Art. 17. Muslim women athletes wearing special clothes while participating in WAKO's events	15
Art. 18. This article is intended to give assistance to Referees where they may be no obvious guidance in the Rules	15



WAKO Rules of Ring Sports – General Rule

Art. 1. Officials.

Art. 1.1 Chairman of Technical/Appeal Committee.

The Chairman of the Referee Committee shall act as head of the Appeal's Board together with a designated member of the Technical Committee and members of the WAKO Board of Directors.

Art. 1.2 Tournament Committee.

- Will act as announcers.
- Will control the Ring.
- Will deal with official weigh-ins, drawing, disposition of fighting areas in the sport hall.

Art. 1.3 Chief Referee of the Ring.

The WAKO International Referee Committee of Ring Sports will select one Chief Referee per each ring. Their main responsibility is to organize the Referees and judges according to the nationalities of fighters and to observe every single match in order to be ready to educate Referees and Judges in case of mistakes or to be able to handle protests. They may:

- Interrupt the fight to answer or deal with protests.
- Interrupt the fight if the Rules are not being applied correctly.
- Remove Referee and Judges who are not performing at an acceptable standard.
- Appoint an assistant to substitute a member when it is necessary.

Art. 1.4 Referee and Judges.

During World or other international championships, each bout in a ring must be supervised by a WAKO international acknowledged Supervisor, especially appointed by International Ring Referee Committee.

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.

WAKO Judges/Referees must attend the pre agreed WAKO referee international seminars before they will be allowed to officiate in a WAKO World or Continental Championships that year. (World Cups in Ireland, Austria, Hungary, Italy and Russia) Their referee's license/card must be renewed every two years.

To ensure neutrality, the Referees and the three Judges for each bout will be chosen by the Chief of the Ring 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, they will not officiate in a bout where one of the fighters or other officiating Judges comes from their native country.
- In the case of the Chief of the Ring not being able to apply the above mentioned directives due to special circumstances, they 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 of the Ring not being able, for any reason, to apply the preceding directives, the name or names of the Official or Officials will be chosen by the Chairman of the International Ring Referee Committee, or any other person on his behalf, for the bout in question.



WAKO Rules of Ring Sports – General Rule

- 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 and WAKO regulations.
- Persons in charge of refereeing or judging of a bout, or a series of bouts, will not be allowed to act as a manager, coach or second of a kickboxer or team of kickboxer taking part in a bout; or to act as an official in a match in which a fighter from his country participates.
- The International Ring Referee Committee or its official representatives, to comply with the request of the jury, temporarily or permanently can suspend from their 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 of the Ring will hold them 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. A Referee will officiate in the ring. They will wear a WAKO uniform (navy blue jacket with emblem of WAKO or NF, white WAKO shirt with short sleeves, WAKO bow tie, black trousers without turn-ups, dark blue or black socks, black gym shoes without heels or laces).

Art. 1.5 Referee.

The Referee 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 (If applicable).
- After verification, they must hand them to the Chief of the Ring. They may also announce the winner by electronic scoring.

Art. 1.6 Referee Commands.

At the beginning of the match the Referee gives an order to the kickboxer to shake hands and then says "FIGHT". If the Referee wants to stop the time of the bout they will give the command "STOP TIME" and then to resume the match they will give the command "TIME" and then "FIGHT".

- "STOP", when they order the Kickboxer to stop fighting.
- "BREAK", to break a body to body position, after which each boxer must draw back without kicking or punching before continuing the fight.
- "FIGHT", when they order the fight to continue.

The Referee must not announce the winner by raising the kickboxer's arms or in any other way announce decisions before the official announcement of the winner. If a Referee (after having so decided by majority decision with the three Judges) disqualifies a kickboxer or stops the fight, they must first indicate to the Chief of the Ring the kickboxer who has been disqualified and give the reasons for stopping the fight, so that the Chief of the Ring can inform the announcer, who will then, make a public announcement.

In order not to disturb a close fight, the Referee should not stand in the way or break in too early. They must indicate to the kickboxer, by appropriate signs or gestures, any violation of the regulations.

Art. 1.7 Referees power.

The Referee has the power to:

- Stop a fight at any moment if they find that it is too one-sided due to health and safety reasons.
- Stop a fight at any moment if one of the kickboxer has received an unauthorized blow or is wounded, or if they consider a fighter unable to continue.
- Stop a fight at any moment if they find the fighters behaving "unsportsmanlike". In such a case, they may disqualify either kickboxer or both.



WAKO Rules of Ring Sports – General Rule

- 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 a kickboxer themselves, if the coach or the second fails to obey their orders.
- Disqualify, with or without a warning, a fighter who has committed an offence.
- In the case of a KD, 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.

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 for the 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. If a fighter has been given four official warnings within the same bout, they will be disqualified.

A Referee may give a caution to a kickboxer. A caution means verbal warning given by a Referee to a kickboxer for breaking a rule. Third caution leads to the LAST verbal warning. In order to do this the Referee must stop the fight, but not the time, and facing the kickboxer explain them clearly the violation of the rules. During the explanation, the opponent is not standing in the neutral corner. After the last verbal warning the Referee must give the official warning. In order to do this the Referee must stop the bout and stop the time, put the opponent to the neutral corner and facing the Chief of the ring and time keeper explain clearly the violation of the rules pointing the offender.

Art. 1.8 Health and security.

- The Referee in ring-sports must use plastic gloves and 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.
- If common gloves are used, there must be plastic gloves at the ringside, which each fighter MUST wear.

Art. 1.9 Kick-Counter.

A kick-counter is a Judge who sits in neutral ring corners. The coaches must be able to see the counter. It is mandatory to use kick-counters in all WAKO World and Continental Championships. It is also recommended to use these in all other WAKO sanctioned tournaments like World Cups or Open Tournaments. The kick-counter reports to the Referee after every round if there are 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 Continental Championships it is mandatory that the kick-counter uses a board with visible red and blue numbers (when the electronic system is not used). In other tournaments there can be used clickers even though it is recommended to use boards.

Art. 1.10 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 their physical fitness to fulfill their role in the ring. A Referee is not allowed to wear glasses, but may wear contact lenses. The Referee is obliged to attend the meeting organized by the Medical Committee, before each Championship.

Art. 2. Judges.

Each Judge must independently consider the merits of the two fighters, and must choose the winner, according to the regulations. During the match, they will not talk to fighter, other Judges, or anybody else, with the exception of the Referee. They may, if necessary, at the end of a round, notify the Referee about any incident that they have missed, for example tell them about the misbehavior of a second, loose ropes, etc.

A Judge will either use the electronic scoring system or in case of manual system mark the number of points (total points at the end of three rounds) granted to each fighter on their score sheet.



WAKO Rules of Ring Sports – General Rule

During the round the Judge will use the back of the scorecard to register the numbers of hits they see in each round. The red corner is always on the left side and the blue corner on the right side of the scorecard. The points/recorded hits must be tallied at the last round. They will not leave their place until the decision has been announced.

It is mandatory for all Judges to use clicker in fights in case of manual scoring system. It is important to clarify in front of a tournament between WAKO, promoter or Judges themselves to bring this equipment.

Art. 2.1 Special Note.

All Referees, Judges working at 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).

Art. 3. 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.

- They will be seated at ringside.
- Ten seconds before the beginning of each round, they will clear the ring, giving order "Seconds out."
- They will ring the gong at the beginning and at the end of each round.
- They will announce the number of the round, before it starts.
- They will stop the bout temporarily, when asked to do so by the Referee.
- They will keep track of extra time with a watch or a stop watch.
- If, at the end of a round, a boxer is on the floor, and the Referee is counting them out, the gong must ring at the end of two minutes, even if central Referee must finish their count. Intervals between the rounds will last one minute.
- Time should be visible at all times for the coaches.

Art. 4. 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 majeure")
- pads in all corners (one red, one blue, two white)
- straps between the ropes
- 2 chairs
- 2 foldaway stools for fighters between the rounds
- 2 cups with 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
- a table and chairs for the officials
- a sound gong or a bell
- stop watches
- WAKO Approved Electronic Scoring System or WAKO refereeing scoring sheets according to the WAKO model
- a first aid kit including plastic gloves for the Referee to be used at all matches and also tissue papers
- plastic gloves to be used for shared gloves
- a microphone linked to a sound system
- Coaches seated in ring corners will have a towel and a sponge each, to attend to the fighters



WAKO Rules of Ring Sports – General Rule

Art. 5. Fighter Uniform and Equipment.

5.1.1. Full Contact.

Obligatory safety equipment:

- Head protection (**top of the head must be covered**).
- Mouth guard (**on only the upper teeth or on both upper and lower teeth**).
- Breast protection (**for female fighters**).
- Hand wraps (**no stick with a tape**).
- Gloves for contact sports (**10 Oz**).
- Groin protection (**mandatory for male and female**).
- Shin guards (**must cover the shin from under the knee to the top of the feet**).
- Ankle support.
- Foot protection (**Boot**).
- Uniforms are the same for seniors and juniors: naked torso and long pants for men, sport top (vest) and long pants for women. Long pants must extend from waist to the ankle joint. Pants must have an elastic waistband, minimum 10-centimeter-wide, in different color from that of pants.

5.1.2. Low Kick.

Obligatory safety equipment:

- Head protection (**top of the head must be covered**).
- Mouth guard (**on only the upper teeth or on both upper and lower teeth**).
- Breast protection (**for female fighters**).
- Hand wraps (**no stick with a tape**).
- Gloves for contact sports (**10 Oz**).
- Groin protection (**mandatory for male and female**).
- Shin guards (**must cover the shin and instep and be produced by companies adopted by WAKO Board**).
- Ankle support.

Uniforms are the same for seniors and juniors: bare torso and shorts for men, sport top (vest) and shorts (no sport skirt) for women. No shorts are allowed with the name of Muay Thai or any other Martial Art name. If any logo, only name of the country. Kickboxing shorts must cover half minimum and three-quarter thigh length maximum. Knees must be visible and naked. Shorts must have an elastic waistband, minimum 10-centimeter-wide in different color from that of shorts.

5.1.3. K-1.

Obligatory safety equipment:

- Head protection (**top of the head must be covered**).
- Mouth-guard (**on only the upper teeth or on both upper and lower teeth**).
- Breast protection (**for female fighters**).
- Hand wraps (**no stick with a tape**).
- Gloves for contact sports (**10 Oz**).
- Groin protection (**mandatory for male and female**).
- Shin guard (**must cover the shin and instep and must be produced by companies adopted by WAKO Board**).
- Ankle protection.

Uniforms are the same for seniors and juniors: bare torso and shorts for men, sport top (vest) and shorts (no sport skirt) for women. No shorts are allowed with name of Muay Thai or any other Martial Art name. If any logo, only name of the country. Kickboxing shorts must cover half minimum and three-quarter thigh length maximum. Knees must be visible and naked. Shorts must have an elastic waistband, minimum 10-centimeter-wide in different color from that of shorts.



WAKO Rules of Ring Sports – General Rule

5.1.4. Hand wraps.

- Hand wraps are used for wrapping the fist to avoid injuries. Using hand wraps is mandatory. Hand wraps are 250 cm long and 5 cm wide cotton strips without sharp edges. Hand wraps will be fastened on the upper part of fighter's wrists with self-adhesive cotton-base strips; maximum length 15 cm and wide 2 cm.

5.1.5. Teeth protection (mouth-guard).

- Mouth-guards must be made from soft and pliable rubber-plastic material. Protection on only the upper teeth or on both upper and lower teeth is allowed. Mouth-guard must enable free breathing and must be adapted to the competitor's mouth configuration and must not protrude outside the mouth in any way. Mouth-guards can be of any color. It is not allowed to use a mouth-guard over tooth correction apparatus (braces, retainers) unless a dentist doctor's certificate allows that. Using tooth protection is mandatory for all fighting disciplines, in all age categories.

5.1.6. Breast/Groin protection.

- Breast protection is mandatory for all female competitors in junior and senior categories and is mandatory in all ring sport fighting disciplines. Breast protection is made from hard plastic and can be covered with cotton material. Breast protection can be made in one piece and cover all the chest or in two pieces for insertion into bra to cover each breast individually. It is worn under the top (bodice) or vest.

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

5.1.8 Shin Guard.

Shin guards are made from hard foam-rubber material. A shin guard must cover the shinbone from under the knee to the top of the feet (for Full Contact). Shin guards in Low Kick and K-1 must cover the shin and instep and must be produced by companies adopted by WAKO Board. Shin guards must be fixed on the calf with two (2) self-adhesive strips (velcro).

5.1.9 Foot protection.

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

Art. 6. Rounds.

Amateur fights have 3x2 minute rounds with a minute break between each round in all WAKO tournaments.

Art. 7. Coaches/Coaches Second.

A coach and a second must obey the following rules during the fight:

Only the coach and the second may get into the ring.

Only one of them at time may be inside the ropes.

No advice, help or encouragement will be given to the fighter during the round. The coach must remain seated at all times on the chair provided and must not interfere or disrupt with the smooth running of the match by word, gesture or deed. A second can give up the fight on behalf of their 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 a fighter.

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. They must remain seated at all times, during the round. Any coach, second or official, encouraging or prompting the spectators to give signs of advice or encouragement to a kickboxer during a round, can be suspended from their 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 and prevented from coaching during the event.



WAKO Rules of Ring Sports – General Rule

Art. 8. Male weight categories:

Light bantam	-51 kg
Bantam weight	-54 kg
Feather weight	-57 kg
Light weight	-60 kg
Light welter-weight	-63.5kg
Welter weight	-67 kg
Light middle-weight	-71 kg
Middle weight	-75 kg
Light heavy weight	-81 kg
Cruiser weight	-86 kg
Heavy weight	-91 kg
Super heavy weight	+91 kg

Art. 8.1 Female weight categories:

Bantam weight	- 48 kg
Feather weight	- 52 kg
Light weight	- 56 kg
Middle weight	- 60 kg
Light heavy weight	- 65 kg
Heavy weight	- 70 kg
Super heavy	+ 70 kg

Art. 8.2 Younger Juniors Male:

	-42 kg
	-45 kg
Light bantam	-48 kg
Bantam weight	-51 kg
Feather weight	-54 kg
Light weight	-57 kg
Light welter-weight	-60 kg
Welter weight	-63,5 kg
Light middle-weight	-67 kg
Middle weight	-71 kg
Light heavy weight	-75 kg
Cruiser weight	-81 kg
Super heavy weight	+81 kg



WAKO Rules of Ring Sports – General Rule

Art. 8.3 Younger Juniors Female:

----	-36 kg
Bantam weight	- 40 kg
Feather weight	- 44 kg
Light weight	- 48 kg
Middle weight	- 52 kg
Light heavy weight	- 56 kg
Heavy weight	- 60 kg
Super heavy	+ 60 kg

Older Juniors weight classes are the same as seniors.

Art. 8.4. Age Determination.

Age is determined by the age of the athlete on the first day of the tournament. A tournament period is defined as from the day of the official weigh-in/registration and until the finals are finished.

Art. 8.4.1 Younger Juniors age category.

15 - 16 Years Old: Meaning from the date he/she turns 15 years and up to the day before he/she turns 17.

Art. 8.4.2 Older Juniors age category.

17 and 18 years old: Meaning from the date he/she turns 17 years and up to the day before he/she turns 19.

The date, in which he/she turns 18, he/she can decide to be either a junior or senior. However, if he/she has competed as a senior at the age of 18 they cannot go back to competing as a junior again.

Art. 8.4.3 Seniors age category.

19 to 40 years old. Meaning from the date he/she turns 19 years and up to the day before he/she turns 41.

Art. 8.4.4 Specification during championships/tournaments.

In case of birthday during a tournament that changes the age category, they can compete in the lower category until the tournament is over.

Art. 8.4.5 Legitimizing.

Positive proof of age will be required at all championships (passport or ID-card).

Art. 9. Maximum Weight Class.

In WAKO Continental and World championships, it is only possible to start and compete in one weight class.



WAKO Rules of Ring Sports – General Rule

Art. 10. Health Certificate.

All fighters participating in WAKO World or Continental Championships must present a valid fit to fight notice from a qualified sports doctor or doctor at registration.

Art. 11. Weigh-In Procedures.

Chairman of the Ring Referee Committee or the Technical Director of Ring Sports appoint the WAKO officials to organize the weigh-in. During the weigh-in, two WAKO officials will be present, one female official and one male official.

Also one representative of a national federation connecting to each national team may be present, but only when their own team weigh-in. However, they are not allowed to intervene on any occasion. The national representative cannot be in physical contact with the fighter, and should stand away from the scales - at least one meter.

Each fighter must have their own WAKO sports pass with medical certificate included, valid for one year, to be shown at weigh-in. In addition, they must have available their official passport. After being weighed, each fighter must be declared fit for fighting by a qualified doctor.

The weigh-in will be held according to the tournament schedule. The announced time in each competition is understood as official and must be respected. Weigh-in outside the official announced time will not be allowed, except if the weigh-in is not considered as finished of those teams present within the announced time. For the first official weigh-in (in the registration period) there may be given possibility to weigh-in after the official time, if any delays of travel for a team, properly announced and warned from the national federation if such may happen. However, it is not allowed for any team to speculate in arrival after official weigh-in time announced in the invitation papers. All teams must have weighed-in before the official draws.

Official weigh-in (registration period): If the fighter exceeds their weight, they can within the official time get only one time a second chance to reach the limit. The second and the last chance to reach the limit will be done after 1 hour after the first attempt. The weight registered on that occasion is final. If the fighter does not make the weight at this second weigh-in they will be disqualified.

It is also allowed for all national federations to substitute one fighter with another, before the end of the official weigh-in and before the medical check-up, on condition that, within each competition where substitutes are allowed, the fighter in question has been registered as a reserve for that, or in any other weight category.

Daily weigh-ins: Ring sports have mandatory daily weigh-ins. The weigh-in is done in the morning at an announced time, considered as official. Weigh-in outside the official announced time will not be allowed, except if the weigh-in is not considered as finished of those teams present within the announced time. All fighters must bring their own national passport as identification. If the fighter exceeds their weight, they can within the official time get a second chance to reach the limit. The second and the last chance to reach the limit will be done a maximum after 45 minutes after the first attempt but before the publicized closing time. The weight registered on that occasion is final. If the fighter does not make the weight at this second weigh-in they will be disqualified.

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. The weight must be on hard floor and not on carpet.

The weigh-in must be done in a discrete manner, respecting both male and female's need for discretion.

It is preferred to use separate rooms for male and female.

Any speculation or deliberate actions that will question or break the above rules will be sanctioned, both for fighters involved and the national federation responsible.

Only the official WAKO Weight Control Personnel may be allowed beside the athlete. NO person may be standing beside, behind, in front or near the athlete when the official weight is taken place. There is no weight allowance: everybody must be on or below their weight category.



WAKO Rules of Ring Sports – General Rule

Art. 12. Fighter's Nationality.

In Continental or World Championships, competitors must represent nationality for the country they represent, showing the passport for the respective country. Under special circumstances a competitor can change representation one time but the requirements for that is:

Official national confirmation of permanent residence in their new country.

The change of representation must be applied on to WAKO HQ, explaining the reason for the change.

There must be a written agreement formal acceptance by the country of origin.

Any speculation for such representation will not be allowed. Such can be punished for the competitor as well as for the new country.

They cannot switch back again and participate for their origin country.

A competitor having two passports from different countries can only make a switch one time. If changing representation, it must be done according to a written agreement between the countries and applied on to WAKO HQ. 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. 13. International Bouts.

In case of 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 their team: with each defeat, they will win 1 point for their team, except in case of being disqualified, when no points will be granted. The Association of the country which hosts a "visiting" team will provide that country with weigh-in 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. Each fighter must, before weigh-in, be judged fit for fighting by the doctor appointed by the Tournament Committee. In order to assure successful weigh-in, the Tournament Committee can decide to start the medical check-up earlier.

Art. 14. Special violations of Rules.

If a fighter, coach or a whole team protests by entering or not leaving the ring immediately after the fight, the Chairman of Ring Sports after consultation with the Board of Directors or the tournament organization is allowed to disqualify the whole team.

WAKO Rules of Ring Sports – General Rule

Art. 15. Open Scoring Electronic System

For all ring sports open scoring electronic system scoring shall be used. This system is as follows:

All three judges use a mouse with buttons indicating the two corners.

A screen will show the point status for both fighters from the various judges at all time. The displays will be visible for audience and for the coaches involved either with TV screens and or roll-up screen. Fouls, warnings, minus points and time is also shown on the screen, administrating from the computer of the secretariat of each ring.

The system will be administered by the timekeeper. The fight and its history are stored as a PDF-file in the computer.



Example display of an Electronic Scoring System.

WAKO Rules of Ring Sports – General Rule

Art. 17. Muslim women athletes wearing special clothes while participating in WAKO's events.

In order to respect all religion beliefs, WAKO allow female Muslim athletes to wear appropriate clothes while participating in WAKO's events. The following rule regarding that issue was decided by WAKO Board of Directors back in 1994.

The female Muslim athletes are allowed to wear during their competition a special uniform (underwear) covering their body apart the face. The uniform (underwear) must be in stretch form and tight to the body in order not to move around.

Female Muslim athletes are allowed to wear a scarf under their head guard covering the head but not the face.

If a female Muslim decides on the dress in accordance with her religion, she must follow this completely, not partly, precise special underwear cloth and scarf covering the head, but not the face. Some Muslim's religious trends allow not to wear the scarf. Female Muslim athletes participating in any WAKO competition under the conditions described above must give their written consent to WAKO that in case of emergency (injuries, cuts etc.); the medical staff on duty can proceed to any examination of the case if needed.



Art. 18. This article is intended to give assistance to Referees where they may be no obvious guidance in the Rules.

Difficult Situations Which Are Not Mentioned in The Rules.

If the kickboxer accidentally twists their ankle and has a limp, the Referee must stop the fight and call the Doctor. The Doctor must decide if they can continue the bout or not. If the kickboxer is not able to continue the match by Doctor's decision, the winner will be an uninjured fighter. If the Doctor allows them to continue the fight, but the kickboxer still has a limp, the Referee has the right to stop the fight because of the safety reasons and will give the win to the opponent. The Referee judges a kickboxer unable to continue the fight.

If there was a kick to the groin area and the Referee sees it clearly, they must stop the fight, put the kickboxer who is at fault to the neutral corner and give their opponent time to recover themselves (not more than two minutes). Before the Referee resumes the bout they must warn the kickboxer who violates the rules.

If there was a kick to the groin area and the Referee did not see it clearly, they must stop the fight, send the kickboxer who kicked the opponent to the neutral corner and ask all judges what they have seen. If they confirmed the kick to the groin, the Referee must give the kickboxer who got an unauthorized blow time to recover themselves (not more than two minutes) and warn the kickboxer at fault.

If the judges do not confirm the violation of the Rules, the Referee must give the order to start the time and begin to count the kickboxer who is feigning as per a knock-down.



WAKO Rules of Ring Sports – General Rule

If there was an authorized kick or punch to the legal target area and the opponent gets injured (broken leg, nose, etc.) and cannot continue the match, the winner will be the uninjured fighter. If there was unauthorized kick or punch and the opponent receives an injury and could not continue the match by Doctor's decision, the kickboxer who violated the Rules will be disqualified and the injured kickboxer will be declared the winner.

The situation when both kickboxers delivered the blow at the same time.

If one of the kickboxers has already two knock-downs and both of them delivered the strong blow simultaneously and the Referee decided to start counting down (both are standing on the feet), they must count both at the same time. They have to check first the readiness to continue the bout of the kickboxer who receives the first knock-down after counting till 8 and carry on counting till 10 to the other. If the kickboxer who gets the first knock-down is ready to continue the bout after counting down to 8, they will be declared the winner.

If the Referee counted them to 10, the winner will be the kickboxer who has amassed more points before the KO.

Nevertheless, this winner will be suspended from the further participation in the tournament because of KO and in accordance with the rules. The opponent scheduled for the next round will win by a bye (and no result are announced) unless it applies to a medal bout.

When both 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 a decision given, considering the points granted before the KO. Nevertheless, this winner will be suspended from the further participation in the tournament because of the KO and in accordance with WAKO rules. The opponent scheduled for the next round will win by a bye (and no result are announced) unless it applies to a medal bout.

If the kickboxer who has two previous knock-downs before stands up first during the count-down, and the kickboxer who has no knock-down before they both fall down is still on the floor, the Referee will not stop counting and if they remain on the floor after 10 seconds the bout will be stopped and decision given considering the points granted before the KO. Nevertheless, the winner will be suspended from the further participation in this tournament because of KO and in accordance with WAKO rules. The opponent scheduled for the next round will win by a bye (and no result will be announced) unless it applies to a medal bout.

If both kickboxers fall at the same time and nobody have any previous knock-downs before or have only one, 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 a decision given, considering the points granted before the KO. Nevertheless, this winner will be suspended from the further participation in this tournament because of KO and in accordance with WAKO rules. The opponent scheduled for the next round will win by a bye (and no result will be announced) unless it applies to a medal bout.

If a kickboxer delivered the authorized punch (i.e. spinning back fist) and the opponent at the same time shortened the distance in order to punch or kick and received an injury (cause the punch by forearm or elbow) and could not continue the fight by the Doctor's decision, the winner will be the uninjured kickboxer.

If a kickboxer tried to kick or punch the opponent and got injured because of block, for example, the Referee must start counting them down from 1 till 8. After checking their readiness to continue the fight the Referee gives the command "Fight" if they are ready or continue to count up till 10 if they are not ready or refuse to continue the bout.

If after the authorized kick to the legal target area the opponent falls down partly (touched the floor with one knee, for example), the Referee must immediately start counting down. If they remain on the floor after 10 seconds, the bout will be stopped because of KO.

If after a blow the kickboxer is completely outside the ropes, the Referee must stop the fight and stop the time. If the fallen kickboxer does not need the Doctor's help, the Referee will wait for them to come back and resume the fight.

If they need the Doctor's help, the Referee will ask the time-keeper to start the two minutes time according to the Rules. If they are not able to continue the fight because of the Doctor's decision and it was an authorized blow to the legal target area, the winner will be the uninjured kickboxer.



WAKO Rules of Ring Sports – General Rule

If it was an unauthorized blow, the fallen kickboxer will be the winner by the opponent's disqualification.

If the Referee fixed the violation of the rules at the same time when the end of the round or the bout is signaled, they must warn or penalize the offender during the break or after the ending of the bout.

If the kickboxer loses their balance or falls down while hitting with an authorized kick or punch, which leads to knock down the opponent, the Referee must start counting them down, but the judges must not take this knock down to the account.

Appendix 1: Full Contact Clothing



Appendix 2: Low Kick and K1 Clothing



WAKO Rules of Ring Sports – General Rule

Appendix 3: 10oz Gloves (red and blue)



Appendix 4: Shin Guards and Foot Protections for Full Contact



WAKO Rules of Ring Sports – General Rule

Appendix 5: Shin Guards for Low Kick and K1.



These Rules will remain in place a minimum of four years from August 2016 Until August 2020.