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# WAKO

## Tatami Sports General Rules





## WAKO Rules of Tatami Sports – General Rules

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### Art. 1. Officials

#### Art. 1.1 Chairman of the Technical/Appeal Committee

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 members of the WAKO Board of Directors present

#### Art. 1.2 Tournament Committee

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

#### Art. 1.3 Chief referee of the Tatami Sports

The WAKO International Referee Committee of Tatami Sports will select 2 chief referees per fighting area. Their main responsibility is to organize the central 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 can alternate their role. Also, they

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

#### Art. 1.4 Referees

The role of a referee is primarily based on the following principles.

- There is one Central Referee per Match
- The Referees shall be selected by the Chairman of Tatami Sports or his appointed deputy
- They Will make sure that the rules of fair play are strictly observed.
- They will have the power to control the Tatami and Fighters.
- Their First responsibility is the safety of the Fighters.
- They shall have the power to stop the Match to award points or penalties.
- They are the only person who has the authority to stop the Match.
- The Referee may issue warnings for Rules violations following majority agreement with the judges.
- He shall not award points without at least one Judge voting to confirm his call.
- When they issue a warning or a penalty, no points can be given to the offending Fighter.
- They must give all commands in ENGLISH.
- They will be responsible for the enforcement of the Rules throughout the Competition and ensure that all scores, penalties and warnings are recorded. Correctly.
- In cases where the Referee feels a disqualification may be appropriate, except in cases or instances requiring automatic disqualification, the Chairman of Tatami Sports or his appointed deputy shall be consulted.

#### Art. 1.5 Judges

- There are two (Semi-Contact) or three (Light-Contact and Kick-Light) Judges per Match including the Final Matches.
- The 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 Judge sees what he considers a legal score, he must indicate so immediately by clicker or electronic score.
- The Judges must keep constant watch over the Fighting Area 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.



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### Art. 1.5.1 Referees / Judges

The Referee and the judges should be dressed in the following manner: clean gray pants, white WAKO shirt, WAKO bow tie, blue jacket with WAKO insignia and black gym shoes.

All WAKO judges and referees should undergo, in their own countries, a basic medical test before officiating in any WAKO Championships. Their valid medical certificate should be brought with them during Championships and shown on demand to the Director of Refereeing.

Before officiating in an international tournament regulated according to the above-mentioned rules, a referee must submit to a medical check-up in order to prove his physical fitness to fulfill his role on the Tatami. His sight must be at least 6 dioptics per eye. A referee is not allowed to wear glasses, but he may wear contact lenses. The referee is obliged to attend the meeting organized by the Medical Committee, before each Championship.

WAKO judges must use electronic point system (or manual clickers) to count the scoring points while on duty (Light-Contact and Kick-Light).

WAKO judges/referees' age limit is 65.

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. ( Irish Open WAKO World Cup Italy – Austrian Classic ) Their referees 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 Controlling Area Official with overall responsibility of the Fighting Area, according to the following rules:

- Each official will come from a country and Federation/Association different from that of the others and from that of the fighters.
- In no way may two of the Officials of the same bout, if not due to an uncontrollable event, come from the same country.
- An official may not be born or live in a country which is a dominion, colony or in any way dependant of the country of either kickboxer taking part in the bout.
- In the case of an official having changed nationality, he will not officiate in a bout where one of the fighters or other officiating judges come from his native country.

In the event the Responsible of the Fighting Area is not able, for any reason, to apply the preceding directives, the name or names of the Official or Officials will be chosen by drawing lots, by the Chairman of Tatami Sports or the Referee Committee, or any other person on his behalf, for the bout in question.

For international matches between the Teams of two or more National Federation/Associations, a bout could be supervised according to an agreement between the official representatives of the Federation/Associations in question, provided that the agreement does not go beyond the basic refereeing principles set forth in WAKO regulations.

Persons in charge of the refereeing or judging of a bout or a series of bouts, will not at any moment of the bout or bouts be allowed to act as a manager, trainer, coach or second of a kickboxer or team of kickboxers taking part in a bout, nor act as an official in a match in which a fighter from his country participates.

Should the referee prove to be inadequate during the course of a bout, the Responsible of the Fighting Area will hold him back and stop the match. The next referee on the WAKO international list of neutral referees will receive the necessary instructions to direct and officiate the rest of the bout.

The International Referee Committee or its official representatives, to comply with the request of the jury, temporarily or permanently can suspend from his functions any Referee who, in their opinion, does not respect WAKO regulations; or any Judge whose marks are not considered satisfactory.

### Art. 1.6 Time Keeper

The Time Keeper will stop and start the clock only on the command of the Referee and shall, at the exact moment time has run out, cause the audio device to be activated or throw soft object on to tatami to indicate the match is over. When a timekeeper indicates the end of time, that means the end of match (not the referee's command stop).

The Timekeeper will be in charge of the Clock and audio device.

If there is a dispute whether a score or Infringement of the rules happened before or after time was called, this will like all decisions on the matt go to the majority decision of the judges/referee on the area.



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### **Art. 1.7 Score Keeper**

The Score Keeper records all scores, warnings and penalties given by the Referee and shall notify the Referee when a 10 point lead is achieved by either Fighter (Semi-Contact).

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. 1.8 Special Note**

All referees, judges and officials working within 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) or influencing officials or judges in any way.

## **Art. 2. Safety equipment**

The WAKO Board, together with the Technical Committee must approve all safety equipment. Producers of safety equipment must get their products approved by WAKO. Safeties to be used in World and Continental Championships must be approved at least 3 months before the tournaments and all members must be duly informed.

All uniforms and safety equipment must be clean, correct and in good and safe condition. Special care must be taken for weapons which must not be sharp or with unprotected points.

### **Art. 2.1 Head protection**

Head protection is mandatory in all kickboxing fights in all disciplines except in musical forms and aero kickboxing. Head protection must be made from foam rubber or soft plastics or from compact sponge covered by leather. In fights, head protection which covers the face and head protection which reduces the field of vision is not allowed.

Head protection must cover the top of forehead, top of head, temples, the upper part of jawbone, ears and back of head. Head protection must not obstruct the athletes hearing. Parts for fixing the head protection cannot be metal or plastic buckle. Velcro for adjusting is allowed under chin and on back of head. In the case of Younger Cadets face protection is Mandatory at all continental and World Championships..

### **Art. 2.2 Gloves**

Two types of protective gloves are used at kickboxing competitions: gloves for semi-contact and gloves for ring disciplines (light contact, full contact, low-kick and K1 Rules). In every fighting discipline, gloves are mandatory. See

#### **Art. 2.2.1 Gloves for Semi-Contact**

In semi-contact it is mandatory to use gloves with an open palm or open hand and with full cover of the first half of fingers, including the thumb. The gloves make it possible to open and close the hand. Gloves must cover hitting area on front and upper side of fist and edge of palm and must cover a minimum of 5 cm above wrist. Gloves must be made from soft and compact synthetic foam rubber material covered with original or artificial leather. Gloves must be fixed on fighter's hand by self adhesive and adjustable strip over the wrist.

Metal or plastic buckles or ropes are not allowed for fixing gloves. Also, any kind of self-adhesive tape is not allowed, except self adhesive tape made with a cotton base, and this tape can be used only to fix gloves at the wrist. The total weight of the glove must be 8 Oz (226 grams). See Appendix 1

#### **Art. 2.2.2 Gloves for Light-Contact and Kick-Light**

Gloves for light contact which are used in official WAKO competitions must be approved by the WAKO Board of Directors and checked by the referee. Gloves weigh 10 Oz (283 grams) and the weight must be clearly marked. Gloves for light contact must be in good repair, without any cracks. Fastening must be with a self-adhesive strip and gloves must be secured at the wrist. Gloves with fastening laces are not allowed. See Appendix 2

Gloves are produced from special foam rubber, synthetic, compact and soft material which is covered with genuine or artificial leather. Gloves must make it possible for the fighter to completely clench his fist and keep his thumb in contact with other fingers. Gloves completely cover the fighter's fist with separate parts for fingers and thumb. The thumb is connected by a small strong strip to the rest of the glove. This strip keeps the thumb together with the fist to avoid separation of the thumb during punching and injuries to the fighter's thumb or to the other fighter. Inner foam rubber material must cover the front and upper part of the fist, edge of palm and upper and front part of thumb.



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The interior part of gloves covers the bottom part of fingers and palm only with leather and cover a minimum of 5 cm of the wrist. Gloves will be fastened by self-adhesive strips at the fighter's wrist and the use of self-adhesive cotton-base tape is allowed (plastic or other types of self-adhesive tape are not allowed). Fastening gloves with strips or any kind of buckles is not allowed.

### **Art. 2.2.3 Hand wraps (Bandage)**

Hand wraps are used for wrapping the fist to avoid injuries. Using hand wraps are mandatory in Light Contact and Light Kick light ( Optional in Semi). 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 width 2 cm.

### **Art. 2.2.4 Tooth 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. It is not allowed to use a mouth-guard over tooth correction apparatus (braces, retainers). Using tooth protection is mandatory for all fighting disciplines, in all age categories. In the case of orthodontics, a fighter may fight with mouth protection if he has a valid letter from his doctor permitting this.

### **Art. 2.2.5 Breast protection**

Breast protection is mandatory for all female competitors in older cadets, junior and senior categories and is mandatory in all fighting disciplines (semi, light, full contact, low-kick and K1 Rules). 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 T-shirt or under the top (bodice).

### **Art. 2.2.6 Groin protection**

Groin protector is mandatory for all male 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. Groin protection for women is recommended.

### **Art. 2.2.7 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. Up to the end of 2011 Shin guards can be fastened to the leg by a minimum of two self-adhesive elastic strips. No other kind of plastic tape is allowed for fixing the guard to the shin. Shin guards with metal, wooden or hard plastic elements are not allowed. From 2012 Shinguards must be of the sock type with no fastenings or straps.

### **Art. 2.2.8 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.

### **Art 2.2.8 Elbow Pads**

Elbow guards are made from soft foam-rubber material. An elbow guard must partly cover the forearm and upper arm with a protective non abrasive material. Elbow pads are optional in all Semi and Light Contact disciplines.

## **Art. 3. Uniforms World – Continental Championships**

### **Semi Contact**

A V neck top must be worn. A belt must be worn. Length of sleeves will be a maximum of mid upper arm. A belt is optional but not obligatory See Appendix 3 ( No T Shirts are permitted )

### **Light Contact**

a T Shirt must be worn. The Length of sleeves will be a maximum of mid upper arm. No belt is to be worn. See Appendix 3. ( No V neck are permitted )

### **Kick Light**





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Kick Boxing Shorts and T Shirt must be worn. No belt is to be worn.

**Note** All T Shirts must be national team T Shirt. See Appendix 3 ( No V neck are permitted )

### World Cups/Opens

Semi/Light

T-shirt or V necks can be worn in Semi or Light, but vest T shirts can not be worn. V Neck or T Shirts can be worn in kick light.

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.

## Art. 4. Fighter's uniforms and equipment

### Art. 4.1 Competitors in Semi-Contact ( World/Continental Championships)

Head -guard, mouth-guard, groin-guard, breast protection (for female competitors only, optional for younger female cadets division), gloves for semi-contact, hand wraps ( optional), Elbow pads (Optional), groin protection (optional for female), shin-guards sock type and foot-guards.

Competitors must wear V neck sport top (with name of represented country) and long pants. Belts are optional and should indicating their grade. Other garments such as traditional kimonos (karate, taekwondo, kung fu-wushu) are not allowed. T shirts are NOT allowed. See Appendix 1 below for example.

### Art. 4.2 Competitors in Light-Contact

Head protection, mouth-guard, breast protection (for female competitors) 10 Oz boxing gloves, hand wraps, groin protection (optional for female), shin guards sock type , and foot protection.

Competitors Must wear T shirts (with name of represented country) and long pants. No Belts indicating grade are allowed. . See Appendix 1 below for example.

### Art. 4.3 Competitors in Kick-Light

Head protection, mouth-guard, breast protection (for female competitors) 10 Oz boxing gloves, hand wraps, groin protection (optional for female), shin guards sock type , and foot protection.

Kick Boxing Shorts and T Shirt must be worn. No belt is to be worn. **Note** All T Shirts must be national team T Shirt.

### Art. 4.4 Competitors in Musical Forms

For musical forms performances the competitor is allowed to wear all original clothes and footwear of the traditional martial art on which his/her performance is based (karate, taekwondo, kung fu/wushu aikido, and others). They can wear any kind of legally recognized kickboxing or karate uniform, which must be clean and decent. In Hard styles, competitors must be bar footed, while in Soft Styles they can wear sport shoes

They can also be shirtless for their performance (apart from women, of course). Competitors are allowed to wear sweat bands on arms/wrist. Competitors are not allowed to wear any jewellery or piercings of any kind.

## Art. 5. Procedure for equipment and uniform check

Competitor's safety equipments, uniform and other checks will be done by the central referee or the judge. The Fighter must present himself to the Judge nearest his corner to have his safety equipment inspected/reviewed. After the Judge has inspected the Fighter, he will wait to enter the Tatami until told to do so by the Referee.





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Competitors must be suitably conditioned to participate in their chosen discipline, they must have no injuries or illness which may harm themselves or other competitors. His/her face must be dry and without any grease. It is not allowed to enter a match while bleeding. Also, it is not allowed to enter a match with any sticking plaster casts or with tampons in nostrils or with any cuts or scratches. In that case, judge will consult the doctor. The body must be dry and without any oil.

The judge will ask the coach to wipe clean the competitor's face and body.

It is not allowed to enter a fight with any kind of jewellery or other adornment. Judges will run their fingers under the top of the T-shirt to check that competitors have no jewellery or other adornment around the neck. Also, judges will push index fingers under head guard to insure that competitors have no earrings, studs or other jewellery. No tongue piercing and belly button piercing allowed either. Binding hair with any kind of metal, plastic or hard buckle is not allowed. Only elastic or cotton strips are allowed for this purpose.

It is not allowed to fasten safety equipment with self-adhesive tape, over the original strips.

Before allowing a fighter to enter the tatami, the judge must be completely sure that the fighter's safety equipment and uniform are fully functional for the competitor's safety and are according the WAKO rules.

The Observer by Musical Forms and Aero Kickboxing check all competitors for jewellery and piercings before they compete.

### **Art. 5.1 Semicontact, Light-Contact and Kick-Light**

Competitors must stand outside of the tatami. The judge will check uniforms which must be dry, clean, without any blood or other substances and in good repair.

Judge will check head guard and must pay attention to the following:

- head guard must be firmly fastened by self-adhesive strips under the chin and at back of head (no type of buckle is allowed).
- Top of head must be completely covered.
- Face, chin and eyebrows must be open.
- Face Guards Must be worn for Younger Cadets

Gloves for semi-contact must be without any cracks or splits. The competitor must be able to open his hand, and first half of fingers and thumb must be covered. The palm must not be covered. The fastening strip must be self-adhesive and gloves must be fastened at the wrist. Hand wraps are optional. Hand wraps may be wrapped around base of fingers, palm and back of the hand. Wraps must be fixed on wrist with self-adhesive small strips or with self-adhesive cotton-based tape. Judge should touch and feel that hand wraps if worn are soft and without any hard parts.

Before checking gloves for light contact and kick-light, the competitor must show his hands with hand wraps. Hand wraps are mandatory. Hand wraps must be wrapped around base of fingers, palm and back of the hand. Wraps must be fixed on wrist with self-adhesive small strips or with self-adhesive cotton-based tape. Judge must touch and feel that hand wraps are soft and without any hard parts. After checking hand wraps, the judge will allow the competitor to put the gloves on. Gloves for light contact must be 10 Oz boxing gloves in good repair, without any cracks or splits.

Fastening must be with a self-adhesive strip and gloves must be secured at the wrist. Gloves with fastening laces are not allowed.

## **Art. 6. Other equipment**

### **Art. 6.1 Fighting area - Tatami**

Competition area shall be called the tatami. In World and Continental Championships the tatami size will be 8x8 meters for seniors juniors and Older Cadet and 6x6 meters for younger cadets. In World Cups, regional and low-level championships, the tatami may be smaller, but not smaller than 6x6 meters.

The tatami must be placed on the bare floor and must be made up of non slip interlocking mats, suitably colored.

The area for musical forms performances will be larger. The tatami will be 10x10 square meters.



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### Art. 7. Weight Divisions and Weigh-in Procedures

#### Art. 7.1 Weight Classes and Age

##### Art. 7.1.1 Age Categories specifications:

Age divisions will be determined in the following manner at All WAKO Championships:

A competitor will be placed in an age division according to his/hers **Date of Birth.**

##### Age Categories specifications:

**Younger Cadets Category:** 10, 11 and 12 years old. Meaning from the date he/she turns 10 years and up to the day before he/she turns 13 -Tatami sports only. Semi Contact, Weapons, Forms only.

**Older Cadets Category:** 13, 14 and 15 years old. Meaning from the date he/she turns 13 years and up to the day before he/she turns 16 -Tatami sports only.

##### Juniors Category:

##### Tatami Sports

16, 17 and 18 years old. Meaning from the Year he/she turns 16 years and up to the day before he/she turns 19. If a Junior/Senior competes in World or Continental Championships, they can not then go back competing as Junior again and must stay within the senior categories going forward at all world and continental championships.

**Clarification.** However A Junior who has competed as a senior in world or continental championship can continue to compete as a junior in all other international events, excluding the above.

**Seniors Category:** From the day he/she turns 19 years and up to the day before he/she turns 41 or she turns 36.

##### Veterans Category:

Male 41 to 50 years old. Meaning from the date he turns 41 years and up to the day he turns 51.

Female 36 – 45 years old. Meaning from the date she turns 36 years and up to the day she turns 46.

##### Team Events Continental/World Championships

A younger Cadet, Older Cadet or Junior can only participate within a team in the age category applicable to him as an individual.

**Specification during championships/tournaments:** In case of birthday during a tournament that changes the age category, he/she can compete in the lower category until the tournament is over. A tournament period is defined as from the day of the official weigh-in/registration and until the finals are finished.

**Legitimizing:** Positive proof of age will be required at all championships (passport or Government ID or driving license) is required.

**Only one weight-class:** In WAKO Continental and World championships, it is only possible to start and compete in one weight class. You can only compete in a weight class a maximum of one division above your actual weight.

**Tatami Sports specifications for Veterans:** If any fighter in veteran division would like to fight in Senior division he must be in possession of all medical checkup and certification declaring he's fit to fight and ask for a special authorization released by WAKO headquarters.

##### World Cups/Opens

Fighters can move between categories/weight classes ( maximum one above) as long as it is a division above his/her age.

##### Tatami/Ring

If you compete in a ring tournament you are not allowed to enter a Tatami style in the same tournament/championships and vice versa.



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### Art. 7.2 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. 7.2.1 Seniors (from age 19 to 40)

##### Men

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

##### Woman

Under 50 kg  
Under 55 kg  
Under 60 kg  
Under 65 kg  
Under 70 kg  
70 + kg

#### Art. 7.2.2 Veterans (from age 41 to 50 years both for male female 36 - 45)

##### Men

Under 63 kg  
Under 74 kg  
Under 84 kg  
Under 94 kg  
Over 94 kg

##### Woman

Under 55 kg  
Under 65 kg  
Over 65 kg

#### Art. 7.2.3 Juniors (from age 16 to 18)

##### Male

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

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



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### Art. 7.2.4 Younger cadets (10-11-12 years old)

#### Boys and Girls

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

### Art. 7.2.5 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

### Art. 7.3 Weigh-in Procedures

“Chairman of the referee committee and/or the Technical Director appoint the WAKO official’s to organize the weigh-in. During the weigh-in, two WAKO officials will be present, 1 Female official -1 Male official.

Also one representative of a national federation connecting to each national team may be present, but only when their own teams weigh-in. However they are not allowed to intervene on any occasion. The national representative can not be in physical contact with the fighter, and should stand away from the scales - at least 1 meter.

Each fighter must have his own WAKO sports pass with medical certificate included, valid for 1 year, to be shown at weigh-in. In addition he/she must have available his/hers official passport. After being weighed, each fighter must be declared fit for fighting by a qualified doctor.

The fighters of each weight category will be weighed the day before the start of competition or on the same day that they have been drawn to fight. For a single fight for a fighter, a normal procedure is to have weigh-in approx 24 hours before the fight.

If weigh-in the same day of the fights the fights will start at least 3 hours after the weighing time, or in a shorter lapse of time if the Board of Directors so decide, after consulting the Medical Committee, provided that the decision is not prejudicial to any fighter taking part in the first bouts of the tournament.

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 drawing.

Official weigh-in (registration periode): If the fighter exceed his/hers weight, he/she can within the official time get a second chance to reach the limit. However the fighter must wait in line and the WAKO official decides when the second



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weigh-in will be made. The weight registered on that occasion is final. If the fighter does not make the weight at this second weigh-in, there are two options:

- Direct disqualification. Decision of WAKO official is final and can not be appealed.
- To move up one weight category, but only if the national federation has got a vacancy in that category and if the weigh-in is not yet closed.

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.

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 exceed his/hers weight, he/she can within the official time get a second chance to reach the limit. However the fighter must wait in line and the WAKO official decides when the second weigh-in will be made. The weight registered on that occasion is final. If the fighter does not make the weight at this second weigh-in he/she 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 to 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.

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 Controle Personel may be allowed beside the athleith. NO Person may be standing beside, behind, in front or near the Athlete when the official weight is taken

There is no weight allowance, you must be on or below your weight

### **Art. 7.4 Fighters nationality.**

In Continental or World Championships, competitors must represent nationality for the country he/she 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 his/hers 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.

He/she can not again switch back and participate for his/hers origin country.

A competitor having two passport form 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. 7.4.1 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



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countries present and allowed to verify the weight of each kickboxer. 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 Board of Directors. In order to assure a successful weigh-in, the Board of Directors can decide to start the medical check-up earlier.

### **Art. 8. Rounds**

In all WAKO Senior fighting styles, have 3 x2 minute rounds WAKO World and Continental tournaments. In extra time the fight is extended by one minute without any break. At the end of this time if it is a draw, the winner will be the next fighter to score, sudden death system.. In World Cup or Open Wako international tournaments, this can be 2 x 2 or 1 x 3 minute round according to promoters needs.

For Veterans in the duration of all matches are 2 x 2 minute rounds in both Light-Contact and Semi Contact. . In extra time the fight is extended by one minute without any break. At the end of this time if it is a draw, the winner will be the next fighter to score. sudden death system.. In World Cup or Open Wako international tournaments, this can be 2 x 2 or 1 x 3 minute round according to promoters needs.

For Younger Cadets it is 2 x 1.30 with 1 minute break. Older Cadets 2x2 with 1 minute break. Junior are 3 x 2 minute rounds with 1 minute break. In Continental and World Championships: For official WAKO world, continental, International Opens and regional Cups, due to the large number of competitors, the time can be reduced to 1 x 2 minute or 1 x 1.30 minute rounds. . In extra time the fight is extended by one minute without any break. At the end of this time if it is a draw, the winner will be the next fighter to score. sudden death system.. In World Cup or Open Wako international tournaments, this can be 2 x 2 or 1 x 3 minute round according to promoters needs.

### **Art. 9. Special violations of Rules**

If a Fighter, Coach or a whole team protests with not leaving the Tatami immediately after the fight, the Chairman of Tatami Sports after consultation with the Board of Directors or the tournament organization is allowed to disqualify the whole team.

### **Art. 10. Anti Doping**

WAKO follows the WADA Code of Conduct and its lists of prohibited substances which may be amended from time to time.

Any kickboxer refusing to submit to a medical examination or doping test before or after a fight may be immediately disqualified or suspended pending a full hearing.

WAKO refers to and adopts WADA Anti Doping Code in all cases.

A Senior champion of Continental and World Championships must fill out the Out Of Competition Whereabouts form annually and forward same to the director of Anti Doping WAKO. . Failure to do so will mean automatic suspension of his/her ranking.

### **Art. 11. Open Scoring Electronic System**

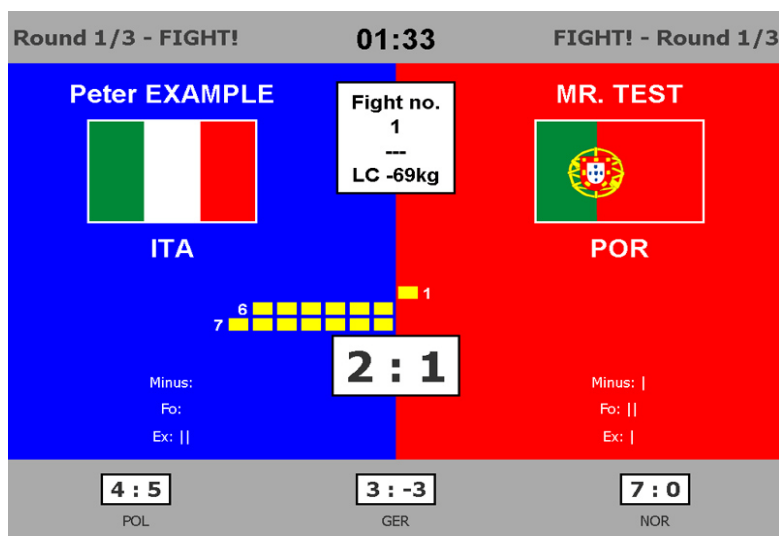
For light contact and kick-light, an open scoring electronic system scoring may be used. This system is as follows:

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 tatami area.

The system will be administered by the timekeeper. The fight and its history is stored as a pdf-file in the computer at jury's table.

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An example of a display for a Electronical Scoring System.

### Note!

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

WAKO would like to acknowledge the contributions of the following people in the creation and collaboration of the revised **WAKO Rules 2011** DURING 2009/2010/2011.

### Appendix 1: Semi Contact



### Light Contact/Kick Light



### Appendix 3:

#### Semi Contact Clothing



#### Light/Kick Light Contact Clothing





### **Art. 12. 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.

All competitors taking part in any WAKO competition must follow Rules in connection to fighter uniform as described in article 4 of WAKO Tatami Sports General Rules and article 5 of WAKO Ring Sports General Rules respectively.

However 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 and the same without head guard when competing in musical forms.

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.



These Rules will remain in place a minimum of two years from 28<sup>th</sup> April 2011 Until WAKO Board Meeting April 2013