

WAKO RULES AND REGULATIONS



SEMI CONTACT

STATEMENTS

SEMI CONTACT KICKBOXING

1. Each fighter must have his own WAKO SPORT PASS with MEDICAL TEST in it, valid for 1 year, to be shown at weigh-in procedures.
2. In European or World Championships NO FOREIGN COMPETITORS can be included in NATIONAL TEAMS. At weigh-in, official passports must be shown to officials in charge.
3. The competition in semi contact should be executed in its true sense with light and well-controlled techniques and contact. It is a technical discipline with equal emphasis put on hand and foot techniques, from an athletic viewpoint.

COMPETITION AREA

1. The Fighting Area shall be called the Ring.
2. The size of the ring shall be 8 x 8 meters (25'x25').
3. The ring should be on a raised platform with a padded surface. If the Promoter cannot obtain a raised platform, he shall notify the World President of WAKO who may give him permission to use the arena floor or a Boxing Ring. Expense for not providing a platform shall not be considered a valid reason.
4. There shall be a Coaches Box marked on the floor on the floor adjacent to the Ring.

UNIFORMS AND EQUIPMENT

1. Each Fighter must wear a clean uniform in good repair. The pants must reach the ankle. The waist may be either a drawstring or elastic waistband. The top must be either a Jacket or a V-neck top. T-shirts of any kind are forbidden. The top must display on the front and on the back the name or initial of the country that the Fighter represents.
2. The Fighter must wear a belt or sash around his waist that reflects his rank.
3. 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 CMS (4" x 4").
PANTS: on the side between the knee and the hip area.
4. If the promoters and sponsor does not wish the Fighters to wear advertising other than his own, then 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.

Safety Gloves

The Safety Gloves or Mitts must have padding that will not slip leaving the striking area uncovered. Padding must cover the fist, thumb and ridge hand striking area. The glove must cover the fingers including the fingertips, and must reach at least 5 cm (2") above the wrist (open hand gloves mandatory).

Foot Protection

Foot Protectors or Boots must have padding that will not slip leaving the striking area uncovered. The boot must be large enough to cover the toes completely. The heel must also be covered and the boot must extend at least 5 cm (2") above the ankle. The sole of the foot need not be covered.

Head Protection

Head Protectors must be worn and must cover the forehead top of the head, temples, upper jaw and ear. The protector must not in any way interfere with sight or hearing.

Shin Guards

Shin Guards must be worn. They must not contain any hard parts such as plastic, metal or wood.

Mouth Guards

Mouth Guards must be worn.

Groin Guards

Groin Guards must be worn. All Groin Guards must be worn under the pants.

Recommended Safety Equipment

Kneepads, Forearm pads and Chest protectors are all permitted and recommended. This equipment must adhere to the same standards as all the aforementioned mandatory Safety Equipment.

Hand Support (Wraps)

May be used but must not exceed 61 CMS (2') in length or be wider than 5 cm (2"). The support may be secured at the wrist with a strip of tape not to exceed 15 cm (6") in length. Safety Equipment (in general) Safety Equipment must not have any buckles; straps or tape that might in any way cause injury during the match.

Medical Examination

A fighter's physical condition must be checked annually and signed into the international sport pass.

WEIGHT DIVISIONS AND WEIGHT IN PROCEDURES

Weight Classes:

MEN (SENIOR, FROM 16 TO 45)

Under 57 kgs
Under 63 kgs
Under 69 kgs
Under 74 kgs
Under 79 kgs
Under 84 kgs
Under 89 kgs
Under 94 kgs
Over 94 kgs

WOMEN(FROM 15 TO 40)

Under 50 kgs
Under 55 kgs
Under 60 kgs
Under 65 kgs
Over 65 kg

JUNIORS

(FROM 16 TO 18 YEARS OF AGE)

Weight classes are the same as the senior

COLTS

(MALE, FROM 10 TO 15 YEARS OF AGE)

Under Mt. 1,35
Under Mt. 1,45
Under Mt. 1,55
Under Mt. 1,65
Under Mt.+1,65

COLTS

(FEMALE, FROM 10 TO 14)

Under Mt. 1,35
Under Mt. 1,45
Under Mt. 1,55
Under Mt.+1,55

- ? Junior age divisions will be determined in the following manner. Whatever the Junior competitors age is on the 31st day of June will be the division the Junior will be required to compete in all year. This will allow each country to have Team trials anytime of the year prior to the WAKO World Championships and not lose a Competitor due to an age change at a later date. Positive proof of age will be required.
- ? Weigh-ins for all Fighters in European or World Championships must be conducted on the day prior to the competition. National events may hold their Weigh-ins on the same day as the Competition.
- ? Time and place of the Weigh-in must be advertised by the Promoter who must send a written schedule to all National Presidents outlining the details.
- ? At least two members of the Technical Commission must be present at the Weigh-in. A chart must be kept showing the name, weight and country of each Fighter. The Fighter and one member of the Technical Commission must sign this chart.
- ? The Promoter must provide a Doctors Medical Scales for all Official Weigh-ins. These scales shall be made available to all Fighters at least one day prior to the day of the Official Weigh-in.

FIGHTING RULES

1. The Fighter must present himself to the side Judge nearest his corner to have his safety equipment inspected.
 2. Fighters may not wear any form of Jewelry at this inspection or during the fight.
 3. After the Judge has inspected the Fighter, he will wait to enter the ring until told to do so by the Referee.
 4. Fighters will enter the ring and touch gloves. They will assume a fighting stance and wait for the command "fight" from the Referee.
 5. Time shall be two (2) minute rounds, with a one minute rest between rounds in all Finals.
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6. The time will only be stopped on the command of the Referee. Time is not stopped to award points of penalty unless the Referee feels it is necessary. The Referee is not allowed to talk to the Fighters during the match unless he has stopped the time.
7. Fighters may have one Coach and one Second in their corner during the match. Both must remain in the Coaches Box throughout the match.
 8. No coaching will be allowed while the match is in progress.
9. Only the Referee may ask for time to be stopped. A fighter may request time to be stopped to adjust Safety Equipment or check an injury. The Referee does not have to stop time if he feels it will take away the advantage from the other Fighter. Time-stops shall be kept to a minimum.
10. If the Referee feels a Fighter is using time-stops to rest or to prevent his opponent from scoring, a warning shall be given and the Fighter may be disqualified for delaying the match or refusing to fight.

COMPETITION COMMANDS

- ? Shake hands - shake hands at the beginning of the fight
- ? Fight - fight, at the beginning or after an interruption of the fight
- ? Stop - stop, the fight is interrupted immediately and may only be resumed after the referee gives a new command. When points are being made known, the fighter must go back to their starting positions immediately.

LEGAL TARGET AREAS:

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

ILLEGAL TARGET AREAS:

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

LEGAL TECHNIQUES:

KICKS: Front, Side, Back, Roundhouse, Hook (Sole of the foot only), Crescent, Axe (Sole of the foot only), Jumps, Spins.

HANDS: Punch, Backfist, Ridgehand, Hook.

FOOTSWEEP: To score with a Footsweep the attacker must remain on his feet at all times. If in the execution of a Footsweep the attacker touches the floor with any part of his body other than his feet, NO score will be given. A score will be awarded to the attacker if his opponent touches the floor with any part of his body other than his feet. **GROUND ATTACKS:** A fighter cannot attack an opponent on the ground. The central referee is responsible to stop 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 on a downed Fighter can bring to minus points or disqualification.

SPECIAL NOTE : Because it is extremely dangerous to strike with the back of the heel, it must be strictly emphasised 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**. Grabbing is allowed but only for 3 seconds to score with a legal technique.

ILLEGAL TECHNIQUES AND ACTIONS:

- ? Attacks with any technique other than those mentioned in section 7.
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- ? Avoiding or refusing to fight
- ? Falling or dropping to the floor without due cause
- ? Leaving the Fighting Area. If a Fighter leaves the area (exits) without being pushed, kicked or knocked out by his opponent it will be seen as a "Voluntary Exit" and will receive a warning from the Referee. On the third exit the Fighter will lose one point. At the fourth time the Fighter leaving the area shall be disqualified. (Warning will be carried throughout the Match).
- ? Attacks with malicious or excessive contact.
- ? Unsportsman like conduct. A Fighter shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsman like conduct, the Fighter may be disqualified on the first offence.
- ? Attacking an Official either inside or outside the ring. Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in immediate disqualification. In the event that any of these actions are made by a penalised, or the person involved may be removed from the Hall or tournament site and the matter turned over to the WAKO Disciplinary Committee.

SCORING:

A legal technique strikes a legal target. The authorised striking area of the hand or foot must make "Clean" contact. The Official must actually see the technique strike the target. Awarding points based on the sound of the strike is not allowed. Enough power and force must be held back (in reserve), so that if it had been used it could have injured, disabled or stunned an opponent and left the fighter using the technique in a position of advantage.

SPECIAL NOTE: All techniques must be used with "reasonable" power. Any technique that simply touches or brushes an opponent will not be scored.

If a Fighter jumps in the air to attack, he must land inside the Ring to score.

Points

1. Punch 1 pt
2. Kick to the body 1 pt
3. Footsweep 1 pt
4. Kick to head 2 pts
5. Jumping kick to body 2 pts
6. Jumping kick to head 3 pts

NOTE: no scores will be awarded for follow-ups to Footsweeps.

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

PENALTY - EXITS

Warning will be carried through the Match

- ? 1st violation Warning
- ? 2nd violation Official Warning
- ? 3rd violation Award penalty point
- ? 4th violation Disqualification

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

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

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

If one of the Judges see an action he considers to be a valid score, he must signal to the Referee immediately who will command "STOP" and all ring Officials must at that time signal their point calls.

In any case only simple majority can award a point.

STOPPING THE MATCH:

TIME-OUT:

Only the Referee has the power to stop the match. A Fighter may request a time-out raising his arm to check an injury. The Referee does not have to grant time-out if he feels it would be an unfair advantage or that it may in any way take away the advantage from the other Fighter. Time-Outs shall be kept to a minimum. If the Referee feels that a Fighter is using Time-Outs to rest or to prevent the other Fighter from scoring, a warning shall be given for the delaying the Match. Only the Chief Official or the Technical Director of Semi-Contact or their appointed representative may interrupt the Match from outside the Ring. They shall get the attention of the Referee who shall call Time-Out. If a Coach wishes to lodge a complaint or protest, he shall notify the Technical Director of Semi Contact. The Director may, if possible, handle the protest without stopping the match.

REASONS FOR TIME-OUT

Injury (See Rule on injuries and treatment)

For the Referee to confer with Officials

For the Referee to converse with a Fighter or his Coach

To ensure safety and fair play

Time-Out is not generally called to issue points. The Referee should do this quickly to ensure each Fighter has the benefit of the complete Fighting time allowed for the Match.

Referees who are not proficient in administering the Match quickly and fairly, may be replaced by the Tournament WAKO semi contact chief referee.

INJURIES:

In the case of an injury to one of the Competitors, the Match shall be stopped only long enough for the Medic/Doctor to decide whether or not the injured Fighter can continue. Once the Medic/Doctor arrives at the Ring, he shall have only two minutes to decide if the injury requires treatment. All treatments must be completed in two minutes. If the injury is so serious that the Rules 13a and 13b cannot be complied with, then the Match must be terminated. If the Match must be stopped because of injury, the Officials must decide:

- A Who caused the injury
- B Whether or not it was an intentional injury
- C Whether or not it was the fault of the injured Fighter.
- D Whether or not the injury was caused by an illegal technique
- E If there were no Rules violation by the uninjured Fighter, then that Fighter shall win by forfeiture
- F If there was a Rules violation by the uninjured Fighter, the injured Fighter wins by disqualification.
- G If the injured Fighter is declared fit to continue by the Medic/Doctor, then the Fight shall resume.
- H In cases involving Rule G, the Officials shall decide if either Fighter should receive a point, warning, penalty point, or if no action is required.

OFFICIALS:

CHAIRMAN OF THE TECHNICAL COMMISSION:

The Chairman of the Technical Commission shall act as head of the Appeals Board.

TECHNICAL DIRECTOR FOR SEMI CONTACT:

- ? Will control the Rings where Semi Contact is being conducted.
- ? May interrupt the Match to answer or deal with protests.
- ? May interrupt the Match if feels the Rules are not being applied correctly.
- ? He shall act as Chief Arbitrator for the Semi Contact Areas.
- ? May remove Officials who are not performing at an acceptable standard.
- ? May appoint an assistant to substitute for himself when necessary.

REFEREE:

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

JUDGES:

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

Special Note: The Referee and the judges should be dressed in the following manner: clean grey pants, white Wako-shirt, Wako-tie or Wako bow-tie, blue jacket with Wako badge on it, and black coloured gym shoes.

TIME KEEPER:

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

SCORE KEEPER

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

RING ASSISTANT

- ? The Ring Assistant shall organise the Fighters so that there will be no delay between fights.
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CALLS REFEREES AND JUDGES MAY MAKE

POINTS:

- ? One's arm are raised to indicate the Fighter who scored.
 - ? To award a point at least two arms must be raised
 - ? The Officials may have two different scores of two different values. If one Official see a 2pt score and the other see at 1pt score, then the lowest score will be awarded.
 - ? If more than two arms are raised, then the fighter with the most number of decisions will be awarded the score.
 - ? In situations where there are the same number of arms raised, both Fighters shall be awarded a score.
 - ? If two Official indicate they did not see, then no points can be awarded. The remaining Official cannot award a point by himself.
- The Technical Director and the Referee should be vigilant to ensure that the Judges are doing their jobs properly. If any one of the Judges indicates he did not see a score on an excessive number of occasions, he should be removed from the Ring.

NO SCORE:

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

COULD NOT SEE:

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

WARNING:

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

PENALTY:

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

DISQUALIFICATION

If disqualification is called for, the Referee shall confer with the Technical Director to ensure all the proper procedures are being used.

General rules for division forms

I. Arbitration

The order of passage is sorted.

For the 4 first to compete in each category, the notes will be given after that they will have all participated, for the others the notes will be given at the end of their program.

Three judges minimum and seven maximum will be present in each area

The highest and the lowest notes will be retired when there will be 5 or 7 judges

Notes will be between 7.0 and 10

In a case of equality, the highest and the lowest notes will be added, if there is still an equality, a second performance will be done and the decision will be taken by vote by the judges

For the weapons category, the loss of the weapon won't be eliminatory, but will be penalized by 1 point

A fall will be penalized by 1 point

A hand or a knee laying on the floor non voluntarily will be penalized by 0,5 point

Lacks of balance on the all program will be penalized by 0,2 to 0,5 point

A competitor who will perform a program that has nothing to do with the division he chose will be disqualified

II. Ceremonial

The competitor bows to the tatami before he enters it

The competitor bows to the main judge

The competitor presents himself: name, surname, team, city and country

For the traditional divisions, the competitor will have also to announce his style and the name of his program

At the end of his program, the competitor waits for his notes

The competitor bows to the main judge

The competitor bows to the tatami before he leaves it

III. Competition dressing

III. a. Authorized

Top: Kimono large or short handles

Down: kimono, fullcontact or capoeira trousers

The color of the trousers and the jacket is free

The kimonos, belts and trousers can wear inscriptions or logos: it must avoid vulgarity or provocation. The dimension of the brand must not be over than 5cm by 5 cm. There can be only one brand by dress (jacket, trousers, belt...). Only the official sponsors from the organizer are exempted from those rules.

Musical forms division

Philosophy of the musical forms divisions:

The musical divisions requires a form or weapons form meeting the above criteria for a Traditional, Creative and Extreme form, choreographed in a general sense to the beats or rhythm of music chosen and provided by the competitor.

The artistic aspect of the form is important.

There must be an equilibrium between legs techniques, foot techniques and acrobatic techniques.

The stress is put on the innovation in the techniques, the sequences and the music.

I. Musical forms without weapon/ Ampy hand

Rules

Competitors make the presentation of their program on a music that they choose

Competitors can also have choose a music for their performance

The duration of the program must be between 40 sec. and 2 minutes

The musical support (CD, Tape) from the competitor will have to be prepared. The music for the presentation will have to be on the same CD or tape than the music for the performance.

Technicians won't adjust any music or change about CDs and tapes.

On the musical support must appear legibly: name, surname from the competitor (or the team) and the number from the musical choice. Without those inquiries, no musical support will be accepted

Choreography is free

The number of kicks is not limited

The number of acrobatics and acrobatic kicks is not limited

Notation criteria

Musical choice (correlation between the music and the program)

Fluidity and harmony

Cleanliness and beauty of techniques

Complexity of techniques and sequences

Artistic research

Power

Speed

Tonicity

Charisma

Stability