



WAKO

Ring Sports General Rules





WAKO Rules of Ring Sports – General Rule

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Art. 1. Officials.

Art. 1.1 Chairman of 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 Ring
- Will deal with official weigh-in, drawing, disposition of fighting areas in the sport hall

Art. 1.3 Chief referee of the Ring Sports.

The WAKO International Referee Committee of Ring Sports will select 1 Chief Referee per each fighting ring. 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 pro- tests. They can alternate their role. Also, they

- May interrupt the Fight to answer or deal with protests.
- May interrupt the Fight if the Rules are not being applied correctly.
- Shall act as Chief Arbitrator for the Ring 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 Referee and Judges.

During World or other international championships, each bout in a ring must be supervised by a WAKO international acknowledged Supervisor of the Ring, especially appointed by International 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. (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 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 the uncontrollable event.
- An official may not be born or live in a country which is a dominion, colony or in any way dependent 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 comes from his native country.
- In the case of the Chief of the Ring not being able to apply the above-mentioned directives due to special circumstances, it 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 drawing lots, by the Chairman of the International Referee Committee, or any other person on his behalf, for the bout in question.



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- 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 set forth in the in the WAKO regulations.
- Persons in charge of 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 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 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.
- Should the Referee be inadequate in the course of a bout, the Chief of the Ring will hold him 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 during the rest of the bout. A Referee will officiate in the ring. He 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-up, dark blue or black socks, black gym shoes without heels and 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, he must hand them to the Chief of the Ring. He 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 kickboxer to shake hands and then he says "FIGHT". If the Referee wants to stop the time of the bout he gives an order "STOP TIME" and to resume the fight he gives an order "TIME" and command "FIGHT".

- STOP when he orders 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 he orders 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, he 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. He 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 he finds it 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 he considers a fighter unable to continue.
- Stop a fight at any moment if he finds the fighters behaving "unsportsmanlike". In such a case, he may disqualify either kickboxer or both.



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- 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 himself if the coach or the second fails to obey to his orders.
- Disqualify, with or without a warning, a fighter who has committed an offence.
- In the case of a KO, 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 of a foul. Before the warning, the Referee must order the kickboxer to stop fighting. The warning must be given clearly, so that the kickboxer understands the reason and cause of the penalty.

The Referee must hand signal to each Judge (when clickers are used) and to Chief Referee of the Ring and Timekeeper (when the electronic system is used) 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 4 official warnings within the same bout, he is disqualified.

A Referee may give a caution to a kickboxer. A caution means a warning given by a Referee to a kickboxer for breaking a rule. In order to do this he doesn't need to stop the fight, and may reprimand the kickboxer during the fight verbally.

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 there are common gloves used, there must be plastic gloves at 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-counter in all WAKO World and Continental Championships. It is also recommended to use this in all other WAKO sanctioned tournaments like World Cups or Open Tournaments. The kick-counter reports to the Referee after every round if 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 use a board with visible red and blue numbers. 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 his physical fitness to fulfil his role in the ring. 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.

Art. 2. Judges.

Each Judge must independently consider the merits of the two fighters, and must chose the winner, according to the regulations.

During the match, he will not talk to fighter, other Judges, or anybody else, with the exception of the Referee. He may, if necessary, at the end of a round, notify the Referee about any incident that he has missed, for example tell him 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 bend of three rounds) granted to each fighter on his score sheet.



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During the round the Judge will use the back of the scorecard to register the numbers of hits he sees in each round. Always the red corner is on the left side and the blue corner on the right side of both sides of the scorecard. The points/recorded hits must be tallied at the last round. He will not leave his 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.

- He will be seated at ringside.
- Ten seconds before the beginning of each round, he will clear the ring, giving order "Seconds out"
- He will ring the gong at the beginning and at the end of each round.
- He will announce the number of the round, before it starts.
- He will stop the bout temporarily, when asked to do so by the Referee.
- He will keep track of extra time with a watch or a stopwatch
- If, at the end of a round, a boxer is on the floor, and the Referee is counting him out, the gong must ring at the end of two minutes, even if central Referee must finish his 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 tatami on the ring floor).
- 4 ropes (3 ropes in case of “force majeure”)
- pads in all corners (1 red, 1 blue, 2 white)
- straps between the ropes
- at least 2 stairs
- 2 chairs
- 2 foldaway stools for fighters between the rounds
- 2 cups and 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.
- Ringside
- A table and chairs for the officials
- A sound gong or a bell
- Stopwatches
- 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 dressed in sweaters in ring corners will have a towel and a sponge each, to attend to the fighters.
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5.1.4. Hand wraps.

- Hand wraps are used for wrapping the fist to avoid injuries. Using hand wraps are 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 width 2 cm.

5.1.5. 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 but must not protrude outside the mouth in any way. Mouth-guard 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 T-shirt or 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.

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 sock type only for Low Kick and K-1.

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/ 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 his 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,



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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 his 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.

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



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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 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 cannot 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 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 period): If the fighter exceed his/hers weight, he/she 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 he/she 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 exceed his/hers weight, he/she 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 must 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 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.

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: you must be on or below your weight category.



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Art. 12. Fighter's 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 cannot 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. 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 his team: with each defeat, he will win 1 point for his 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 it 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.

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Appendix 1: Full Contact Clothing



Appendix 2: 10oz Gloves



Appendix 3: Shin Guards.



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