

WAKO

Kick-Light Rules





WAKO Rules of Tatami Sports – Kick-Light

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Chapter Four / Kick-Light

Art. 1. Definition

Competition in Kick-Light kickboxing should be executed as its name implies, with well-controlled techniques. In Kick-Light competitors fight continuously until central referee command STOP or BREAK. They use techniques from full contact, but these techniques must be well controlled when they land on legal targets. Equal emphasis must be placed on both punching and kicking techniques. Kick-Light has been created as an intermediate stage between semi and full contact kickboxing. It is carried out with running time. The central referee doesn't judge the fighters, but only makes sure they respect the rules. Three judges make the complete scoring decisions in an electronical scoring system.

Art. 2. Weigh-in

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

Each fighter will be officially weighed only once, **UNLESS BOARD OF DIRECTORS DECIDE OTHERWISE, BUT WAKO HQ THEN MUST NOTIFY LONG IN ADVANCE TO ALL MEMBERS**. The weight registered on that occasion is final. It is allowed, nevertheless, for the representative of a country whose fighter has not reached the right weight during the official weigh-in, to put him into another, suitable weight category, provided that the country in question has got a vacancy in that category and the weigh-in has not yet closed. It is also allowed for all countries to substitute one kickboxer with another, before the end of the first weigh-in and the medical check-up, on condition that, within each competition where substitutes are allowed, the kickboxer in question has been registered as a reserve for that, or in any other weight category.

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

Art. 3. Fighting Rules

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

The time will only be stopped on the command of the Referee, by calling TIME to the area control table. Time is not stopped to award penalties unless the Referee feels it is necessary. The Referee is not allowed to talk to the Fighters during the match unless he has stopped the clock.

Fighters may have one Coach and one Second in their corner during the match. Both must remain in the Coaches Box throughout the match.

No coach will be allowed to enter the fighting area while a match is in progress and no Coach will be allowed to interfere with any referee or judge. No Coach will be allowed to make derogatory remarks about a referee or judge.

Only the Referee may ask for time to be stopped. A fighter may request the clock to be stopped to adjust Safety Equipment or check an injury. The Referee does not have to stop the clock if he feels it will take away the advantage from the other Fighter. Time-stops shall be kept to a minimum.

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

Art. 4. Competition Commands

▪ TIME

Forming the letter T with hands, to give order for time keeper to stop the clock until referee says command FIGHT. When the central referee says TIME he must say the reason why he stopped the clock.

Referee will give the order TIME on these occasions:

- when he gives a warning to a fighter (opponent must immediately go to the neutral corner)
- when a fighter asks for stoppage of time by rising right hand (opponent must immediately go to the neutral corner)
- when referee sees it's necessary to correct a fighter's equipment or uniform



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- when referee sees that a fighter is injured (maximum time for doctor's intervention is 2 minutes for seniors and juniors and 1.5 minutes for boys/girls and cadets)
- **STOP**
when the Referee orders kickboxers to stop fighting.
- **STOP TIME** (forming a T with his hands)
When he wants to stop the match for any important reason. The Referee must **explain** the reason for each warning to the fighter
- **FIGHT**
To begin contest/fight or after an interruption of the fight.
- **BRAKE**
To break up a body-to-body position, after which each boxer must draw back before continuing the fight
- **SHAKE HANDS**
At the beginning of the fight

Art. 5. Legal Target Areas

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

Head

Front and side

Torso

Front and side

Legs

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

Feet

Only for sweeping

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

- Attack the throat, lower abdomen, kidneys, back, joints, groin and to the back of the head or neck.
- Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder.
- Turn one's back to the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
- Attack an opponent who is falling to the floor or is already on the floor, that is, as soon as one hand or knee touches the floor.
- Leaving the Fighting Area (Exits).
- Continue after the command "stop" or "break" or the end of the round has been sounded.
- Oil the face or the body
- Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

Art. 7. Legal Techniques

- **Kicks**
Frontkick, Sidekick, Roundhouse kick, Heel kick (sole of the foot only), Crescent kick, Axe kick (sole of the foot only), Jumpkicks, use of shins in kicking
- **Hands**
Ridge hand, all kind of boxing punches, Backfist
- **Leg, Foot sweep**
Below mid-calf (Foot sweeps are allowed)

Hand and foot techniques should be used equally during the entire fighting period. Foot techniques are only recognized when they clearly show the intention to hit the opponent with power.

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Art. 8. Scoring

A legal technique strikes a legal target. The authorized striking area of the hand or foot must make "Clean / Controlled" contact. The judge must actually see the technique strike the target. Marking points based on the sound of the strike is not allowed. The Fighter must be looking at the point of contact when executing the technique.

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

If a Fighter jumps in the air to attack, he must land inside the tatami to score, and he must keep his balance (it is no allowed to touch the floor with any part of body except the feet).

Art. 8.1 Points

- | | |
|---|-------|
| ▪ Punch | 1 pt |
| ▪ Kick to the leg (thigh) | 1 pt |
| ▪ Kick to the body | 1 pt |
| ▪ Foot sweep leading the opponent to touch the floor with any other part of the body apart from feet) | 1 pt |
| ▪ Kick to head | 2 pts |
| ▪ Jumping kick to body | 2 pts |
| ▪ Jumping kick to head | 3 pts |

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

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

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

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

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

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

Art. 8.2.1 In case of a draw

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

- Number of total marks: The totality of marks in all three rounds will be considered to determine the winner.
- Prefer the last round: If a fighter has scored 1 or more marks in the last round, meaning that he actually won the round 10-9, he will be declared the winner. The reason is that this fighter shows better offensive style, condition, endurance and stamina.
- Using remarks: If the difference between the total marks in all three rounds is only by 1 point, the judge uses the remarks on the front of the scorecard to choose the winner.

These remarks according to WAKO Scorecards are:

- Better in the last round
- More active
- More kicks

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- Better defence
- Better style and techniques

Art. 8.2 Decisions

The following decisions could bring the fight to an end:

- Winner by points
- Winner by disqualification of the opponent
In difficult cases, the referee may also call out a disqualification without having given a warning beforehand, but only after having consulted his Judges.
For example:
 - knocking out the opponent by an uncontrolled blow to the head or malicious attack
 - for excessive, continuous hitting after the "stop" command
 - by extreme un sportsman-like conduct of a fighter such as insulting the referee, the opponent or showing overly aggressive behavior.
- Winner by not showing up (Exits)
- Winner by stopping the fight (Referee Stops Contest, TKO)
A fight may be stopped if the fighter is unable to fight or defend himself and also if the other fighter shows total athletic superiority. The referee decides who is the winner. If the fight is stopped because a fighter is injured, then the officials must make a decision according to Art. 15 of present chapter of Rules.

Art. 8.3 Changing a decision

All public decisions are definitive and cannot be changed unless:

- Mistakes which occurred in calculating the points are discovered
- One of the judges declare he made a mistake and switched the scores of the fighters
- There are evident violations of WAKO rules

The Chairman of Tatami Sports, with the help of the WAKO Appeal Board, will immediately handle all protests. After the discussions, the Chairman of the WAKO Appeal Board will announce the official result.

Art. 8.4 Awarding of Points

In awarding points, the following rules must be respected:

- Directive 1 - concerning blows
During each round, a judge will mark respective score for each kickboxer, according to the number of technically controlled blows that each one has received. To count a fist or a kick blow must not be blocked, even partially deviated or stopped. The value of recorded blows in a fight will be counted at the end of each round and granted to the better kickboxer, according to his degree of superiority. Blows given by a kickboxer will not be taken into account:
 - if they are contrary to the regulations
 - if they land on the arms
 - if they are weak and do not come from legs, body or shoulders.
- Directive 2 - concerning offenses
During each round a judge cannot penalize each offence he sees, regardless of whether the referee has noticed it or not. He has to call the referee's attention to that offense. If the referee gives any kind of warnings to one of the fighters, the judges must note it, writing W on the Fouls column on the scoring sheet, but that does not mean a direct minus point to the other fighter. When the Referee decides to give a minus point to a fighter, the judge will put a "-1" in the appropriate column next to the points of the fighters who has received the warning, certifying thus, that he has to take it away from his final score .
- Directive 3 - awarding points
Points will be given per round. No fractions of points will be given. At the end of each round, the more



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skillful kickboxer (the one who has scored more points) will receive 10 points and his opponent proportionally less (10-9). 10-8 points can be only in case of minus point deduction.

For all detailed description, see Art. 8.2. Scoring System.

Art. 9. Offences

Warnings given to a fighter's corner count against the kickboxer.

A referee may, without stopping the fight, give a caution to a kickboxer at any moment. If he wants to give a warning to a kickboxer, he will stop the fight and announce the offense. He will show it to the three judges, pointing with his finger to the kickboxer at fault.

The following actions are considered fouls:

- Punching below the belt, hooking, tripping, and hitting with knees or elbows.
- Butting with the head, shoulders, forearms and elbows, strangling the opponent, crushing his face with arm or elbow, pushing back the opponent;
- Hitting with open gloves, with the inside of the gloves, with a wrist.
- Hitting the opponent's back, particularly on the nape of his neck, head and kidneys.
- Lying down, wrestling or not fighting at all
- Attacking an opponent who is on the floor on getting up
- Clinching without any reason
- Hitting while hooking the opponent, or pulling the opponent into the blow.
- Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent.
- Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter.
- Using artificial means for a passive defense and falling down intentionally, in order to avoid a blow.
- Using insulting and aggressive language during a round.
- Refusing to withdraw after the order "BREAK".
- Trying to land a blow on the opponent immediately after a "BREAK" order and before withdrawing.
- Assailing or insulting the referee at any time
- When a warning for a particular foul has been administered for example a clinch.

The referee will not caution the kickboxer again for the same offense. An official warning will follow a third caution for the same foul. If a referee thinks that an offense has been committed without his knowledge, he will have to consult the judges.

Art. 10. Penalty – Exits (Warning, Disqualifications and Exits)

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

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 penalized and stating in a loud, clear voice why the Fighter is being penalized.

Warnings will be carried over throughout the Match to all rounds. When referee is giving warnings or a penalty (minus) point, he must stop the clock.

1 st violation or exit	Warning or 1 st exit Verbally communicated to athlete/coach with hand signal
2 nd violation or exit	Official Warning or 2 nd exit Verbally communicated to athlete/coach with hand signal
3 rd violation or exit	Award penalty point -1 Verbally communicated to athlete/coach with hand signal
4 th violation or exit	Disqualification Verbally communicated to athlete/coach with hand signal



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Art. 10.1 Disqualification

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

Art. 10.2 Exit

Leaving the Fighting Area.

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

Stepping out (EXIT) means

Stepping outside the line, even with only one foot.

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

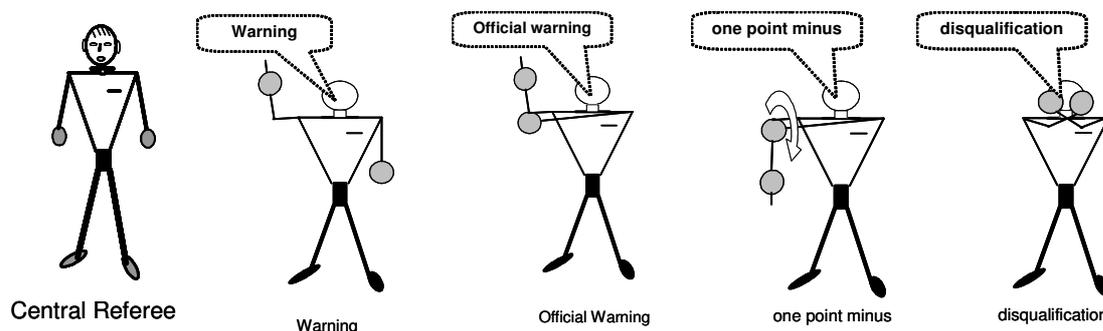
Warnings for leaving the area will be kept as a separate issue from Warnings for other offenses.

Art. 11. Number of Kicks per Round

In Kick-Light there is no limit about number of kicks because fighters score different points according to the technique they use, like in semi contact. Of course fighters are requested to use both punches and kicks and equal emphasis should be put on both. Warning (and consequently, official warnings) should be given though to the fighter who does not use kicks.

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Art. 12. Hand signals



Art. 13. Match

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

- Only the coach and the second may get into the Tatami during breaks.
- No advice, help or encouragement can be given to the fighter during the round
- A second can give up the fight on behalf of his fighter, and can also, if the fighter is in a difficulty, toss the sponge or the towel into the Tatami.
- During the match, neither the coach nor the second must be on the Tatami. They must, before each round, remove towels or buckets, etc.
- Any coach, second or official, encouraging or prompting the spectators to give signs of advice, as well as encouragement to a boxer during a round, can be suspended from his function for the competition in progress.
- A coach or a second who violates the rules, may receive a warning or be disqualified by the referee for bad behavior.

Art. 14. Officials

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

Art. 14.1 Referees and Judges

Three WAKO judges, who will be seated at Tatami-side away from the spectators, must grade each bout. Each of the three judges must be seated in the middle of three respective corners of the fighting area.

In the event the Observer/Organizer is not able to apply the above-mentioned directions due to special circumstances, it will find a solution that will ensure the neutrality and impartiality of appointed officials, followed by a prompt report to the Referee Committee.

Art. 14.2 Referees

At the end of a bout, gather and check the score sheets of the three judges. After verification, he must hand them over to the Observer of the Area or, if he is absent, to the announcer.

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

He must also:

- Supervise the whole bout
- At the end of a bout, gather and check the score sheets of the three judges. After verification, he must hand them over to the Observer of the area or, if he is absent, to the announcer. The referee must not announce the winner by raising a kickboxer's arm or in any other way before the official in charge announces the decision.

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Art. 14.2.1 Referees Powers

- Stop a fight at any moment if he finds it to be too one-sided.
- Stop a fight at any moment if one of the kickboxers has received an unauthorized blow or is wounded, or if he considers a fighter unable to continue.
- Stop a fight at any moment if he finds the fighters behaving in an "unsportsman-like" manner. In such a case, he must disqualify one kickboxer.
- Warn a kickboxer or stop the bout and give a minus point or warning to a kickboxer for an offense.
- Disqualify a coach or a second who has broken the regulations or the kickboxer himself if his coach or the second fails to obey to his orders.
- Disqualify, with or without a warning, a fighter who has committed an offense.
- Interpret the rules as long as they are applicable or compatible with the fight that is taking place, or, at a special moment, decide on a move which does not appear in the rules.
- If a kickboxer breaks the rules but does not necessarily deserve a disqualification, the Referee must stop the fight and give a warning to the kickboxer of a foul. Before the warning, the Referee must order the kickboxer to stop fighting. The warning must be given clearly, so that the kickboxer understands the reason and cause of the penalty. The referee must hand signal to each judge that a particular warning has been given and clearly show which kickboxer has been punished. After having given the warning, the referee orders the kickboxers to fight again. If a fighter has been given 3 official warnings within the same bout, he is disqualified.
- A referee may give a caution to a kickboxer. A caution means a warning given by a referee to a kickboxer for breaking a rule. In order to do this he doesn't need to stop the fight, and may reprimand the kickboxer during the fight.

Art. 14.3 Judges

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

During the match, he will not talk to either fighter, other judges, or anybody else, with the exception of the referee. He may, if necessary at the end of a round, notify the referee about any incident that he has missed, for example telling him about the misbehavior of a second, etc.

A judge will mark the number of points granted to each fighter on his score sheet and in professional bouts only his decision will be announced to the public at the end of the match.

During a round the judge will use the back of the scorecard to record the number of hits he sees, either by a number or by numbers of lines. The red corner fighter is on the left side and the blue corner fighter always on the right on both sides of the score sheet. The points/recorded hits must be listed separately for each round.

He will not leave his place until the decision has been announced.

While on duty, a judge must use clickers.

Art. 15. Injuries

The match should be interrupted if an injury occurs, if the equipment is not in order or in the event of a long referee's discussion on a rules violation. The fight may only be interrupted by the referee (the side judges or doctor may notify the referee that the time must be stopped). In the event of injury, time may only be interrupted until the doctor decides how on the seriousness of the injury, that is, whether or not the fight can continue or whether it must be stopped. Treatment of the injury can only be done in between rounds or after the match. An interruption made by a doctor should not exceed 2 minutes. If the injury needs to be treated, the match must be stopped. In any case, cuts cannot be taped.

If the Match must be stopped because of injury, the Referee & the two Judges must decide:

Who caused the injury

- Whether or not it was an intentional injury
- Whether or not it was the fault of the injured Fighter
- Whether or not the injury was caused by an illegal technique
- If there were no Rules violations by the uninjured Fighter, that Fighter shall win by forfeiture



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- If there was a Rules violation by the uninjured Fighter, the injured Fighter wins by disqualification
- If the injured Fighter is declared fit to continue by the Medic/Doctor, then the Fight shall resume

If the injury was not intentional and the injured fighter cannot continue fighting immediately, the uninjured fighter is declared the winner by RSC.

If the injury is due to a violation of the rules, the responsible fighter is disqualified. If the injury is due to his own fault, the other fighter is declared the winner by RSC. In case of any injury, the doctor and nobody else has the last word on whether a fighter can or cannot continue to fight. The doctor will communicate his decision to the central referee who will act accordingly. A fighter can at any time give up fighting, raising his arm to indicate surrender. In this case the referee will call the other fighter to his side and proclaim him to be the winner by abandonment.

Art. 16. Procedure after KO, RSC, RSC-H, Injury

If a fighter gets injured in a fight the doctor are the only person that can evaluate the circumstances.

If a kickboxer remains unconscious, only the referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.

Art. 16.1 Procedure if KO, RSC, RSC-H, Injury

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

A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.

A kickboxer who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will not be allowed to take part in another competition or bout for a period of at least 8 weeks after the KO.

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

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

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

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

The referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or referee has stopped the bout due to the kickboxer's inability to resume the fight because of head blows. The same has to be reported by the Chief referee on duty in that ring on the fighter's WAKO SPORT PASS. This is also the official result of the fight and it can not be overruled.

Before resuming kickboxing after a ban, as described in the above paragraphs, a kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a sports doctor.

When registered a KO or RSC-H a kickboxer must get a CT Scan of the head.

Art. 16.2 Procedure if injuries in general

In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.



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A doctor can require immediately treatment at hospital

Art. 17. Hand Shaking / Touching of Gloves

Before and after a bout, the kickboxers will shake hands as a sign of pure sportsmanship and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision. No hand shaking is allowed between rounds.

Art. 18. Use of Drugs

Any drug or chemical substance ingested by a kickboxer, that is not included in the kickboxer's normal diet, is forbidden. Any kickboxer or official violating this code may be disqualified or suspended by WAKO.

Any kickboxer refusing to submit to a medical examination or doping test after a fight, in order to verify that he has not broken this rule, may be disqualified or suspended. The same will occur for an official encouraging such a refusal.

The use of local anesthetics is allowed, if agreed by a doctor from the Medical Committee.

WAKO refers to and adopt WADA Doping Rules

Art. 19. Indication

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