



WAKO RULES



CHAPTER 4 LIGHT CONTACT RULES



Chapter 4. Light contact rules

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Article 1. Definition

Competition in Light contact kickboxing should be executed as its name implies, with well-controlled light contact techniques. Light contact has been created as an intermediate stage between point/semi - and full contact kickboxing.

In light contact, competitors fight continuously until the Central referee command STOP or BREAK. They use techniques similar to ring sports, but these techniques must be executed well controlled. Equal emphasis must be placed on both punching and kicking techniques. The Central referee doesn't judge the kickboxers, but only makes sure they respect the rules. Three judges make the complete scoring decisions in an electronically scoring system or by clickers.

Article 1.1. Competitors in light contact

In light contact, kickboxers can compete in the following age categories:

- Older cadets (OC) (13, 14, 15 years old),
- Juniors (J) (16, 17, 18 years old),
- Seniors (S) (19 to 40 years old)
- Veterans - Master class (V) (41 to 55 years old)

Article 2. Safety equipment and clothes

Article 2.1. Personal safety equipment

- Head guard
- Mouth guard,
- Breast protection (for female kickboxers only)
- Kickboxing gloves,
- Hand wraps (mandatory)
- Groin protection (mandatory for male and female)
- Shin guards
- Foot protection

Article 2.2. Personal clothes

- T-shirt (round neck)
- Long pants.
- No belts indicating grade are allowed.

Article 3. Legal target areas

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

- **Head** - Front, forehead, and side
- **Torso** - front and side
- **Feet** - only for sweeping

Article 4. Legal techniques

Hand and foot techniques should be used equally during the entire fighting period.



Article 4.1. Hand techniques (punches)

- Direct,
- Uppercut,
- Hook,

Article 4.2. Foot techniques (kicks)

- Front kick,
- Sidekick,
- Roundhouse kick,
- Hook kick (sole of the foot only),
- Crescent kick,
- Axe kick (sole of the foot only),
- Jump kicks,
- Spinning kicks

Article 4.2.1. Foot sweep

- To score with a foot sweep the attacker must remain on his feet at all times. If in the execution of a foot sweep 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.

5. Illegal techniques (prohibited techniques and behaviour)

It is prohibited to:

- Any Attacks other than those mentioned in Article 3
- Attacks with malicious or excessive contact
- Continue after the command "stop" or the end of the round has been sounded
- Leaving the fighting area (Exits)
- On the command BREAK, not to step back at least one step
- Top of the head
- Falling or dropping to the floor without due cause
- Attack back of the torso (kidneys and spine)
- Attack top of the shoulders
- Neck: front, sides, back
- Below the belt (except for foot sweeps)
- Turn one's back to the opponent
- Avoid fighting (running away)
- All blind, uncontrolled techniques in general
- Back of the head
- Groin
- Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder
- Wrestling and ducking below opponent's waist
- Throwing
- Grabbing – holding on to the opponent in any way
- Attacking 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
- Oil on the face or the body.
- For a kickboxer to spit out his mouth-guard voluntarily



- Ground Attacks
- A kickboxer cannot attack an opponent on the ground. The Central referee is responsible for stopping the fight immediately when one of the two kickboxers touches the floor with any part of the body apart from his feet. Stomps to
- Unsportsmanlike-like conduct. A kickboxer shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsmanlike like-like conduct, the kickboxer may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.

Article 6.3. Awarding points (using electronic scoring system)

- A judge's job is to award points for all legal techniques (punches, kicks or sweeps), clearly landed on legal targets.
- The judge will push the button of his device;
 - one time - for a hand and leg - technique to body, and hand technique to head
 - two times - for a jump kick to body or head kick
 - three times - for a jump kick to head
- Points, starting from first round, will continuously be added by the judges and will be monitored by the table officials. Points given will be visible for the coaches and public through screens available to them. There should not be screens visible to the judges (judging should be independent).
- At the end of the fight, the winner is the competitor who scored more points (which will appear on the screen).
- **Warnings:** If the Central referee inflicts a foul or a warning, he will indicate so in front of the judges and the Chief referee, and the time-keeper has to put it in the electronic scoring system. It will then be shown on the screen to the public.
- **Minus point:** If the Central referee inflicts a minus point, he will indicate so in front of the judges and the Chief referee and the time-keeper have to put it in the electronic system. It will then be shown on the screens, reducing 3 points from the total score from each judge.
- The electronic system shows a running time score. In every moment of the fight everybody knows the situation of points.

Article 6.4. In case of a draw

- If the fight ends, by one or more judges, in a draw (equal points after 3 rounds), to determine a winner, the electronic scoring system will automatically assign the win to the kickboxer with the highest points in the last round.
- If there is a draw, and last round is equal, the judge must select the kickboxer with order of next criteria: 'more active', 'more kicks', 'better defence' and 'better style and techniques'. The judges push the correct button indicating the winner when Chief referee indicates so.