



WAKO RULES



CHAPTER 9

LOW KICK RULES



Chapter 9. Low kick rules

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Article 1. Definition

Low kick is a kickboxing discipline where the intention of a kickboxer is to defeat opponent using legal techniques with full power and strength. Strikes must be delivered to legal target areas with focus, speed, balance and determination, creating solid contact. Strikes are allowed to the front and side of the head and to the front and side of the torso. Strikes (kicks) are also allowed to opponent's leg (thigh below the waist and above the knee from outside, inside and on the back). Sweeping technique is also allowed.

Article 2. Safety equipment and clothes

Article 2.1. Personal safety equipment

- Head protection (top of the head must be covered).
- Mouth guard (on only the upper teeth or on both upper and lower teeth).
- Breast protection (for female kickboxers) (It is Mandatory to be worn under the top (bodice) or vest)
- Hand wraps (no stick with a tape).
- Gloves for contact sports (10 Oz).
- Groin protection (mandatory for male and female).
- Shin guards (must cover the shin and instep)
- Foot wraps (optional) (must be covered with the ankle support if used)
- Ankle support (optional, if foot wraps are not used)

Article 2.2. Personal clothes

- Bare torso and shorts for men,
- Sport top (vest) and shorts (no sport skirt) for women.

Article 3. Legal target areas

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

- **Head** - front, forehead and side
- **Torso** - front and side
- **Legs** - thigh below the waist and above the knee from outside, inside and back
- **Foot** - ankle level, (only for sweeping)

Article 4. Legal techniques

Hand and foot techniques must be used equally during the entire fight. All techniques must be used with full power. Any technique which is partially deviated or-blocked, or that simply touches, brushes or pushes an opponent will not be scored.

Article 4.1. Hand techniques (punches)

- Direct
- Uppercut
- Hook

Article 4.2. Foot techniques (kicks)

- Front kick to torso and head (not to thigh)



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- Side kick to torso and head (not to thigh)
- Roundhouse kick
- Heel kick
- Crescent kick
- Axe kick
- Jump kicks
- Spinning back kick to torso and head (not to thigh)
- It is allowed to attack using the shin

Article 4.3. Throwing techniques

Foot sweeps (ankle level only, from outside to inside and vice versa) to unbalance the opponent and following up with hand or foot technique or to bring the unbalanced opponent to the canvas.

Article 5. Illegal techniques

It is prohibited to:

- Attack the throat, kidneys, back, legs, joints, groin, neck, nape and top of the shoulders.
- Attack with the knee, elbow, 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.
- To perform front and side kicks to the front side of the hip.
- To perform kicks to the knee and under the knee.
- To perform spinning back kick to the front side of the thigh.
- To perform punches to the legs.
- To perform somersault kicks.
- To perform backfist and spinning backfist
- Attack an opponent who is caught between the ropes.
- 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 ring
- Continuing after the command "stop" or "break" or end of the round has been given.
- To oil the face or the body (Vaseline is allowed).
- To spit out or drop the mouth-guard voluntarily.
- Ground Attacks are strictly prohibited: 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 the head or body of a downed kickboxer can lead to minus points or disqualification (judges decide by majority decision).
- Unsportsmanlike 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 conduct, the kickboxer may be penalized with a minus point or be disqualified depending on the severity of the infringement.
- If a kickboxer spits out the mouth guard voluntarily, the Central Referee must stop the fight, stop the time, put the opponent to the neutral corner and give the offender the official warning. If they do it the second time, they will get the minus point.
- Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.