
WAKO

K1-Rules





WAKO Rules Ring Sports K-1

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Chapter Ten / WAKO K1 Rules

Art. 1. Definition

Art. 2. WAKO K-1 comes directly from Japan which is the country where it originated.

- Elbow techniques are forbidden
- Clinching must be less than 5 seconds, it is allowed to hold opponents neck with both hands in order to attack ONLY with KNEE. You are only allowed one knee strike per clinch exchange.
- It is forbidden to enter the ring wearing Muay Thai shorts or any other apparel of that discipline .
- It Is not allowed to grab the leg and punch or kick at the same time
- Punching techniques reaching legal targets have the same value for judges as knee, leg or any other technique in the repertoire
- WAKO K-1 is a sport, like the other styles, and applies the same ring, the same weight classes and the same general rules regarding coaches or fighters behaviour that are used in full contact or low-kick. Please, study carefully our kickboxing rules before entering the K1 RULES world.

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.

In Continental or World Championships NO FOREIGN COMPETITORS can be included in NATIONAL TEAMS. At weigh-in, official passports must be shown to the officials in charge.

Art. 3. 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, any part, which can be attacked using the shin.
- Foot, only for sweeping

Art. 3.1 Prohibited Techniques and Behaviour

It is prohibited to:

- Attack the throat, lower abdomen, kidneys, back, joints, groin and the back of the head or neck.
- Grabs the opponent leg.
- To perform front kick to the front side of the thigh, knee and shin, this is valid also for the knee attacks.
- While holding opponent's neck to perform more than one knee attack.
- Screwing, lifting and turning the opponent from side to side.
- Elbow, knife-hand, head-butts, thumb and shoulder.
- Foot sweeps that is done over the ankle.
- 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 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.
- Leave the ring
- Continue after the command "stop" or "break" or the end of the round signal has been given.
- 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.

Coaches/Coach Seconds:

- Inappropriately Arguing/ **Commenting** on a referees/judges decision
- Inappropriately Arguing/ Commenting on a score not given
- Attacking or verbally abusing an Official either inside or outside the Ring.



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- Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in the immediate removal from Coaching Area at Ring and possible permanent removal from Arena/Event following Technical Committee review.
- Warnings given to the coaches/seconds, counted against the kickboxer.
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Art. 3.2 Legal Techniques/Scoring Criteria

A score must be awarded when a legal technique is performed to the following criteria to the legal scoring area.

1. Good Form (good technique with absolute balance)
2. Vigorous Application (full power and speed)
3. Awareness (total concentration and not turning away the face during delivery of the technique)
4. Good Timing and Correct Distance (when technique has the most potential effect)
5. Sporting Attitude (non-malicious attitude during delivery of technique).

Art. 3.2.1 Hand Techniques

- Punches (all boxing repertoire)
- Back fist and spinning back fist
- Clinching with two hands around neck not longer than 5 seconds but throwing only 1 knee

Art. 3.2.2 Foot Techniques

- Foot Leg and Knee Techniques
- Front kick
- Side kick
- Roundhouse kick
- Heel kick also to the thigh of the opponent and also spinning on
- Crescent kick
- Axe kick
- Jump kick
- Using the shin to attack any part of the leg or the body (legal target areas only)
- Knee can be used to attack any part of body and head as defined in Article 2, legal target areas.
- Clinching your opponent, using the two hands around his neck, but for 5 seconds only in order to attack only with knee.
- Foot sweeps as long as it is foot to foot (meaning ankle/mid calf)

Art. 3.2.3 Throwing Techniques:

- K-1 fighter cannot throw his opponent using torso, hips, ankles, feet or the legs. 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.
- All techniques must be used with power. Any technique which is partially deviated or blocked, or that simply touches, brushes or pushes an opponent will not be scored.

Art. 3.2.4 Number of Kicks per Round

Because of K-1 character and style it will not be necessary to count kicks like in Full Contact.

Art. 4. Decisions

The decisions will be reached as follows:

- **Victory via points:**
at the end of a bout, the Kickboxer who has obtained a victory by the decision of the majority of Judges is declared the winner (victory via majority vote). If both Kickboxer are simultaneously injured or KO and cannot continue the fight, Judges will mark the points obtained by each fighter to that point, and the Kickboxer ahead by points will be declared the winner.
- **Victory via abandonment:**
If a Kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.



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- **Victory via stoppage:**
upon order of the Referee (RSC – RSCH - TKO).
- **Relegation:**
if a Kickboxer is relegated on the Referees advice, or if he receives excessive punishment, the fight will be stopped and his opponent declared the winner.
- **Injury:**
if the Referee Judges a fighter unable to continue the fight, due to an injury or any other physical reason, the fight will be stopped and his opponent declared the winner: The right to make such a decision is incumbent upon the Referee who can consult the doctor. Having done so, the Referee will follow the doctor's advice. When a Referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.
- **Victory via disqualification:**
if a Kickboxer is disqualified, his opponent will be declared the winner. If both Kickboxers' are disqualified, the decision will be announced accordingly. A disqualified Kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title of the competition in the course of which he has been disqualified, except in the case when the Board of Directors decides differently (in its absence, the decision may be made by the Appeal Board , or if none, by an official responsible for the event). Such a decision not taken by the Board of Directors may be, following a request, submitted to a review and confirmation of the Appeal Board itself.
- **Victory by default:**
when a Kickboxer is present in the ring and ready to fight, and his opponent does not appear when announced by the loud speaker. After two minutes, the gong will ring and the Referee will declare the first Kickboxer the winner by default. He will ask the Judges to annotate the score sheets accordingly; he will gather them and call the Kickboxer to the ring centre, and raise his hand as the winner.

The 3 knock-down rule is valid.

This means that the fight will be stopped if a fighter has been knocked down 3 times in the same fight. The Referee declares the fighter (RSC – RSCH), after the 3rd knock down.

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Art. 5. 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 declares he has made a mistake and switched the scores of the fighters;
- There are evident violations of WAKO rules.

The Observer/Organizer of the ring, with the help of the WAKO Appeal Board, will immediately handle all protests. After discussions, the representative of the WAKO Appeal Board will announce the official result.

Art. 6. Awarding of points

In awarding points, the following rules must be respected:

Art. 6.1 Directive 1 - concerning blows

During each round, a judge will mark the respective score for each Kickboxer, according to the number of blows that each one has received. To count a punch or a kick as a blow must not be blocked or stopped. The value of registered 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 regulations
- if they land on the arms
- If they are weak and do not come from legs, body or shoulders
- if they are partly deviated or blocked
- if they simply touch, brushes or pushes the opponent.

Art. 6.2 Directive 2 - concerning offences

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 Referees attention to that offence. If the Referee gives an official warning to one of the fighters, the Judges must note it, writing W on the FOULS column on the scoring paper, but that does not mean a minus point to the



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other fighter. When a Referee decides to give a minus point to a fighter, the judge will put a "-1" in the appropriate column next to the points the same fighter will receive at the end of the round, certifying thus, that he has to take away that point for the final score of the round .

Art. 5.3 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 time-keeper 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 3 point from the total score from each judge (total of 9 points).

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

Art. 5.3.1 In case of a draw (Electronic)

If the match 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 fighter with the highest points in the last round.

Art. 5.4 Directive 3 - awarding points (Using Clickers and Scorecards)

For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance and power, the judge will initially note give points to each fighter using the clickers. The clicker score will be recorded on the paper after each round. Scores will be accumulated with the winner being the highest scoring fighter over the three rounds per referee.

Note * all K-1 matches are on a continuous scoring system. It is mandatory if no digital system is available for all judges to use clickers in Continental and World Championships.

At the end of the match, the judge will sum the total points given and name the winning fighter who has the larger number of points. The judge must make a circle around the fighter's name.

- Punch to body or head 1 Click
- Kick to body or head 1 Click
- Foot sweep leading the opponent to touch the floor with any other part of the body apart from feet 1 Click
- Jumping kick to body 1 Click
- Jumping kick to head 1 Click
- Knee or jumping knee attack to Body 1 Click
- Knee or jumping knee attack to Head 1 Click
- Knee attack to upper leg 1 Click

Art. 5.4.1 In case of a draw (Clickers)

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

These remarks according to WAKO Scorecards are:

1. Better in the last round
2. More active
3. More kicks
4. Better defence
5. Better style and techniques



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In the end though, judges must apply Rule 5.3.1, i.e. victory must go the fighter who scored more points in the last round.

Art. 5.4.2 Using the back of the scorecards:

If the number of points scored in a round are equal, meaning from 0 – 2 marks more, a judge uses the remark section on the back of the scorecard to express his opinion after each round.

When a fighter spits out his mouth-guard voluntarily, the central Referee should stop the fight immediately and count him as per a knock down. If he does it the second time he gets an official warning.

Art. 5.4.3 Directive 4 - Penalty:

- Warnings will be carried through the match to all rounds
- 1st violation – Official Warning
- 2nd violation - Official Warning Award penalty point -1
- 3rd violation - Award penalty point -1
- 4th violation - Disqualification

Art. 7. Criteria for minus points

- unclean fighting style
- constant clinching
- constant and continuous ducking, turning of the back
- too few foot techniques
- three warnings
- any serious violation of the rules

Art. 7.1.1 Offences

A fighter who does not obey the Referee's orders, who violates regulations, who demonstrates unsportsmanlike behaviour or who commits offences can receive a caution, warning or be disqualified by a Referee without an official warning. Only 4 official warnings can be given to a fighter in the course of the entire bout. The fourth warning will automatically mean DISQUALIFICATION (the procedure starts from official warning, 1st minus point, and 2nd minus point, fourth official warning and consequent disqualification of the fighter).

Art. 7.1.2 Warnings given to the second count against the Kickboxer.

A Referee may, without stopping the fight, give a caution to a Kickboxer at any moment because of his coaches' violation of rules. If he wants to give a warning to a Kickboxer because of that, he will stop the fight and announce the offence. 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 elbows.
- Butting with head, shoulders, with forearms and elbows, strangling the opponent, crushing his face with arm or elbow, pushing his head outside the ropes
- Hitting with open gloves, with the inside of the gloves, with a wrist
- It is prohibited to attack with a front kick the front side of the thigh and knee
- Hitting the opponent' back, and particularly on the nape of his neck, head and kidneys
- Attacking while holding the ropes or using them improperly
- Lying down, wrestling or not fighting at all
- Attacking an opponent who is on the floor or getting up
- Unnecessary clinching
- Screwing, lifting and turning the opponent from side to side
- 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 defence and falling down intentionally in order to avoid a blow.
- Using insulting and aggressive language during a round.



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- 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
- Spitting out Mouth Guard

The Referee will not caution the Kickboxer again for the same offence. An official warning will follow and a third caution for the same foul will go into a minus point. If a Referee thinks that an offence has been committed without his knowledge, he will have to consult the Judges

Art. 8. On the floor

A Kickboxer is considered "on the floor" if:

- If he touches the floor with a part of his body other than his feet following a blow or series of blows.
- If he hopelessly hangs on the ropes after a blow or a series of blows.
- If he finds himself outside the ropes, partly or completely, after a blow or a series of blows.
- If, after a violent blow, he has not fallen to the floor or into the ropes, but is in a state of semi-consciousness and, in the Referees opinion, not able to continue fighting.
- In the case of a KD, the Referee must immediately start counting out the seconds. When a Kickboxer is on the floor, his opponent must instantly go the neutral corner, shown by the Referee. He will only continue the fight with his fallen opponent when the latter has risen, and when the Referee has ordered the continuation of fighting. If the opponent does not go to the neutral corner following the Referees order, the Referee will stop the count until that order is executed. The count will then be continued where it was left.

When a Kickboxer is on the floor, the Referee will count from 1 to 10 with a second interval between each number, and will indicate each second with his fingers so that the fallen Kickboxer knows how many seconds have already been counted. One second must pass from the moment the Kickboxer falls down to the start of the count.

When a Kickboxer is on the floor due to a blow, the fight will not continue before the Referee has counted to 8, even if the Kickboxer is ready to continue the fight before that time. If the Kickboxer doesn't raise his hands the Referee will continue to count until "10", the round will be finished and a KO declared.

If a Kickboxer is on the floor at the end of a round, the Referee will continue the count even if the bell rings. If the Referee counts to 10, the Kickboxer will be declared loser via KO.

If a Kickboxer is on the floor after having received a blow and the fight continues after the count out of 8 seconds, but the Kickboxer falls back on the floor without receiving a new blow, the Referee will resume the count, starting at 8.

If both Kickboxers fall at the same time, the count will continue on as long as one of them is still on the floor. If they both remain on the floor after 10 seconds, the bout will be stopped and decision given, considering the points granted before the KO. Otherwise a NO CONTEST will be declared between the two fighters. A Kickboxer who does not resume the fight after the break or after a KD loses the fight.

Art. 9. Procedure after KO, RSC, RSC-H, Injury

If a fighter gets injured in a fight the doctor is 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. 9.1.1 Procedure if KO, RSC, RSC-H, Injury

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 4 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.



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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 cannot take part in any competition in kickboxing no matter what the discipline is. The quarantine periods are "minimum period" and cannot 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 Kickboxers 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 cannot 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. 9.2 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.

A doctor can require immediately treatment at hospital

If a Kickboxer or delegates from Kickboxers nation denies doctors medical advice, the doctor report in written form immediately to chief Referee or to a WAKO delegate that all medical responsibility are denied and are in the hands of the Kickboxer and his team. However the official result and a quarantine given is valid

Art. 10. Hand shaking

Before and after a bout, the Kickboxers will shake hands as 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. 11. Use of Drugs

Any drug or chemical substance ingested by a Kickboxer, that is not included in the Kickboxers 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 anaesthetics is allowed, if agreed by a doctor from the Medical Committee.

WAKO refers to and adopt WADA Doping Rules

Art. 12. Medical aptitude

A fighter will be allowed to fight in an International competition only after having been declared fit for it by a sports doctor, recognized by the Federation under whose name the competition takes place, or by the Medical Committee of WAKO during Continental and World Championships.

All Kickboxers fighting abroad will need to have a certificate established by a medical doctor, certifying that the athlete, before leaving his country, was in good physical condition and had no injuries, infections or medical problems that could affect his ability to fight in the visiting country. This certificate will be attached to the WAKO passport of the Kickboxer, according to the practice of his association and presented

During the medical the examination which will proceed weigh-in.

One-eyed, deaf, mute and epileptic fighters are not allowed in kickboxing. Hard contact lenses are forbidden while the Kickboxer is in the ring.

A Kickboxer will not be allowed to take part in a bout if he has bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included. He may be allowed to fight if the ulceration is protected by Collodion. This decision will be made by the doctor who examines the Kickboxer on the day of the competition.



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Art. 12.1 Doctors Aide

A recognized sports doctor must be present throughout the competition and must not leave his place before the end of the last bout or before the completion of the tournament. In a tournament there must be ambulance personnel on site.

Art. 13. Age limit of Kickboxer

Kickboxer younger than 19 and older than 40 will not be allowed to take part in Senior World or Continental Championships, nor in Senior International competitions.

Also for women the allowable ages are from 19 to 40.

Ring Sports specifications for Veterans: If any fighter in veteran division would like to fight in senior division must be in possession of all medical check up and certification declaring he's fit to fight and ask for a special authorization released by WAKO headquarters.

Art. 14. Agreements

It is desirable that all WAKO affiliated Associations ensure that their rules agree with those of WAKO, as far as possible, in order to ensure the uniformity of Kickboxing regulations around the world.

Art. 15. Note!

For better readability the text uses masculine pronouns throughout. However, all references to persons apply to both genders. These Rules will remain in place a minimum of two years from 28th Sep 2011 Until WAKO Board Meeting 2013