



WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

WAKO TECHNICAL COMMITTEE WAKO REFEREE COMMITTEE WAKO ORGANIZING COMMITTEE

Dear coaches and competitors,

Before we start with our World and Continental championships in second part of 2018, I want to remind you about some topics of uniforms and safety equipment. Some of them is very well known, but some of this is from last changes in the rules and we think that is good to remind you on last changes.

A VERY limited equipment (headguards, gloves, shin guards /shin protection and foot protection) will be available for borrowing, but other uniforms, safety equipment and additional protection is mandatory personal items of each competitor. It is the responsibility of the fighter and his coach to bring along their **OWN APPROVED EQUIPMENT** to the World and Continental Championships. Red and Blue Booths, Gloves and head guard rule will be STRICTLEY enforced this year.

WAKO rules in these definitions are very clear, and we will repeat for you:

General

- Only WAKO Approved manufacturer's equipment/safeties may be worn or used at WAKO World and Continental Championships Events. From June 2018. Approved equipment is from TOP TEN and SAP producers **ONLY**.
- If a kickboxer comes to the Ring or Tatami inappropriately dressed (wrong colour of the head-guard or gloves, using the safe equipment which is not approved by WAKO, using shorts with Muay Thai symbols, without wraps or mouth-guard) they will not be disqualified immediately; instead they will be given two minutes to remedy the matters.
- If the allowed time is up and the kickboxer is not ready, they will be disqualified.
- It's forbidden to turn the shorts inside out in order to hide Muay Thai symbols.
- Wearing of spectacles by a kickboxer during a bout is not permitted, but soft contact lenses are allowed.
- Kickboxers with a beard are allowed to participate in any WAKO tournaments, only if their beard has a reasonable length of not more than 2 centimetres.
- Females with a long hair, must be controlled so it does not disrupt the contest. Please note: It is recommended that the hair be tucked inside the head guard or platted.
- It's not allowed to use a mouth-guard over tooth braces unless a dentist doctor's certificate allows that.
- If the kick-boxer has braces on both upper and lower teeth he/she must have mouth-guard on both upper and lower teeth.
- Mouth-guard must enable free breathing and must be adapted to the fighter's mouth configuration.
- Mouth-guards can be of any colour. But must not protrude outside the mouth in any way.
- It is prohibited to spit out or drop the mouth-guard voluntarily.
- Thumb **MUST** be fully attached to the main body of the glove (if the glove attachment is cut or broken the gloves cannot be used.
- Fastening gloves with laces, or any kind of buckles is not allowed.



- It's prohibited using shin guards sock's type covering shin bone and instep. It's strictly prohibited to use an additional protection under the shin guards like pads, tapes, bandages, etc.
- Shin guards are fastened to the leg by a minimum of two self-adhesive elastic strips. No other kind of plastic tape is allowed for fixing the guard to the shin, excluding the selfadhesive cotton-base tape.
- Shin guards with metal, wooden or hard plastic elements are not allowed.
- It's not allowed to stick wraps with any kind of tape.
- It's allowed to use bandana under the head-guard.
- It is prohibited to oil the face or the body (Vaseline is allowed).

General - tatami sports

- Competitors must be suitably conditioned to participate in their chosen discipline, they must have no injuries or illness which may harm themselves or other competitors.
- His/her face must be dry and without any grease. It is not allowed to enter a match while bleeding.
- Also, it is not allowed to enter a match with any sticking plaster casts or with tampons in nostrils or with any cuts or scratches. In that case, judge will consult the doctor.
- The body must be dry and without any oil. The judge will ask the coach to wipe clean the competitor's face and body.
- It is no allowed to enter a fight with any kind of jewellery or other adornment. Judges will run their fingers under the top of the T-shirt to check that competitors have no jewellery or other adornment around the neck. Also, judges will push index fingers under head guard to ensure that competitors have no earrings, studs or other jewellery. No tongue piercing and belly button piercing allowed either.
- Binding hair with any kind of metal, plastic or hard buckle is not allowed. Only elastic or cotton strips are allowed for this purpose.
- It is not allowed to fasten safety equipment with self-adhesive tape, over the original strips.

- Before allowing a fighter to enter the tatami, the judge must be completely sure that the fighter's safety equipment and uniform are fully functional for the competitor's safety and are according the WAKO rules.
- The Observer of the Musical Forms checks all competitors for jewellery and piercings before they compete.

- Uniforms must be dry, clean, without any blood or other substances and in good repair.
- Head guard must be firmly fastened by self-adhesive strips under the chin and at back of head (no type of buckle is allowed).

Uniforms in tatami sports

Point Fighting

- A V-neck top must be worn,
- Belts or sashes are optional,
- Length of sleeves will be a maximum of mid upper arm.
- (No T-shirts are permitted).
- Other garments such as traditional kimonos (karate, taekwondo, kung fu-wushu) are not allowed. T-shirts are NOT allowed.



Light Contact:

- A T-Shirt must be worn.
- The length of sleeves will be a maximum of mid upper arm.
- No belt is to be worn.
- (No V neck are permitted)

Kick Light:

- Kick Boxing Shorts and T Shirt must be worn.
- No belt is to be worn.
- Please Note: All T Shirts must be national team T- Shirt. (No V-neck, T-shirts are permitted)
- It's forbidden to turn inside out the shorts in order to hide Muay Thai symbols.

Sponsor advertising or logos may be worn on the uniform in the following manner:

- Top, on the upper sleeve and/or shoulder area, and may not be larger than 10 x 10 cm (4" x 4").
- Pants, on the side between the knee and the hip area. If the promoters and sponsor(s) do not wish the fighters to wear advertising other than their own, the promoter and his sponsor must provide sponsorship to the fighters or countries equal to the amount they have given up from their individual sponsor.

Fighter's uniforms and equipment

Competitors in Points Fighting *(See Appendixes for pictures)*

- Head-guard (top of head must have covering),
- Face Guards must be worn for Younger Cadets
- Mouth-guard,
- Groin-guard,
- Breast protection (for female competitors only, optional for younger female cadet's division),
- Gloves for Points Fighting,
- Hand wraps (optional),
- Elbow pads (mandatory)
- Groin protection (optional for female),
- Shin-guards
- Footguards.

Competitors in Light Contact *(See Appendixes for pictures)*

- Head protection (top of head must have covering),
- Mouth-guard,
- Breast protection (for female competitors)
- 10 Oz boxing gloves,
- Hand wraps,
- Groin protection (optional for female),
- Shin guards sock type
- Foot protection.



Competitors in Kick Light *(See Appendixes for pictures)*

- Head protection (top of head must have covering),
- Mouth-guard,
- Breast protection (for female competitors)
- 10 Oz boxing gloves,
- Hand wraps,
- Groin protection (optional for female),
- Shin guards sock type
- Foot protection.

Competitors in Musical Forms

- For musical forms performances the competitor is allowed to wear all original clothes and footwear of the traditional martial art on which his/her performance is based (karate, taekwondo, kung fu / wushu aikido, and others).
- They can wear any kind of legally recognized kickboxing or karate uniform, which must be clean and decent.
- In Hard styles, competitors must be bare footed, while in Soft Styles they can wear sport shoes. They can also be shirtless for their performance (apart from women, of course).
- Competitors are allowed to wear sweat bands on arms/wrist. Competitors are not allowed to wear any jewellery or piercings of any kind.
- Please Note: Wearing of spectacles by a kick-boxer during a bout is not permitted, but soft contact lenses are allowed

Obligatory uniforms and safety equipment in ring sports:

Full Contact *(See Appendixes for pictures)*

- 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 fighters) (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 from under the knee to the top of the feet).
- It is prohibited to use shin guards sock's type covering shin bone and instep
- **Ankle support.**
- Foot protection (Boot).

Uniforms are the same for seniors and juniors: *(See Appendixes for pictures)*

- naked torso and long pants for men,
- sport top (vest) and long pants for women
- Long pants must extend from waist to the ankle joint.
- **Pants must have an elastic waistband, minimum 10-centimeter wide, in different colour from that of pants.**



Low Kick *(See Appendixes for pictures)*

- 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 fighters) (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 and must be only sock's type, produced by companies approved by WAKO). Other brands (not approved by WAKO) are prohibited.
- Shin guards sock's type using in Muay Thai fights are not allowed.
- **Ankle support.**

Uniforms are the same for seniors and juniors: *(See Appendixes for pictures)*

- Bare torso and shorts for men,
- sport top (vest) and shorts (no sport skirt) for women.
- No shorts are allowed with the name of Muay Thai or any other Martial Art name. It's forbidden to turn the shorts inside out in order to hide Muay Thai symbols- If any logo, only name of the country.
- **Kickboxing shorts must cover half minimum and three-quarter thigh length maximum. Knees must be visible and naked.**
- **Shorts must have an elastic waistband, minimum 10-centimeter-wide in different colour from that of shorts.**

K-1 *(See Appendixes for pictures)*

- 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 fighters) (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 and must be only sock's type, produced by companies approved by WAKO). Other brands (not approved by WAKO) are prohibited.
- Shin guards sock's type using in Muay Thai fights are not allowed.
- **Ankle protection.**

Uniforms are the same for seniors and juniors: *(See Appendixes for pictures)*

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- **Kickboxing shorts must cover half minimum and three-quarter thigh length maximum. Knees must be visible and naked.**
- **Shorts must have an elastic waistband, minimum 10-centimeter-wide in different colour from that of shorts.**



Special notes:

Muslim female fighters:

- In order to respect all religion beliefs, WAKO allow female Muslim athletes to wear appropriate clothes while participating in WAKO's events.
- The female Muslim athletes are allowed to wear during their competition a special uniform (underwear) covering their body apart the face.
- The uniform (underwear) must be in stretch form and tight to the body in order not to move around.
- Female Muslim athletes are allowed to wear a scarf under their head guard covering the head but not the face.
- **If a female Muslim decides on the dress in accordance with her religion, she must follow this completely, not partly, precise special underwear cloth and scarf covering the head, but not the face.**
- Some Muslim's religious trends allow not to wear the scarf.
- Female Muslim athletes participating in any WAKO competition under the conditions described above must give their written consent to WAKO that in case of emergency (injuries, cuts etc.); the medical staff on duty can proceed to any examination of the case if needed.

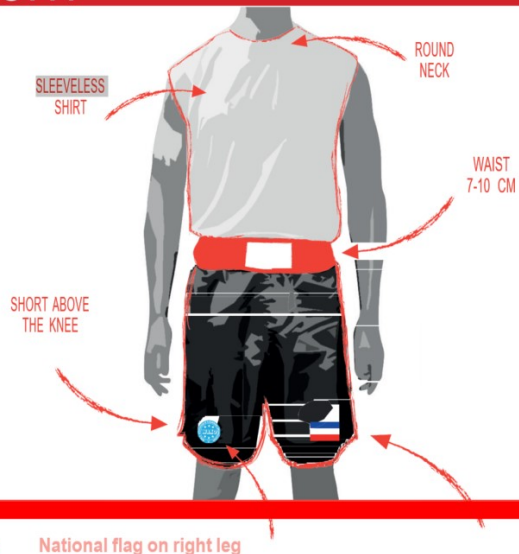
Coaches:

- Coaches must wear the National Team Track Suit.
- Coaches must wear long trousers.
- Coaches must wear training shoes.
- It's strictly prohibited for the coach/second to come into the ring/tatami wearing shorts, slippers, jeans and any kind of hats.



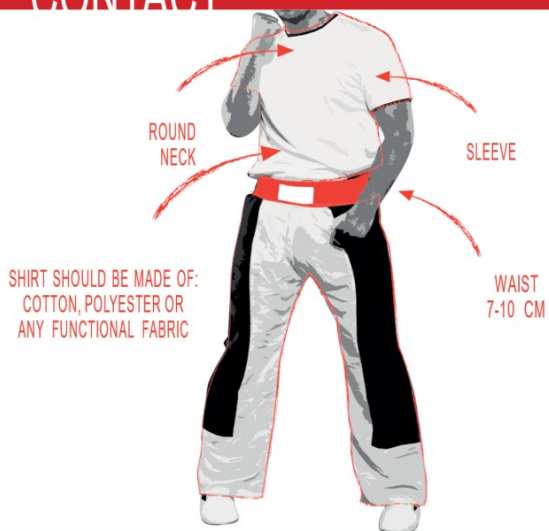
Appendix 1: Tatami Clothing Guidelines.

KICK LIGHT



- WAKO logo on left leg National flag on right leg

LIGHT CONTACT



- WAKO logo on left leg National flag on right leg



POINTFIGHTING

LENGTH OF SLEEVE:
5 CM ABOVE THE ELBOW
TILL THE ELBOW!

WAIST
7 - 10 CM

V-ECK SHIRT ONLY!
NO T-SHIRTS ALLOWED

Pants & Shirt
must be made of
the same fabric!

ALLOWED FABRICS:
COTTON, POLYCOTTON,
POLYESTER OR ANY
FUNCTIONAL FABRIC!



SCARF + WOMEN BREAST PROTECTOR

MUST PROTECT
FULL BREAST AREA

MUST BE MADE OF
VIRTUALLY UNBREAKABLE
POLYETHYLENE

SCARF

SCARF



- Insert must be made of high quality



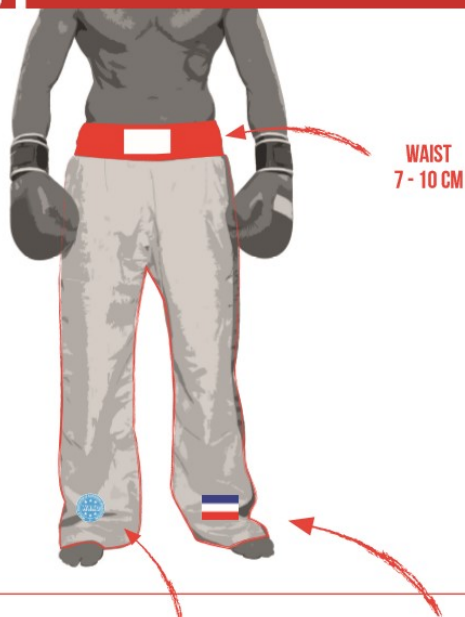
Appendix 2: Ring Clothing

LOW KICK OR K1 STYLE



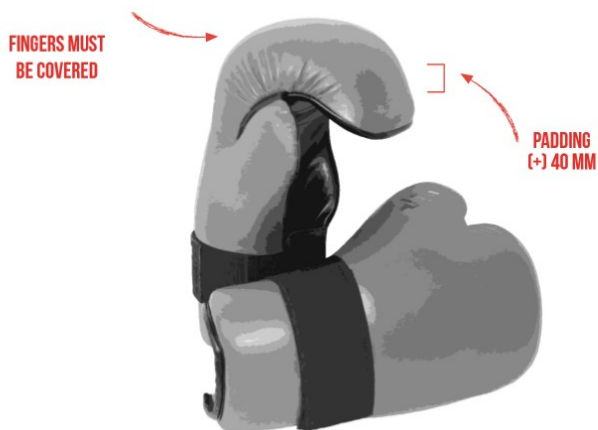
· WAKO logo on left leg // - national flag on right leg

FULL CONTACT



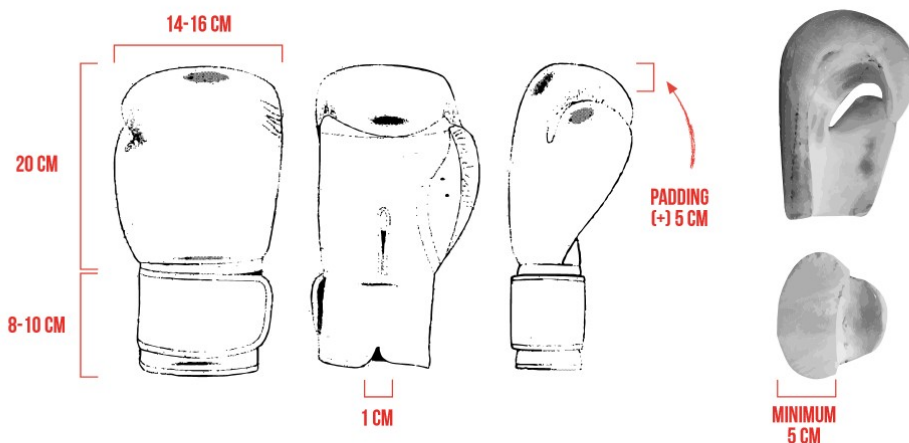
Appendix 2: Safety Equipment Guidelines:

POINTFIGHTING GLOVES - MIN. WEIGHT 6 OZ (171G: +/-5%)



- Protection must be a minimum of 40 mm tickness in the hitting area
- Protection shall be made of high quality shock absortion material: Open cell foam, EVA or Latex
- outside fabric shall be : high quality artificial leather, PU or leather

GLOVES - WEIGHT: 100Z = 284G (+/-5%)



- Gloves must be made of soft leather, palm can be made of new technology, but must be improved by commission
- Padding on the knuckle - 5cm thickness at least
- Shockabsorbing must be improved by commission, or any test at a technical university



SHINGUARD FOR POINTFIGHTING, FULLCONTACT AND KICK LIGHT



- protection shall be 25mm at the contact area // - shall be sock type
- shock absorption shall be - EVA; Latex or any adequate quality
- shinguard must be CE certified

FOOTPROTECTOR (KICKS) FOR POINTFIGHTING, LIGHT - FULL CONTACT AND KICK LIGHT



- The protection on the hitting area must be 2cm thick and at the heel 1,5cm
- Weight should be not less than 6oz (171 g) for size L // tolerance +/- 5%
- the shock absorbent fabric shall be open cell foam, EVA or Latex
- the outside fabric shall be leather, artificial leather or PU or any adequate quality



K1 - LK Shin Guard



Printed Cloth Size /CE Label

Size S
CE
EN-123456



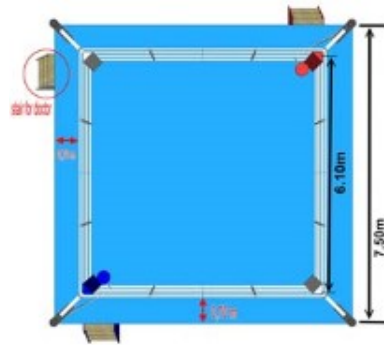
SHIN/INSTEP FOR K1 AND LOW KICK





Appendix 3: Tatami-Ring Design/Layout

Ring:



Tatami:

