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# WAKO

## Semi Contact Rules





## WAKO Rules of Tatami Sports / Semi-Contact

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### Art. 1. Definition

Semi-contact is a fighting discipline where two fighters fight with the primary goal of scoring Defined points/ using controlled legal Techniques with speed agility and focus. The main characteristic of semi-contact is delivery, technique and speed. The competition in semi-contact should be executed in its true sense with well-controlled contact. It is a technical discipline with equal emphasis put on hand and foot techniques, from an athletic viewpoint. Techniques (punches and kicks) are strictly controlled. At each valid point (point that is given, with legal part of hand or foot to legal targets and with legal technique), the central referee halts the fight and at the same time as the two judges, shows with his/her fingers the number of points in the direction of the fighter who is being awarded the point or points.

### Art. 2. 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 Referee will initiate the fight by commanding fight, when the referee calls STOP, the fighters must return to their starting points on the mat.

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 points or penalties unless the Referee feels it is necessary to do so. The Referee must stop the time when giving a warning or official warning or point of clarification.

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

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 or comment on a score given or not given. A Coach may be removed from his coaching position during the match if he continues to abuse officials or referees.

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 must 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. 3. Competition Commands

- **FIGHT**  
to begin contest/fight or after an interruption of the fight.
- **SHAKE HANDS**  
At the beginning of the fight ONLY
- **STOP**  
The fight is interrupted immediately and may only be resumed after the referee gives a new command to FIGHT. When points are being made given, the fighters must go back to their starting positions immediately.
- **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
- **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 stipulate 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 stand on starting position)
  - ♦ 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
  - ♦ When referee sees that a fighter is injured (maximum time for doctor's intervention is 2 minutes for seniors and juniors and all cadets).



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### Art. 4. Legal Target Areas

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

#### Head

Front, side, back and forehead.

#### Torso

Front and side

#### Leg

(Ankle and below) Note. Only for sweeping

### Art. 5. Illegal Target Areas (Prohibited Techniques and Behaviour)

- Top of the head
- Back of the torso (kidneys and spine)
- Top of the shoulders
- Neck: Front, sides, back
- Below the belt (except for Foot Sweeps)
- Continue after the command "stop" or the end of the round has been sounded
- Turn one's back to the opponent, running away, deliberately falling down.
- All blind, uncontrolled techniques in general

### Art. 6. Legal Techniques

- **Kicks**  
Front, Side, Back, Roundhouse, Hook (Sole of the foot only), Crescent, Axe (Sole of the foot only), Jumps, Spins. Jump Kicks.
- **Hands**  
Punch, Back fist (not spinning/turning), Ridge hand, and Hook punch.
- **Foot sweep** Below Ankle (Foot Sweeps are allowed,) 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.

**Note:** It is extremely dangerous to strike with the back of the heel; it must be strictly emphasized that the attacking Fighter must extend his foot in such a manner that the Sole (bottom) of the foot is used as the striking area when executing the following kicks: Axe, Hook and Spinning Hook kick, All Jumping Spinning Kicks.

### Art. 7. Illegal Techniques and Actions

- Attack's with any technique other than those mentioned in section 6.
- Spinning Back Fist
- Avoiding or refusing to fight
- Falling or dropping to the floor without due cause.
- Leaving the Fighting Area (exit)
- Attacks with malicious or excessive contact.
- Unsportsman-like conduct. A Fighter can have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsman like-like conduct, the Fighter may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.
- Grabbing/holding is not allowed
- Attacking or verbally abusing an Official either inside or outside the Tatami. Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in immediate disqualification. In the event that any of these actions are made by a penalized fighter or his coaches, the person involved may be removed from the Hall or tournament site and the matter turned over to the WAKO Referee Committee.
- Ground Attacks
- Spitting out his mouth-guard voluntarily.



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- A fighter cannot attack an opponent on the ground. The central referee is responsible for stopping the match immediately when one of the two fighters touches the floor with any part of the body apart from his feet. Stomps to the head or body of a downed Fighter can lead to minus points or disqualification (judges decide by majority decision).
- Slipping of Glove. A fighter must at all times have his hand fully placed inside the glove, he should at no stage enhance his range by slipping the glove forward to gain distance on his opponent. This may be deemed unsportsman like conduct.
- A fighter cannot indicate time when he is in a corner under pressure from his opponent.

### **Coaches/Coach Second:**

- Inappropriately Arguing/ **Commenting** on a score given
- Inappropriately Arguing/ Commenting on a score not given
- Attacking or verbally abusing an Official either inside or outside the Tatami.
- Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in the immediate removal from Coaching Area at Tatami and possible permanent removal from Arena/Event following Technical Committee review.

### **Art. 8. Scoring Criteria**

A legal technique strikes a legal target. The authorized striking area of the hand (Not the inner hand) or foot must make "Clean / Controlled" contact. The referee and judge must actually see the technique strike the target. Awarding 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, brushes or pushes an opponent will not be scored.

If a Fighter jumps in the air to attack or defend, he must land inside (Standing Up) the Fighting Area to score following the execution of the technique, and he must keep his balance (it is no allowed to touch the floor with any part of the body except feet). If the fighter lands outside the area after the technique he does not score.

If a fighter loses his balance due to his own instability following a score and touches the ground with any part of his body other than his feet, the score will not count.

If a fighter loses his balance following score outside his control (Pushed or tripped) then the score will stand.

### **Art. 8.1 Calls Referees and Judges may make (Points)**

Referees and judges will decide only according to their opinions based on what they have seen. Officials cannot change the referee or judge's majority decision. If a technical error has occurred the controller of the tatamies may indicate time and consult with the officials to seek clarification. Even if a referee or judge makes a mistake, but the officials continue to have a majority decision the Observer of the Area will call the Appeal committee to review the decision. And define if a fundamental mistake in the application of the rules has been made or not. The Observer of the Area can change a referee or judge's decision only when the referee or judge made a "material mistake". A material mistake is:

- an incorrect summation of points
- if the referee gave a point to a fighter who dropped down or stepped out after receiving the point

The Chairman of Tatami Sports and the Observer of the Area should be vigilant to ensure that the Judges are doing their jobs properly. The Referee cannot award a point by himself it is by majority only.

#### **Art. 8.1.1 Score**

Arms are immediately raised to indicate the Fighter who scored. To award a score there must be a minimum of two concurring decisions by referee and judges.

If the referee and one judge show two raised arms (a point for both fighters) and other judge points to one fighter, the referee's decision must be the appropriate point for both fighters.

If the referee shows two points (kick to head) and one judge shows one point, the referee must ask the judge what he saw, a kick technique or punch technique. If judge saw a kick technique the referee will award one point to fighter, and if the judge saw a punch technique, the referee will indicate no points scored.



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In situations where there are the same number of arms raised, both Fighters shall be awarded a score.

### **Art. 8.1.2 No Score**

Arms are crossed in front of Referee or Judges at waist level, if the Referee or Judge could not see the technique strike a legal target area.

If the Referee or Judge indicates a score and the other two signals they did not see, then there can be no score awarded.

If one of the Fighters does not get a minimum of two arms, no score can be awarded.

If the Referee commands STOP and issues a warning to one of the Fighters there can be no point awarded to the offending Fighter. However, the other Fighter may receive a point and may also receive a further score because of the warning to his opponent.

**EXAMPLE:** One of the Fighters executes a technique that merits a score, while the other Fighter violates the Rules for the second time. A score can be awarded for the first Fighter's clean and legal technique and at the same time a penalty point can be awarded for his opponent's Rule violation. Both must occur at the same exact time.

Points

▪

### **Art. 8.1.3 Awarding Points**

If the Referee sees an action that he considers to be a valid point, he will command STOP and immediately signal the point, as do the Judges. The Referee counts the decisions and awards the score to the appropriate Fighter. Each Judge must make an immediate decision following the command of the referee.

If one of the Judges sees an action he considers to be a valid score, he must signal to the Referee immediately who will command "STOP" and the Referee and Judge must at that time signal their point calls. In all cases, only when you have a clear majority call, can you award a point.

- Punch 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. 8.1.4 Overviews awarding points**

After every recognized score the command STOP will be given and an immediate vote to indicate who scored will be given by Referee & the two Judges.

The Winner will be the Fighter with the most points at the end of time.

In the case one Fighter gaining a 10 pt. Margin, he will be declared the Winner.

Other methods of winning:

- Disqualification, Exits  
Expiration of Time and score  
The Officials shall call for a vote to determine if the score landed before or after time expired. Time should be indicated by a soft object being thrown in to the Tatami or shouting to centre referee.
- 

### **Art. 9. 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.

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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.

If a fighter is attacking and because of his velocity forward steps off the mat, this is not regarded as an exit

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.

### Exit Rules

1 <sup>st</sup> Exit	Official Warning
2 <sup>nd</sup> Exit nal	Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal
3 <sup>rd</sup> Exit nal	Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal
4 <sup>th</sup> Exit	Disqualification Verbally communicated to athlete/coach with appropriate hand signal

### Rule Violations (Other than Exits)

1 <sup>st</sup> Official Violation	Official Warning
2 <sup>nd</sup> Official Violation hand signal	Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal
3 <sup>rd</sup> Official Violation hand signal	Official Warning -1 penalty point given verbally communicated to athlete/coach with hand signal
4 <sup>th</sup> Official Violation	Disqualification Verbally communicated to athlete/coach with appropriate hand signal

#### Art. 9.1 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. 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 second exit the Fighter will lose one point. On the third exit – 1 point. At the fourth time the Fighter leaving the area shall be disqualified.

Stepping out (EXIT) means

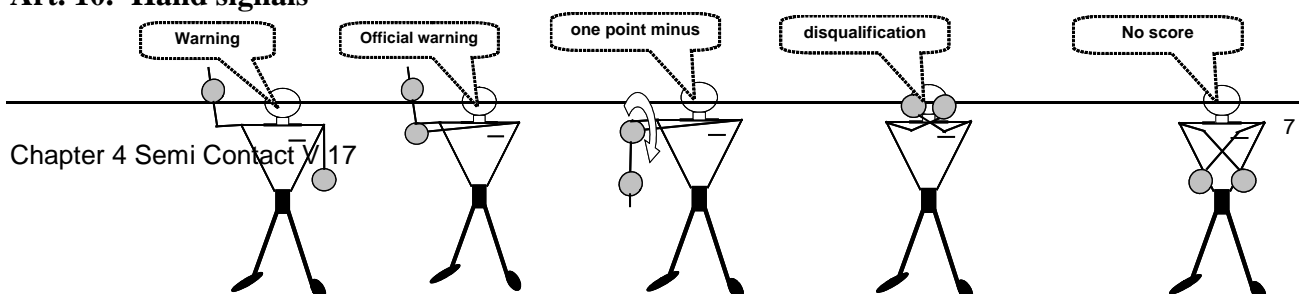
stepping outside the line, even with only one foot. The Whole of the foot must be outside the designated area.

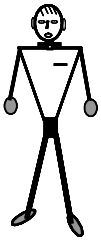
Stepping on the line should not be considered as stepping out. If the fighter is pushed out by the other fighter, or he went outside the line as a result of a hit or kick, it is not classed as a voluntary exit.

The fact of stepping out is stated by the judge every time or decide about is on the basis of majority decision.

Warnings for leaving the area will be kept as a separate issue from Warnings for other **offences**. All exits will be indicated to fighter and table official. See Section 7 for deliberate infringement of rules and Section 9 re structure.

#### Art. 10. Hand signals





Central Referee

### **Art. 11. Violations of rules**

- Using illegal techniques
- Avoiding fight
- Turning around
- Unnecessary dropping down to waste time
- Commenting on referee's decisions
- Behaving in an un sportsman-like manner
- Loud commands of coach
- Coach entering Tatami in case of injury
- Deliberate Exits
- 

For any violation of rules by a coach, the referee will give penalties to his fighter.

Gross and serious rules violations may be handled immediately with a penalty point or even disqualification in extreme cases. Anytime a Referee thinks that a disqualification is necessary, he shall confer with all the Judges and the Observer of the area at the event to ensure that the proper procedures are being applied. A Fighter cannot receive a Point and a warning at the same time. As per section 7.

### **Stopping the match (Time-out)**

Only the Referee has the power to stop the match. When referee is giving warnings or a penalty (minus) point, he must stop the clock.

A Fighter may request a time-out raising his arm to check an injury or correct/fix his safety equipment. The Referee does not have to grant time-out if he feels it would be an unfair advantage or that it may in any way take away the advantage from the other Fighter, unless the request is related to a health and safety issue.

Time-Outs shall be kept to a minimum. If the Referee feels that a Fighter is using Time-Outs to rest or to prevent the other Fighter from scoring a warning shall be given for delaying the Match. Only the Observer of the Area may interrupt the Match from outside the Tatami. They shall attract the attention of the Referee who shall call Time-Out.

If a Coach wishes to lodge a complaint or protest, he shall notify the Chairman of Tatami Sports. He may, if possible, handle the protest without stopping the match.

### **Art. 11.1 Reasons for Time-out**

- Injury (See Rule on injuries and treatment)
- For the Referee to confer with Judges or Responsible of the Fighting Area
- For the Referee to converse with a Fighter or his Coach
- To ensure safety and fair play

Time-Out is not called to issue points. The Referee should do this quickly to ensure that each Fighter has the benefit of the complete Fighting time allowed for the Match.

Referees who are not proficient in administering the Match quickly and fairly, may be replaced by the WAKO Tournament Chairman of Tatami Sports.



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### **Art. 12. Injuries**

In the case of an injury to one of the Competitors, the Match shall be stopped only long enough for the Medic/Doctor to decide whether or not the injured Fighter can continue. Once the Medic/Doctor arrives in the Tatami, he shall have only two minutes to decide if the injury requires treatment. All treatment must be completed within two minutes.

If the injury is serious, it must be treated by the Medics/Doctor on duty who is the only one who can say if the Match must be terminated.

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
- 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
- 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 Tatami, unless the doctor needs assistance.

### **Art. 13. 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.

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 mentioned 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 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, 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 Tatami 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 before returning to competition.



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### **Art. 13.1 Procedure of 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.

### **Art. 14. Grand Champ and Team Competition**

#### **Art. 14.1 Grand Champ**

In tournaments like World Cups, International Opens, a so-called Grand Champ can be arranged where fighters meet each other under the definition of no weight class. A Grand Champ can be organized as follows:

##### **Art. 14.1.1 Original Grand Champ**

Only winners of the weight classes are to participate. There are free drawings for the fights.

##### **Open Grand Champ**

All competitors can participate, but have to enrol in advance during the tournament. There are free drawings of the fights with all weight classes included.

Matches in a Grand Champ are 1 round of 3 or two minutes. No time-outs are to be used by the fighters.

Rules and equipment are the same as in ordinary semi-contact matches.

The types of Grand Champ competitions organized for a tournament must be stated in the invitation. No Grand Champ matches are organized in Continental or World Championships.

#### **Art. 14.2 Team Competition**

##### **Art. 14.2.1 World/Continental Championships**

- Team: 3 men and 1 woman
- If a team is not complete they cannot continue or start
- A team may have one male and one female as substitute. The substitute can only be used when another fighter on the team is unable to start.
- In Junior, Cadet and Older Cadet, you must compete in a team within your own age category.
- The running order of the match is decided at the beginning by a toss of a coin. The winning team can decide to send out first or allow the opposing team to send out first. This can be male or female.
- All fighters are prepared with all equipment in their corner.
  
- There are no weight-class definitions. ( In Younger Cadet and Cadet, the team **MUST** start with smallest to tallest) The female fighter can only meet another female fighter.
- The team must be composed of national fighters only. No mixed teams with fighters from different countries.
- Each fight: 1 round of 2 minutes
- No timeout can be used during the round
- The extra match will be on 1 round of 1.30 (Younger cadets) or 2 minutes for Older Cadet, Junior and Senior.
- If still a draw after extra match finishes the same fighters continue the match goes to the next point winner.
- The team with the most points is the winner. All exits and warnings carry forward to the next fighter. This is to encourage an active contest. A Fighter cannot be disqualified for Exits in team event, if He continues to exit; one point is taken off his/her team after each exit following the second exit.
- If they count a draw, a toss of the coin is used to select who sends out a fighter first, with the winner selecting their fighter to enter the Tatami. If the winner of the toss selects a female fighter, she must be matched against the other female fighter. If a male is selected any other male fighter from the opposing team may compete against him.

Note: At the Junior/Cadet World/Continental Championships. A fighter must participate in his or her age group only. No fighter will be allowed to fight on a team outside his/her age group.

##### **Art 15.2.2. Expects in Team at World Cups, International Opens**



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A team may consist of the following formats, depending on promoter's preferences. The team members may be from different countries or continents.

- 4 fighters (3 Male and 1 Female)
- 5 Fighters (Four Male – 1 Female)
- 5 Fighters (Five Male)
- 3 Fighters (Three Female)

### **Art 15.2.3. Procedure for injuries in Team Competition**

In case of injuries in team competition and if a fighter is unable to continue, after a medic's decision the following shall apply:

If a fighter is unable or unwilling to continue the fight then the opposing team is awarded/given a further 10 points at that point in time which is added to the overall score.

### **Art. 15. Hand Shaking / Touching of Gloves**

Before and after a bout, the Kickboxer's will shake hands/*Touch Gloves* as a sign of a purely sporting 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 the rounds.

### **Art. 16. WAKO Use of Drugs**

Follow the WADA Code of Conduct and prohibited lists of substances which may be amended from time to time. Consult WAKO Anti Doping Rules and procedures.

Any kickboxer refusing to submit to a medical examination or doping test before or after a fight, may be immediately disqualified or suspended pending full hearing.

The same will occur in the case of an official encouraging such a refusal. The use of local anaesthetics is allowed, if agreed upon by a doctor from the Medical Committee.

WAKO refers to and adopt WADA Doping Rules in all cases.

### **Art. 17. Note!**

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

### **Art. 18. Weigh-in**

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

Each fighter will be officially weighed only once, UNLESS BOARD OF DIRECTORS DECIDE OTHERWISE, WAKO HQ MUST NOTIFY ALL MEMBERS IN ADVANCE. 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 have 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.

#### **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 28<sup>th</sup> April 2011 Until WAKO Board Meeting April 2013