
WAKO RULES

CHAPTER 3 - POINT FIGHTING





Chapter 3. Point fighting rules

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Article 1. Definition

Point fighting is a fighting discipline where two kickboxers fight with the primary goal of scoring defined points, using well controlled legal techniques with speed, agility, balance and focus. The main characteristic of fight in point fighting discipline is delivery, well controlled technique and speed.

The competition in Point fighting 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 kickboxer who is being awarded the point or points.

Article 1.1. Competitors in point fighting

In point fighting, kickboxers can compete in the following age categories:

- Children (CH) (7, 8, 9 years old),
- Younger cadets (YC) (10, 11, 12 years old),
- 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. Equipment and clothes in point fighting

Article 2.1 Personal safety equipment

- Head guard
- Face mask (in children and younger cadets' categories)
- Mouth guard,
- Breast protection (for female kickboxers only, optional for younger female cadets division),
- Gloves for point fighting,
- Hand wraps (optional)
- Elbow pads
- Groin protection (mandatory for male and female),
- Shin guards
- Foot protection

Article 2.2. Personal clothes

- V-neck top (V-neck T-shirts are not allowed)
- Long pants
- Belts are optional and should indicating their grade.

Article 3. Legal target areas

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

Head - Front, forehead, back 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,
- Ridge hand
- Backfist (not spinning backfist)

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
- It is extremely dangerous to strike with the back of the heel; it must be strictly emphasized that the attacking kickboxer 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

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

Article 5. Illegal techniques (prohibited techniques and behaviour)

It is prohibited to:

- 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)
- Top of the head
- Falling or dropping to the floor without due cause
- Attack back of the torso (kidneys and spine)

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- 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
- 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
- Slipping their gloves to extend their range of fighting
- 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 the head or body of a downed kickboxer can lead to minus points or disqualification (judges decide by majority decision).
- Unsportsmanlike-like conduct. A kickboxer shall have only one warning, then the normal procedure for penalty and disqualification shall follow. 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. Awarding of points

A legal technique strikes a legal target.

- Arms are immediately to be raised to indicate the kickboxer who scored. To award a score there must be a minimum of two concurring decisions by Central referee and judges.
- If the Central referee and one judge show two raised arms (a point for both kickboxers) and other judge points to one kickboxer, the Central referee's decision must be the appropriate point for both kickboxers.
- If the Central referee shows two points (kick to head) and one judge shows one point, the Central referee can ask the judge what he saw, a kick technique or punch technique. If judge saw a kick technique the Central referee will award one (1) point to kickboxer, and if the judge saw a punch technique; the Central referee will indicate no points scored (different techniques).
- In situations where there are the same number of arms raised, both kickboxers shall be awarded a score.
- Central referees and judges should seek to avoid split points, as there are actually seldom that two techniques connect at the exact same time.
- The authorized striking area of the hand (not the inner hand) or foot must make "clean / controlled" contact.
- The Central referee and judge must actually see the technique strike the target. Awarding points based on the sound of the strike is not allowed.
- The Kickboxer 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.
- Techniques must be retracted.

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- If a kickboxer 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 not allowed to touch the floor with any part of the body except feet). If the kickboxer lands outside the area (with any part of body) after the technique, he does not score.
- If a kickboxer 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 kickboxer loses his balance following score outside his control (pushed or tripped) then the score will stand.

Article 6.1. No score

- Arms are crossed in front of Central referee or Judges at waist level, if the Central referee or Judge could not see the technique strike a legal target area.
- If the Central 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 Kickboxers does not get a minimum of two arms, NO score can be awarded.
- If the Central referee commands STOP and issues a warning to one of the kickboxers there can be no point awarded to the offending kickboxer. However, the other kickboxer may receive a point and may also receive a further score because of the warning to his opponent.

EXAMPLE: One of the Kickboxers executes a technique that merits a score, while the other kickboxer violates the rules for the second time. A score can be awarded for the first kickboxer's clean and legal technique and at the same time a penalty point can be awarded for their opponent's rule violation. Both must occur at the same exact time.

Article 6.2. In case of a draw

- In case of a draw after official fight time, the fight is to be continued with extra time - one minute. If still draw after extra time, the Central referee will start the fight again from central position. The kickboxer, who scores first, wins (so called "sudden death").

Article 7. Referees and Judges

- Three referees will be on the tatami, judging the fight. This differs from the other tatami sports.

Article 7.1. Central referee

- It is the Central referee who stops and call all scoring and award the point according majority decision. The side judges cannot talk to other than the Central referee or tatami chief during a fight.

Article 7.2. Judges

- Check equipment of according sides kickboxer by side judges
- Hold his side of tatami and signal points or warning during the fight.
- Seek to make sure to be in the right side of the kickboxer according to the Central referees signals. Each judge must independently consider the merits of the two kickboxers and chose the winner according to the regulations.
- During the fight, he will not talk to kickboxer, other judges, or anybody else, with the exception of the Central referee. The judge should, by signals, notify the referee about any incidents that would affect points / warnings given.
- He will not leave his place until the decision has been announced.

Article 8. Grand Champ

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

A Grand Champ can be organized as follows:

Article 8.1. Original Grand Champ

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

Article 8.2. 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.
- Fights in a Grand Champ are 1 round of 3 or 2 minutes. No time-outs are to be used by the kickboxers.
- The types of Grand Champ competitions organized for a tournament must be stated in the invitation.
- No Grand Champ fights are organized in Continental or World Championships.

Article 9. Team competition

- The rules of team fights apply at World and continental championships and at World cups and at all other international and national kickboxing competitions in which this competition category is included.
- Male Team: 3 men open weight
- Female Team: 3 women open weight
- If a team is not complete, they cannot continue or start
- All kickboxers on a team must have competed in a individual category at World and continental championships and at World cups and at all other international and national kickboxing competitions in which this competition category is included, taking place prior to competing in the team event
- A team may have one male and one female as substitute. The substitute can only be used when another kickboxer on the team is unable to start. The substitute should be seated with the helmet off, so easily identified as such. Once a sub has been used their can be no further switches.
- In Junior, Cadet and Older Cadet, kickboxer must compete in a team within his/her own age category.
- The running order of the fight 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.
- All kickboxers are prepared with all equipment in their corner side of tatami.
- There are no weight-class definitions. (In Younger Cadet and Older Cadet categories, the team MUST start with smallest to tallest)
- The team at the World and continental championships must be composed of national kickboxers only. No mixed teams with kickboxers from different countries. At the World and continental cups and international tournaments team can be composed of members of different clubs (mixed teams). At the national championships in point fighting team fights team must be composed of kickboxers from same club only.
- Each fight: 1 round of 2 minutes
- No timeout can be used during the round



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- The extra round will be on 1 round of 1:30 (Younger cadets) or 2 minutes for Older Cadet, Junior and Senior.
- The team with the most points is the winner.
- All exits and warnings carry forward to the next kickboxer. This is to encourage an active contest.
- A kickboxer cannot be disqualified for Exits in team event; all exits will be punished with one point taken off his team (minus point).
- 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.
- If they count a draw, a toss of the coin is used to select who sends out a kickboxer first, with the winner selecting their kickboxer to enter the Tatami.

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