



K1-Rules

Chapter 10



WAKO Rules - K-1 Rules

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Art. 1. Definition

WAKO K-1 Rules comes directly from Japanese kickboxing which probably came from ancient Siamese traditional martial art.

- Clinching is allowed but holding opponent's neck with one hand only in order to attack ONLY with KNEE (1 blow)
- It is forbidden:
 - the use of any elbow techniques
 - to perform WAI KHRUU at the beginning of the fight
 - to wear MON KONG, PRATCHAT or any other traditional symbol of MUAY THAI fighter
 - to play MUAY THAI music during the fight
- 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 his 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. 2. 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 sweeps (ankle)

Art. 2.1 Prohibited Techniques and Behaviour

It is prohibited to:

- Attack the throat, lower abdomen, kidneys, back, groin and the back of the head or neck.
- Elbow, knife-hand, head-butts, thumb and shoulder.
- Foot sweeps done above 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 without the central referee's consent
- 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.

Art. 2.2 Legal Techniques

The following hand techniques may be applied:

Art. 2.2.1 Hand Techniques

- Punches (all boxing repertoire)
- Back fist and the possibility to use the spinning back fist
- Clinching with two hand around neck not longer than 5 seconds and using only knees



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Foot, Leg and Knee Techniques

- Front kick
- Side kick
- Roundhouse kick
- Heel kick
- Crescent kick
- Axe kick
- Jump kick
- Using the shin to attack any part of the leg or the body (legal targets only)
- Knee can be used to attack any part of body even jumping , apart from the back.
- Clinching your opponent, using one hand 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 below the ankle)

Art. 2.2.2 Throwing Techniques

A 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 intention to hit the opponent with power.

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.

Art. 3. Number of Kicks per Round

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

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 kickboxers are simultaneously injured or KOed and cannot continue the fight, the 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.
- Victory via stoppage, upon order of the referee (TKO).
- Relegation:
if a kickboxer is relegated on the referee's advice, or if he receives excessive punishment, the fight will be stopped and his opponent declared the winner.
- Injury:
if the referee determines a fighter is 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 seconds 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, honorary award, grade or title for 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 Appeals 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 Appeals Board itself.



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- 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 former kickboxer the winner by default. He will ask the judges to annotate the score sheets accordingly; gather them and call the kickboxer to the centre of the ring and raise his hand as the winner.
- The 3 knockdown 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 TKO after the 3rd knockdown.

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 (one of the two chief referees), with the help of the WAKO Appeals Board, will immediately handle all protests. After discussions, the representative of the WAKO Appeals 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, it 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.

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 referee's 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 score sheet, but this does not mean a minus point to the other fighter. When a judge decides to give a minus point to a fighter, each judge will put a "-1" in the appropriate column next to the points the same fighter will receive at the end of the round, thus certifying that he has to take away a point from the final score of the round.

Art. 6.3 Directive 3 - awarding points

For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance and power, the judge will note 1 mark on the backside of the scorecard or at the clicker.

At the end of each round, the judge will count the number of marks scored and will give to the better fighter his judgment according to following scale:

- 1 point difference in the round = 10 – 9
- Equal points in a round = 10 – 10
- A difference of 8 marks or more = 10 – 8
- Any knockdowns in a round only count 1 mark (point)

It is mandatory for all judges to use clickers. The judge must write the number of marks on the back of the scorecard after every round.

At the end of the match, the judge will sum the points given (all 10-10s or 10-9s or 10-8s) per round and name the winning fighter who has the larger sum of points. The judge must make a circle around the fighter's name.

Art. 6.3.1 In case of a draw

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



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- Preference of the last round: If one of the fighters has won the last round meaning that he actually won the round 10-9, he will be declared the winner. The reason is that this fighter shows better offensive style, conditioning, endurance and stamina.
- Number of total marks: If the third round is equal the total of marks in all three rounds will be considered to determine the winner. The reason is that in the last round the two fighters are considered equal according to our system.
- Using remarks: If the fight is equal in all three rounds, the judge uses the remarks on the front of the scorecard to choose the winner.

These remarks according to WAKO scorecards are:

- Better in the last round
- More active
- More kicks
- Better defense
- Better style and techniques

Art. 6.4 Using the back of the scorecards

If the number of marks in a round are equal, meaning from 0 – 2 marks more, the judges use the remark section on the back to give his impression after each round. This makes the impression of the total fight easier for the judge at the end if he has to use the remarks to choose the winner.

When a fighter spits out his mouth-guard on purpose, the central referee should stop the fight immediately and count him as if for a knock down (to 8).

Art. 6.5 Directive 4 - Penalty

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

Art. 6.6 Criteria for minus points

- Unclean fighting style
- Constant clinching
- Constant and continuous ducking, turning of the back
- Too few foot techniques
- Three warnings
- Any violation of the rules

Art. 6.6.1 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 3 official warnings can be given to a fighter in the course of the entire bout. The third warning will automatically mean DISQUALIFICATION (the procedure starts from a caution, 1st official warning, 2nd official warning and 1 minus point, third official warning and consequent disqualification of the fighter).



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Art. 6.6.2 Warnings given to his Second count against the Kickboxer

A referee may, without stopping the fight, give a caution to a kickboxer at any moment. If he wants to give a warning to a kickboxer, 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.
- Hitting the opponent's 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
- Clinching with two hands
- Unbalancing the opponent from a clinching position
- 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.
- 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.

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 become a minus point. If a referee thinks that an offence has been committed without his knowledge, he will have to consult with the judges

Art. 7. 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 referee's opinion, he is not able to continue fighting.
- In the case of a KO, 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 referee's order, the referee will stop the count until that order is executed. The count will then be continued where it was left off.

When a kickboxer is on the floor, the referee will count from 1 to 10 with a one 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 to the floor without receiving a new blow, the referee will resume the count, starting at 8.



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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 a 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 KO loses the fight.

Art. 8. 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. 8.1 Procedure for 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, he will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place. The aforementioned kickboxer will not be allowed to take part in another competition or bout for a period of at least 4 weeks after the KO. If this situation repeats itself two times in a period of 3 months, he 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. If this situation happens to him three times in a period of 12 months, he 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 the above mentioned quarantine periods, the doctor on site can extend the quarantine period if necessary. Also doctors at hospital, following 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 periods" 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 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 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 by a sports doctor to take part in competition.

After suffering a KO or RSC-H a kickboxer must get a CT-Scan of the head.

Art. 8.2 Procedure for injuries in general

In case of injuries besides KO or RSC-H, the doctor can give a minimum quarantine period and recommend treatment at hospital. A doctor can require immediate treatment at hospital

If a kickboxer or delegate from a kickboxer's country refuses the doctor's medical advice, the doctor will immediately report in writing to the Chief Referee or to a WAKO delegate that all medical responsibility has been refused and therefore lies in the hands of the kickboxer and his team. The official result and a quarantine given remain valid

Art. 9. Handshake

Before and after a bout, the kickboxers will shake hands as a sign of pure sportsmanship and friendly rivalry, according to kickboxing regulations. The handshake takes place before starting the first round and after the decision. No handshake is allowed between rounds.

Art. 10. Use of Drugs

Any drug or chemical substance ingested by a kickboxer, that is not included in the kickboxer's 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 to by a doctor from the Medical Committee.

WAKO refers to and adopts WADA Doping Rules



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Art. 11. 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 which 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 examination which will precede the 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 a bandage on a wound, a cut, an injury, ulceration, laceration or blood flowing on the head or face, nose or ears. 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.

Art. 11.1 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 seeing the kickboxers who have taken part in it. In a tournament there must be ambulance personnel on site.

Art. 11.2 Age limit of Kickboxer

Kickboxers younger than 18 and older than 45 will not be allowed to take part in Senior World or Continental Championships, nor in Senior International competitions. For women the allowable ages are from 16 to 40.

Art. 12. 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.

Note

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