

2018 WAKO ONTARIO PROVINCIAL CHAMPIONSHIP

Information at a Glance

Date:	Saturday November 10 th 2018
Location - Address -	Japanese Cultural Center 6 Garamond Ct, Don Mills, ON M3C 1Z5
Spectators -	\$30 per day. CASH ONLY \$10 Children under 10, and Seniors over 65 CASH ONLY
Weigh in -	Kick Light - 8:30 am sharp! Ring Sport – 9:00 am sharp
Medicals -	Immediately After Weigh ins (Only for Ring Sports)

All athletes must make their weight on their first weigh in attempt.
Failure to make weight will result in immediate disqualification.
With the size of the 2018 Provincials we cannot provide extra time.

Important - Must arrive on time for weigh in. Chief Officials call the athletes in by name; if the athlete is not present when called, the athlete's bout is cancelled.

Passport is required with a valid 2018/2019 sticker at weighin for all Ring Sports Bouts.

One coach from athlete's club must attend weigh in with athlete.

Bouts -	Saturday Kick Light Bracket A	- 10:00 am (Must be in warm up room by 9:30)
	Saturday Ring Sport Bracket B	- 2:00 pm (Must be in warm up room by 1:30)
	Saturday Ring Sport Bracket C	- 5:00 pm (Must be in warm up room by 4:30)

Important Information Below for Athletes – Coaches – Spectators

- Ring Sport Athletes must attend the weigh-in with their valid 2018/2019 WAKO passport
- One coach per club is required to attend weigh-ins
- Athletes are required to be in their weight division listed as the drawing sheets
- Only 2 coaching passes will be provided to each club (Registered WAKO Coaches only!)
- Coaches must be in possession of their 2018/2019 WAKO Coaching cards during bouts
- Athletes will be required to always be in their warm up room from the time indicated below.
- Only athletes and coaches will be allowed in the warm up room – no exceptions.
- **Athletes must have correct equipment before entering the ring - only gloves are provided**

A PROJECT OF THE PROVINCE OF ONTARIO
Promoting Safe Sanctioned Combative Sports



2018 WAKO ONTARIO PROVINCIAL CHAMPIONSHIP

All athletes must enter the ring with the correct equipment and outfitting

We will not give you time to replace incorrect equipment or outfitting. If you are unsure about your equipment have it checked well before the bout. Ensure that it fits properly!

Footpads must cover heel, toes, sides and top of foot for full contact and light contact

K1 bouts only require shin-instep pads

Low Kick bouts – athletes must wear shin/instep pads OR footpads with shin pads

Shin pads must reach 3 inches below the knee

Head gear must have no cheek protectors and be the color of the athletes corner or black or white.

No arm bracelets

Headgear must be put on before the athlete enters the ring

Shorts for K1 and Low Kick must be 3 inches above the knees, no front or side pockets, with no outside laces or buckles.

NO SPANDEX SHORTS PERMITTED.

Bout Order

The bout order for each bracket will be listed in each warm up room. Athletes may get their gloves from the gloving table 3 bouts before their bout. Athletes and coaches must be prepared to enter the ring immediately after the decision is called for the previous bout. It is the responsibility of the athletes and coaches to be on time for their bouts. Once the referee calls the athletes into the ring – the athlete must enter with their equipment on.

Coaching Requirements

All coaches must have their 2018/2019 coaching cards during weigh ins and during each bout. Coaches Cards that are processed in the past two weeks will be provided on Sat.

WAKO Canada has a ZERO TOLERANCE policy for any inappropriate verbal or abusive behavior of any sort towards any officials, athletes or coaches. First offense will result in the automatic removal of the coach and potential disqualification of the athlete.

A PROJECT OF THE PROVINCE OF ONTARIO
Promoting Safe Sanctioned Combative Sports



2018 WAKO ONTARIO PROVINCIAL CHAMPIONSHIP

Warm Up Rooms

Only athletes competing during that bracket and card-carrying coaches are permitted in warm up room. No other individuals are allowed in the warm up rooms; no family, no friends, no non-WAKO coaches. WAKO staff will check the dressing rooms to ensure this policy is enforced.

Center Facility

WAKO has rented the competition hall and one large warm up room. Teams can easily warm up in the room. Make sure that athletes and coaches are not warming up in the hallways or in any other location.

Athletes, coaches and spectator are not permitted in any other location in the facility.

Ensure that members of your club are only in the warm up area and/or the competition hall and not roaming the facility. Please respect the facility and other renters that rely on this center for their programs.

Spectators

Spectator cost is \$30/Day. Cash only - payable at the door. WAKO relies on spectator fees to cover the large costs associated with a tournament-style event. WAKO tournaments are organized and run by volunteers who work together to help athletes have opportunity for competitive experience.

All spectators, athletes and coaches are expected to follow directions and respect the work done by these volunteers. All individuals are expected to behave in a respectful manner throughout the tournament. Those that do not will be removed from the event.

Important Rules for Kick Light Bouts

All bouts are three rounds of 90 seconds with 30 second breaks between each round
Athletes can wear Shorts or kickboxing pants and must wear t-shirts
Headgear – Shin pads – Footpads – mouth guard – athletic supporter are all mandatory

The light-contact rule will be enforced for both points to the head, body and legs.
The legal scoring areas are the head, body and legs only
Leg kicks – clinching – leg catches – throwing – knees are illegal techniques

A PROJECT OF THE PROVINCE OF ONTARIO
Promoting Safe Sanctioned Combative Sports

