



RULE SUMMARY – Tatami Disciplines

(For Full Rules please see the WAKO IF rule document at wako.sport)

Kick Light

3 rounds of 90 seconds minutes (30 seconds between rounds)

Regular Boxing Techniques

Regular Kicking Techniques to the head, body, legs:

- Kicks are allowed to Upper leg (3 cm above knee) inside and outside of leg

Kicks are not permitted to the Lower Leg

No Clinching

No Elbows

No Throwing

Sweeps are allowed

All contact must be light controlled contact (full contact is not permitted to head, body or legs)

Penalty points are given for excessive contact; going out of bounds; illegal techniques

Point Sparring

2 rounds of 2 minutes (one min rest between rounds)

Regular Punching Techniques to the head, body only

Regular Kicking Techniques to the head, body only

Points are called by the referee by a majority of votes from judges/referee

Punches are one point

Kicks to body are one point

Kicks to head are two points

Jump kicks are three points

All contact must be light controlled contact (full contact is not permitted to head or body)

Penalty points are given for excessive contact; going out of bounds; illegal techniques

The 10-point spread rule is in effect.

Coaches

All Coaches must be fully registered with WAKO Canada. Coaches must register and have a Coaches Band

All Coaches must wear athletic apparel. No jeans, shorts, hats are permitted. Only two coaches are permitted in the corner. Only water is allowed in corner.



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