



WAKO CANADA



RULE SUMMARY – Tatami Disciplines

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

Kick Light

Juniors/Intermediate/Veterans – 2x2 minute rounds / Seniors – 3x2 minute rounds (rest period 1 min)

Legal Techniques:

Regular Boxing Techniques

Regular Kicking Techniques to the head, body, legs:

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

Foot to foot sweeps are permitted (but cannot be kicks)

Illegal Techniques/Target Areas

Kicks are not permitted to the Lower Leg

No Clinching

No Elbows

No Throwing

No leg catches

Contact Level:

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

Seniors/Veterans/Intermediate – 70% contact level

Cadet/Junior A and Junior B – 50% contact level

Please note – if an athlete is injured or displays behavior that they are not able to compete not due to an infraction (eg. Excessive contact called by the officials) they will be issued a standing 8 count.

Coaches:

All Coaches must be fully registered with WAKO Canada and have a Coaches Card valid for 2023/2024

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.



BUREAU NATIONAL / NATIONAL OFFICE

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