

2024 WESTERN CANADIAN OPEN CHAMPIONSHIP

Rules at a Glance

All Ring Athletes:

WAKO Members	Non-WAKO Members (Affiliate Membership)
Must have completed 2024 WAKO Registration Form/Medical	Must have completed WAKO Annual Medical
Register for the Tournament	Register for the Tournament
Must supply regulation headgear & shin/instep	Must supply regulation headgear & shin/instep
Must have mouthguard and athletic supporter	Must have mouthguard and athletic supporter
Competition Gloves supplied for competition	Competition Gloves supplied for competition

All Tatami Athletes:

WAKO Members	Non-WAKO Members (Affiliate Membership)
Must have completed 2024 Registration Form	Register for the Tournament
Register for the Tournament	Must supply regulation headgear & shin/instep
Must supply regulation headgear & shin/instep	Must have mouthguard and athletic supporter
Must have mouthguard and athletic supporter	Competition Gloves supplied for competition
Competition Gloves supplied for competition	

All Coaches:

WAKO Members	Non-WAKO Members (Affiliate Membership)
Must have completed 2024 Registration Form & Police Screen	Register as a Corner person
Must have Coaching Apparel (track suit/athletic wear)	Must have Coaching Apparel (track suit/athletic wear)
Jeans and non-athletic wear not permitted	Jeans and non-athletic wear not permitted
Must respect all athletes, coaches and officials	Must respect all athletes, coaches and officials

Ring Rules:

Amateur K1 (Full Contact rules)	Low Kick (Full Contact rules)
All bouts are 3 x 2-minute rounds (1 minute rest)	All bouts are 3 x 2-minute rounds (1 minute rest)
All punches are legal including spinning back fist	All punches are legal. Spinning back fist is not permitted
All kicks are legal (head, body, upper leg + lower leg)	All kicks are legal (head, body, upper leg only)
5 second active clinch permitted	No clinching permitted
Knees allowed to body and legs and head for adults only	No knees permitted
Upper body throws permitted. No hip/judo throws permitted	No throws permitted
Leg Catches permitted	No leg catches permitted

Tatami Rules:

Kick Light – Cadets, Juniors (Light Contact)	Kick Light – Intermediate, Seniors, Veterans (Light Contact)
All bouts are 2 x 2-minute rounds (1 minute rest)	All bouts are 2 x 2-minute rounds (1 minute rest)
All punches are legal. Spinning back fist is not permitted	All punches are legal. Spinning back fist is not permitted
All kicks are legal (head, body, upper leg only)	All kicks are legal (head, body, upper leg only)
No clinching permitted	No clinching permitted
No knees permitted	No knees permitted
No throws permitted	No throws permitted
No leg catches permitted	No leg catches permitted
Contact Level is 30% only	Contact level is 50% only

* For full rules please go to the Rules and Regulations Manual from WAKO Canada.

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Promoting Safe Sanctioned Combative Sports

