



TATAMI COMPETITIONS – Kick Light & Light Contact Disciplines

RULES, POLICIES AND PROCEDURES

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*Approved by WAKO Canada Executive Committee
November 10th, 2023*



International Federation

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5008 South Service Road, Burlington, Ontario, CANADA, L7L 5Y7
Phone: 905-681-9815 - Email: nhq@kickboxingcanada.org



Preamble

Sport Martial Arts has attained significant popularity in Canada. Point Sparring, continuous point sparring, forms, and weapons forms are all practiced in clubs across the country. There are also many martial arts competitions within specific groups such as Karate, Kung Fu, Tae Kwon Do, as well as competitions that involved a diversity of participant styles. The rules for competitions vary across jurisdictions, organizing groups and even between competitions. There is an incredible range of health, safety and fair play practices at these events.

There have always been initiatives to standardize rules and competition requirements. Challenges to developing uniform policies and procedures have included a diversity of international bodies, disseminating these across various stakeholders, and a culture that lacks collaboration. Furthermore, the sector has not had a regulatory structure in place to ensure industry standards, monitor events and ensure compliance.

With the change in government policy regarding all combative competitions the regulatory structure has now been assigned to Provincial Sporting Organizations (PSO). WAKO Canada is the PSO for all kickboxing disciplines including the Tatami disciplines of Point Sparring, Light Contact, Kick Light, and Forms/Weapons, as well as the ring disciplines of Full Contact, Low Kick and K1.

Working with WAKO, the International Federation (IF) recognized by SPORTACCORD, and the National Sporting Organization (NSO), WAKO Canada has revised the regulatory framework for Kick Light and Light Contact that will go in effect December 1st 2023. The following document lays out the requirements for these Tatami disciplines.

The requirements of WAKO, as laid out in their rules documents, will always be adhered to by the PSO unless alternative policies are established. Alternative policies must be approved by the PSO Board and be justified based on legal, ethical or administrative requirements in the jurisdiction.

The sanctioning framework is based on the principles of Excellence, Fair Play and Safety.

The following document provides policies specific to sanctioning competitions for Tatami Sports. WAKO Canada's Policy manual details all of the specific policies for all aspects of competitions.



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A. Athlete Requirements

1. All athletes must be members of a registered WAKO Canada Club for the calendar year
2. All athletes must be registered members of WAKO Canada for the calendar year
3. All athletes must complete an annual medical disclosure form
4. Upon completion of these requirements athletes will be issued an annual competitive licence
5. Athletes from outside of Canada are required to provide membership documentation from their National WAKO Federation (or register with the host club) and provide proof of emergency medical insurance coverage

B. Coaching Requirements

1. All coaches must be members of a registered WAKO Canada Club for the calendar year
2. All coaches must be registered members of WAKO Canada for the calendar year
3. All coaches must complete a police vulnerability sector screen every 3 years
4. All coaches must have a minimum of first aid and CRP certification
5. All coaches must complete a minimum Level I Coaching Certification course
6. Coaches must complete the Making Headway Module (Coach.ca)
7. Upon completion of the requirements coaches will be issued a licence for the calendar year

C. Officials Requirements

1. All officials must be members of a registered WAKO Canada Member Club for the calendar year
2. All officials must be registered members of WAKO Canada for the calendar year
3. All officials must complete an Officials Certification course or equivalent
4. All officials must have a minimum of first aid and CPR certification
5. All officials must complete the Making Headway Module (Coach.ca)
6. All officials will be issued an officials licence for the calendar year

D. Sanctioning Requirements

1. Tatami Sanctioning Application must be submitted with the fee 90 days prior to the event
2. Two Chief Officials are required for competitions under 100 participants
3. One additional Chief Official is required for every additional 100 participant or less
4. Final Event Documents must be submitted to the CASK office within 5 business days of event

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E. Competition Requirements

1. All participants (coaches, athletes, officials) must be current registered WAKO Canada members
2. Chief Officials must be present to oversee the entire competition
3. All competition rings must be a minimum of 5 meters square padded mats
4. There must be a 1 meter matted safety zone around the competition ring
5. All competition rings and safety zones must be nonslip padded mats (min of 2 cm thickness)
6. There must be a minimum of 1.5-meter space and a barrier beyond the ring/judges' tables
7. Only registered Athletes and Coaches and accredited staff are permitted on the competition area
8. All equipment must be regulation equipment and in good order
9. All Officials must be wearing their WAKO Canada Attire
10. Two disciplines - Kick Light & Light Contact - are permitted to compete in a regulation kickboxing ring.

F. Health and Safety Requirements

1. Competitions are required to have established an EAP in conjunction with their local hospital
2. The EAP document must be provided in advance with the Chief Official
3. Lead medical staff required for events are physicians, athletic therapists, or paramedics
4. Competitions with less than 100 participants are required to have 2 lead medical staff (minimum first responder certification) and 2 additional medical staff (minimum of advanced first aid certification) that are located in the competition area easily accessible to all rings.
5. Competitions between 100-200 participants are required to have 3 lead medical staff (minimum first responder certification) and 2 additional medical staff (minimum of advanced first aid certification) that are located in the competition area easily accessible to all rings.
6. Competitions with more than 200 participants are required to have 4 lead medical staff (minimum first responder certification) and 3 additional medical staff (minimum of advanced first aid certification) that are located in the competition area easily accessible to all rings.

G. Chief Official Responsibilities

1. Ensuring Health and safety requirements are being adhered to
2. Ensuring all competition equipment is safe and in good working order
3. Ensure that only registered members of WAKO Canada are participants (coach, official, athlete)
4. Ensure the competition rules are being adhered to in each ring
5. Providing support to all ring referees
6. Providing support to the medical staff
7. Completing all medical injury forms for athletes





H. Event Coordinator Responsibilities

1. To ensuring all WAKO Canada policies are adhered to throughout the competition
2. All print and social media must state: *Event is approved by WAKO Canada and sanctioned by PSO*
3. All print and social media marketing materials must have the KO logo clearly displayed
4. Ensuring that only registered WAKO Canada participants are involved in the competition
5. Providing all necessary support to the selected Chief Officials upon request
6. Ensuring only WAKO Canada registered members and staff are in the competition area
7. Ensuring the adequate medical staff are positioned so that all rings are visible
8. Providing travel expenses to the Chief Officials as per WAKO Canada policies

I. Kick Light Rules

1. **Bout Length** – Cadets-Junior-Intermediate-Masters – 2 x 2 min round (1 min rest) / Seniors – 3 x 2 min rounds (1 min rest)
2. **Uniforms** – shorts above the knees, t-shirt (must not be bare chested)
3. **Equipment** – Regulation Head gear, min 10 oz gloves, mouth guard, groin protector, shin-instep pads
4. **Legal Techniques** – Jab, Cross, Uppercut, Hook
5. **Legal Kicking Techniques** – Front Kick, Side Kick, Hook Kick, Axe Kick, Back Kick, Spinning Kicks
6. **Illegal Techniques** – Blind techniques, spinning backfist, leg catch, knees, throws, grappling, thrusting kicks to legs
7. **Legal Target Areas** – Face, sides of head, body, sides of body, upper legs (3 cm above knee)
8. **Illegal Target Areas** – Lower leg, top and back of head, throat, groin, joints
9. **Contact Level** – All techniques must be delivered with controlled contact according to the following percentages*:
 Cadets – 30% of full contact / Juniors-Intermediate – 50% of full contact / Senior & Veteran – 60% of full contact
 Competitions designated as Development Tournaments can reduce the contact level to 30% if required
10. **Scoring Bouts** – Three judges will score bouts on a cumulative point system with each scoring technique being worth 1 point.
11. **Warnings** – Will be issued for excessive contact, illegal techniques, illegal targets areas, unsportsmanlike conduct
12. **Penalties** – Warning 1 - Unofficial; warning 2 - Official; warning 3- Loss of one point; warning 4- Loss of two points, Warning 5- DQ
13. **Disqualification** – After 5 warning or if Referee in collaboration determine that the intent or impact of infraction is severe.
14. **Standing 8 Counts** – Will be issued if an athlete is not able to continue competing for any reason not due to a rule violation.

***Controlled Contact Level** – the requirement is that contact level is controlled through proper technique executed on legal target areas without full power and the intent to injury or hurt the opponent. Control percentages are given as a quantitative guide for coaches and athletes. The priority is that all punches and kicks are controlled with significantly less contact than ring sport disciplines. While controlled contact is a subjective area, 'impact and intent' will be assessed by the officials during all bouts.

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J. Light Contact Rules

1. Bout Length – Cadets-Junior-Intermediate-Masters – 2 x 2 min round (1 min rest) / Seniors – 3 x 2 min rounds (1 min rest)
2. Uniforms – martial arts/kickboxing pants, t-shirt (must not be bare chested)
3. Equipment – Regulation Head gear, min 10 oz gloves, mouth guard, groin protector, footpad, shin pads
4. Legal Techniques – Jab, Cross, Uppercut, Hook
5. Legal Kicking Techniques – Front Kick, Side Kick, Hook Kick, Axe Kick, Back Kick, Spinning Kicks
6. Illegal Techniques – Blind techniques, spinning backfist, leg catch, knees, throws, grappling, kicks to legs
7. Legal Target Areas – Face, sides of head, body, sides of body
8. Illegal Target Areas – Lower leg, top and back of head, throat, groin, joints, legs
9. Contact Level – All techniques must be delivered with controlled contact according to the following percentage*s:

Cadets – 30% of full contact / Juniors-Intermediate-Veteran – 50% of full contact / Senior – 70% of full contact
Competitions designated as Development Tournaments can reduce the contact level to 30% if required

***Controlled Contact Level** – the requirement is that contact level is controlled through proper technique executed on legal target areas without full power and the intent to injury or hurt the opponent. Control percentages are given as a quantitative guide for coaches and athletes. The priority is that all punches and kicks are controlled with significantly less contact than ring sport disciplines. While controlled contact is a subjective area, 'impact and intent' will be assessed by the officials during all bouts.

10. Scoring Bouts – Three judges will score bouts on a cumulative point system with each scoring technique being worth 1 point.
11. Warnings – Will be issued for excessive contact, illegal techniques, illegal targets areas, unsportsmanlike conduct
12. Penalties – Warning 1 - Unofficial; warning 2 - Official; warning 3- Loss of one point; warning 4- Loss of two points, Warning 5- DQ
13. Disqualification – After 5 warning or if Referee in collaboration determine that the intent or impact of infraction is severe.
14. Standing 8 Counts – Will be issued if an athlete is not able to continue competing for any reason not due to a rule violation.

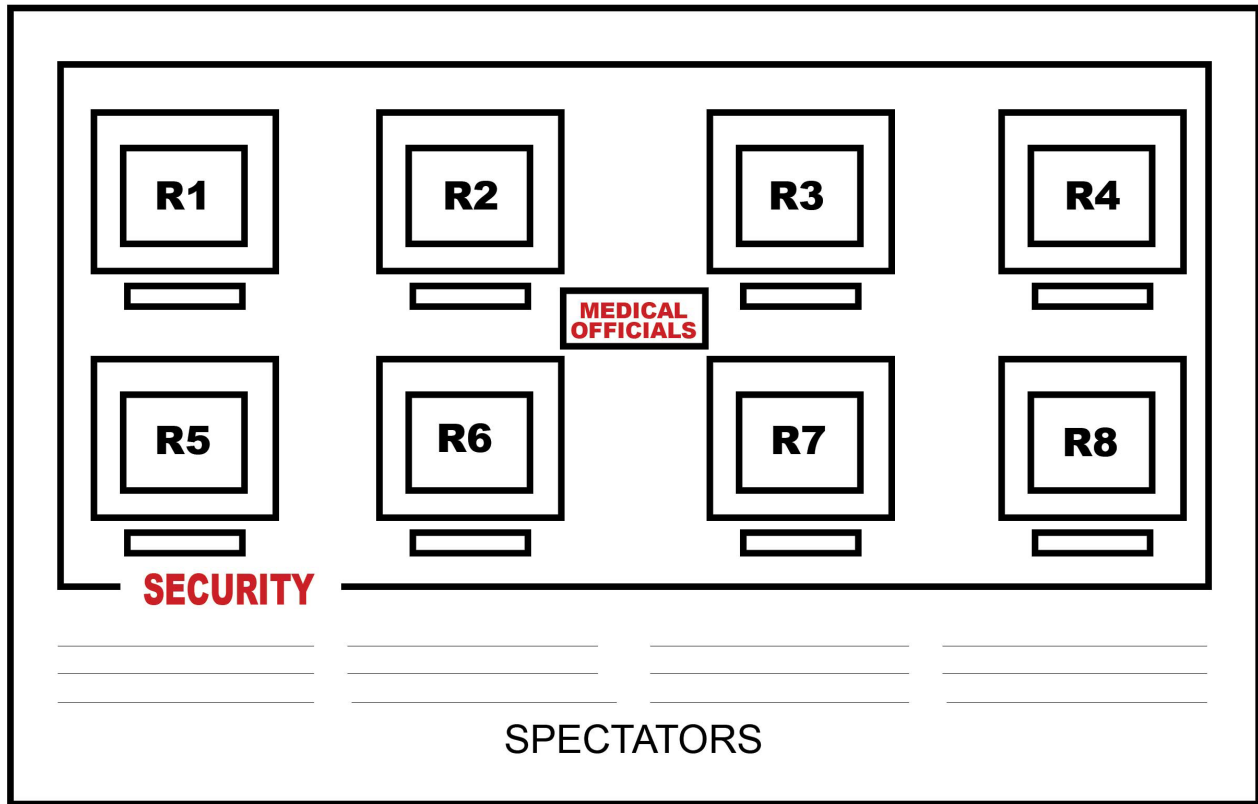


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K. Tournament Lay Out

The following is a sample diagram outlining the requirements for sanctioning Tatami Tournaments:



The minimum health and safety requirements for the events is as follows:

1. All competition rings must be in full view and easily accessible for the Medical Team and CO's.
2. Security staff to ensure only registered coaches and athletes permitted in the competition area.
3. Event Staff must have identification visible for the CO's.



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L. Age Categories (by date of birth)

1. Cadet – Ages 7,8,9
2. Junior A – Ages 10-12
3. Junior B – Ages 13-15
4. Intermediate – Ages 16-18
5. Senior – Ages 19-40
6. Veteran – Ages 41-49

- Athletes must compete in their age categories
- Athletes can request upgrades using the Upgrade Policy and Form
- Athletes can compete in another category so long as there is no more than 24 months separating birthdates

M. Weight Division (in kgs)

1. Cadet – Under 20; 25; 30; 35; 40; 45; 50; 55; +55
2. Junior A – Under 28; 32; 37; 42; 47; +47
3. Junior B (M) – Under 42; 47; 52; 63; 69; +69
4. Junior B (F) – Under 42; 46; 50; 55; 60; 65; +65
5. Intermediate (M) – Under 57; 63; 69; 74; 79; 84; 94; +94
6. Intermediate (F) – Under 50; 55; 60; 65; 70; +70
7. Senior (M) – Under 57; 63; 69; 74; 79; 84; 94; +94
8. Senior (F) – Under 50; 55; 60; 65; 70; +70
9. Veteran (M) – Under 63; 74; 84; 94; +94
10. Veteran (F) – Under 55; 65; +65

- Athletes must compete in their weight categories
- Athletes can compete in a higher weight category as long as there is no more than 5 kg weigh difference

N. Experience Classification

1. Pre-Novice – Less than 5 bouts or tournaments
2. Novice – Less than 10 bouts or tournaments
3. Open – More than 10 bouts or tournaments

- Tournaments classification can be mixed if no other classification is available
- Athletes can choose to move up a classification



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