

## WAKO “TATAMI” DIVISIONS INCLUDE:

Point Fighting, Light Contact (aka Continuous Fighting), Kick Light, (continuous fighting with thigh kicks), Musical Forms and Creative Forms.

- **POINT FIGHTING (PF)**
- **LIGHT CONTACT (LC)**
- **KICK LIGHT (KL)**
- **MUSICAL FORMS (MF)**
- **CREATIVE FORMS (CF)**

Competitors competing in both disciplines (musical forms and creative forms) must perform a totally different Creative form to their Musical form, therefore developing two separate disciplines.

## Age Categories & Divisions

Kickboxers are divided into age and weight categories which are defined in Ring General Rules and Tatami General Rules. **Age is determined by the year of birth.** Be sure to register in the appropriate age group.

### **Age categories are:**

CHILDREN (CH) Boys and girls	7,8,9 yrs.
YOUNGER CADETS (YC) Boys and girls	10,11,12 yrs.
OLDER CADETS (OC) Boys and girls	13,14,15 yrs.
JUNIORS (J) Male and female	16,17,18 yrs.
YOUNGER JUNIORS (YJ) Male and female	15,16 yrs.
OLDER JUNIORS (OJ) Male and female	16,17,18 yrs.
SENIORS (S) Male and female	19-40 yrs.
MASTER CLASS (VETERANS) (V) Male and female	41-55 yrs.

**CHILDREN (CH):** 7,8 and 9 years old. the age group is determined by the year of birth. In the year of the competition, the kickboxer can be 7, 8 and 9 years old. Children can participate in tatami disciplines of point fighting and musical forms.

**Two X 1 min rounds with 30 sec break**

**YOUNGER CADETS (YC):** 10, 11 and 12 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be 10, 11 and 12 years old. Younger cadets can participate in tatami disciplines of point fighting and musical forms.

**Two X 90 second rounds with 1 min break**

**OLDER CADETS (OC):** 13, 14 and 15 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be 13, 14 and 15 years old. Older cadets can participate in tatami disciplines of point fighting, light contact, kick light and musical forms.

**Two x 2 min rounds with 1 min break or Two 90 second rounds with 30 sec break (Promoter's option)**

**JUNIORS (J):** 16, 17 and 18 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be 16, 17 and 18 years old. Juniors can participate in tatami disciplines of point fighting, light contact, kick light and musical forms.

**Two x 2 min rounds with 1 min break or Three x 2 min rounds with 1 min break (Promoter's option)**

**YOUNGER JUNIORS (YJ):** 15 and 16 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be 15 and 16 years old. Younger juniors can participate in ring disciplines: full contact, low kick and K1 Style

**Two x 2 min rounds with 1 min break or Three x 2 min rounds with 1 min break (Promoter's option)**

**OLDER JUNIORS (OJ):** 17 and 18 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be 17 and 18 years old. Older juniors can participate in ring disciplines: full contact, low kick and K-1 Style

**Two x 2 min rounds with 1 min break or Three x 2 min rounds with 1 min break (Promoter's option)**

**SENIORS** category (S): 19 to 40 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be from 19 to 40 years old. Seniors can participate in all kickboxing disciplines.

**Two x 2 min rounds with 1 min break or Three x 2 min rounds with 1 min break (Promoter's option)**

**MASTER CLASS (VETERANS) (V):** 41 to 55 years old. The age group is determined by the year of birth. In the year of the competition, the kickboxer can be from 41 to 55 years old. Master class (veterans) can participate in tatami disciplines: point fighting, light contact and kick light

**Two x 2 min rounds with 1 min break or Two 90 sec rounds with 30 sec break (Promoter's option)**

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## **POINT FIGHTING - To calculate lbs multiply kg by 2.2**

A 10 point spread declares the winner

### **Age Categories and Weight Classes for Point Fighting Divisions**

- **Children (CH)** 7, 8, 9 years old  
Boys -18 kg, -21 kg, -24 kg, -27 kg, -30 kg, -33 kg, -36 kg, +36 kg  
Girls -18 kg, -21 kg, -24 kg, -27 kg, -30 kg, -33 kg, -36 kg, +36 kg
- **Younger Cadets (YC)** 10, 11, 12 years old  
Boys -28 kg, -32 kg, -37 kg, -42 kg, -47 kg, +47 kg  
Girls -28 kg, -32 kg, -37 kg, -42 kg, -47 kg, +47 kg
- **Older Cadets (OC)** 13, 14, 15 years old  
Boys -32 kg, -37 kg, -42 kg, -47 kg, -52 kg, -57 kg, -63 kg, -69 kg, +69 kg  
Girls -32 kg, -37 kg, -42 kg, -46 kg, -50 kg, -55 kg, -60 kg, -65 kg, + 65 kg
- **Juniors (J)** 16, 17, 18 years old  
Male -57 kg, -63 kg, -69 kg, -74 kg, -79 kg, -84 kg, -89 kg, -94 kg, +94 kg  
Female -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, +70 kg
- **Seniors (S)** from age 19 to 40  
Male -57 kg, -63 kg, -69 kg, -74 kg, -79 kg, -84 kg, -89 kg, -94 kg, +94 kg  
Female -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, +70 kg
- **Master Class -Veterans (V)** from ages 41 to 55 years.  
Male -63 kg, -74 kg, -84 kg, -94 kg, +94 kg  
Female - 55 kg, -65 kg + 65 kg

## **Mandatory Equipment for Point Fighting:**

- Head Guard -similar to top ten – no foam dipped headgear
- Face mask for only 7,8, 9,10, 11, 12-year-olds
- Mouth guard
- Breast protection for female competitors only, optional for younger female cadets divisions
- Approved gloves – similar to Top Ten- no open hand gloves thumb must be attached.
- Hand wraps are optional
- Elbow pads
- Groin protection for male and female
- Shin guards
- Approved foot pads (similar to top ten no foam dipped gear)

## **Uniforms for Point Fighting:**

- V neck top- no t-shirts
- Long pants
- Belt is optional

## **Scoring for Point Fighting, Light Contact and Kick Light:**

**1 pt** All punches, kick to the body, or foot sweep

**2 pts** Kick to head, jumping kick to the body.

**3 pts** Jumping kick to head only awarded if kickboxer is still in the air when the technique is landed.

## **LIGHT CONTACT (aka continuous) AND KICK LIGHT**

A 15 point spread by 2 judges declares the winner

### **Age Categories and Weight Classes Light Contact and Kick Light Divisions**

In Light Contact and Kick Light, kickboxers can compete in the following age categories:

#### **To calculate lbs multiply kg by 2.2**

- **Older Cadets (OC)** 13, 14, 15 years old  
Boys -32 kg, -37 kg, -42 kg, -47 kg, -52 kg, -57 kg, -63 kg, -69 kg, +69 kg  
Girls -32 kg, -37 kg, -42 kg, -46 kg, -50 kg, -55 kg, -60 kg, -65 kg, + 65 kg
- **Juniors (J)** 16, 17, 18 years old  
Male -57 kg, -63 kg, -69 kg, -74 kg, -79 kg, -84 kg, -89 kg, -94 kg, +94 kg  
Female -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, +70 kg
- **Seniors (S)** from age 19 to 40  
Male -57 kg, -63 kg, -69 kg, -74 kg, -79 kg, -84 kg, -89 kg, -94 kg, +94 kg  
Female -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, +70 kg
- **Master Class -Veterans (V)** from ages 41 to 55 years.  
Male -63 kg, -74 kg, -84 kg, -94 kg, +94 kg  
Female - 55 kg, -65 kg + 65 kg

## **Mandatory Equipment for Light Contact (aka Continuous) & Kick Light**

- Head Guard similar to Top Ten
- Mouth guard
- Breast Guard for female competitors
- Kickboxing gloves- no foam dipped gear
- Hand Wraps
- Groin protection for male and female
- Shin Guards
- Foot pads- no foam dipped gear

## **Uniforms for Light Contact (aka Continuous) :**

- T-shirt round neck
- Long pants
- No belts

## **Uniforms for Kick Light**

- Sleeveless T-shirt
- Kickboxing shorts

## **MUSICAL FORMS AND CREATIVE FORMS**

- 3 min maximum and 1 min minimum including presentation.
- Competitors competing in both Musical forms and Creative forms must perform a totally different Creative form to their Musical form.
- No live blades, no soft style weapons.
- Familiarize yourself with the gymnastic limitations in each specific division.

- **Age Categories for Musical Forms (MF) & Creative Forms (CF)**

- Children (CH) 7, 8, 9 years old
- Younger cadets (YC) 10, 11, 12 years old
- Older cadets (OC) 13, 14, 15 years old
- Juniors (J) 16, 17, 18 years old
- Seniors (S) 19 to 40 years old

- **Musical Forms (MF)**

In Musical Forms competitions there are two (2) categories both for men and women.

**Hard styles (HS)**

**Hard Styles Weapons (HSW):** Kama, Sai, Tonfa, Nunchaku, Bo and Katana

- **Creative Form (CF)**

In Creative Forms competitions there are 10 divisions: Men, Women, Boys, Girls, Teams

**Creative Open Hand (CF)**

**Creative Weapons (CFW)**

**Creative Forms Teams (CFT)**

Competitors can enter either of the Open Hand, Weapons, and Teams

Creative forms competitors cannot use music of any sort. ALL FORMS will be performed WITHOUT MUSIC.

**Rules: All competitors must familiarize themselves with the rules for each division.**

## **WARNINGS**

**Only 4 official warnings can be given in the same bout:**

- 1<sup>st</sup> official warning
- 2<sup>nd</sup> official warning – first minus point
- 3<sup>rd</sup> official warning – second minus point
- 4<sup>th</sup> official warning - disqualification
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**Exit rules: (voluntary exit)**

- 1<sup>st</sup> exit - 1 minus point
- 2<sup>nd</sup> exit- 1 minus point
- 3<sup>rd</sup> exit- 1 minus point
- 4<sup>th</sup> exit- Disqualification

No jewelry of any kind is permitted.

Competitors must come to ring with all the required equipment/uniforms ready to compete. If the competitor is not ready to compete they have 2 minutes. After 2 minutes if not ready to compete the competitor will be disqualified. It is the competitor's responsibility to familiarize themselves with the rules and mandatory gear/uniforms.

## **LINKS**

**Please visit the following websites to learn more**

The official website of WAKO International: <https://wako.sport/>

The Official website of WAKO USA: <https://www.wakousa.org/>