



FIGHTING

COMPETITION

REGULATIONS

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TITLE I – GENERAL REGULATIONS

Article 1 - Lawful

1. It's considered to be official contests, the ones whose organization and Technical Board of Directors belongs to World All-Styles Championship Association (further mentioned as WAC) and member Associations/Federations.
2. It's considered to be private contests, the ones whose organization is of the exclusive responsibility of sponsors, singular or collective, being still obliged to follow the active Regulations.
3. Everytime it is created a Regulation for a private contest, it has to be submitted to the approval of WAC's Board of Directors who, according to the type of contest, will issue its decision, after consulting whatever is required.
4. The organization of the championships and the approval of the disputed titles is exclusive responsibility of WAC and member Associations/Federations.

Article 2 - Obligations

1. It is duty of WAC to:
 - a) Organize the official contests for WAC;
 - b) Make the sweepstakes;
 - c) Accredit all involved in the contests;
 - d) Summon the refereeing team;
 - e) Ensure that the place of performance of the contests has good conditions for sports practice and safety conditions for sports agents and the general public;
 - f) Ensure that at the place of performance of the contests, unless prior agreement, it is not sold any type of material that is not approved by WAC.
2. It is the duty of the organizing Association/Federation to:
 - a) Acquire the trophies to be awarded;
 - b) Grant medical assistance in every contest (doctor or lifeguards and an ambulance).

Article 3 - Organization and contest assignment

1. The organizations of WAC's competitions may be assigned to the Associations/Federations that present such proposal until the 31st of August of the sports season prior to the competition date.
2. It is given priority to proposals composed by the best conditions of organization, public or private funds, place for sports performance, as well as safety measures for the sports agents and the general public.
3. The applicant Associations/Federations are obliged to:
 - a) Confirm, via written method, the acceptance and the available conditions to organize the competition, assigned to them by WAC, until fifteen days after receiving the information regarding said conditions.
 - b) Send to WAC all administrative conditions required to said organization, until ninety days prior to the day of the event.
4. The Associations/Federations that do not abide by the rules above may be subject to due process according to decision from the National Refereeing Council.

Article 4 - Representation

1. The Competitors can only subscribe to the competition when associated to a Team/School.

Article 5 - Integration in age categories

1. The age of the Competitor at the date of the Competition, will determine the category in which such Competitor will compete in.
2. As soon as the Competitors compete in an age category, such Competitor cannot compete in a category below it.

Article 6 - It is forbidden to the Competitors

1. Fight after suffering K.O., without complying the deadlines set for recovery.
2. Fight when their physical and mental status places under danger, either the Competitor or his opponent.

3. The use of glasses, hard lenses, as well as the use of any type of jewelry, which endanger their physical integrity or the opponent.
4. The using of doping substances or any chemical substance administered on any way that maximizes physical performance, underlying the possibility of penalties according to the Anti Doping Rules of the organizing committee.

Article 7 - Sports insurance

1. The sports insurance is mandatory for all Sports Agents.
2. The subscription to WAC's contests must be accompanied by the complete sports medical examination.

Article 8 - Anti doping control

1. Anti-Doping control will be carried out whenever requested for any contest, by the organizing committee.

TITLE II – COMPETITION

SECTION I – GENERAL REGULATIONS

Article 9 - Fighting disciplines

1. Fighting disciplines:
 - a) RUMBLE WAC – continuous fight, during which the Competitors must execute quality techniques where there will be control of impact force.
 - b) SEMI WAC – non-continuous fight, during which the Competitors must execute quality techniques where there will be control of impact force. All strikes must be executed without power.
 - c) LIGHT K WAC – continuous fight, during which the Competitors must execute quality techniques where there will be control of impact force. All strikes must be executed without power.
 - d) LOW WAC – continuous fight, during which the Competitors must execute quality techniques where there will not be control of impact force.
 - e) K-WAC – continuous fight, during which the Competitors must execute quality techniques where there will not be control of impact force.

Article 10 - Competition uniforms

1. Coaches:
 - a) Tracksuit;
 - b) Trainers / Tennis shoes.
2. Competitors:
 - a) RUMBLE WAC:
 - Male and Female (Uniform Pants and T-Shirt).
 - b) SEMI WAC:
 - Male and Female (Uniform Pants, T-Shirt or Shirt).
 - c) LIGHT K WAC:
 - Male and Female (Shorts and T-Shirt).
 - d) LOW WAC and K-WAC:
 - Male (Shorts and naked Torso);
 - Female (Shorts and Top).
3. Any other type of clothing must be approved by the Refereeing Council.

Article 11 - Competition area and credentials

1. In all contests, the competition area must be perfectly delimited and access to it has to be controlled.
2. The competition areas in combat disciplines are:
 - a) Ring, where will occur full contact fights, and which may not exceed the dimensions of 8x8, including the

- ropes and the corners;
- b) *Tatami*, where will occur either controlled contact or full contact fights, according to decision from the organizing committee, and which may not exceed dimensions between 6x6 and 8x8, including the corners.
3. The contests of each combat discipline to occur in each area shall be specified at the time of the competition.
 4. No person may enter the competition area, unless accredited Sports Agents and act directly on the contests.
 5. May only be accredited, sports agents who are holders of valid licenses.
 6. Are subject to accreditation, the following Sports Agents:
 - a) Federative and Associative Staff;
 - b) A delegate from each club in competition;
 - c) Managers and monitors with Competitors in competition;
 - d) Competitors;
 - e) Central Referees and Area Judges;
 - f) Doctors and medical masseurs;
 - g) The Press.

Article 12 - Area's Central Bureau, Area Team and Refereeing Team

1. It is the duty of WAC and Associations/Federations affiliated, to call the members deemed necessary for holding championships, national or international, in due time, having the duty to form or delegate one or more responsible people for the formation of the designated Central Referees and Area Judges and other members constituting the team of certain areas of competition.
2. Each competition area in combat disciplines is composed of:
 - a) Area's Central Table, where will work:
 - 1 Head of Area's Central Bureau (compulsory presence);
 - 1 Area's Central Bureau Assistant (non compulsory presence), responsible for transmitting information and documents from Area's Central Bureau to the Area Table. In the absence of this member such functions accumulate with already assigned to the Head of Area's Central Bureau.
 - b) Area Team.
3. The Head of Area's Central Bureau, who is a member of the organizing committee, is the responsible for the management of the Refereeing Team, the Area Table and of the fights taking place in each area, and play its part in accordance with the following rules:
 - a) Shall ensure compliance with the rules of the preceding paragraphs, as well as all the rules of competition under this Regulation;
 - b) May, if necessary, any member of the Refereeing Team, to grant him/her rest or due to his/her performance and such substitution must occur swiftly.
 - c) Must manage the intervals of each Area Team member, or the collective Area Team (in the case of rest for meal), so that the areas of competition stop for the shortest possible time, and such breaks have limited time, and whenever they occur, shall be announced through the microphone.
 - d) Is responsible for announcing the fight that will take place in areas under his/her command, and for calling the Competitors that will take part in the fight, granting additional time (2nd call and last call) to such Competitors, fulfilling these functions using a microphone.
 - e) Is also in charge of controlling the protests from coaches or the public, so that the competition takes place smoothly.
4. The competition Area Team in combat disciplines consists of:
 - a) Area Table, where will work:
 - 1 time keeper (compulsory presence), responsible for initiating the timing of the fight after Central Referee indicates "Table, Time", and must alert the Central Referee about the end of the fighting time;
 - 1 score keeper (compulsory presence), responsible for noting in appropriate sheets the collected scores indicated during combat, either by the Central Referee or by the Area Judges;

- 1 area table assistant (non compulsory presence), responsible for transmitting information and documents from the Area Table to the Area's Central Bureau. In the absence of this member such functions accumulate with already assigned to one of the other two members of the Area Table.
 - b) Refereeing Team.
5. The Refereeing Team in each competition area in combat disciplines consists of a Central Referee, and:
- a) 2 Area Judges (during SEMI WAC, LOW WAC and K-WAC fights);
 - b) 3 Area Judges (during RUMBLE WAC and LIGHT K WAC fights).
6. The requirements for the Central Referee, Area Judges and other members forming the Area Team as well as the Head of Area's Central Bureau, are:
- a) To attend all mandatory training in accordance with the notices made in due time;
 - b) Alert the Organization of the competition for any incompatibilities and conditions that may exist in relation to the functions for which he/she was called;
 - c) Present themselves on the date of the organized Championship, where it will take place, at the respective competition areas (previously informed) and with a refined image, wearing specifically:
 - Central Referee: black trousers, trainers or black or grey shoes (or of any other color, as long as approved by the Organizing Committee), white shirt and black tie.
 - Area Judges as well as the rest of the Area Team members: black trousers (or other as long as approved by the Organizing Committee, concerning the Team members, other than the Judges), black shoes (or other footwear previously approved by the Organizing Committee), black shirt or red polo shirt (depending on the functions to fulfill during the Event), and when using the black shirt, one must always use a grey tie.
 - Head of Area's Central Bureau: black trousers, black shoes, black shirt and grey.
 - d) All the shirts, polo shirts and ties above indicated are exclusive property of WAC, and must be returned to the Organizing Committee right after the end of an organized Championship, or when no longer necessary to correctly fulfill one's functions during the Event.
7. The Central Referee, during the competition, will play its part in accordance with the following rules:
- a) Shall ensure the safety of Competitors;
 - b) Will be responsible for the enforcement of the rules throughout the competition and ensure that all scores, penalties and warnings are recorded;
 - c) Shall, before beginning the fight, check and approve the uniforms and protective equipment used by Competitors, according to this Regulation;
 - d) May stop the fighting by any of the grounds set out in this Regulation;
 - e) May issue warnings for violation of the rules of combat to elapse, and also authority to record absences due to non-compliance by one of the Competitors, of such rules, and in these cases attributed negative score to the contestant who has committed such faults; May issue warnings for violation of the rules of the combat taking place, and has the authority to register penalties due to non-compliance by one of the Competitors of this Regulations, and in these cases assigned minus points to the contestant who has committed such faults;
 - f) It also has authority to disqualify Competitors in accordance with the requirements in this Regulation, relating to such proceedings;
 - g) Should, especially in international championships, pronounce all commands in English.
8. Each Area Judge, during the competition, will play its part in accordance with the following rules:
- a) Assist the Central Referee to ensure the safety of the competitors;
 - b) When notices what is considered a point, must tick the clicker or raise his arm to indicate the Competitor who scored (being the late of exclusive use during fights in SEMI WAC).
 - c) Must pay attention exclusively to the fight ongoing, and inform the Central Referee everytime the Competitor leaves the *Tatami*.
 - d) When notices an action that is considered violation of the rules, shall immediately inform the Central Referee.
9. The competition commands, to be used by the Central Referee, are:

- a) Shake Hands – only in the beginning of each fight;
- b) Fight – to begin the fight or after an interruption of the fight;
- c) Break – to break up a body-to-body position, after which each fighter must draw back before continuing the fight;
- d) Stop – the fight is interrupted immediately and may only be resumed after the Central Referee gives a new command;
- e) Time (forming a T with his hands) - gives order to the timekeeper to stop the stopwatch until the Referee re-run the command "Fight", should be explained the reason for such a command. The Referee will execute the command "Time":
 - When you want to give notice to a Competitor (here the opponent is expected to remain in the home position);
 - When a Competitor Part Time stop raising your right hand (hereinafter the opponent must move immediately to the neutral corner);
 - When the Referee note need to correct the equipment or uniform of a competitor;
 - When it appears that a competitor is injured (of which the Doctor has 2 minutes maximum time to intervene).

Article 13 - Accompaniment of the Competitors at the corners

1. Only up to 2 people can accompany the Competitors in the corners.
2. One of the people that accompanies the Competitor in the corner must compulsory be his/her Coach. If their presence is not possible, a representative must be appointed, who must also be a Coach accredited by WAC.
3. In fights during which that are several areas of competition running at the same time, the Teams/Schools that do not have enough Caches and Monitors, can name an Competitor to assist in the competitive preparation.

Article 14 - Procedures after K.O.

1. If an Competitor remains unconscious, only the Central Referee and the doctor are allowed to stay in the area, unless the doctor needs more help.
2. A fighter who was put K.O., due to a blow to the head during combat, or if the Central Referee stopped the fight due to a serious clash of heads, that can no longer perform, will be immediately examined by the doctor and sent for suitable location, depending on the severity of the injury.
3. An Competitor who was put K.O., due to a blow to the head during combat, or if the Central Referee stopped the fight due to a serious clash of heads, that can no longer perform, will not be allowed to participate in a competition or fight for a period of at least 1 month after K.O.
4. An Competitor who was put K.O., due to a blow to the head during combat, or if the Central Referee stopped the fight due to a serious clash of heads, that can no longer perform twice in a period of 3 months, he will not be allowed to compete for a period of 6 months after the second K.O.
5. An Competitor who was put K.O., due to a blow to the head during combat, or if the Central Referee stopped the fight due to a severe clash of heads, preventing it from continuing three consecutive times in a period of 12 months, such Competitor will not be allowed to compete for a one year period after the third K.O.
6. The Central Referee will tell the Head of Area's Central Bureau to record in the sports book of the Competitor, "R.S.C.H.", when he finishes the fight due to Competitor's inability to continue to fight because of blows to the head.
7. Before returning to combat, after a ban as described in the preceding paragraphs, the Competitor must make a sports medical examination and be declared fit to compete.

SECTION II – COMPETITIVE CLASS

Article 15 - Who is allowed to compete

1. Compulsory requirements to compete:
 - a) Have a regularized entry in the Association/Federation affiliated;
 - b) Coaches do not compete in the same weight class of their Competitors;
 - c) One must not be subject to any exclusion.

2. One who does not comply with the requirements of the preceding points is automatically disqualified.

Article 16 - Competition categories

1. Categories will be divided by age and weight within each discipline of combat.
2. The male and female Competitors compete in separate categories.

Article 17 - Weight and age categories

1. RUMBLE WAC:

- a) Age categories:
 - 4/5 years; 6/7 years; 8/9 years; 10/11 years; 12/13 years.
- b) Weight categories.
 - Male and Female: -18kg; -23kg; -28kg; -33kg; -38kg; -43kg; -48kg; -53kg; -58kg; +58kg.

2. SEMI WAC:

- a) Age categories (kids):
 - 4/5 years; 6/7 years.
- b) Weight categories:
 - Male and Female: -25kg; -30kg; -35kg; -40kg; +40kg.

3. SEMI WAC and LIGHT K WAC:

- a) 8/10 years
 - Male and Female: -25kg; -30kg; -35kg; -40kg; +40kg.
- b) 11/13 years
 - Male and Female: -30kg; -35kg; -40kg; -45kg; -50kg; +50kg.
- c) 14/15 years
 - Male: -40kg; -45kg; -50kg; -55kg; -60kg; -65kg; -70kg; +70kg.
 - Female: -40kg; -45kg; -50kg; -55kg; -60kg; +60kg.
- d) 16/18 years
 - Male: -51kg; -57kg; -63kg; -69kg; -74kg; -79kg; -84kg; -89kg; -94kg; +94Kg.
 - Female: -50kg; -55kg; -60kg; -65kg; -70kg; +70kg.
- e) Male 19/40 years
 - 57kg; -63kg; -69kg; -74kg; -79kg; -84kg; -89kg; -94kg; +94Kg.
- f) Female 19/35 years
 - 50kg; -55kg; -60kg; -65kg; -70kg; +70kg.
- g) Veterans Male 41/50 years
 - 63kg; -74kg; -84kg; -94kg; +94Kg.
- h) Veterans Female 36/45 years
 - 55kg; -65kg; +65kg.

4. LOW WAC and K-WAC:

- a) 16/18 years
 - Male: -51kg; -54kg; -57kg; -60kg; -63,5kg; -67kg; -71kg; -75kg; -81kg; -86kg; -91kg; +91kg.
 - Female: -48kg; -52kg; -56kg; -60kg; -65kg; -70kg; +70kg.
- b) Male 19/40 years
 - 51kg; -54kg; -57kg; -60kg; -63,5kg; -67kg; -71kg; -75kg; -81kg; -86kg; -91kg; +91kg.
- c) Female 19/35 years
 - 48kg; -52kg; -56kg; -60kg; -65kg; -70kg; +70kg.

5. Competitors from 16 to 17 years may only compete in LOW WAC and K-WAC, regardless of the weight, by possessing written permission from their legal guardians.
6. The difference in weights allowed between categories, in case a Competitor has weight that exceeds the limits of his/her current category, is:
 - a) RUMBLE WAC SEMI WAC and LIGHT K WAC – 0,5kg;
 - b) LOW WAC and K-WAC – without tolerance;
7. If a Competitor exceeds such limits, and it is up to 1h to the end of the weighing, will have 1h to lose weight in order to meet the margin values for the contest in which such Competitor will fight. If it is less then 1h to the end of the weighing, such Competitor will have until the end of the weighing to lose weight to a value that meets the requirements above; otherwise, and in any of the previous cases, said Competitor will be disqualified.

Article 18 - Necessary safety equipment

1. The mandatory protective equipment on the competitions organized by WAC is described in the following paragraphs, according to disciplines and must always be approved by the Refereeing Council.
2. Helmet: Required at all levels.
 - a) RUMBLE WAC - closed with visor and protection at the top of the head, previously approved by the Board of Arbitration, required at all levels;
 - b) SEMI WAC, WAC K LIGHT, LOW and K-WAC WAC – open on front with protection at the top of te head mandatory for use, optionally with closed visor brackets for 4/5 years, 6/7 years and 8/10 years;
3. Tooth protection:
 - a) RUMBLE WAC – optional in all categories;
 - b) SEMI WAC, LIGHT K WAC, LOW WAC and K-WAC – of compulsory use in all categories for Competitors who use an open helmet.
4. Breast protector (placed, whenever used, under the uniform):
 - a) RUMBLE WAC – optional for all female Competitors in all categories;
 - b) SEMI WAC, LIGHT K WAC, LOW WAC and K-WAC – mandatory for use in all levels, for Competitors from non-face helmet.
5. The use of torso protective vest is compulsory in all categories for RUMBLE WAC fights.
6. Groin protector (worn under the uniform) is of compulsory use for all male and female Competitors in all categories for all combat disciplines.
7. Gloves (of compulsory use):
 - a) RUMBLE WAC (boxing gloves of the following sizes):
 - 4/5 and 6/7 years: 6oz;
 - 8/9 years: 8oz;
 - 10/11 and 12/13 years: 10oz.
 - b) SEMI WAC – the Competitors should, if possible, wear Mitts (open glove that covers separately the thumb and the other four fingers). Otherwise they must use boxing gloves of 8oz to 10oz;
 - c) LIGHT K WAC, LOW WAC and K-WAC – boxing gloves of 10oz with velcro, of compulsory use;
8. It is prohibited to use gloves with laces in all combat disciplines.
9. Shin guards (which must protect from below the knee to the top of the foot):
 - a) RUMBLE WAC, SEMI WAC, LIGHT K WAC, LOW WAC and K-WAC – must be used a soft shin guard.
10. Foot protection:
 - a) RUMBLE WAC, SEMI WAC, LIGHT K WAC - boot with heel protection (one complete piece), with the sole of the foot open, mandatory for all categories, not being allowed the usage of Karate boots, which have only a small tape on the heel that offers no protection/security.
 - b) K-WAC, LOW WAC – foot protection is not allowed, being only possible the use of soft shin guards, with protection to the ankle.

11. The gloves and the helmet used by Competitors should, whenever possible, be of color equal to the corner in which they compete (red or blue, or red or black alternatively).

Article 19 - Provision of equipment

1. The WAC and Associations/Federations affiliated do not guarantee availability of equipment to competitors, so these are required to be holders of such equipment during the contests.

Article 20 - Duration of each fighting match

1. RUMBLE WAC:

- a) Eliminations – 1 round of 1 minute and 30 seconds;
- b) Final – 2 rounds of 1 minute and 30 seconds each, with a 1 minute break in between.

2. SEMI WAC:

- a) Eliminations and Final: 1 round of 2 minutes.

3. LIGHT K WAC:

- a) Eliminations – 2 round of 1 minute and 30 seconds each, with a 1 minute break in between
- b) Final – 2 rounds of 2 minutes each, with a 1 minute break in between.

4. LOW WAC:

- a) Eliminations and Final – 3 rounds of 2 minutes each, with a 1 minute break in between;

5. K-WAC:

- a) Eliminations and Final – 3 rounds of 2 minutes each, with a 1 minute break in between.

Article 21 - Ending of each fighting match

1. The common rules for ending each fighting match in all disciplines of combat are as follows:
 - a) The match will end by athletic superiority, by points, by medical or the Central Referee's decision or when:
 - One of the fighters is unable to fight or defend himself;
 - One of the fighters passes out;
 - It is not possible to stop a bleeding in a fighters cut;
 - One of the coaches troughs the towel;
 - A fighter breaks the rules that lead to an immediately disqualification;
 - A fighter commits more than 3 fouls.
2. The specific rules for ending each fighting match in each discipline of combat are as follows:
 - a) **SEMI WAC:**
 - One of the Competitors scores 7 (seven) or more difference points (7-0; 9-2; 1-8).
 - b) **SEMI WAC, LIGHT K WAC, LOW WAC and K-WAC:**
 - If there's a Knock Out;
 - If there is a technical K.O.
 - c) **LOW WAC and K-WAC:**
 - One of the fighters receives 3 protection counts;
 - One of the fighters willingly quits;
 - A fighter is at the ring ready to fight and his opponent does not show up.

Article 22 - Allowed techniques

1. RUMBLE WAC:

- a) Head:
 - Leg techniques: Roundhouse; Semi-hook; Exterior;
- b) Chest:
 - Arm techniques: Direct; Hook; Uppercuts; Reverse;

- Leg techniques: Roundhouse; Semi-hook; Front kick, Side kick, Exterior; Back.

2. SEMI WAC:

a) Head:

- Arm techniques: Direct; Hook; Reverse;
- Leg techniques: Roundhouse; Semi-hook (sole of the foot only); Exterior, Spinning back hook kick (sole of the foot only).

b) Chest:

- Arm techniques: Direct; Hook; Uppercuts; Reverse;
- Leg techniques: Roundhouse; Front kick, Side kick, Back; Semi-hook (sole of the foot only); Descendent (sole of the foot only); Exterior; Spinning back hook kick (sole of the foot only).

c) Feet (below the ankle):

- Sweeps to the front leg.

3. LIGHT K WAC:

a) Head:

- Arm techniques: Direct; Hook; Uppercuts; Reverse;
- Leg techniques: Roundhouse; Semi-hook (sole of the foot only); Descendent (sole of the foot only); Exterior; Spinning back hook kick (sole of the foot only).

b) Chest:

- Arm techniques: Direct; Hook; Uppercuts; Reverse;
- Leg techniques: Roundhouse; Front kick, Side kick, Back; Semi-hook (sole of the foot only); Descendent (sole of the foot only); Exterior; Spinning back hook kick (sole of the foot only).

c) Legs:

- Leg techniques: Low-Kick's (interior and exterior).

d) Feet:

- Sweeps (to the ankle or below).

4. LOW WAC:

a) Attacks are permitted to the following areas of the body (using combat techniques authorized):

- Head: front, side and forehead;
- Chest: front and side;
- Legs: inside and outside thigh;
- Feet: only sweeps (only at ankle level).

b) The following attacks are allowed:

- Arm techniques: all the boxing techniques; Reverse punch.
- Leg techniques: Front kick, Side kick, Roundhouse, Semi-hook (with heel), Exterior, Descendent, Spinning back hook kick (with heel), Jumping kicks, Sweeps. The use of the shin is allowed.
- Projection techniques:
 - Sweeps (at the ankle level) to unbalance the opponent and proceed the attack with legal techniques or to take the opponent to the mat.
 - Arm and leg techniques should be used in moderate way during the entire match.
 - Leg techniques will only be considered when it's clearly showed the intention to it the opponent with power.
 - All techniques must be executed with full power. Any technique that is racially deviated or blocked, or just simply touches, scrape or shoves the opponent will not be punctuated.

5. K-WAC:

a) Attacks are permitted to the following areas of the body (using combat techniques authorized):

- Head: front and side;
 - Chest: front and side;
 - Legs and thigh;
 - Feet: only sweeps (only at ankle level).
- b) The following attacks are allowed:
- All the boxing techniques. Reverse and spinning back fist. Clinch with both hands around the neck, limited to 5 seconds and using only one knee (one knee technique per Competitor and per clinch).
 - Leg and Knee Techniques: Front kick, Side kick, Roundhouse, Semi-hook (with heel), Exterior, Descendent, Spinning back hook kick (with heel), Jumping kicks, Sweeps (to the ankle or below). The use of the shin is allowed. The knee can be used to attack any legal areas of the chest and the head.
 - Projection techniques:
 - a. The Competitors cannot project their opponent using the chest, hips, feet or legs.
 - b. Arm and leg techniques should be used in moderate way during the entire match.
 - c. Leg techniques will only be considered when it's clearly showed the intention to it the opponent with power.
 - d. All techniques must be executed with full power. Any technique that is racially deviated or blocked, or just simply touches, scrape or shoves the opponent will not be punctuated.

Article 23 - Warnings for illegal techniques

1. The Warning system for all combat disciplines is as follows:
- a) At first foul, the Central Referee will give a warning to the Competitor that broke the rules.
 - b) At second foul, the Central Referee will award the first penalty point to the Competitor that committed the foul.
 - c) At third foul, the Central Referee will award the second penalty point to the Competitor that committed the foul.
 - d) At fourth foul, the Central Referee will immediately disqualify the Competitor that committed the fouls.

Article 24 - Forbidden techniques and penalties

1. RUMBLE WAC:

- a) Any kind of strike to the groin area;
- b) Any kind of strike with the purpose to blind the opponent;
- c) Intentional strikes to the head, throat or spine;
- d) Blows with one's elbows, knees or head to any part of the body;
- e) Biting;
- f) Grabbing, Pushing or any kind of projection;
- g) Attack an opponent while he's still on the floor;
- h) Spinning back fist;
- i) Leg techniques made with the heel;
- j) Fist and arm techniques to the head.

2. SEMI WAC and LIGHT K WAC:

- a) Any kind of strike to the groin area;
- b) Any kind of strike with the purpose to blind the opponent;
- c) Intentional strikes to the head, throat or spine;
- d) Blows with one's elbows, head or knees to any part of the body;
- e) Biting;
- f) Grabbing or Projecting;

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- g) Attack an opponent while he's still on the floor;
- h) Spinning back fist;
- i) Leg techniques made with the heel.
3. Forbidden attack areas, techniques and behaviours common to the disciplines of combat LOW WAC and K-WAC:
- a) It is forbidden to the Competitors:
- Attack the throat, below abdomen, kidneys, back, legs, joints, crotch and the back of the head or neck;
 - Attack with the knee, elbow, open glove and glove in axe, head, thumb and shoulder;
 - Turn his back to the opponent, run, intentionally fall and grab, blind techniques, "wrestling" and drop his head below the waist line of his opponent;
 - Attack the opponent caught in the ropes;
 - Attack the opponent when his falling or already is on the mat (meaning, as soon as his hand or knee touches the mat);
 - Leaving the ring for no reason;
 - Continue fighting after hearing the command voice "Stop" or "Break" or after the end of the round;
 - Grease his face or body with oil;
 - Intentionally spits out the gum-shield;
 - Unsportly behaviour.
- b) It is forbidden to the Coaches and the Monitors:
- Discuss or comment inadequately a decision made by the referee and judges;
 - Discuss or comment inadequately about a non-attributed point;
 - Attack or insult verbally an Official, inside or outside the ring;
 - To push, grab with no other intention, spit or even try to attempt any of this actions, will result in the immediate away of the coach from the ring location and, by decision of the Jury, to the permanent redraw from the competition area.
 - Offences committed by the Coaches or the Monitors will be penalized and accounted as if committed by Competitor.
 - The violation of the rules and regulations may, depending of its seriousness, result in warnings, negative points and disqualification.
4. Fouls common to the disciplines of combat LOW WAC and K-WAC:
- a) Attack below the waist line, grab, hit with the knees or elbows;
- b) Hit with the head, shoulders, forearms and elbows, strangle the opponent, push the face with the arm or elbow, hit the head outside the ropes;
- c) Hit with open gloves, with the interior of the gloves, with the wrist;
- d) Hit the opponents back, and particularly the back of the head, head and kidneys;
- e) Hit while is grabbing the ropes or used them in an incorrect way;
- f) Lay on the floor, "wrestle" or simply doesn't combat;
- g) Attack an opponent who is on the floor or is getting up;
- h) Grabbing;
- i) Hitting while is grabbing the opponent, or pull the opponent to the blow;
- j) Grabbing or locking the opponent's arm or placing the arm below the opponent's arm;
- k) Suddenly drop the head bellow the opponent's waist line in a way that might be dangerous to this last one;
- l) Use artificial means for a passive defense or fall intentionally to avoid a blow;
- m) Usage of aggressive and abusive language during a round;
- n) Refusing to step out after hearing the command voice "Break";

- o) Intentionally spitting the gum shield protection;
 - p) Trying to hit the opponent, immediately after the command voice “Break” and before stepping out;
 - q) To attack or insult the referee at any time.
5. Forbidden attack areas, techniques and behaviours specific to the discipline of combat K-WAC:
- a) It is forbidden to the Competitors:
 - To do the *Wai Khru* at the beginning of the fight;
 - Use *Mongkon*, *Prajied* or any other traditional symbol;
 - Grabbing the opponent’s leg.

Article 25 - Immediate disqualification techniques

1. Disqualification Regulations common to the combat disciplines of RUMBLE WAC, SEMI WAC and LIGHT K WAC:
- a) Intentional strikes with the head;
 - b) Any kind of strike with the purpose to blind the opponent;
 - c) Biting;
 - d) Deliberately striking the groin area;
 - e) Knee strikes or elbow strikes to any part of the body;
 - f) (including Coach) Disrespectful behaviour towards the Central Referee, Judges/Juries and /or the side referees;
 - g) (including Coach) Swearing or the use of abusive language during the match;
 - h) (including Coach) Address himself to the opponent to insult and provoke him;
 - i) Knocking out or injuring his opponent after the referee has ordered the match to stop for any reason;
 - j) An Competitor can be immediately disqualified, if he persists in avoiding contact or simulates a foul;
 - k) Grabbing or any kind of projection that places the opponent out of the competition area;
 - l) Attack an opponent who is falling to the floor or is already on the floor;
 - m) Any technique, legal or illegal, that might question the integrity of the Competitor.

Article 26 - Scoring system

1. LOW WAC and K-WAC:

- a) All allowed techniques – 1 point.

2. RUMBLE WAC, SEMI WAC, LIGHT K WAC:

- a) Well executed punches to the head and chest (in RUMBLE WAC only in the chest) – 1 Point;
- b) Kicks to the chest – 1 Point;
- c) Well executed sweeps – 1 Point;
- d) Lowkick’s (only in LIGHT K WAC) – 1 Point
- e) Kicks to the head – 2 Points;
- f) Jumping kicks to the chest – 2 points;
- g) Jumping kicks to the head – 3 Points.
- h) At the end of the match the winner will be the Competitor with more number of points;
- i) In case of a tie, in the SEMI WAC the fight continues in “sudden death” system and the first Competitor to score will be declare the winner, in the LIGHT K WAC are the follow criteria for untie:
 - I. Best in the last round
 - II. Most active
 - III. Increased number of kicks
 - IV. best defense
 - V. Best style and technique

Article 27 - Classification and individual awards

1. Competitors without opponent will be declared winners in their category.
2. Competitors who lose in the semi-finals are awarded 3rd place.
3. Awards to be given to the Competitors:
 - a) To the 1st place, a Medal and the Champion Certificate.
 - b) To the 2nd place, a Medal and Certificate.
 - c) To the 3rd places, a Medal and Certificate to each Competitor.

Article 28 - Awards ceremony

1. The Awards are given to the Competitors as soon as the winner of the respective category is known.
2. The Certificates must be filled before being delivered to Competitors.

TITLE III – VETERAN’S COMPETITIONS

Article 29 - Object

1. Veteran’s competitions concern male and female Competitors, with ages ranging from 35 to 45 years.
2. Upon the medical certificate and liability waiver, Competitors up to 50 years of age may compete.
3. Regardless of age, all Veteran Competitors that wish to fight in LOW WAC must present medical certificate and liability waiver.

TITLE IV – ATTACHED REGULATIONS

Article 30 - Other fighting regulations

1. All rules of combat disciplines to be organized by WAC not included directly in this Regulation, are arranged attached to it.
2. All the regulations attached to this one, unless the opposite is specified in them, must abide by the following Titles and articles in this Regulations:
 - a) Titles I, III, IV, V and VI (complete);
 - b) Articles 11, 12, 13, 14, 15, 16, 19, 27 e 28 (complete).

TITLE V – FINAL REGULATIONS

Article 31 - Fulfillment, omissions and implementation

1. These regulations require your full compliance.
2. Who violates these regulations, may be subject to the penalties provided in the General Regulations and Disciplinary Policy of WAC.
3. All omissions in these Regulations shall be resolved by the Board of Directors of WAC.
4. The Refereeing Council reserves the right to amend this regulation until one day before the beginning of an organized competition.

Information updated on 2016-11-20, according to official standards approved by the WAC Refereeing Council.