



## Flanders International Kickboxing Cup

Pointfighting | Kick Light | Light Contact | Musical Forms

Sep 23 | JUNIORS      Sep 24 | SENIORS

Info & updates: [flanders-cup.com](http://flanders-cup.com)



## Rules and Regulations

### Flanders International Kickboxing Cup 2023

#### Mandatory Documents for all Participants

All participants **must** sign the following documents:

- ✓ [Dental brace certification](#)
- ✓ [Liability waiver](#)
- ✓ [Medical certificate kickboxer](#)
- ✓ [Medical questionnaire](#)

All **female** kickboxers from **14 year and older must** sign (and parent(s)/guardian if under-age) below non-pregnancy declaration:

- ✓ [Non-pregnancy declaration](#)

All parent(s)/guardian of minor competitors **must** sign the parental consent:

- ✓ [Parental consent](#)

#### Registration, Weighing and Payment

- ✓ Online registration **closes at midnight on Wednesday 20/09/2023**.
- ✓ Coaches **must** register everyone **online**, there will be no registrations made at the venue. No exceptions will be made!
- ✓ Everyone **must** have the correct weight for which they are registered for, or they will be disqualified from the relevant category without refund of the entry fee.
- ✓ All coaches **must** register in advance via RSportz/Sportdata. Only the coaches who are registered get a wristband and are allowed to coach.
- ✓ All referees must be register in advance via RSportz/Sportdata.



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### Rules

The Flanders International Kickboxing Cup is an event under WAKO . We will work according to the WAKO regulations. All WAKO rules can be found on the [WAKO website](http://wako.com).

Safety of the fighters is our number one goal, so please make sure you have the right uniform and equipment for your fighters ([WAKO Equipment Book](#)):

- Traditional clothing, such as karate (gi) or taekwondo (dobok), is NOT allowed for any sparring discipline. For musical forms traditional clothing is allowed.
- Point Fighting require a **v-neck** top and long pants.
- Light Contact require a **round** neck T-shirt and long pants.
- Kick Light require a round neck **sleeveless** T-shirt and kickboxing short (free from any logos or characteristic of any other sport, only logo or name of the club/team or WAKO is allowed).
- Participants in Point Fighting must have the following safety equipment:
  - Head guard,
  - Face mask (in children and younger cadets' categories),
  - Mouth guard,
  - Breast protection (for female kickboxers only, optional for younger female cadets' division),
  - Gloves for point fighting,
  - Hand wraps (optional),
  - Elbow pads,
  - Groin protection (mandatory for male and female),
  - Shin guards,
  - Foot protection
- Participants in Light Contact must have the following safety equipment:
  - Head guard,
  - Mouth guard,
  - Breast protection (for female kickboxers only),
  - Kickboxing gloves,
  - Hand wraps (mandatory),
  - Groin protection (mandatory for male and female),
  - Shin guards,
  - Foot protection,
- Participants in Kick Light must have the following protection safety equipment:
  - Head guard,
  - Mouth guard,
  - Breast protection (for female kickboxers only),
  - Kickboxing gloves,
  - Hand wraps (mandatory),
  - Groin protection (mandatory for male and female),
  - Shin guards,
  - Foot protection



## **Categories**

### **Beginners Divisions**

We offer beginners' divisions for various Point Fighting categories. To qualify for these divisions, participants must meet the following criteria:

- ✓ They haven't been training for more than a year.
- ✓ They haven't taken part in more than five competitions.
- ✓ They haven't competed in a regular category before.

These conditions will be regularly verified for all fighters who wish to compete in these divisions. The central referee, in consultation with the Technical Director or the organizing committee, may disqualify a fighter from a category if they are deemed not to be a beginner. Please read this additional document carefully related to [beginners divisions](#).

### **Grand Champion**

It's important to note that no athlete will be permitted to participate in the open category unless they are also registered in an individual category. If a participant is withdrawn from the individual category for any reason other than a doctor's recommendation, they will not be eligible for the Grand Champion prize money, but they can still compete for the Grand Champion title.

### **Team Events**

Athletes will not be allowed to compete in team events unless they have already fought in their individual category. If a participant is withdrawn from the individual category for any reason, they will immediately be disqualified from the team event.

### **Participation in multiple disciplines**

For Tatami sports competitors, registration is open for multiple disciplines and two weight divisions (with a maximum increase of one weight division). However, please be aware that there is a limit of four starts per athlete.

*We strictly adhere to the new WAKO weight categories as specified in the WAKO rules, and no exceptions will be made. You can find a comprehensive list of all categories on [Sportdata](#).*

We appreciate your understanding and cooperation with these guidelines.



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### Price money

#### **Individual Categories:**

Winners of the senior divisions will receive a prize of €100 each. Please note that there must be a minimum of 8 competitors in an individual category for the prize money to be awarded.

#### **Grand Champions:**

Grand Champions will receive 50% of their Grand Champions entry fee as prize money. To be eligible for the prize money, there must be a minimum of 8 competitors or 4 teams in the category.

#### **Team Winners:**

Team winners in senior divisions will receive €50 per person. To qualify for the prize money, there must be a minimum of 4 teams in the category.

### Program and Schedule

The general program can be found on [Sportdata](https://sportdata.be), all coaches will receive a detailed time table via email before the event.

For additional questions and information, please visit our website at [www.flanders-cup.com](http://www.flanders-cup.com).

Warm regards,

Organizing Committee  
Flanders International Kickboxing Cup



**Mr. Marc DE BLOCK**  
*Promotor & Organizer  
Flanders International  
Kickboxing Cup  
President WAKO Belgium*



**Mr. Raymond STAUT**  
*Technical Director  
Flanders International  
Kickboxing Cup  
Vice President WAKO Belgium*



**Mr. Freddy GYSELINCK**  
*Event Coordinator  
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