

Rules and regulations Flanders International Kickboxing Cup 2022

Medical points of interest

- All participants must sign the following documents:
 - Dental brace certification
<https://wako.sport/wp-content/uploads/2022/01/WAKO-Dental-brace-certification-2021-v1-30012021-SC.pdf>
 - Liability waiver
<https://wako.sport/wp-content/uploads/2022/01/WAKO-Liability-waiver-2021-SC.pdf>
 - Medical certificate kickboxer
<https://wako.sport/wp-content/uploads/2022/01/WAKO-Medical-Certificate-Kickboxer-2021-v2-30012021-SC.pdf>
 - Medical questionnaire
<https://wako.sport/wp-content/uploads/2022/01/WAKO-Medical-Questionnaire-2021-v1-30012021-SC.pdf>
- All female kickboxers from 14 year and older
 - Non-pregnancy declaration
<https://wako.sport/wp-content/uploads/2022/01/WAKO-Non-Pregnancy-Declaration-2021-v1-30012021-SC.pdf>
- All parents of minor competitors must sign the Parental Consent
<https://wako.sport/wp-content/uploads/2022/01/WAKO-Parental-Consent-15082021-SC.pdf>

Registration, weighing and payment

- Online registration closes at midnight on Wednesday 31/08/2022.
- Coaches have to register everyone online, there will be no registrations made at the venue. **There will be no exceptions 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 Sportdata. Only the coaches who are registered get a wristband and are allowed on the tatamis.

Rules

- At Flanders International Kickboxing Cup we will work according to the WAKO regulations
- All Wako rules can be found on the Wako website: <http://wako.sport/en/page/wako-rules-and-regulations/32/>
- Traditional clothing, such as karate (gi) or taekwondo (debok), is NOT allowed for any sparring discipline. For musical forms traditional clothing is allowed.
- Pointfighting and Light Contact require a T shirt and long pants.

Participants in Pointfighting must have the following protection equipment:

- Head protection (helmet)
- Younger Cadets should wear a face mask. (those will be available on the YC mats to borrow if needed.)
- Elbow protectors.
- Breast protection for women/girls as soon as there is breast development
- Gloves **must be open at the palm of the hand and all fingers must be covered.**
- Toque for boys and men
- Shin guards
- Foot protectors
- Mouth guard

Participants in Light Contact must have the following protection equipment:

- Headguard, **not a face mask!**
- Breast protection for women/girls as soon as there is breast development
- Gloves 10oz, these must be closed and with a fixed thumb
- Hand wraps (bandage)
- Toque for boys and men
- Shin guards
- Foot protectors
- Mouth guard

Categories

We have beginners categories for several categories in pointfighting. This means that the participants may not have been training kickboxing for more than a year, that they may have participated in a maximum of 5 competitions and that they never competed in a regular category.

We'll check the fighters on their sports passports and in sports data.

The head referee is authorised to remove a fighter from the category if the referees think he is not a beginner.

No athlete will be allowed to fight in the open category unless they are also registered in an individual category! If pulled out for any reason other than doctor's advice from the individual category, there will be no Grand Champion price money, only the Grand Champion title!

No athlete will be allowed to fight in the team events, unless he/she has fought in his/her individual category. If pulled out for any reason from the individual category, one is immediately disqualified from the team event!

Tatami sports competitors can register and compete in more disciplines and 2 weight divisions as well (moving only 1 weight division above, maximum 2 weight divisions per tatami discipline).

Attention: there will be a limit number of 4 starts per athlete!

We only follow the new Wako weight categories as mentioned in the Wako rules [New Rules - WAKO](#). *There will be no exceptions made!*

You can find all categories on Sportdata

Price money

Individual categories: € 100 for all the winners of the senior divisions.

All team winners: € 50 per person for senior divisions.

There must be at least 8 competitors or 4 teams in the category to receive the price money.

Schedule

All coaches will receive a detailed time schedule by mail before coming to the venue.

For more questions and info: go to our website
www.flanders-cup.com