



MEDICAL RULES



Appendix 2. Medical certificate for kickboxer



WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

MEDICAL CERTIFICATE for kickboxer	For:
	<input type="checkbox"/> - semi-annual registration <input type="checkbox"/> - annual registration <input type="checkbox"/> - championship - competition <input type="checkbox"/> - after suspension period following injury or KO/RSCH

Country code	WAKO National Federation	<input type="checkbox"/> Passport No. / <input type="checkbox"/> Identity card No.

Sports ID Number	Family name	Given name	Middle name	Nationality / Citizenship

Gender M / F	Kickboxing discipline Ring / Tatami / Forms	Age category CH, YC, OC, J, YJ, OJ, S, M	Weight category

I hereby confirm that the kickboxer indicated above has passed a pre-participation screening following his/her national laws and WAKO Medical Rules - SEE PAGE TWO, and kickboxer is

Medically FIT

to participate in kickboxing training and at all levels of kickboxing competition during the period of validity of this certificate.

This certificate is valid until:	_____
	Date (dd/mm/yyyy)

DECLARATION: "I, the undersigned, declare on my honor that I am eligible and fulfil the Conditions stipulated by the Rules of WAKO. I also declare that, pursuant to Regulation (EU) 679/2016 (GDPR), I am aware that the data collected through this document will be processed for the purposes described in WAKO Privacy Notice and that I have taken vision of the latter pursuant to art.13 GDPR."

Date (dd/mm/yy) Signature and stamp of qualified Medical Doctor of the same country of residence of the kickboxer

WAKO HQ: Via Alessandro Manzoni,18 - 20900 Monza (MB) Italy
 E-mail: barbaraf@wakoweb.com - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wakoweb.com>
 Page 1/2





WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

MINIMUM EXAMS AND INSTRUMENTAL ASCERTAINMENTS FOR THE RELEASE OF MEDICAL CERTIFICATE FOR WAKO DISCIPLINES

Ring disciplines:

Mandatory:

- Medical history
- Complete physical exam, included, but not limited to, cardiovascular system (heart auscultation, blood pressure, pulses)
- Rest electrocardiogram
- Stress electrocardiogram for kickboxers aged 41 or more

Optional (recommended):

- Stress electrocardiogram (mandatory from 2024)
- Eye exam included a dilated ophthalmological examination of fundus oculi, administered by a licensed ophthalmologist (mandatory from 2025)
- Neurological exam administered by a licensed neurologist or neurosurgeon (mandatory from 2025)
- Blood Work (for kickboxers aged 18 and older): HIV, Hepatitis B Surface Antigen, Hepatitis C Antibodies (mandatory from 2028)

Tatami disciplines:

Mandatory:

- Medical history
- Complete physical exam, included, but not limited to, cardiovascular system (heart auscultation, blood pressure, pulses)
- Rest electrocardiogram
- Stress electrocardiogram for kickboxers aged 41 or more

Optional (recommended):

- Stress electrocardiogram (mandatory from 2024 - independently from age). In Master class (veteran) competitors it is mandatory to reach a heart rate higher than 90% of their theoretical maximum (220 minus age in years)

Forms:

Mandatory:

- Medical history
- Complete physical exam, included, but not limited to, cardiovascular system (heart auscultation, blood pressure, pulses)
- Rest electrocardiogram

Optional (recommended):

- No more tests are suggested

These are the minimum requirements for the release of a Medical Certificate for WAKO disciplines. It can be implemented case by case, following National laws and National Federations' Medical Rules.

The maximum length validity for a **Medical Certificate**, independently from the WAKO discipline is **one year**.

WAKO HQ: Via Alessandro Manzoni, 18 - 20900 Monza (MB) Italy
E-mail: barbaraf@wakoweb.com - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: <http://www.wakoweb.com>

Page 2/2