

To
**The Deputy Director (C&A),
Sports Authority of Telangana, LB Stadium, Hyderabad**

Subject: Submission of Technical Guidelines, SOPs, and Playfield Dimensions for Kickboxing (CM Cup 2025-26)

Ref: CM Cup 2025-26 Notice for Game/Sport Guidelines Submission.

With reference to the subject cited above, the Telangana Kickboxing Association hereby submits the required technical guidelines, SOPs, and playfield dimensions for the discipline of **KICKBOXING** for the conduct of the CM Cup 2025-26. These guidelines are in accordance with the WAKO India Kickboxing Federation norms.

Dear Sir,

1. Name of the Sport/Game

KICKBOXING (Tatami Sports)

2. Technical Guidelines

Rules of Play

The competition will be conducted as per the latest WAKO (World Association of Kickboxing Organizations) rules adopted by Wako India Kickboxing Federation (WAKO INDIA).

Disciplines:

- **Tatami Sports:** Point Fighting. (Controlled contact, performed on mats).
- **Legal Targets:** Head (front and side), Torso (front and side).
- **Illegal Techniques:** Striking the spine, back of the head, throat, or groin; biting; head-butting; striking a downed opponent.

Age & Weight Divisions (As per WAKO India Norms)

The competition will be conducted under the following recognized age and weight categories.

(Year of Birth/Cut of Age: 2010 to 2015)

| Category | Age Limit | Male Weight Class | Female Weight Class |
|--------------------|------------------|---|--|
| Sub Juniors | 10 – 15 yrs | -32kg; -37kg; -42kg; -47kg; -52kg; -57kg; -63kg; -69kg; +69kg. | -32kg; -37kg; -42kg; -46kg; -50kg; -55kg; -60kg; -65kg; +65kg. |

Match Duration and Scoring System

- **Duration:**
- **Sub Juniors/Juniors:** 2 Rounds of 2 Minutes each (1-minute break between rounds).
- **Scoring System:**
 - **Clicker System:** Used for Point Fighting. Points are awarded immediately after a clean strike (1 point for hand technique, 2 points for Jump kick to body, 2 points for kick to head, 3 points for Jumping kick to head).

Umpiring/Refereeing Procedures & System

- **Panel Composition:** Each bout is supervised by 1 Chief Referee, 1 Central Referee (in the ring/mat), and 3 Judges along with below mentioned Technical Officials.
- **Decision Making:** Judges score independent of each other. The winner is determined by majority decision (e.g., 3-0 or 2-1).
- **Fouls & Penalties:** The Central Referee issues warnings (Caution, Official Warning, and Minus Point) for rule violations. Three official warnings result in disqualification.

Technical Officials' Roles and Responsibilities

- **Chief Referee:** Oversees the fairness of the tournament and handles protests.
- **Timekeeper:** Manages round time, breaks, and sounds the gong/bell.
- **Scorekeepers/Announcers:** Manage electronic scoring systems or tally manual scorecards.

3. Standard Operating Procedures (SOPs)

Safety Measures

- **Mandatory Protective Gear:** Headguard, Boxing Gloves (10oz standard), Mouthguard, Shin Guards, Foot Booties (for Tatami), Groin Guard (Men), and Chest Guard (Women).
- **Medical Check:** Pre-bout medical examination is mandatory for all athletes.

Warm-up and Cool-down Protocols

- **Warm-up:** Designated warm-up area provided 30 minutes prior to bout. Routine includes joint mobility, shadow boxing, and light pad work to prevent muscle strain.
- **Cool-down:** Post-bout active recovery (light stretching) to reduce lactic acid buildup and monitor for delayed concussion symptoms.

Injury Management and First Aid

- **Medical Team:** A fully equipped ambulance and a qualified MBBS Doctor/Physiotherapist must be present at ringside/Mat side at all times.

4. Playfield / Court Dimensions

Tatami Sports (Point Fighting)

- **Court Dimensions:**
 - **Active Fighting Area:** 8m x 8m (preferred).
 - **Safety Zone:** An additional 1-meter border around the active area.
- **Surface:** High-density interlocking puzzle mats (2.5cm thickness minimum).
- **Markings:** No specific paint markings; zones are defined by the color of the mats (Active area one color, safety boundary a contrasting color).

Submitted by:

(C. Ramanjaneyulu)
President

(M. Mahipal)
General Secretary