



# **Aero-Kickboxing**

# **Rules**

## **Chapter 6**



## **WAKO Rules – Aero Kickboxing**

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## WAKO Rules – Aero Kickboxing

### WAKO Rules Aero-Kickboxing / Chapter 6

#### Art. 1. Definition

Aero Kickboxing is a sort of training exercise including aerobic and kickboxing techniques. The performer uses techniques coming only from kickboxing “repertoire” to specifically selected music. The variation in the program can be combined with a kind of Fitness program. The choice of the music is personal. These rules are meant for aero kickboxing competition only.

#### Art. 2. Knowledge of Music and its Beat

- Synchronization of movements to the music’s beat;
- Every movement out of rhythm will be considered an error or penalty
- Speed of musical beat (B.P.M. – beats per minute): must be from a minimum of 135 to a maximum of 155 per minute.
- The exercise must last from a minimum of 1 minute 30 seconds to a maximum of 2 minutes from the start of performance. To remain within the time constraints, it is advisable to use 6 or 8 periods or blocks of 32 beats during the creation of the exercise. Furthermore, the exercise must begin on the first beat of a period, known as the master beat or down beat when the music starts the time keeper will start the clock
- No swearwords in the music are allowed.
- If the performance is shorter than 1 minute 30 seconds or longer than 2 minutes the competitor will have points deducted (minus 1.0 point).
- Performances must be 70% kickboxing techniques and 30% aerobics

#### Art. 3. Kickboxing Techniques

- Punching and kicking techniques during the exercise must be performed correctly in a fluid, dynamic and explosive manner, as if facing a real opponent.
- Any hesitation or loss of balance will be considered an error or penalty.
- A minimum of five kicks or punches must be employed during a period (32 musical beats).

#### Art. 3.1 Aerobic Techniques

- Aero kickboxing must be combined with aerobic techniques such as:
- Steps, side to side, step touch, grapevine, leg curls, knee lifts, v steps, mambo, cha cha
- A minimum of 10 aerobic techniques must be performed.
- No kicking around in circles is allowed.

#### Art. 4. Age Divisions

In aero kickboxing competition the following are allowed to participate:

- Boys and girls - 7, 8 and 9 years old
- Younger cadets - 10,11 and 12 years old
- Older cadets - 13,14 and 15 years old
- Juniors - 16,17 and 18 years old
- Seniors - 19 to 45 years old

Age categories are the same for male and female competitors. Boys / girls and cadet categories must be kept separate. Younger competitors can participate in only the next older category.

Age divisions will be determined in the following manner: a competitor will be placed in an age division according to his year of birth, not his actual birthday, and he will be required to compete all year in this age category. Positive proof of age will be required at ALL events.



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### Art. 5. Difficulty of Choreography

During the creation of the choreographed exercise one can choose either a symmetrical or asymmetrical plan. Obviously, the use of an asymmetrical plan will be given a higher degree of difficulty when awarding points for the final score, as will the use of such techniques as: roundhouse and reverse roundhouse kicks, hook kicks, axe kicks, side kicks, front kicks, jumping kicks and combination kicking, spinning back fists and all kick boxing punches, etc.

Competitors who kick higher with good, clean technique will receive higher scores.

### Art. 6. Type of Competition and Synchronization of Athletes

Competition will be either individual or in groups of 3 athletes, even of different sex. In the case of groups, during the exercise the athletes must carry out perfectly synchronized movements, both in their choreography and in the execution of kickboxing techniques, while respecting the rules mentioned in points 1-2-3.

The same rules must also be respected in individual exercise. Any uncertainty will be considered an error or penalty.

### Art. 7. Competition Area and Uniforms

- Competitors present themselves in long pants (aerobic or fighting pants) and T-shirt or sport top (for females only).
- Pockets are not allowed on the trousers / long pants of the uniform.
- Women cannot appear in bra only. Women must wear sports tops not sports bras.
- They must wear shoes and they cannot wear any jewellery or piercing accessories.
- Make-up is allowed for women. No artistic / theatrical make-up is allowed; only normal daily make-up in moderation is allowed.
- No gloves or other kickboxing equipment of any kind is allowed.
- Competitors must wear hand wraps.
- Competitors appear on the tatami when requested to enter the area, they bow slightly and raise their hands to show they are ready.
- When the music starts, the time clock starts.
- Competitors can only touch the floor with any part of body for the first 10 seconds starting their performance or last 10 seconds ending their performance
- Performers can start and end on their knees / sitting down / laying down etc).
- Competitors in aero-kickboxing cannot use any musical form content. (kicking around in circles, knife hand strikes or any traditional martial arts techniques are not allowed)
- They cannot include any demonstration in their performances (breaking of wooden boards, press ups etc.).
- No introduction is allowed.
- Competitors do not announce themselves to the judges, but go to the middle of the tatami, bow slightly and raise their hand to start.
- When the music starts the timekeeper will start the clock.
- Competitors must start on a master beat.

### Art. 8. Match Judges and Chief Referees

The competition will be judged by 4 judges and 1 chief referee who will use visible scoreboards.

Judges will score from a minimum of 7 points to 10 points maximum (in World Championships only) decimal points included. At the end of each performance the chief referee will advise the judges how many points to deduct if there where any illegal techniques or violation of the rules.

In giving their marks, judges have to consider:

- Synchronization of movements to the music beat,
- Quality of techniques, focus, speed, balance,
- Choreography (difficulty of combinations, etc.)
- Symmetrical and asymmetrical actions



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### Art. 9. Scoring

After an aero kickboxing performance, judges will show marks for performance as follows:

- Boys and girls, younger and older cadets: 5.0 to 6.0
- Juniors: 6.0 to 8.0
- Seniors: 8.0 to 10.0
- Juniors/Seniors 7.0 to 10.0 in World Championships only

At the end of each performance, judges make their decisions according to the established criteria. At the command of the chief referee, they will raise their scoreboards, visible to the competitors and the audience, and keep them in the air until the announcer on duty has counted all marks.

The highest and lowest marks will be deleted. The three remaining scores will be added up to make the final total score.

In the case of a tie for first place (gold medal) both competitors should perform again. In case of a tie for third place (bronze medal) both the highest and lowest scores will be brought back in and the competitors/s with the highest score will be the winner. If case there is still a tie, both competitors will be requested to repeat their performance for the bronze medal.

### Art. 9.1 Minus points

- Up to 0.5 Loss of synchronization with music
- Up to 0.5 Team competitions - loss of synchronization with other team members
- Up to 0.5 Loss of balance on step
- Up to 0.5 Insufficient number of kickboxing techniques (70%)
- Up to 0.5 Insufficient number of aerobic techniques (30%)
- Up to 0.5 Touching the floor with any part of the body other than their feet (after performance has started)
- Up to 0.5 Use of acoustic aids (whistle, shouting or talking) or of any other kind of noises.
- Up to 1.0 The competitor falls
- Up to 1.0 Use of Martial Arts techniques (See Art No 7)
- Up to 1.0 Repetition of performance (if competitors repeat the same moves/ routine)

### Art. 9.2 Disqualification

- Swearwords in the music
- Wearing of sports bras
- If the competitor / team interrupts the performance before the end, judges will give the lowest mark.

### Art. 10. Decisions

The winner will be the one who obtains the highest combined score:

### Art. 11. Explanation of Music

- MASTERBEAT is the first beat of the first phrase of the 32 beat period
- PERIOD is four phrases combined (each phrase is 8 beats)
- BLOCK is formed by 2 or more symmetrical periods
- SYMMETRY actions carried out both to the right and to the left
- ASYMMETRIC actions carried out to the right but changed to the left

### Note

For better readability the text sometimes uses masculine pronouns only. However, all references to persons apply to both genders.