



# WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

<b>MEDICAL CERTIFICATE</b> for kickboxer	<b>For:</b> <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
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<b>Country Code</b>	<b>WAKO National Federation</b>	<input type="checkbox"/> <b>Passport No. /</b> <input type="checkbox"/> <b>Identity card No.</b>

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.

<b>This certificate is valid until:</b>	_____
	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





## MIMINUM 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**.