



CHAPTER 11

PARAKICKBOXING

RULES

Revision 0 – 29. November 2024.



Chapter's 11 Table of contents

Chapter's 11 Table of contents	2
Article 1. Definition	3
Article 2. Classification	3
Article 2.1. Eligible Athlete	3
Article 2.2. Physics	3
Article 2.3. Visual.....	3
Article 2.4. Intellectual	4
Article 3. Classification or evaluation process	4
Article 4. Sport Class Status	4
Article 5. Age categories	4
Article 6. Sports Categories	5
Article 6.1. Physical or motor.....	5
Article 6.2. Intellectual disability	5
Article 6.3. Autism spectrum.....	5
Article 6.4. Visual impairment.....	5
Article 6.5. Mental illness	5
Article 6.6. List of categories	5
Article 7. Competition Style - Pads	6
Article 7.1. Definition	6
Article 7.2. Uniforms	6
Article 7.3. Rhythm	6
Article 7.4. Duration	6
Article 8. Order and criteria for judging	6
Article 8.1. Scoring.....	7
Article 8.2. Negative points.....	7
Article 9. Tatami Size.....	7
Appendix: Competition and age categories for Parakickboxing	8



Article 1. Definition

Adapted sport is understood to be that physical-sporting activity that is susceptible to accept modifications to enable the participation of people with physical, intellectual or sensory disabilities.

Article 2. Classification

The classification is responsible for dividing/ordering the competitors equally according to their physical, intellectual or visual disability so that they can compete on equal terms. All athletes who want to compete must be evaluated and classified beforehand.

Article 2.1. Eligible Athlete

In order for an athlete to be eligible to compete in kickboxing, they must have one of these types of disabilities:

- Physics
- Visual
- Intellectual

Article 2.2. Physics

People with physical disabilities are those who have a significant absence or decrease in the ability to move one or more parts of the body (Tweedy, 2009; CPI 2015b). Eligible physical impairments are:

- **Deficiency in muscle power:** Athletes with muscle power deficiency have a medical problem that reduces or eliminates their ability to voluntarily contract their muscles in order to move them or generate force.
- **Passive range of motion deficiency:** Athletes who have a passive range of motion deficiency have a limitation or lack of passive movement in one or more joints.
- **Limb deficiency:** Athletes with a limb deficiency have a total or partial absence of bones or joints.
- **Leg length deficiency:** Athletes with leg length differences are those who have leg length differences in the lower extremities. The difference between the leg length must be 7 cm at least.
- **Short:** Athletes with short stature have reduced length in the bones of the upper extremities, lower extremities and/or trunk.
 - Men maximum height 1.45 cm.
 - Women maximum 1.37cm.
- **Hypertonia:** Athletes with hypertonia have increased muscle tension and a reduced ability to stretch a muscle due to an injury to the central nervous system.
- **Ataxia:** Athletes with ataxia have disordered movements resulting from damage to the central nervous system.
- **Athetosis:** Athletes with athetosis have slow and continuous involuntary movements

Article 2.3. Visual

This is the total or partial decrease in eyesight.

- **Visual impairment:** they retain traces of vision or visual remains.
- **Blindness:** They have slight light perception of light or total loss of vision.



Article 2.4. Intellectual

Competitor with intellectual disability has individual condition characterized by significant limitations in intellectual functioning and adaptive behaviour, and by being characterized before the age of 22”.

Competitor with intellectual impairment is a person with an intellectual disability being one who has below-average intellectual functioning and significant limitations in areas of life such as language, mobility, learning, self-care, social relationships, and independent living. This disability must originate before the age of 22.

Article 3. Classification or evaluation process

- **Physical or intellectual evaluation:**

The athlete must present the necessary documents to prove his or her impairment or disability (the documents must be drawn up by health professionals: doctors, physiotherapists, psychologists, etc.).

- **Technical evaluation:**

During the classification process, it is evaluated the athlete's ability to execute the techniques in order to assign competitor to the sport category.

- **Competition evaluation:**

The athlete will be allowed to compete in the sport category assigned in the first instance and during the competition the classifiers re-evaluate if the execution of the techniques is adequate with the sport class assigned, in case that changes are observed, they can be modified and a new sport type can be assigned.

IMPORTANT: Classification will be reviewed annually in order to adapt to the needs detected by our athletes.

Article 4. Sport Class Status

It is the category that is assigned to an athlete, this can be:

- **New (N):** It is assigned to athletes in the registration phase or in the evaluation period. The athlete has not yet passed the full evaluation process. The athlete must obtain this evaluation before competing at the national, regional, interclub or open levels.
- **Confirmed (C):** The moment the evaluation has been completed, competitor has been assigned to a sport category and both the impairment and competitor's ability to perform the specific activities of kickboxing are considered stable.
- To obtain a confirmed status, the evaluation process must be carried out by two or more classifiers.
- **Reviewable (R):** Once the sorting board assesses that it requires a new evaluation. This category can be granted, for example, when competitor have a variable deficiency, by this we mean that competitor can improve or also worsen his abilities.

Article 5. Age categories

WAKO rules, chapter 1. General rules, article 2.1.1.2



Article 6. Sports Categories

Article 6.1. Physical or motor

Category			
P1	Wheelchair	Lower body involvement	
P2	Passive Range of Motion	Ataxia and / or athetosis	Deficiency in muscle power or hypertonia
P3	Limb deficiency or amputations	Short	
P4	Cerebral Palsy or general dystonia	Standing	
P5	Wheelchair or walker	Lower and upper body involvement due to injury, illness or cerebral palsy	

Article 6.2. Intellectual disability

DI1	Mild Intellectual Disability	IQ between 50-55/75	
DI2	Moderate or Record the Deep Intellectual Disability	IQ minor 50-55	
SDI1	Down syndrome	IQ between 50-55/75	
SDI2	Down syndrome	IQ minor 50-55	

Article 6.3. Autism spectrum

A1	Autism Spectrum	IQ >75	
----	-----------------	--------	--

Article 6.4. Visual impairment

V1	Totally or almost totally blind	They do not perceive lights but in shapes	
V2	Partially seer	Has visual remnants	

Article 6.5. Mental illness

M1	Moderate	25%-69% degree of psychogenic disability	
M2	Severe	+69% degree of psychogenic disability	

Article 6.6. List of categories

The competition and age categories are attached. At the end of each year the Organizing Committee publishes the categories and age limits for the next competition year on the WAKO website.



Article 7. Competition Style - Pads

- **Pads or mittens:**

It is an assault where different types of technical and tactical combinations from Kickboxing are made by hitting the pads or mittens placed by the counter-mitten.

* For more information, refer to the official WAKO rules.

Article 7.1. Definition

It is an assault where different types of technical and tactical combinations from kickboxing are performed by hitting the pads, mittens or pool noodles placed by the counter-mittens.

Article 7.2. Uniforms

In ring styles, competitors can compete in shorts and a t-shirt, while in tatami styles they can wear long pants and a t-shirt or the top of the uniform.

Competitors are not allowed to wear ornamental objects, jewelry, or piercings of any kind.

Article 7.3. Rhythm

The techniques and movements will be carried out with the greatest possible speed, control and precision of movements.

Article 7.4. Duration

The time starts at the beginning of the first combination after greeting the judges. The term of the round will be between 0.45" and 1'30".

In case of non-compliance with this rule, the Chief Referee will ask for a deduction of 0.5 points.

Article 8. Order and criteria for judging

Judges should consider, before and decision is given:

- **The basics:** stances, punches, kicks, and blocks, according to the basic technique of the original style.
- **Balance:** strength, focus (perfect balance and energy when performing the movements when coming into contact with the sticks).
- **Degree of difficulty:** kicks, jumping kicks, spinning kicks, meaningful movements and variety in combinations.
- **Synchronization:** improvement in the execution and coordination between the movement and music.
- **Talent:** The presence and involvement of the competitor in the presentation of the different combinations during the presentation.



Article 8.1. Scoring

Once the performance of a pad work is finished, a chief referee and four judges must judge it and award the following scores:

- In the Children's and Cadet Championships 7.0 to 10
- At the Junior Championships 7.0 to 10
- At the Senior Championships 7.0 to 10
- At the Veterans Championships 7.0 to 10

IMPORTANT:

- In International Championships and Opens there may be a head referee and 6 judges.
- At the end of each performance, the judges make their decisions according to the established criteria.
- The head referee, once the competitor has finished his performance, will inform the judges about the number of points to be deducted.

At the command of the chief referee, they shall hold up their scoreboards, visible to competitors and the public, and hold them in the air until all scores have been recorded by the official in charge (in case there is no electronic score).

The highest and lowest scores will be discarded, the remaining three or five scores will be added together to get the final score.

The winner is the competitor with the highest score.

- In the event of a tie for first, second or third place, the highest and lowest score are eliminated.
- If there is still a tie, both competitors will have to re-perform their exercise

Article 8.2. Negative points

- 0.5 will be deducted if the competitor makes unpermitted moves.
- 0.5 will be deducted if the competitor hits the counter mittens on the body.
- 0.3 to 0.5 points will be deducted if the competitor wears jewelry or piercings of any kind (i.e. earrings, rings, piercings, chains, bracelets, ...)
- Minimum scores if the competitor interrupts their exercise before the end.
- If the competitor says profanity, rude words... he/she will be disqualified.
- Competitors who leave the tatami during the execution of the techniques will have a penalty of 0.5. As long as the tatami has the measurements of 10 x10, if it is smaller they will not have a penalty for coming off.

Article 9. Tatami Size

- The area for pad work will be 10 x10 meters.
- The tatami area must be free of tables and chairs with a distance of one meter.



Appendix: Competition and age categories for Parakickboxing



WAKO - World Association of Kickboxing Organizations

OFFICIAL PARAKICKBOXING CATEGORIES

CATEGORY	GENDER	AGE
09 PKP - PARAKICKBOXING - PADS		
09 PKP - Pads - Children - Boys - Physical disabilities		
09 PKP 618 CH M P1	m	7, 8, 9
09 PKP 619 CH M P2	m	7, 8, 9
09 PKP 620 CH M P3	m	7, 8, 9
09 PKP 621 CH M P4	m	7, 8, 9
09 PKP 622 CH M P5	m	7, 8, 9
09 PKP - Pads - Children - Boys - Intellectual disabilities		
09 PKP 623 CH M DI1	m	7, 8, 9
09 PKP 624 CH M DI2	m	7, 8, 9
09 PKP - Pads - Children - Boys - Down syndrome		
09 PKP 625 CH M SDI1	m	7, 8, 9
09 PKP 626 CH M SDI2	m	7, 8, 9
09 PKP - Pads - Children - Boys - Autism		
09 PKP 627 CH M A1	m	7, 8, 9
09 PKP - Pads - Children - Boys - Visual Impairment		
09 PKP 628 CH M V1	m	7, 8, 9
09 PKP 629 CH M V2	m	7, 8, 9
09 PKP - Pads - Children - Boys - Mental illness		
09 PKP 630 CH M M1	m	7, 8, 9
09 PKP 631 CH M M2	m	7, 8, 9
09 PKP - Pads - Children - Girls - Physical disabilities		
09 PKP 632 CH F P1	f	7, 8, 9
09 PKP 633 CH F P2	f	7, 8, 9
09 PKP 634 CH F P3	f	7, 8, 9
09 PKP 635 CH F P4	f	7, 8, 9
09 PKP 636 CH F P5	f	7, 8, 9
09 PKP - Pads - Children - Girls - Intellectual disabilities		
09 PKP 637 CH F DI1	f	7, 8, 9
09 PKP 638 CH F DI2	f	7, 8, 9



09 PKP - Pads - Children - Girls - Down syndrome		
09 PKP 639 CH F SDI1	f	7, 8, 9
09 PKP 640 CH F SDI2	f	7, 8, 9
09 PKP - Pads - Children - Girls - Autism		
09 PKP 641 CH F A1	f	7, 8, 9
09 PKP - Pads - Children - Girls - Visual Impairment		
09 PKP 642 CH F V1	f	7, 8, 9
09 PKP 643 CH F V2	f	7, 8, 9
09 PKP - Pads - Children - Girls - Mental illness		
09 PKP 644 CH F M1	f	7, 8, 9
09 PKP 645 CH F M2	f	7, 8, 9
09 PKP - Pads - Younger cadets - Boys - Physical disabilities		
09 PKP 646 YC M P1	m	10, 11, 12
09 PKP 647 YC M P2	m	10, 11, 12
09 PKP 648 YC M P3	m	10, 11, 12
09 PKP 649 YC M P4	m	10, 11, 12
09 PKP 650 YC M P5	m	10, 11, 12
09 PKP - Pads - Younger cadets - Boys - Intellectual disabilities		
09 PKP 651 YC M DI1	m	10, 11, 12
09 PKP 652 YC M DI2	m	10, 11, 12
09 PKP - Pads - Younger cadets - Boys - Down syndrome		
09 PKP 653 YC M SDI1	m	10, 11, 12
09 PKP 654 YC M SDI2	m	10, 11, 12
09 PKP - Pads - Younger cadets - Boys - Autism		
09 PKP 655 YC M A1	m	10, 11, 12
09 PKP - Pads - Younger cadets - Boys - Visual Impairment		
09 PKP 656 YC M V1	m	10, 11, 12
09 PKP 657 YC M V2	m	10, 11, 12
09 PKP - Pads - Younger cadets - Boys - Mental illness		
09 PKP 658 YC M M1	m	10, 11, 12
09 PKP 659 YC M M2	m	10, 11, 12
09 PKP - Pads - Younger cadets - Girls - Physical disabilities		
09 PKP 660 YC F P1	f	10, 11, 12
09 PKP 661 YC F P2	f	10, 11, 12
09 PKP 662 YC F P3	f	10, 11, 12
09 PKP 663 YC F P4	f	10, 11, 12
09 PKP 664 YC F P5	f	10, 11, 12
09 PKP - Pads - Younger cadets - Girls - Intellectual disabilities		
09 PKP 665 YC F DI1	f	10, 11, 12
09 PKP 666 YC F DI2	f	10, 11, 12



09 PKP - Pads - Younger cadets - Girls - Down syndrome		
09 PKP 667 YC F SDI1	f	10, 11, 12
09 PKP 668 YC F SDI2	f	10, 11, 12
09 PKP - Pads - Younger cadets - Girls - Autism		
09 PKP 669 YC F A1	f	10, 11, 12
09 PKP - Pads - Younger cadets - Girls - Visual Impairment		
09 PKP 670 YC F V1	f	10, 11, 12
09 PKP 671 YC F V2	f	10, 11, 12
09 PKP - Pads - Younger cadets - Girls - Mental illness		
09 PKP 672 YC F M1	f	10, 11, 12
09 PKP 673 YC F M2	f	10, 11, 12
09 PKP - Pads - Older cadets - Boys - Physical disabilities		
09 PKP 674 OC M P1	m	13, 14, 15
09 PKP 675 OC M P2	m	13, 14, 15
09 PKP 676 OC M P3	m	13, 14, 15
09 PKP 677 OC M P4	m	13, 14, 15
09 PKP 678 OC M P5	m	13, 14, 15
09 PKP - Pads - Older cadets - Boys - Intellectual disabilities		
09 PKP 679 OC M DI1	m	13, 14, 15
09 PKP 680 OC M DI2	m	13, 14, 15
09 PKP - Pads - Older cadets - Boys - Down syndrome		
09 PKP 681 OC M SDI1	m	13, 14, 15
09 PKP 682 OC M SDI2	m	13, 14, 15
09 PKP - Pads - Older cadets - Boys - Autism		
09 PKP 683 OC M A1	m	13, 14, 15
09 PKP - Pads - Older cadets - Boys - Visual Impairment		
09 PKP 684 OC M V1	m	13, 14, 15
09 PKP 685 OC M V2	m	13, 14, 15
09 PKP - Pads - Older cadets - Boys - Mental illness		
09 PKP 686 OC M M1	m	13, 14, 15
09 PKP 687 OC M M2	m	13, 14, 15
09 PKP - Pads - Older cadets - Girls - Physical disabilities		
09 PKP 688 OC F P1	f	13, 14, 15
09 PKP 689 OC F P2	f	13, 14, 15
09 PKP 690 OC F P3	f	13, 14, 15
09 PKP 691 OC F P4	f	13, 14, 15
09 PKP 692 OC F P5	f	13, 14, 15
09 PKP - Pads - Older cadets - Girls - Intellectual disabilities		
09 PKP 693 OC F DI1	f	13, 14, 15
09 PKP 694 OC F DI2	f	13, 14, 15
09 PKP - Pads - Older cadets - Girls - Down syndrome		
09 PKP 695 OC F SDI1	f	13, 14, 15
09 PKP 696 OC F SDI2	f	13, 14, 15



WAKO Rules - Chapter 11 – Parakickboxing rules

09 PKP - Pads - Older cadets - Girls - Autism		
09 PKP 697 OC F A1	f	13, 14, 15
09 PKP - Pads - Older cadets - Girls - Visual Impairment		
09 PKP 698 OC F V1	f	13, 14, 15
09 PKP 699 OC F V2	f	13, 14, 15
09 PKP - Pads - Older cadets - Girls - Mental illness		
09 PKP 700 OC F M1	f	13, 14, 15
09 PKP 701 OC F M2	f	13, 14, 15
09 PKP - Pads - Juniors - Men - Physical disabilities		
09 PKP 702 J M P1	m	16, 17, 18
09 PKP 703 J M P2	m	16, 17, 18
09 PKP 704 J M P3	m	16, 17, 18
09 PKP 705 J M P4	m	16, 17, 18
09 PKP 706 J M P5	m	16, 17, 18
09 PKP - Pads - Juniors - Men - Intellectual disabilities		
09 PKP 707 J M DI1	m	16, 17, 18
09 PKP 708 J M DI2	m	16, 17, 18
09 PKP - Pads - Juniors - Men - Down syndrome		
09 PKP 709 J M SDI1	m	16, 17, 18
09 PKP 710 J M SDI2	m	16, 17, 18
09 PKP - Pads - Juniors - Men - Autism		
09 PKP 711 J M A1	m	16, 17, 18
09 PKP - Pads - Juniors - Men - Visual Impairment		
09 PKP 712 J M V1	m	16, 17, 18
09 PKP 713 J M V2	m	16, 17, 18
09 PKP - Pads - Juniors - Men - Mental illness		
09 PKP 714 J M M1	m	16, 17, 18
09 PKP 715 J M M2	m	16, 17, 18
09 PKP - Pads - Juniors - Women - Physical disabilities		
09 PKP 716 J F P1	f	16, 17, 18
09 PKP 717 J F P2	f	16, 17, 18
09 PKP 718 J F P3	f	16, 17, 18
09 PKP 719 J F P4	f	16, 17, 18
09 PKP 720 J F P5	f	16, 17, 18
09 PKP - Pads - Juniors - Women - Intellectual disabilities		
09 PKP 721 J F DI1	f	16, 17, 18
09 PKP 722 J F DI2	f	16, 17, 18
09 PKP - Pads - Juniors - Women - Down syndrome		
09 PKP 723 J F SDI1	f	16, 17, 18
09 PKP 724 J F SDI2	f	16, 17, 18
09 PKP - Pads - Juniors - Women - Autism		
09 PKP 725 J F A1	f	16, 17, 18



09 PKP - Pads - Juniors - Women - Visual Impairment		
09 PKP 726 J F V1	f	16, 17, 18
09 PKP 727 J F V2	f	16, 17, 18
09 PKP - Pads - Juniors - Women - Mental illness		
09 PKP 728 J F M1	f	16, 17, 18
09 PKP 729 J F M2	f	16, 17, 18
09 PKP - Pads - Seniors - Men - Physical disabilities		
09 PKP 730 S M P1	m	19 - 40
09 PKP 731 S M P2	m	19 - 40
09 PKP 732 S M P3	m	19 - 40
09 PKP 733 S M P4	m	19 - 40
09 PKP 734 S M P5	m	19 - 40
09 PKP - Pads - Seniors - Men - Intellectual disabilities		
09 PKP 735 S M DI1	m	19 - 40
09 PKP 736 S M DI2	m	19 - 40
09 PKP - Pads - Seniors - Men - Down syndrome		
09 PKP 737 S M SDI1	m	19 - 40
09 PKP 738 S M SDI2	m	19 - 40
09 PKP - Pads - Seniors - Men - Autism		
09 PKP 739 S M A1	m	19 - 40
09 PKP - Pads - Seniors - Men - Visual Impairment		
09 PKP 740 S M V1	m	19 - 40
09 PKP 741 S M V2	m	19 - 40
09 PKP - Pads - Seniors - Men - Mental illness		
09 PKP 742 S M M1	m	19 - 40
09 PKP 743 S M M2	m	19 - 40
09 PKP - Pads - Seniors - Women - Physical disabilities		
09 PKP 744 S F P1	f	19 - 40
09 PKP 745 S F P2	f	19 - 40
09 PKP 746 S F P3	f	19 - 40
09 PKP 747 S F P4	f	19 - 40
09 PKP 748 S F P5	f	19 - 40
09 PKP - Pads - Seniors - Women - Intellectual disabilities		
09 PKP 749 S F DI1	f	19 - 40
09 PKP 750 S F DI2	f	19 - 40
09 PKP - Pads - Seniors - Women - Down syndrome		
09 PKP 751 S F SDI1	f	19 - 40
09 PKP 752 S F SDI2	f	19 - 40
09 PKP - Pads - Seniors - Women - Autism		
09 PKP 753 S F A1	f	19 - 40
09 PKP - Pads - Seniors - Women - Visual Impairment		
09 PKP 754 S F V1	f	19 - 40
09 PKP 755 S F V2	f	19 - 40



WAKO Rules - Chapter 11 – Parakickboxing rules

09 PKP - Pads - Seniors - Women - Mental illness		
09 PKP 756 S F M1	f	19 - 40
09 PKP 757 S F M2	f	19 - 40
09 PKP - Pads - Veterans - Men - Physical disabilities		
09 PKP 758 V M P1	m	41 - 55
09 PKP 759 V M P2	m	41 - 55
09 PKP 760 V M P3	m	41 - 55
09 PKP 761 V M P4	m	41 - 55
09 PKP 762 V M P5	m	41 - 55
09 PKP - Pads - Veterans - Men - Intellectual disabilities		
09 PKP 763 V M DI1	m	41 - 55
09 PKP 764 V M DI2	m	41 - 55
09 PKP - Pads - Veterans - Men - Down syndrome		
09 PKP 765 V M SDI1	m	41 - 55
09 PKP 766 V M SDI2	m	41 - 55
09 PKP - Pads - Veterans - Men - Autism		
09 PKP 767 V M A1	m	41 - 55
09 PKP - Pads - Veterans - Men - Visual Impairment		
09 PKP 768 V M V1	m	41 - 55
09 PKP 769 V M V2	m	41 - 55
09 PKP - Pads - Veterans - Men - Mental illness		
09 PKP 770 V M M1	m	41 - 55
09 PKP 771 V M M2	m	41 - 55
09 PKP - Pads - Veterans - Women - Physical disabilities		
09 PKP 772 V F P1	f	41 - 55
09 PKP 773 V F P2	f	41 - 55
09 PKP 774 V F P3	f	41 - 55
09 PKP 775 V F P4	f	41 - 55
09 PKP 776 V F P5	f	41 - 55
09 PKP - Pads - Veterans - Women - Intellectual disabilities		
09 PKP 777 V F DI1	f	41 - 55
09 PKP 778 V F DI2	f	41 - 55
09 PKP - Pads - Veterans - Women - Down syndrome		
09 PKP 779 V F SDI1	f	41 - 55
09 PKP 780 V F SDI2	f	41 - 55
09 PKP - Pads - Veterans - Women - Autism		
09 PKP 781 V F A1	f	41 - 55
09 PKP - Pads - Veterans - Women - Visual Impairment		
09 PKP 782 V F V1	f	41 - 55
09 PKP 783 V F V2	f	41 - 55
09 PKP - Pads - Veterans - Women - Mental illness		
09 PKP 784 V F M1	f	41 - 55
09 PKP 785 V F M2	f	41 - 55



Explanation of abbreviations

09 - number of discipline

PK - Parakickboxing

P - pads

CH - children

YC - younger cadets

OC - older cadets

J - juniors

S - seniors

V - veterans

M - male

F - female

P1, P2, P3, P4, P5 - physical disabilities

DI1, DI2 - Intellectual disability

SDI1, SDI2 - Down syndrome

A1 - autism

V1, V2 - visual impairment

M1, M2 - mental illness