



MEDICAL CERTIFICATE for kickboxer

For:

- semi-annual registration
- annual registration
- championship - competition
- 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

MIMINUM EXAMS AND INSTRUMENTAL ASCERTAINMENTS

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FOR THE RELEASE OF MEDICAL CERTIFICATE FOR WAKO DISCIPLINES

Minimum exams for kickboxers

The minimum exams for the release of the medical certificate are:

- 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
(reaching a heart rate higher than 85% of their theoretical maximum, i.e. 220 minus ages in years)

These exams must be considered as the minimum requirements for releasing a Medical Certificate for WAKO disciplines. However, WAKO IF Medical, Health and Anti-doping Committee warmly **recommends the aforementioned evaluation to be integrated with the following tests:**

Ring disciplines

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

Tatami disciplines

- Stress electrocardiogram

Forms

- No more test is necessary

The complete list of tests for kickboxers will be gradually implemented in a multi-stage approach, as indicated **(only for ring disciplines):**

- Stage 1 (from 2024): minimum exams, plus stress test
- Stage 2 (from 2025): **stage 1**, plus neurological and ophthalmological exam
- Stage 3 (from 2028): **stage 2**, plus Blood work

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

The maximum length validity for a Medical Certificate is **one year**.

* The Stress ECG is intended an ECG recorded with a high Heart Rate (HR) that can be reached by means of a short exercise (it may be anything like stepping, running, jumping, squatting, etc. intensely for 2-3 minutes). Even if it is preferable to record the ECG during this short bout of exercise, it can be recorded even after it, by quickly connecting the electrodes immediately after the interruption, and trying to record the highest possible HR.

For athletes aged 41 or older, the classic stress test with continuous ECG monitoring during the exercise (usually stationary cycling or treadmill), and by reaching a high HR (higher than 85% of their maximum predicted), is mandatory.