

PAKISTAN KICKBOXING FEDERATION (PKBF)

2026 Official Rule Book

Aligned with WAKO Standards • IOC Safeguarding • WADA Code 2026

GOVERNANCE • TECHNICAL • COMPETITION
DISCIPLINARY • SAFEGUARDING • ANTI-DOPING

AFFILIATED WITH

Pakistan Olympic Association • Punjab Sports Board

WAKO Membership Application Under Review

For circulation to all Provincial Associations,
District Associations, Clubs, Coaches, Officials and Athletes

FINANCIAL YEAR: 1 JANUARY 2026 – 31 DECEMBER 2026

Foreword from the President

This Rule Book establishes the complete governance, financial, technical, disciplinary, competition, and international participation framework for the Pakistan Kickboxing Federation (PKBF) for the 2026 season.

All competition and participation policies are aligned with the standards of the World Association of Kickboxing Organizations (WAKO), the IOC Safeguarding Framework, and the World Anti-Doping Code 2026 administered through the International Testing Agency (ITA).

PKBF is affiliated with the Pakistan Olympic Association and recognized by the Punjab Sports Board. Our application for full WAKO membership is currently under review.

This document is binding on all Office Bearers, Provincial Associations, District Associations, Clubs, Coaches, Officials and Athletes operating under PKBF jurisdiction.

Table of Contents

#	Section	Page
1	Mission, Vision & Affiliations	
2	Governance Structure	
3	Annual Federation Budget & Contribution Policy	
4	Recognized Disciplines (WAKO 7-Discipline Framework)	
5	Competition Rules & Technical Standards	
6	Mandatory Committees (WAKO-Aligned)	
7	Competition Structure & Pathway	
8	Eligibility Criteria — Athletes, Coaches, Officials	
9	Athlete Code of Conduct	
10	Suspension & Safety Protocol	
11	Anti-Doping Policy (WADA Code 2026)	
12	Safeguarding Policy (IOC Aligned)	
13	Disciplinary Committee & Sanctions	
14	Appeals & Protest Procedure	
15	International Competition & Travel Policy	

16	Annual Calendar 2026	
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1. Mission, Vision & Affiliations

Mission

To develop, promote and govern the sport of kickboxing in Pakistan in accordance with international best practice, building world-class athletes who embody excellence, respect and friendship — the core values of the WAKO movement and the Olympic Charter.

Vision

Pakistan recognized as a top-tier kickboxing nation in Asia, fielding athletes at the WAKO World Championships, Asian Indoor & Martial Arts Games, and World Combat Games — competing under the Pakistan flag with full international recognition.

Affiliations

PKBF is affiliated and recognized as follows:

- **Pakistan Olympic Association (POA)** — formal national federation recognition.
- **Punjab Sports Board (PSB)** — provincial recognition and support.
- **WAKO (World Association of Kickboxing Organizations)** — membership application currently under review.
- **WADA / ITA (International Testing Agency)** — anti-doping standards aligned with the World Anti-Doping Code, applicable from 1 January 2026.

Core Values

PKBF adopts the WAKO and Olympic core values in all activities:

- **Excellence** — high standards in training, competition and sportsmanship.
- **Respect** — fair play and ethical conduct among athletes, coaches and federations.
- **Friendship** — global connections and camaraderie through international events.
- **Inclusion** — equal opportunity for women, persons with disabilities, and all backgrounds.

2. Governance Structure

Office Bearers (Federal)

PKBF is governed by the following federal Office Bearers, each of whom must declare a written contribution under Section 3 of this Rule Book:

- President
- Vice President (Operations)
- Vice President (Legal)
- Secretary General
- Treasurer
- Technical Director
- Senior Referee Representative
- Athletes' Representative (per WAKO requirement)
- Medical / Anti-Doping Officer
- Safeguarding Officer (per IOC requirement)
- Women in Sport Coordinator

Provincial Associations

Each Provincial Association is led by a Provincial President and operates under PKBF jurisdiction:

- Punjab Kickboxing Association
- Sindh Kickboxing Association
- Khyber Pakhtunkhwa Kickboxing Association
- Balochistan Kickboxing Association
- Islamabad Kickboxing Association
- Azad Jammu & Kashmir Kickboxing Association
- Gilgit-Baltistan Kickboxing Association

Decision-Making Authority

All financial expenditure, member federation actions, and disciplinary decisions follow the governance flow described in Section 3 (Treasury Committee), Section 6 (Mandatory Committees), and Section 13 (Disciplinary Committee).

3. Annual Federation Budget & Contribution Policy

Total Annual Budget

The President of PKBF hereby commits a total budget allocation of PKR 10,000,000 for the 2026 season, for a period of twelve (12) months, inclusive of applicable taxes.

Treasury Committee

The utilization of this budget shall be governed by the Treasury Committee comprising:

- Zunaira Dar
- Umair Fazli
- Rana Zahid
- Jawad Ahmed
- Hasan Ali

Approval Rules

- **Minimum three (3) votes** are required for approval of any expenditure.
- The **President retains veto authority** over any financial decision.
- All approvals and expenditures must be recorded in official minutes.
- The Treasury Committee shall meet monthly to review the Master Budget Workbook.

Office Bearer Contribution Policy (Mandatory)

Each Provincial President and each Federal Office Bearer must formally commit financial contribution and/or operational support toward provincial and national events.

Each Office Bearer must submit a written declaration specifying their commitment across the following five (5) categories:

- **Cash Contribution** — PKR amount pledged
- **Venue Sponsorship or Infrastructure Support** — facilities provided
- **Operational Manpower Support** — volunteers, staff, coordinators
- **Medical or Technical Services Support** — doctor, ringside crew, equipment
- **Marketing / Sponsorship Facilitation** — sponsor outreach, media relations

Failure to demonstrate contribution (financial or service-based) in at least one category will result in removal from official Office Bearer position. Declarations must be submitted within fourteen (14) days of issuance using the PKBF Official Commitment Declaration Form (held in the Master Budget Workbook, Sheet 9) and recorded in the official PKBF Commitments Tracker.

Funding Status of Events

All events on the PKBF Annual Calendar shall be classified as **PENDING** until the sum of Office Bearer commitments for that event meets or exceeds its budgeted cost. An event becomes **CONFIRMED** only when fully covered by committed contributions and approved by the Treasury Committee.

The President's personal pledge of PKR 10,000,000 functions as a discretionary safety-net reserve. It is not the default funding source for any event. The Treasury Committee may apply portions of this reserve to cover funding shortfalls, but only after all reasonable Office Bearer contributions have been collected and recorded.

4. Recognized Disciplines (WAKO 7-Discipline Framework)

PKBF officially recognizes the seven (7) WAKO disciplines for the 2026 competition cycle, organized across three categories: Tatami Sports, Ring Sports, and Non-Contact / Artistic.

Tatami Sports

Conducted on a tatami mat with controlled contact:

- **Point Fighting (PF)** — formerly semi-contact. Two contestants score defined points; all strikes are controlled, full force prohibited; punches and kicks above the waist; foot sweeps allowed; elbows, knees, clinch fighting and throws forbidden.
- **Light Contact (LC)** — fast, dynamic continuous kickboxing over 3 × 2-minute rounds; athletes fight continuously amassing scores.
- **Kick Light (KL)** — light-contact discipline permitting low kicks to the thigh.

Ring Sports

Conducted in a boxing ring under the 10-Point Must Scoring System:

- **Full Contact (FC)** — strikes above the waist; no low kicks; no clinch.
- **Low Kick (LK)** — adds low kicks to the thighs; no clinch.
- **K-1 Style (K1)** — adds knee strikes; clinch permitted but limited to less than 5 seconds, with only one knee strike per clinch; both hands may hold the opponent's neck.

Non-Contact / Artistic

- **Musical Forms / Creative Forms** — staged or imaginary fight against one or more opponents using techniques from Oriental Martial Arts, performed to personally selected music.

Universal Discipline-Specific Rules

- Prohibition of **elbows** across all ring sport disciplines.
- Clinch and knee usage permitted only in K-1 Style, limited to one action per clinch.
- Controlled contact requirements for tatami disciplines.
- All techniques and restrictions enforced as per WAKO rules.

5. Competition Rules & Technical Standards

Scoring System

The **10-Point Must Scoring System** shall apply to all ring sport bouts (Full Contact, Low Kick, and K-1 Style). The winner of each round receives 10 points; the opponent receives 9 or fewer points based on performance.

Medical & Safety Requirements (Mandatory)

A **licensed ringside doctor and medical control team** shall be mandatory for all Provincial and National Championships. All events must comply with WAKO safety protocols, including:

- Pre-bout medical checks for every athlete.
- Protective equipment standards aligned with WAKO requirements.
- Post-bout medical supervision.
- Mandatory weight-cutting safety protocols (no rapid dehydration).
- Concussion management protocol — any KO triggers automatic 30-day suspension (Section 10).

Equipment Standards

- **Tatami Sports:** foot pads, hand pads, shin guards, mouthguard, groin protector (males), chest protector (females).
- **Ring Sports:** gloves (10 oz or per WAKO weight category rules), mouthguard, groin protector, shin guards (where mandated), headgear (mandatory in junior categories, optional in senior subject to event rules).
- Equipment must be inspected by referees before every bout.

6. Mandatory Committees (WAKO-Aligned)

PKBF mirrors the WAKO international committee structure with the following mandatory committees. Each committee must have a Chair and a minimum of three (3) members, with terms of one (1) year, renewable.

#	Committee	Mandate
1	Athletes Committee	Athlete welfare, representation, anti-doping rights. Must include at least one elected athlete.
2	Coaches Committee	Coach standards, certification, education, code of conduct.
3	Disciplinary & Ethics Committee	Investigates and sanctions violations of this Rule Book.
4	Medical, Health & Anti-Doping Committee	WADA Code compliance, ringside doctors, TUE management, education.
5	Women in Sport Committee	Female athlete development, gender equity (IOC priority area).
6	Safeguarding Committee	Protection of minors, harassment & abuse prevention (IOC mandatory). See Section 3.10.
7	Referee Committee — Ring Sports	Officiating standards for FC, LK, K-1.
8	Referee Committee — Tatami Sports	Officiating standards for PF, LC, KL.
9	Rules & Technical Committee	Adoption of WAKO rules; scoring criteria; technical equipment standards.
10	Para & Inclusive Committee	Inclusion of athletes with disabilities (recommended).
11	Whistleblowing Committee	Confidential reporting channel for misconduct.
12	Legal Committee	Federation legal affairs, contracts, regulatory compliance.
13	Development & Education Committee	Grassroots development, coach education, athlete pathways.

Independence requirement: The Safeguarding Officer and the Whistleblowing Committee Chair must be different individuals from the President and Secretary General to ensure independence.

7. Competition Structure & Pathway

The PKBF competition pathway provides a clear, merit-based progression from grassroots to international competition:

District Championship → Provincial Championship → Pakistan National Championship → International

- Only the December **Pakistan National Championship** is authorized to crown 'Pakistan National Champion 2026'.
- **Provincial Championships** serve as the primary qualification gateway to Nationals.
- **National Championship results** are the primary basis for National Team selection for international events.
- A separate **Female National Championship** is held annually to develop women's kickboxing in Pakistan.
- **Junior National Championship** is held for athletes under the age of 18.

8. Eligibility Criteria — Athletes, Coaches, Officials

Athlete Eligibility

- Registered with a recognized PKBF club and listed in the PKBF athlete database of the respective Province.
- Valid CNIC / B-Form and age verification as applicable.
- Medical fitness certificate and signed participation waiver.
- For minors: signed parental/guardian consent.
- Must qualify through the Provincial Championship to enter Nationals.
- Athletes under suspension are not eligible to compete.
- Compliance with the WAKO athlete code and the WADA Anti-Doping Code (Section 11).

Coach Eligibility (Technical Camps / National Events)

- Minimum **three (3) years** documented coaching experience.
- Registered with a District / Provincial Association and nominated in writing by the Province.
- Signed PKBF Code of Conduct and Safeguarding Code.
- Clean disciplinary record (no active sanctions).
- Completion of WADA ADEL anti-doping education module (recommended).

Referee Eligibility (Provincial / National Officiating)

- Minimum **two (2) years** documented officiating experience or equivalent combat sport officiating.
- Written provincial recommendation.
- Must pass PKBF written and practical assessment before officiating provincial or national events.
- Commitment to officiate strictly under WAKO-aligned rules.
- For ring sports: certified in the 10-Point Must scoring system.

9. Athlete Code of Conduct

- Respect for opponents, officials and organizers is mandatory.
- Unsportsmanlike conduct, threats, harassment or violence are prohibited.
- Compliance with weigh-in, medical and competition procedures is mandatory.
- Match-fixing or attempts to manipulate results will result in **lifetime ban**.
- Conduct that damages federation reputation (including online and social media) may result in disciplinary action.
- Athletes must use their influence to foster anti-doping attitudes and report any anti-doping rule violation they witness.

10. Suspension & Safety Protocol

- **Automatic 30-day suspension** after a Knockout (KO).
- Two (2) KO losses within ninety (90) days result in a **90-day suspension**.
- Medical suspension may be extended upon ringside doctor recommendation.
- Any physical or verbal abuse toward officials results in **immediate provisional suspension pending investigation**.
- Concussion protocol must be followed before return-to-competition clearance.

11. Anti-Doping Policy (WADA Code 2026)

Code Adoption

PKBF adopts the World Anti-Doping Code (WADA Code), including the 2026 List of Prohibited Substances and Methods, in force from 1 January 2026. PKBF aligns with WAKO's anti-doping program as administered by the International Testing Agency (ITA) since February 2019.

Principle of Strict Liability

Athletes are solely responsible for the presence of any banned substance in their organisms, regardless of how the substance got there or whether there was intent to cheat. Supplement use is at the athlete's own risk.

Athlete Responsibilities

- Know and follow PKBF / WAKO Anti-Doping Rules and any other applicable anti-doping rules.
- Take full responsibility for what you ingest — ensure no prohibited substance enters your body.
- Inform medical personnel of your obligations as an Athlete before any treatment.
- Be available for sample collection — in-competition and out-of-competition, anytime, anywhere, with no advance notice.
- Cooperate with PKBF, WADA, the ITA, and any National Anti-Doping Organization (NADO) investigating ADRVs.
- Disclose the identity of all Athlete Support Personnel at the request of the NADO.
- Do not work with coaches, trainers, physicians or other support personnel who are ineligible due to an ADRV.

Athlete Rights

Athletes are entitled to all rights set out in the WADA Athletes' Anti-Doping Rights Act, including the right to fair testing procedures, the right to confidentiality, the right to legal representation, and the right to appeal sanctions.

Sanctions for Anti-Doping Rule Violations (ADRVs)

- Use of banned performance-enhancing substances is strictly prohibited.
- Refusal to undergo testing is treated as a positive result.
- **First violation:** minimum two (2) year suspension.
- **Second violation:** lifetime ban from PKBF-sanctioned activities.
- Sanctions may include disqualification of results, forfeiture of medals, and financial penalties.

Therapeutic Use Exemptions (TUE)

Athletes requiring medication on the WADA Prohibited List for legitimate medical reasons must apply for a TUE through the PKBF Medical, Health & Anti-Doping Committee in accordance with WADA International Standard for TUEs.

12. Safeguarding Policy (IOC Aligned)

Commitment

PKBF is committed to ensuring that all participants — particularly minors and vulnerable individuals — can take part in kickboxing in a safe environment, free from harassment, abuse, and exploitation. This policy aligns with the IOC Safeguarding Framework and is mandatory across all PKBF-affiliated associations, clubs, and events.

Safeguarding Officer

PKBF shall appoint a dedicated Safeguarding Officer, independent of the President and Secretary General, with the following responsibilities:

- First point of contact for any safeguarding concern.
- Maintains confidential reporting channels.
- Coordinates with the Whistleblowing Committee on cases.
- Trains coaches, officials and Provincial Safeguarding leads.
- Reports annually to the Board on safeguarding matters.

Categories of Harm Prohibited

- **Physical abuse** — including excessive training, forced weight-cutting, physical punishment.
- **Psychological abuse** — bullying, humiliation, intimidation.
- **Sexual harassment and abuse** — any unwelcome conduct of a sexual nature.
- **Neglect** — failure to provide adequate care or supervision, particularly of minors.
- **Online harassment** — including via social media or messaging platforms.

Mandatory Reporting

Any coach, official or athlete with knowledge or reasonable suspicion of safeguarding violations must report to the Safeguarding Officer within 48 hours. Failure to report constitutes a disciplinary violation. Confidentiality and protection from retaliation are guaranteed for those reporting in good faith.

Protections for Minors

- All coaches working with minors must complete a background check.
- No coach may be alone with a minor athlete in a closed environment without a second adult present.
- Photographic and video material of minors requires written parental consent.
- Travel with minor athletes requires written parental consent and a designated chaperone.

13. Disciplinary Committee & Sanctions

Authority

A standing Disciplinary Committee shall operate with the authority to investigate and sanction violations of this Rule Book, the WAKO standards, the WADA Code, and the Safeguarding Policy.

Composition (Minimum)

- Chair (independent legal expert or VP Legal).
- Technical Director.
- Senior Referee Representative.
- One Provincial Representative (rotational).
- One Athletes' Representative.

Range of Sanctions

- Written warning.
- Financial fine (proportionate to the violation).
- Suspension (definite or indefinite).
- Removal from office for Office Bearers.
- Withdrawal of provincial / club affiliation.
- Lifetime ban for the most severe violations (match-fixing, child abuse, second ADRV).

14. Appeals & Protest Procedure

- Written protest must be submitted within **thirty (30) days** of the decision/event being protested.
- Protest must be accompanied by a fee of **PKR 20,000**.
- Appeals Committee shall review evidence and may request reports from officials.
- Appeals Committee decision is final and binding within PKBF jurisdiction.
- Frivolous or abusive submissions may result in additional sanctions.
- Disputes involving WAKO international matters may be referred to the **Court of Arbitration for Sport (CAS)** in Lausanne, Switzerland, in accordance with WAKO Statutes.

15. International Competition & Travel Policy

Prior Approval (Mandatory)

No province, club, athlete, coach or official may participate in any international tournament under the name of Pakistan or PKBF without prior written approval of PKBF. Unauthorized international participation may result in athlete/official suspension and provincial disciplinary action, including withdrawal of affiliation.

Merit-Based Selection

- Primary selection basis: **Pakistan National Championship** performance (December).
- One (1) athlete per weight category maximum; selection is the highest-placed eligible athlete.
- Secondary considerations may include: fitness testing, disciplinary record, and recent ranking event performance.
- No selection solely on recommendation without performance qualification and documented committee approval.
- All selections must be recorded in official minutes and communicated in writing.

Delegation Composition

Following WAKO best practice, the international delegation must include:

- **Athletes** — only those formally selected and approved.
- **1 Head Coach** for up to 5 athletes.
- **1 Assistant Coach** if more than 5 athletes.
- **1 Team Manager** for delegations exceeding 6 persons.
- **1 Team Doctor** (mandatory per IOC standard).
- **1 PKBF-Certified Referee/Official** where required by organizers.
- No surplus travelers; the delegation is capped to qualified roles only.

Insurance & Welfare

- Travel and medical insurance is mandatory for every member of the delegation.
- Visa, ticket, accommodation and per-diem allowances are budgeted centrally and approved by the Treasury Committee.
- All delegation members must comply with WAKO Pass and ITA anti-doping requirements throughout travel.

16. Annual Calendar 2026

The PKBF 2026 calendar comprises sixteen (16) confirmed events plus two (2) stretch-goal international events subject to performance qualification. All dates are confirmed except where marked TBC.

#	Event	Tier	Date	Venue
1	Balochistan Provincial Championship	Provincial	07-Mar-2026	Quetta
2	Punjab Provincial Championship	Provincial	12, 13 & 14-June-2026	Lahore
3	Gilgit-Baltistan Provincial Championship	Provincial	28-Mar-2026	Gilgit
4	AJK Provincial Championship	Provincial	11-Apr-2026	Muzaffarabad
5	Fight Night Championship #1	Local	17-May-2026	Lahore
6	Islamabad Provincial Championship	Provincial	25-Apr-2026	Islamabad
7	Sindh Provincial Championship	Provincial	16-May-2026	Karachi
8	WAKO-Aligned Refereeing & Judging Seminar	Education	23-May-2026	Lahore
9	KPK Provincial Championship	Provincial	30-May-2026	Peshawar
10	Fight Night Championship #2	Local	20-Jun-2026	Lahore
11	WAKO Asian Championship	International	16-Jul-2026	TBD (Asia)
12	Fight Night Championship #3	Local	22-Aug-2026	Lahore
13	Junior National Championship	National	19-Sep-2026	Lahore
14	Fight Night Championship #4	Local	17-Oct-2026	Lahore
15	Female National Championship	National	21-Nov-2026	Lahore
16	Senior National Championship	National	12-Dec-2026	Lahore
—	<i>WAKO World Championship (stretch goal)</i>	<i>International</i>	<i>Oct-2026 (TBC)</i>	<i>Tashkent (TBC)</i>
—	<i>Three Countries Friendship (stretch goal)</i>	<i>International</i>	<i>TBC</i>	<i>TBD</i>

Stretch-goal events (highlighted yellow) are subject to athlete qualification, Treasury Committee approval, and confirmation of dates by host federations.

END OF RULE BOOK

*Aligned with the World Association of Kickboxing Organizations (WAKO),
the IOC Safeguarding Framework, and the World Anti-Doping Code 2026.*

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