

# INVITATION LETTER

## WAKO VIRTUAL QUALIFICATION TOURNAMENT

### FOR UTS VIRTUAL YOUTH FESTIVAL 2020



WAKO VIRTUAL QUALIFICATION TOURNAMENT  
FOR UTS VIRTUAL YOUTH FESTIVAL 2020

UNDER PATRONAGE OF





# PRESIDENTS INVITATION



Dear Presidents/General Secretaries,

Firstly, I hope this invitation finds you, your family and your federation in good health. We are indeed, living in strange times, where we are all trying to find our life rhythm in work, at home and of course in the sport we love, the sport of kickboxing.

The COVID-19 pandemic has given life to new ways of doing things, virtual referee courses, virtual discipline development camps many innovative and new ways for us to continue to promote and develop our sport.

I look forward when we will meet again as soon as the situation is stable to celebrate the unifying power of sports and where together we will overcome all challenges. In an often-divided world, Kickboxing is a crucial element that brings people together both across and within societies. Kickboxing is a language that people all over the world can use as a vessel for communication functioning beyond borders, beyond race and beyond language, it unites us.

The concept of Virtual Youth Festival 2020 goes far beyond a temporary solution to the cancellation of sport events. It is a positive opportunity to move forward and bring us all back together. The unique Virtual Youth Festival will be held and broadcast online, bringing Olympic and non-Olympic sports together. The festival is under the patronage of the International Olympic Committee, the International Paralympic Committee, Special Olympics, SportAccord and the Global Association of International Sports Federations. Many International Federations, global NGO's and sport affiliated entities are uniting to showcase, demonstrate and promote inclusion, equality, non-discrimination and peace-promotion.

United we shall create opportunity and give these youth autonomy and hope. IOC President Dr Thomas Bach said: "The current coronavirus crisis has proven that sport and an active lifestyle can save lives. With its own campaigns, the IOC has been working since the beginning of the crisis to make it even more evident how important sport is for physical and mental health, in particular in times of lockdown, social distancing and uncertainty. The IOC is excited that the UTS Virtual Youth Festival 2020 is inviting youth of all abilities and backgrounds from the international sports community. We have given patronage to the UTS Virtual Youth Festival 2020 and will also play an active part."

Over 60 organizations have joined forces to unite on the digital platform where qualification events will take place between September to the end of October. The finals will be hosted in Thailand and held as a hybrid event around the world in celebration of the United Nations' World Children's day, on November 20-22. The festival will include virtual medal ceremonies, inspirational opening and closing ceremonies and they will incorporate a vital platform of education by including; webinars, an opening conference, panel discussions and workshops. Topics of focus will include: Peace through sport, Inclusion and non-discrimination, Athletes' roles and responsibilities, Safeguarding and child protection among others. Over 100 youth ambassadors, together with the leaders of sport and all participating entities will make a unified call to action towards a better tomorrow.

We will meet again as soon as the situation is stable to celebrate the unifying power of sports and where together we will overcome all challenges. Until then please stay healthy, stay safe and remain positive about the future of our wonderful sport.

**ROY BAKER**  
WAKO IF PRESIDENT



# INTRODUCTION

Welcome to the WAKO participation to the UTS Virtual Youth Festival.

Despite the global pandemic, united we bring an opportunity for young kickboxers worldwide to compete in an on line festival bringing together youths with different abilities for a unique unity in diversity, sport & educational event.

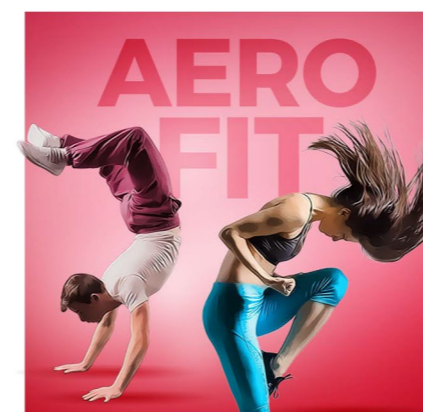
The only way is forward & as organizer could not invite everyone to annual SportAccord festival, they are bringing the festival to the youth. This festival incorporates two sport competitions, a talent competition, an IPC competition which will be for all abilities & a Special Olympic competition, all with the chance to win medals.

WAKO decide to participate in three sport competitions: Max Fit, Aero Fit and All Abilities. Only WAKO members are allowed to participate in this WAKO e-tournament.

This dynamic youth festival is supported by the IOC, the IPC & SOI bringing Olympic, Paralympic & Special Olympic values to the forefront as we look forward to a more inclusive and equal world for our youth. With a combination of IF participation, NGOs, & sport umbrella bodies, we will provide a vehicle for positive change. It is the dawning of a new era for us all and the decisions we make now will manifest our tomorrow.

Together our alliances will nurture our youth towards positive development where they can step forward with optimism and confidence. Our mission is to provide an equal platform for youth to shine & to share their many talents as we provide valuable education towards their future bringing smiles.

## WAKO MEMBERS ARE INVITED TO PARTICIPATE IN DISCIPLINES OF



# SCHEDULE

- Start of registration for the WAKO VQT SEPT 10 - 15
- Checking the registrations VQT SEPT 15-18
- Competition period of the WAKO VQT - sending and receiving videos

(on SportData) - web address:

<https://www.sportdata.org/kickboxing/set.php?id=954>

SEP 19 - OCT 20

SENDING MATCH DRILLS SEPT 19 - 30

(Each competitor in MAX FIT category needs to send / upload two (2) videos, the semi-final and final rounds - so first video will include 3 rounds and the second one also 3 rounds)

(Competitors in AERO FIT and ALL ABILITIES should upload one (1) video)

- Judging period of the WAKO OCT 1 - OCT 15
- Announcement of the WAKO Finalists OCT 20
- UTS Virtual Youth Festival Finals NOV 20 - 22

# DIVISIONS

- MAX FIT:  
Boys - U10, U12, U14, U16, U18  
Girls - U10, U12, U14, U16, U18
- AERO FIT:  
Boys - U10, U12, U14, U16, U18  
Girls - U10, U12, U14, U16, U18
- ALL ABILITIES:  
Boys - U10, U12, U14, U16, U18  
Girls - U10, U12, U14, U16, U18

## ENTRY FEE IS €10 FOR EACH PARTICIPATION

Only online payments via the provided PayPal link are accepted. You can find the PayPal link for online payment after your registration in the "My Current Entries" section on Sportdata.

## INFORMATION FOR INDIVIDUALS

For registration you need a team / club / Individual account.

Users which already have registered an account, please re-use your account. In this case you can also re-use all your competitors' profiles.

For teams that have no account yet, please register online and create a new account here:

[https://www.sportdata.org/kickboxing/set-online/registrate\\_registrator\\_main.php?active\\_menu=registration](https://www.sportdata.org/kickboxing/set-online/registrate_registrator_main.php?active_menu=registration)

For registration of competitors please follow these steps:

Log in with your account

Check your team data. Please check if the data is correct and up to date.

Enter or update the data of your competitors if necessary.

In the event calendar search for the eTournament event you want to register for and click on the "Registration" button of the event

On the registration site you will see the functions to make new entries

Register your competitors

If you have any questions please check the online help and video tutorials:

[https://www.sportdata.org/kickboxing/set-online/faq\\_en.php?active\\_menu=faq](https://www.sportdata.org/kickboxing/set-online/faq_en.php?active_menu=faq)

Video tutorials:

Registration: [https://www.sportdata.org/etournament\\_tutorials.html](https://www.sportdata.org/etournament_tutorials.html)

How to upload and submit a video:

[https://www.sportdata.org/etournament\\_tutorials.html#eight](https://www.sportdata.org/etournament_tutorials.html#eight)

## INFORMATION FOR E-REFEREES

For registration you need an e-Referee account.

Users which already have registered an e-Referee account please re-use your account.

For referees that have no account yet, please register online and create a new e-Referee account here:

[https://www.sportdata.org/kickboxing/set-online/registrate\\_registrator\\_main.php?active\\_menu=registration&e-referee=true](https://www.sportdata.org/kickboxing/set-online/registrate_registrator_main.php?active_menu=registration&e-referee=true)

For registration of e-Referees please follow these steps:

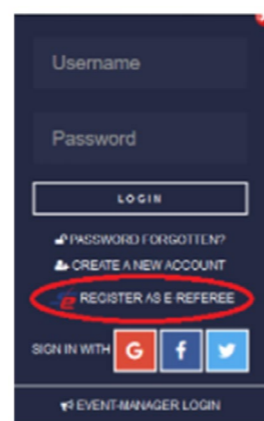
Log in with your account.

Check your e-Referee profile data. Please check if the data is correct and up to date.

In the event calendar search for the eTournament event you want to register for and click on the "Registration" button of the event.

On the registration site you will see the function to make your registration.

Register yourself as an e-referee.



Video Tutorials for e-Referees:

Register as an E-Referee: [https://www.sportdata.org/etournament\\_tutorials.html#four](https://www.sportdata.org/etournament_tutorials.html#four)

How to score:

[https://www.sportdata.org/etournament\\_tutorials.html#six](https://www.sportdata.org/etournament_tutorials.html#six)

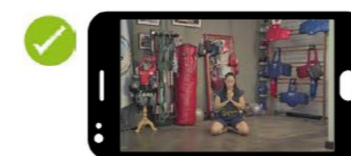
How to vote:

[https://www.sportdata.org/etournament\\_tutorials.html#seven](https://www.sportdata.org/etournament_tutorials.html#seven)

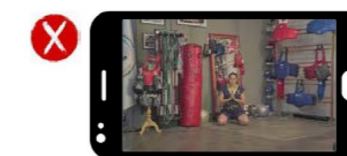
## GUIDELINES OF THE CAMERA FRAMING FOR COMPETITORS

It is important that all participants follow these guidelines when setting up their cameras / phones for the competition so that judges can view each competitor in a uniform view / frame / angle.

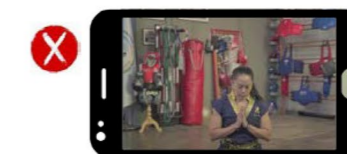
1. Cameras must be set up and remain in a static position (no moving / panning is permitted)
2. Measuring from wall, camera should be positioned max 400 cm from the wall.
3. Competitor should stand between 130 - 150 cm from the wall.
4. Camera / phone must be positioned in LANDSCAPE
5. Be sure to mark the boundary limits on either side so you know when you are out of frame.
6. Ensure light source is coming from the camera side (no backlighting)



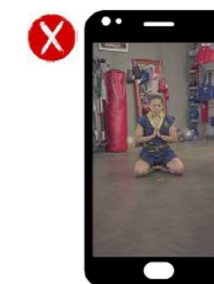
✓ Ideal framing in Landscape view  
Subject is positioned at the centre of the frame.



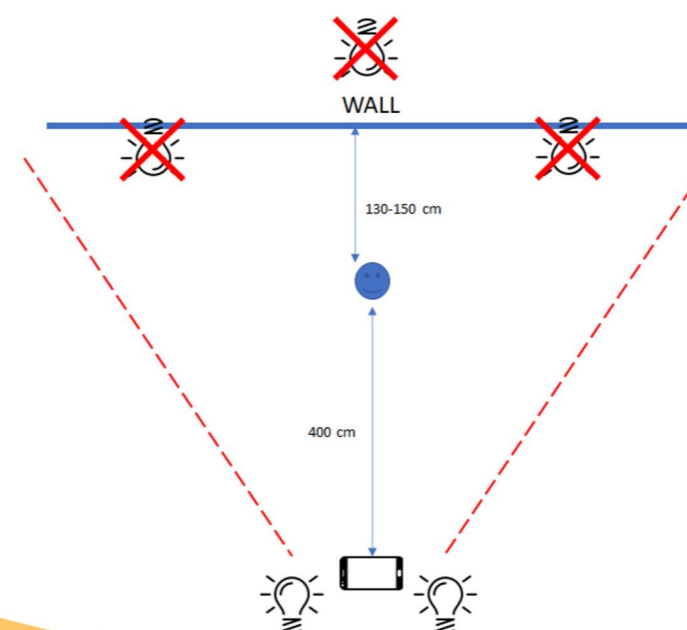
✗ Subject is positioned too far back



✗ Subject is positioned too close



✗ Do not use Portrait view (Vertical)



HOW TO RECORD AND POSITION  
LIGHTING AND CAMERA

## MAX FIT COMPETITION FORMAT

### MAX FIT

This competition will focus on contestant's strength, power and stamina.

Each competitor in MAX FIT category needs to send / upload two (2) videos, first according example in the semi-final and second according example in the final rounds - so first video will include 3 rounds and the second one also 3 rounds (see tables below - page 9)

List of competitors will be published on SportData web page.

During the period from October 1st to 15th, the judges will review the uploaded videos and the results will be released on October 20th.

### Max Fit Competition Format

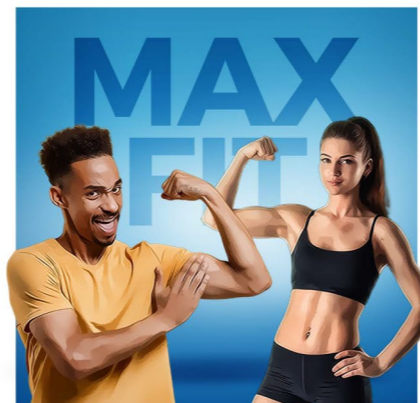
Round 1: drills will focus on Core  
 Round 2: drills will focus on Power / Strength / Conditioning (focus on upper body)  
 Round 3: drills will focus on Speed / Agility / Coordination (focus on lower body)

### Max Fit Divisions

Boys - U10, U12, U14, U18;  
 Girls - U10, U12, U14, U18

### Max Fit Rounds & Time

Under 10 - Male/ Under 10 - Female: 3 rounds x 30 seconds  
 Under 12 - Male/ Under 12 - Female: 3 rounds x 30 seconds  
 Under 14 - Male/ Under 14 - Female: 3 rounds x 45 seconds  
 Under 16 - Male/ Under 16 - Female: 3 rounds x 1 min  
 Under 18 - Male/ Under 18 - Female: 3 rounds x 1 min



### 1ST VIDEO - DRILLS FOR YOUTH -10 UNTIL 16

ROUND 1	ROUND 2	ROUND 3
Leg Raises	Speed Walk-Outs	Perform as many deep squats with alternating push kicks  Squats must be 90 degrees  Knees must be at least belly button level
WATCH VIDEO	WATCH VIDEO	WATCH VIDEO

### 2ND VIDEO - DRILLS FOR YOUTH -10 UNTIL 16

ROUND 1	ROUND 2	ROUND 3
Full Spring Ups	Burpees  - Full push-up = 2 - Knee push-up = 1	Deep Squat Jump Squats with 1.2
WATCH VIDEO	WATCH VIDEO	WATCH VIDEO

### 1ST VIDEO - DRILLS FOR YOUTH -18

ROUND 1	ROUND 2	ROUND 3
Side plank knee drives right knee to right elbow until half time  Side plank knee drives left knee to left elbow for rest of round	Speed Walk - Outs	Perform as many deep squats with alternating knees  Squats must be 90 degrees  Knees must be at least belly button level
WATCH VIDEO	WATCH VIDEO	WATCH VIDEO

### 2ND VIDEO - DRILLS FOR YOUTH -18

ROUND 1	ROUND 2	ROUND 3
V-ups	Perform as many in and out plyo push ups  - Full push-up = 2 - Knee push-up = 1	Perform as many deep squats until halfway through the round  Perform as many alternating push kicks for the rest of the round
WATCH VIDEO	WATCH VIDEO	WATCH VIDEO

### NOTE FOR ALL PERFORMERS:

INSTEAD OF THE MUAY THAI TECHNIQUES SHOWN IN THE VIDEOS, PERFORM KICKBOXING TECHNIQUES.

## AERO FIT COMPETITION FORMAT

### AERO FIT

In this category WAKO participants will compete in forms. The rules according to which the competition in this category will take place have been elaborated in detail and published on the SportData web page.

Competitors in AERO FIT (forms) should upload one (1) video.

The competition in forms will be carried out in different categories/ division (see below - on a next page), separated by age and sex.

Categories may be split or merged if needed.

#### **Aero Fit Divisions**

Boys - U10, U12, U14, U16, U18;

Girls - U10, U12, U14, U16, U18

E-Creative Forms (No music allowed)

E-Creative Forms Weapons (No music allowed)

E-Musical Forms (Music is mandatory)

E-Musical Forms Weapons (Music is mandatory)

#### **Tournament system**

The Tournament will be carried out in single elimination (KO system) mode.

#### **VDO Submission Rules**

Video should be recorded with a microphone (you can use an integrated microphone on your device)

Video should be recorded in a good light with subject lit from the front, please, avoid back light

A tripod / Steadicam could be used for videotaping (optionally).

VDO Submission Technical Requirements

Video format:AVI, MPEG-4, MOV

Video codec:H 264 / MPEG 4 AVC

Video resolutionfrom 1280 x 720 to 1920 x 1080

Frame rate:30 or 60 fps

Screen ratio:16:9

Video orientation:Landscape (Horizontal)

Size:up to 200 MB

#### **Judging criteria**

According to WAKO Form Rules.



## ALL ABILITIES COMPETITION FORMAT

In Partnerships with the International Paralympic Committee and Special Olympic, this Festival introduces a competition category under the title "All Abilities".

With our utmost respect to the vision and mission of IPC to create more inclusive world through sporting opportunities to countless Para-athletes around the world, our partnership will demonstrate how working together can create more opportunity for youths with different abilities around the world.

This is category for anybody regardless to ability giving all youth a chance to compete above and beyond divisions diversity.

This competition is created to ensure optimal participation anybody and everybody.

The competition involves 1-minute physical challenge accompanied by the educational aspect where competitors will be required to share their knowledge and abilities.

Competitors in ALL ABILITIES should upload one (1) video.



**INTERNATIONAL  
PARALYMPIC  
COMMITTEE**



## RULES FOR "ALL ABILITIES" DISCIPLINE

Competitors are expected to participate in the following disciplines:

2 DIVISIONS FOR DISABILITIES -

PARTICIPANTS IN ALL ABILITIES CATEGORY:

1. PSYHIC
2. PHYSICAL

### Age divisions:

Boys - U10, U12, U14, U16, U18;

Girls - U10, U12, U14, U16, U18

### DEFINITION

Adapted sport: adapted sports means physical activity that is susceptible to accept modifications to enable the participation of people with physical, mental or sensory disabilities.

Modality Pads: is an assault where different types of technical and tactical combinations from kickboxing are performed, hitting the Pads placed by the pads trainer.

### RHYTHM

The techniques and displacements will be carried out with speed, control and accuracy of movements.

### TIME

The time starts at the beginning of the first combination after the greeting to the judges. The duration of the assault will be between 0.45 "and 1'15". In case of breach of this rule, the chief referee will request a deduction of 0.5 points.

### UNIFORMS

There is no specific uniform for the competitors of the forms; participant can use any kind of legally recognized uniform of kickboxing, what should be is clean and decent. Competitors must be barefoot. Competitors are allowed to wear arm bands on their arms and wrists. Competitors are not allowed to wear decorative items or piercings of any kind.

### JUDGING CRITERION

All the judges of the forms must have a fundamental knowledge of the movements of Gymnastics,

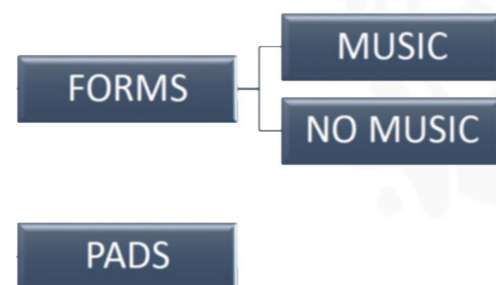
Weapons of personal defense and handling of Weapon

Each Judge must bear in mind, before granting any decision:

- The basics: postures, 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 pads)
- Degree of difficulty: kicks, kicks in jump, kicks in turn, displacements with sense, variety in combinations.
- Synchronization: improvement in the execution and coordination between the movement and the placement of the mittens.
- Talent: The presence and involvement of the competitor, in the presentation of the different combinations during the performans.

### SCORING

Once the presentation of a form is watched, a chief referee and four judges must judge it and grant the following scores: 5.0 - 10.0.



VIRTUAL  
YOUTH FESTIVAL  
2020



**UNITED NATIONS' WORLD CHILDREN'S DAY**

**NOVEMBER 20 - 22, 2020**

