



6th Asian Indoor and Martial Arts Games
Bangkok - Chonburi
2021

TECHNICAL HANDBOOK



6th Asian Indoor and Martial Arts Games
Bangkok - Chonburi
2021

Kickboxing

Technical Information

I. Sports Federations

A. Asian Kickboxing Confederation (WAKO ASIA)

| | |
|-------------------|--|
| President | Mr. Nasser Nassiri |
| Secretary General | Mr. Sina Zahedi |
| Address: | 40 Togolok-moldo St, Bishkek 720040, Kyrgyzstan |
| Tel: | +9821 8896 7346, |
| Fax: | +9821 8896 2049 |
| Email: | aimag2021-kickboxing@wakoasia.com info@wakoasia.com |
| Website: | www.wakoasia.com |

B. Kickboxing Association in Thailand

| | |
|----------|---|
| Delegate | Gen. Vitch Devahasdin |
| Address: | 107 Suwandee 3 Alley, Rim Khlong Prapa Road, Bang Sue Sub district, Bang Sue District, Bangkok 10800, Thailand |
| Tel: | +66 619615454 |
| Email: | secretaryoffice.kba@gmail.com |
| Website: | https://kickboxingthai.org/ |

II. Technical Delegate Profile:

| | |
|--------|---|
| | Euncheon Jeong, Ph. D. (KOR) Graduate Business Administration, Kookmin University, Jeongneung-ro 77, Seongbuk-gu, Seoul, Korea |
| Tel: | +82 103799 7513 |
| Email: | e.jeong@wakoasia.com |

III. Competition Technical Information

1. Dates

Kickboxing (KB) competition for the 6th Asian Indoor and Martial Arts Games 2021 will be held from **13 to 18 March 2022**.

2. Venues

Kickboxing competition will be held in **Chonburi, Thailand** at **Sripatum University (Chonburi Campus)**.

3. Events

Kickboxing competition will consist of seven (7) events composed of two (2) ring styles (Full Contact and Low Kick) presenting male and female competitors with the total of five (5) male events and two (2) female events in the weight categories defined as below.

Each NOC is eligible to send the total of seven (7) athletes [five (5) male and two (2) female athletes] that is defined categories as described below and is allowed sending only one (1) athlete in each event.

| FULL CONTACT | |
|-----------------------|-------------------------|
| Men Weight Categories | Women Weight Categories |
| -57 kg. | -60 kg. |
| -63.5 kg. | |
| -71 kg. | |

| LOW KICK | |
|-----------------------|-------------------------|
| Men Weight Categories | Women Weight Categories |
| -51 kg. | -52 kg. |
| -67 kg. | |

4. Competition Schedules

| Date | Day | Time | Event | Gender | Phase |
|---------------|-----------|---------------|---------------------------|--------|--|
| 13 March 2022 | Sunday | 10.00 – 13.00 | N/A | F + M | Medical examination & Weigh-in |
| | | 14.00 – 17.00 | N/A | | Technical Meeting Referees and Judges seminar |
| 14 March 2022 | Monday | 10.00 – 13.00 | N/A | F + M | Medical examination & Weigh-in Continued (if necessary) |
| | | 14.00 – 17.00 | N/A | F + M | Team Managers Meeting |
| | | 17.00 | N/A | F + M | Drawing |
| 15 March 2022 | Tuesday | 09.30 | | | Opening ceremony |
| | | 10.30 – 13.00 | Full Contact /Low Kick | F + M | Event competitions |
| | | 13.00 – 14.30 | Full Contact /Low Kick | F + M | Break |
| | | 15.00 – 18.00 | Full Contact /Low Kick | F + M | Event competitions Continued |
| 16 March 2022 | Wednesday | 07.30 – 9.00 | | F + M | Medical examination & Weigh-in |
| | | 10.30 – 13.00 | Full Contact /Low Kick | F + M | Event competitions Continued |
| | | 15.00 – 18.00 | Full Contact /Low Kick | F + M | Event competitions Continued quarterfinals |
| 17 March 2022 | Thursday | 07.30 – 9.00 | | F + M | Medical examination & Weigh-in |
| | | 10.30 – 13.00 | Full Contact /Low Kick | F + M | Event competitions Continued Semifinals |
| | | 15.00 – 18.00 | Full Contact /Low Kick | F + M | Finals (2 events), Victory Ceremony |
| 18 March 2022 | Friday | 07.30 – 9.00 | | F + M | Medical examination & Weigh-in |
| | | 10.30 – 13.00 | Full Contact /Low Kick | F + M | Event competitions Continued Semifinals |
| | | 15.00 – 18.00 | Full Contact /Low Kick | F + M | Finals (5 events), Victory Ceremony |

Note: The above schedule is subject to change depending on the number of final entries.

5. Entries

5.1 Eligibility

Only the Olympic Council of Asia (OCA) member NOCs are entitled to send athletes to participate in the Kickboxing competition of the 6th Asian Indoor and Martial Arts Games, Bangkok-Chonburi 2021.

Only athletes who comply with the Constitution and Rules of the OCA and its By-laws are entitled to participate in the Kickboxing competition.

The participating athletes must be affiliated to Asian Kickboxing Confederation and members of their respective national Kickboxing Federations/Associations affiliated to Asian Kickboxing Confederation in their country. Each NOC should assure that their national Federations/Associations participants satisfy all their financial obligations toward Asian Kickboxing Confederation at the time of submission of Entry Form by Number.

5.2 Entry policies

5.2.1 Individual Events: Each NOC may enter only one (1) athlete per each event.

5.2.2 Total: Each NOC may enter in total seven (7) athletes: five (5) male and two (2) female athletes [three (3) male and one (1) female athlete in Full Contact style and two (2) male and one (1) female athletes in Low Kick style], among the defined categories and is allowed sending only one (1) athlete in each event.

A number of Staffs/Officials for Kickboxing sport from each NOC are limited from each NOC as follows:

Up to 3 athletes: Staffs/Officials are limited to two (2),

Up to 5 athletes: Staffs/Officials are limited to three (3),

Up to 7 athletes: Staffs/Officials are limited to four (4).

NOCs that withdraw their athletes or teams after the submission of the final entries by name and Team Sport Draw, will be faced with severe disciplinary action by the OCA EB.

5.3 Submission of Entries

5.3.1 Entry by Number

- Deadline for submission of Entry by Number Forms is **10 November 2021** at 24.00 hours Thailand time (GMT+7).

5.3.2 Entry by Name

- Deadline for submission of Entry by Name Forms (online) is **15 December 2021** at 24.00 hours Thailand Time (GMT+7).

Both Entry by Number and Entry by Name may be sent via fax or email and subsequently confirmed with stamped original by posting to the following address:

Sports Technical Committee

6th Asian Indoor and Martial Arts Games, Bangkok-Chonburi 2021
 AIMAG Coordination Center, 4th Floor, Sports Authority of Thailand
 286 Ramkhamhaeng Road, Huamark, Bangkok, Bangkok 10240 THAILAND
 Email: sportstechnical@aimag2021.com
 Tel: (+66)8 1842 1868, (+66)8 9741 7433
 Fax: (+66)2 186 7537

6. Technical Meeting**6.1 Technical Meeting (the judge and referee seminar)**

The Technical Meeting (the judge and referee seminar) will be held on **13 March 2022** from 14.00 to 17.00 at **Sripatum University (Chonburi Campus)**. This meeting is open only to the officials, judges and referees who were officially selected and named by Asian Kickboxing Confederation.

6.2 Team Managers Meeting & Draw

The Technical Managers Meeting will be held on **14 March 2022** from 14.00 to 17.00 at **Sripatum University (Chonburi Campus)**.

6.3 Draw

The draw will be held at the end of the Team Manager Meeting on **14 March 2022** at 17.00 at **Sripatum University (Chonburi Campus)**. The Team Managers, coaches or team officials must be present as witness at the time of draw. Each team must have one NOC representative in attendance. The maximum team officials allowed to attend the draw is two (2) including the representative of NOC.

7. General Rules and Regulations**7.1 Rules****7.1.1 Eligibility Code (OCA 52)**

To be eligible for participation in the OCA Games, a competitor must:

- a) Observe and abide by the Rules of the IOC/OCA as per the Olympic Charter;
- b) Respect the spirit of fair play and non-violence and abide by the rules on the sports field;
- c) Comply with all aspects of WADA and OCA Anti-Doping Rules Code and refrain from using substances and drugs prohibited by the said organisations;
- d) The Member must ensure that any competitor in the OCA Games must be a national of the country of the NOC, which is entering him;
- e) Disputes relating to the determination of the country which a competitor may represent in the OCA Games shall be resolved by the EB, unless the eligibility code already set out in the Constitution has been fulfilled and is not in dispute.

7.1.2 Nationality of Competitor (OCA By-Law 52)

- a) All cases of infringement of IOC Rule 41, 42 and it's Bye-laws and of the eligibility code of IFs shall be communicated by the concerned Member to the OCA, to be considered by the EB whose decision will be final;

- b) A competitor who is a national of two (2) or more countries at the same time may represent either one (1) of them, as he may elect. However, after having represented one country in the Olympic, Asian continental regional or world championships recognised by the relevant IF, the competitor may not represent another country unless he or she meets the conditions set forth in sub section 4 below that apply to the persons who has changed his nationality or acquired a new nationality;
- c) A competitor who has represented one country in the Olympic Games, OCA Games, continental, regional, and world championships recognised by the relevant IF, and who has changed his nationality or acquired a new nationality, shall not participate in the OCA Games to represent his new country until three years after such change or acquisition;
- d) If a State, Country or a colony acquires independence, a country becomes incorporated within another country by a change of border or transfer of sovereignty or if a new NOC is recognised by the OCA, a competitor may continue to represent the country to which he belongs or belonged. However, he may, if preferred, choose to represent his country or be entered in the OCA Games by his new NOC if one exists. This option can only be made once and is irreversible;
- e) In all cases not expressly addressed in these Bye-Laws, in particular those cases where a competitor would be in a position to represent a country other than that of which he is a national, or to have choice as to the country which he intends to represent, the EB makes all decisions. Decisions can be of a general The OCA Games 80 SEP 2017 or individual nature and issue specific requirements relating to nationality, citizenship, domicile or residence of the competitors, including the duration of any waiting period;
- f) Except as permitted by the EB, no competitor, coach or official who participates in the OCA Games may allow his person, name and picture or sports performances to be used for advertising purposes during the OCA Games.

7.1.3 Number of Entries (OCA 58)

- a) For a sport to be included in the OCA Games Programme a minimum of six (6) NOCs should enter their athletes by number and a minimum of four (4) should be physically present before the start of the competition;
- b) The maximum number of entries from each country in each sport or event is established by the Council in consultation with the Member hosting the Games and in accordance with the International/Asian Federation's technical rules:
- c) However, the following numbers cannot be exceeded:
 - For individual events, two competitors from each Member;
 - For team events, one team per Member, the Number of competitors and reserves not to exceed the number allowed by the International/Asian Sports Federation concerned;

- For events where individual and team competitions are conducted simultaneously, and the team event is decided by the aggregate score/time of each individual member of the team, the athlete (if maximum two) participating in the individual event must be designated as such in the Entry form and only the athlete concerned will be competing in the individual event. This restriction overrides any regulations of the International/Asian Sports Federation concerned.

7.1.4 Technical Official and Jury of Appeal (OCA 59)

The AIMAGOC must not receive or otherwise give official recognition to any foreign political delegation or leaders of any other mission whatsoever, without the prior written approval of the OCA. However, nobody can be discriminated against if he or she is a duly appointed official of the NOC's sports delegation.

7.1.5 Court of Appeal (OCA 79)

- a) The OCA EB on behalf of the OCA is the final Court of Appeal, which will decide all disputes of a non-technical nature concerning the OCA Games. Teams/Member NOC's, if necessary, may submit disputes to the Court of Appeal. In addition, the Court of Appeal may intervene in all disputes of a nontechnical nature outside the jurisdiction of the Juries of Appeal set up for each sport in the Programme;
- b) The Court of Arbitration for Sport (CAS) in association with the OCA will set up a small Ad Hoc working group from CAS that will be present and working alongside the OCA in the AIMAG period only, on the same lines as done during the Olympic Games. The participating athletes can address any issues that they may have directly with CAS, during the OCA Games.

7.1.6 Claims of Protest (OCA 80)

- a) Claims made to the Judges on grounds concerning matters of fact are decided by them without appeal;
- b) Appeals against other decisions of the Judges or with regard to any other matters must be addressed to the President of the Technical Jury of Appeal for the sport concerned by a representative of the team making the appeal;
- c) Exceptional circumstances apart, a claim must be made within two hours of the decision giving rise to it. The Jury, after an investigation, shall give a decision and this decision shall be irrevocable, except in the case of disqualification of a team or of a competitor for infraction of the Rules and Regulations of the OCA. In these cases it shall be decided by the Court of Appeal;
- d) All claims and appeals must be made in writing.

7.1.7 Penalties in Case of Fraud (OCA 81)

A competitor proved to have transgressed by fraud the Rules of the OCA shall be disqualified and lose any position he or she may have gained. If this competitor's team is proved to have been party to the fraud, his/her team shall be disqualified in the sport involved.

8. Competition Rules and Regulations

8.1 Technical committee

The Asian Kickboxing Confederation is responsible and will have full control of technical committee of the Kickboxing competition.

8.2 Officials/Competitors

Technical Delegate: The Kickboxing competition Technical Delegate of 6th Asian Indoor and Martial Arts Games is appointed by Asian Kickboxing Confederation and approved by OCA and AIMAGOC.

Judges and Jury of Appeal: The necessary Technical Officials (referees, judges, umpires, timekeepers, inspectors, etc.) and Jury of Appeal for Kickboxing competition shall be appointed by Asian Kickboxing Confederation and approved by OCA and AIMAGOC.

8.3 Competition Rules

The Kickboxing competition will be conducted in accordance with the current Rules of Asian Kickboxing Confederation, which is well known to all Asian Kickboxing Confederation national members.

Kickboxing competition rules are available on the official website of Asian Kickboxing Confederation: <http://wakoasia.com/rules/>

8.4 Age limit of Contestants - Age Determination

The limited age for male contestants is between 19 to 40 years old. Meaning from the date he/she turns 19 years and up to the day before he/she turns 41.

Age Determination: Age is determined by the age of the athlete on the first day of the Kickboxing competition. The Kickboxing competition period is defined as from the year of the official weigh-in/registration and until the Kickboxing competition, finals are ended.

8.5 Competition Method

The Kickboxing competition will be according to the direct elimination system in each category and in each style.

8.6 Duration of Contests

The duration of the bout will be three rounds, each lasting two (2) minutes with one (1) minute break between rounds.

8.7 Medical examination and Weigh-in

Contestants must have a Pre-Competition Medical by NOC according to the Asian Kickboxing Confederation's Medical Guideline (**see appendix I that attached to this technical handbook**) and must have the consent of Doctor of medicine affiliated to NOC (counter signed by NOC), in which it is stated that prior to leaving his or her country the athlete was in good physical condition and not suffering from any injury, infection or disability label to affect his/her capacity to compete in the Kickboxing competition of the 6th Asian Indoor and Martial Arts Games, Bangkok–Chonburi 2021.

In addition the Contestants must receive medical examination, declared fit to fight, weighed-in, and their weight must not exceed the limit in their weight division at date and time of each weigh-in control.

At the date and time of medical examination and weigh-in, the Contestants must have a valid Asian Kickboxing Confederation's "Medical Form" certification to declare **"fit to fight"** (see appendix II that attached to this technical handbook). The Medical Form must be typed and must be presented by each Contestant on the day of the Medical examination and weigh-in. The Medical Form should be submitted together by Entry Form by Name at latest 1 December 2021 at 24.00 hours Thailand Time (GMT+7). Medical Form may be sent via fax or email and subsequently confirmed with stamped original by posting to the following address:

Sports Technical Committee

6th Asian Indoor and Martial Arts Games, Bangkok–Chonburi 2021.

AIMAG Coordination Center, 4th Floor, Sports Authority of Thailand

286 Ramkhamhaeng Road, Huamark, Bangkok, Bangkok 10240 THAILAND

Email: sportstechnical@aimag2021.com

Tel: (+66)8 1842 1868, (+66)8 9741 7433

Fax: (+66)2 186 7537

In addition, every contestant must have medical examination from the place set by AIMAGOC and must have medical examination and weigh-in for all contestants on 13th and 14th March 2022, at 10.00-13.00 and on 16th, 17th, and 18th of March 2022 from 07.30 to 09.00.

8.8 Protest

Claims and protests made to the judges on the ground concerning matters of fact are decided by the Technical Committee without appeal. Appeals against other decisions of the judge or with regard to any other matter must be addressed in due time to the Chairman of the Jury of Appeal, by a representative of the member organisation of the NOC making the appeal.

Any claim must be made by an official representative immediately after the announcement of decision to the Chief Referee. The protestant representative should fill the protest form and return it back to the Chief Referee within ten (10) minutes of the decision giving rise to the claim. The Jury of Appeal after an investigation shall then give a decision 15 minutes maximum after receiving the protest and this decision shall be irrevocable, except for the case of disqualification of a team or of an athlete for infraction of the Rules and Regulations of the Games, which shall be decided by Asian Kickboxing Confederation's Board of Directors. All claims and appeals must be made in writing.

All appeals related to the technical sides will be the responsibilities of the Asian Kickboxing Confederation. Protest will be dealt with and in accordance to the current Asian Kickboxing Confederation Rules and Regulations. All protests must be accompanied by a deposit of one hundred twenty dollars (USD 120) or its equivalent. Any protest without the deposit will be considered void.

In case of any disagreement in the interpretation of the rules and regulations, the English version shall prevail. Any unforeseen cases not covered by the rules and regulations shall be resolved as follows: General issues: Resolved in accordance with the OCA Constitution.

Competition Rules & Regulations and Technical issues: Resolved in accordance with the Asian Kickboxing Confederation rules and regulations.

8.9 Uniforms

Sport equipment will be in accordance with the current Asian Kickboxing Confederation Rules. Participating athletes are required to wear the uniform of their NOC. Neither athlete nor technical official can attach any commercial advertising to his or her competition uniform without prior agreement with AIMAGOC. The 6th Asian Indoor and Martial Arts Games organizing committee will provide during the competition to athletes the pants and shorts (and top for the female athletes) for the competition.

8.10 Official Equipment

The competition safeties equipment will be in accordance with the specification of international standard according to Asian Kickboxing Confederation Rules and Regulations. Participating athletes are required to use his/her own gum-shield, groin-guard and other personal equipment which qualify to the international standard during the competition.

8.11 Prizes and Commendations (OCA66)

8.11.1 Medals to the winners of the OCA Games shall be presented by the OCA President.

The President may delegate this privilege to other members of the OCA, accompanied by the President of the IF and/or AF concerned (or their deputy), if possible, immediately after the event and where the competition took place in the following manner;

8.11.2 The competitors who have been judged first, second and third shall take their places, in their sports uniforms, on a stand on the field facing the Tribune of Honour, with the winner slightly above the second who is on their right and the third who is on their left. The flag of the delegates of the winner shall be hoisted on the central flag-pole and those of the second and third on adjoining flagpoles on the right and on the left, as they face the arena. Meanwhile, the abbreviated National Anthem of the winner is played. The three competitors shall turn towards the flags;

8.11.3 The medal presentations shall be as per the following order:

- Gold Medal – to the first-place winner
- Silver Medal – to the second-place winner
- Bronze Medal – to the third-place winner

Two third places will be awarded with bronze medals.

- 8.11.4 No equipment or accessories may be taken by the athlete to the medal award ceremony or media interview areas, unless it is worn e.g., shoes and clothing which must be in accordance with the OCA commercial guidelines;
- 8.11.5 No kind of demonstration or commercial, political, religious or racial propaganda is permitted during the Victory Ceremony of the Games.
Any action of such kind will be subject to penalization by the Executive Board (EB) including disqualification, withdrawal of medals, certificates, accreditation, rankings and the like;
- 8.11.6 Any disrespect shown to the Games, Medals, Flags, Mascot or Certificates or any other material. by any athlete during the Victory Ceremony or during the Games will be subject to penalization by the EB, including but not limited to disqualification, withdrawal of medals, certificates, accreditation, rankings as decided by the EB;
- 8.11.7 Victory, medals and diploma certificates, shall be in strict compliance with the OCA Protocol Guidelines. The design and format of the medals and diplomas shall be submitted to the OCA for its approval;
- 8.11.8 No other official/delegate from the participating delegations, other than the medal winners will be allowed on or near the podium during the medal presentation.
- 8.11.9 Victory Ceremony Gold, silver and bronze medals will be awarded to the athletes' ranked top three of each event respectively. Two third places will be awarded with bronze medals. Fifteen (15) minutes before the Victory Ceremony starts, the medalists shall be escorted to the waiting area to get ready for the ceremony.

9. Medical Code (OCA By-Law 24.7)

- 9.1 Doping is forbidden. The WADA (World Anti-Doping Agency)/IOC (International Olympic Committee) list shall apply and also, if the EB so decides, the list of the IF concerned. The Medical Committee shall also prepare a list of prohibited drugs;
- 9.2 All OCA Games participants/competitors are liable to medical/doping control examinations which will be carried out in conformity with the Rules of the OCA Medical Committee and the OCA Anti-Doping Rules;
- 9.3 Any OCA Games participant/competitor refusing to submit a medical/doping control examination, or who is found guilty of doping, shall be excluded from competition or from the present or future OCA Games. After the explanation of the team has been considered and the case discussed with the IF concerned, a team in which one or more members have been found guilty of doping may be excluded from the OCA Games in which it is participating. In sports where a team may no longer compete after a member has been excluded, the remaining competitors may compete in an individual capacity. An appropriate penalty including disqualification, withdrawal of medals, certificates, ranking and, accreditation, may be imposed by the EB on support personnel, referees, coaches,

judges, managers and other officials associated with the team or any other person, other than the competitor, found involved in the doping offence;

- 9.4 A medal may be withdrawn or other penalties applied by order of the EB on a proposal of the OCA Medical Committee; The above Regulations shall in no way affect further sanction by the IF and the NOC concerned, or any other action the EB may decide to take;
- 9.5 Competitors in sports restricted to women must comply with the prescribed gender test; The Committee is responsible to ensure that these Rules are observed;
- 9.6 Members of this Committee may not act as team doctors;
- 9.7 The OCA Anti-Doping Rules will be followed for all OCA Games being held under the patronage of the OCA. These rules will be based on the WADA code and guidelines. All Member NOCs of OCA, the IFs, AFs and the AIMAGOC will abide by the OCA Anti-Doping Rules;
- 9.8 The OCA President shall also appoint an Anti-Doping Commission and a TUE Sub-Commission which will be responsible for the implementation of the Anti-Doping Rules during the course of the OCA Games. The Commission will work under the authority of the OCA Medical Committee Chairperson and will perform its duties and responsibilities in accordance with the directions from the EB;
- 9.9 The OCA President will also establish a Doping Control Department within the Structure of OCA. The Doping Control Department will be responsible for implementing the Anti-Doping programme which has been established by the EB and coordinate on a daily basis on the Anti-Doping programme with all the concerned agencies;
- 9.10 In addition to above all provisions of the OCA Anti-Doping Rules established by the OCA will be applicable.

10. Approval of the Technical Handbook

The Technical Handbook for Kickboxing has been approved by **the Asian Kickboxing Confederation on 31 March 2021.**



Appendix I

Asian Kickboxing Confederation's Medical Guideline

1. PRE-COMPETITION MEDICAL EXAMINATION

- 1.1 Each Asian Kickboxing Confederation's National Federation/Association is responsible for health of his competitors.
- 1.2 Competitors must have the official consent of Doctor of medicine affiliated to NOC: **fit to fight**. The athletes participating in Kickboxing sports, **should provide a medical certification** signed by authorized Doctor of medicine affiliated to their country NOC (counter signed by NOC), in which it is stated **that prior to leaving his/her country the athlete was in good physical condition and not suffering from any injury, infection or disability label to affect his/her capacity to compete in Kickboxing competition.**
- 1.3 The authorized Doctor of medicine affiliated to NOC, among all other examination must proceed the following examines:
 - Skin exam: infection, dermatologic disorders, lesions,
 - Head and face: eyes, nose, ears. Special attention to recent trauma! (Summary of Dental examination) Extremities, with special attention to the hands: bones, joints skin and nails
 - Heart examination (very important!) in consent with the Lausanne Recommendation of the IOC to prevent Sudden Death in Athletes. (See page). (For more information visit website of the IOC)
 - **Each Competitor, prior to leaving his/her country, must have the ECG diagnostic heart tests confirming that he/she is qualify for Kickboxing sport participation. (The ECG diagnostic heart tests is valid for period of one year).**
 - Lung exam. (Bronchitis, pneumonia): (these are contraindication for all kinds of competition) Exam of abdomen and genitalia (in male): with the special attention to testicle!
 - Neurological examination: facial nerve, index-nose, Romberg etc. **If one of these examinations is positive**, the athlete is not allowed to compete and cannot be declared fit to fight.
- 1.4 All necessary examination described above and any other additional examination and all results need to be registered by Doctors of medicine affiliated to NOC conducting the examination and keep in written documents attached to the WAKO ASIA Medical Form.



The 6th Asian Indoor & Martial Arts Games
Bangkok-Chonburi 2020



- 1.5 In addition, every contestant must have medical examination from the place set by AIMAGOC and in addition, every contestant must have medical examination and weigh-in for all contestants on 9th and 10th March 2022, at 10.00 -13.00 and on 12th and 13th of March 2022 from 07.30 to 08:30.

Sports Technical Committee

*6th Asian Indoor and Martial Arts Games, Bangkok-Chonburi 2021,
AIMAG Coordination Center, 4th Floor, Sports Authority of Thailand, 286
Ramkhamhaeng Road, Huamark, Bangkok, Bangkok 10240 THAILAND
Email: sportstechnical@aimaq2021.com,
Tel: (+66)8 1842 1868, (+66)8 9741, 7433,
Fax: (+66)2 186 7537*

2. Checklist

Sudden Cardiovascular Death in Sport

LAUSANNE RECOMMENDATIONS

Under the umbrella IOC Medical Commission 10 December 2004

PREPARTICIPATION CARDIOVASCULAR SCREENING

"Sudden death" in sport has to be fully appreciated. The leading cause (more than 90%) of non-traumatic sudden death in athletes is related to pre-existing cardiac abnormality.

For the purpose of this recommendation, sudden cardiovascular death is defined as follows:

Death occurring within one hour of the onset of symptoms in a person without a previously recognized cardiovascular condition that would appear fatal: this excludes cerebrovascular, respiratory, traumatic and drug related causes.

The purpose of this recommendation is to identify, as accurately as possible, athletes at risk in order to advise them accordingly.



The 6th Asian Indoor & Martial Arts Games
Bangkok-Chonburi 2020



| Step 1: For all participants at the beginning of competitive activities until age 35 years | Potentially detectable cardiovascular Conditions |
|---|---|
| <p>Personal history: Questionnaire by examining physician</p> <ul style="list-style-type: none">• Have you ever fainted or passed out when exercising?• Do you ever have chest tightness?• Does running ever cause chest tightness?• Have you ever had chest tightness, cough, wheezing. Which made it difficult for you to perform in sports?• Have you ever been treated / hospitalized for asthma? Have you ever had a seizure?• Have you ever been told that you have epilepsy?• Have you ever been told to give up sports because of health problems?• Have you ever been told you have high blood pressure?• Have you ever been told you have high cholesterol?• Do you have trouble breathing or do you cough during or after activity?• Have you ever been dizzy during or after exercise?• Have you ever had chest pain during or after exercise?• Do you have or have you ever had racing of your heart or skipped heartbeats?• Do you get tired more quickly than your friends do during exercise? Have you ever been told you have a heart murmur?• Have you ever been told you have a heart arrhythmia? Do you have any other history of heart problems?• Have you had a severe viral infection (for example myocarditis or mononucleosis) within the last month?• Have you ever been told you had rheumatic fever?• Do you have any allergies?• Are you taking any medications at the present time? Have you routinely taken any medication in the past two years? | <p>Any cardiovascular Condition</p> |

****The recommended investigations should be repeated at least every second year.***



The 6th Asian Indoor & Martial Arts Games
Bangkok-Chonburi 2020



| Step 1: For all participants at the beginning of competitive activities until age 35 years | Potentially detectable cardiovascular Conditions |
|---|---|
| <p>Family history: Questionnaire by examining physician</p> <ul style="list-style-type: none"> • Has anyone in your family less than 50 years old: Died suddenly and unexpectedly? • Been treated for recurrent fainting? Had unexplained seizure problems? • Had unexplained drowning while swimming? • Had unexplained car accident? • Had heart transplantation? • Had pacemaker or defibrillator implanted? Been treated for irregular heart beat? • Had heart surgery? • Has anyone in your family experienced sudden infant death (cot death)? • Has anyone in your family been told they have Marfan syndrome? | <p>Inherited cardiomyopathy such as hypertrophic, arrhythmogenic RV, dilated</p> <p>Inherited heart rhythm problem such as cardiacion channel diseases (long and short QT syndrome, Brugada syndrome, Len gre disease, catecholaminergic polymorphic VT)</p> <p>Connective tissue disorders</p> |
| <p>Physical examination:</p> <p>General:</p> <ul style="list-style-type: none"> - Radial and femoral pulses - Marfan stigmata <p>Cardiac auscultation:</p> <ul style="list-style-type: none"> - Rate / rhythm - Murmur: systolic / diastolic - Systolic click <p>Blood pressure:</p> | |
| <p>Diagnostic tests:</p> <p>12-lead rest ECG: (after the onset of puberty)</p> | <p>Rhythm, conduction or repolarization abnormalities</p> |

**The recommended investigations should be repeated at least every second year.*



The 6th Asian Indoor & Martial Arts Games
Bangkok-Chonburi 2020



Step 2: Selected cases with positive personal history, family history of potentially inherited cardiac disease, or positive physical or ECG findings in Step 1 require further evaluation by an age-appropriate cardiac specialist to qualify the athlete for sport participation.

Further evaluation may include trans-thoracic echocardiography, maximal exercise testing, and 24-hour ECG monitoring. Additionally, non-invasive screening of family members may provide valuable information about inherited cardiovascular disease.

Prior to the test, the athlete and, for minors, his/her legal representatives are entitled to receive the proper information on the nature and objectives of the test, and on the medical consequences in case of positive results, in particular the need for further investigation, as well as the preventive and therapeutic measures. The athlete and his/her legal representatives should also be informed on the financing of the test and the medical follow up.

Special care should be taken to protect the privacy of the athlete. The results should be transmitted solely to the athlete and his/her legal representatives.



The 6th Asian Indoor & Martial Arts Games
Bangkok-Chonburi 2020



SUDDEN CARDIOVASCULAR DEATH IN SPORT LAUSANNE RECOMMENDATIONS ADOPTED

Lausanne, Switzerland, 9 -10 December 2004

List of participants:

Me Denis Oswald, Lawyer, IOC Member, President of FISA, Switzerland

Prof. Jiri Dvorak, FIFA Chief Medical Officer, Schulthess Clinic Zurich, Switzerland

Prof. Domenico Corrado, Director Cardiology Laboratory, University of Padova, Italy

Prof. Joel I. Brenner, Prof. of Pediatric Cardiology, Johns Hopkins Hospital, Baltimore, MD, USA

Prof. Jan Hoogsteen, Head of the Training Centre Cardiology, Veldhoven, Netherlands

Prof. William McKenna, Director of the Heart Hospital, London, UK

Prof. Folkert J. Meijboom, Thoraxcentre, Erasmus University, Rotterdam, Netherlands

Prof. Gaetano Thiene, Director Institute of Pathological Anatomy, University of Padova, Italy

Prof. Lukas Kappenberger, Chief of Cardiac Services, CHUV, Lausanne, Switzerland

Dr Mario Zorzoli, UCI Health Manager, Aigle, Switzerland

Prof. Laurent Rivier, Toxicologist, Lausanne, Switzerland

Dr Patricia Sangenis, Cardiologist, Coordinator of the Working Group Women and Sport of the IOC Medical Commission, Buenos Aires, Argentina

Dr Patrick Schamasch, IOC Medical and Scientific Director

Mrs. Susan Greinig, Manager of Medical Programs for the IOC Prof. Erik J. Meijboom,

Prof. of Congenital Cardiology, CHUV, Lausanne, Switzerland

Ms. Karin Bille, Resident Pediatrics, CHUV, Lausanne, Switzerland

Mr. David Figueiras, Department of Sport Sciences, University of Lausanne, Switzerland

Mr. Dominique Sprumont, Director Institute of Health Law, University of Neuchatel, Switzerland



The 6th Asian Indoor & Martial Arts Games
Bangkok-Chonburi 2021



Appendix II

Asian Kickboxing Confederation's Medical Form

| | | | | |
|--------------------------|--|-----------------------|-----------------------|------------------------------|
| NOC Code | NOC Name | | | Passport / Identity Card No: |
| AD Number | Family Name | Given Name | Thai Characters | Nationality/Citizenship |
| Event / Weight category | Pulse (min) | Blood Pressure (mmHg) | | |
| Skin exam | Infection | | | |
| | Dermatologic disorders | | | |
| | lesions | | | |
| Head and Face | Any bruises, scars, swellings or tenderness | | | |
| Eyes | Pupils, Right | | Cornea Left | |
| | Distance vision: Right | | Distance Vision: Left | |
| Ears | Hearing Right | | Hearing Left | |
| Throat | | | | |
| Nose | | | | |
| Teeth | (summary of dental examination) | | | |
| Neck | Is it freely movable and without pain? Evaluation of lymphatic glands & thyroid | | | |
| Chest: | Any deformities | | | |
| Lungs | | | | |
| Heart | Rhythm | | | |
| | Size | | | |
| Extremities | With special attention to the hands: | | | |
| | Bones | | | |
| | Joints skin | | | |
| | Nails | | | |
| Lung exam | | | | |
| Neurological examination | | | | |
| Locomotor System | Any scars, tenderness, swellings, muscular atrophy, restrictions or laxity of joints, any deformities of the back of restriction of spinal mobility? | | | |
| Nervous System | Any tremors of eyelids, tongue or outstretched fingers? | | | |
| Genitalia | Absent or undescended testicle, hydrocele, Varicocele, inguinal or femoral hernia? | | | |

DECLARATION: "I, the undersigned, declare on my honor that I am eligible and fulfil the conditions stipulated by the Rules of the Olympic Council of Asia."

SIGNATURE OF DOCTOR

(Date / /)

Signature and Seal of President or Secretary
General of National Olympic Committee

(Date / /)

Signature and Seal of President or Secretary General of National
Federation/Association member of Asian Kickboxing Confederation

"This form must be typed and must be presented by athletes on the day of the Medical examination and weigh-in" and should be submitted together by Entry by Name Forms (online) at latest 1 December 2021 at 24.00 hours Thailand Time (GMT +7).

