

## WKO Code of Conduct for Safe Weight Management Policy

### Purpose:

This Code of Conduct is established to protect the health, safety, and long-term well-being of all athletes competing under WKO-sanctioned events. It sets clear expectations regarding responsible weight management and prohibits dangerous weight-cutting practices.

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### 1. Compete at a Healthy, Natural Weight

- All athletes are expected to compete in a weight category that reflects their natural, sustainable body weight.
  - Fighters, coaches, and clubs must **prioritise health over competitive advantage**.
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### 2. Strictly Prohibited Practices

The following methods of extreme weight cutting are strictly **forbidden** at any WKO event or affiliated competition:

- Deliberate **dehydration** (e.g., fluid restriction, sauna use, hot baths, sweat suits)
- Use of **diuretics, laxatives, or water pills**
- **Skipping meals or starvation** protocols
- **Rapid weight loss** of more than 5% of body weight within 7 days of a bout

Any athlete found using, encouraging, or promoting these methods will be subject to **immediate disqualification** and **further disciplinary review**.

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### 3. Pre-Weigh-In Medical Awareness

- Fighters must be physically fit and well-nourished at the time of weigh-in.
  - Any fighter displaying signs of **dehydration, dizziness, or fatigue** during or after weigh-in will be referred for medical assessment.
  - The **WKO Medical Officer** or Chief Official has full authority to withdraw an athlete from competition on safety grounds.
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#### 4. Hydration Protocol

- After weigh-in, all athletes must begin **immediate rehydration** and **nutrient replenishment**.
  - Fighters are advised to consume **electrolytes and fluids** as guided by medical staff.
  - On fight day, **only water** is permitted during active competition. Isotonic drinks are allowed before or after, but **not** during a bout.
  - **Fizzy drinks or alcohol** are strictly prohibited at ringside.
  - **Pre-Workout drinks and supplements** are not permitted prior to bout commencing
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#### 5. Parental and Coach Responsibility

- Coaches and parents must ensure that young athletes (under 18) are not pressured into fighting below their natural weight class.
  - Coaches found encouraging or assisting in dangerous weight-cutting practices will be subject to disciplinary measures, including **suspension from WKO events**.
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#### 6. WKO Authority

- The WKO reserves the right to monitor, assess, and act on any situation where athlete safety is at risk due to weight-related practices.
  - **Disqualification, event removal, or longer-term suspensions** may be issued for violations.
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#### 7. Education & Support

- All clubs and athletes are encouraged to **seek guidance** on proper nutrition, hydration, and weight control.
  - WKO will provide ongoing resources to support **safe and ethical weight management** in line with long-term athlete development.
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#### Summary:

This Code exists to protect fighters—not to restrict them. **Weight class integrity, safety, and professionalism** are critical to fair competition. Athletes who follow the rules, prioritise health, and train smart will always have WKO's full support.