

WORLD MARTIAL ARTS GAMES COMMITTEE TOURNAMENT RULES

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OFFICIAL RULES GOVERNING
THE WORLD MARTIAL ARTS
GAMES COMMITTEE

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World Martial Arts Games Committee

PROUD MEMBER OF TAFISA



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WORLD MARTIAL ARTS GAMES COMMITTEE Rules & Regulations

ARTICLE 1

COMPETITOR ELIGIBILITY

1.1 All World Martial Arts Games Committee (WMAGC) Sanctioned Events are amateur events. Therefore, only those competitors who have retained an amateur status in the particular event/events that they wish to enter may compete.

Amateurs are those who:

- Earned less than 40% of their living from martial arts competitions, including NASKA, WAKO, WTF, WKF, etc.
- Competed in two or fewer professional matches within the previous 12 months.

If a team member is unsure of their status, the National Director for that country may write to the WMAGC International Rules Committee to obtain an exception or special ruling.

1.2 All players must be registered by the National WMAGC Member country they are representing.

1.3 Citizenship and positive proof of domicile will dictate the country the competitor represents. A competitor must be a citizen of a country to represent that country.

Proof of citizenship – Passport, National ID Card – will be required of all competitors

1.4 Age will be determined as the age of a competitor on the first day of the month immediately preceding the competition. For example, if the WMAG begins on October 1, a competitor will be judged by the age they are on September 1 of that year.

Those competitors wishing an exception to this rule must have their National Director or Head Coach apply to the IRC, in writing (email is acceptable), no later than six months prior to the event.

1.5 Each Competitor is responsible for his/her own personal safety. Team Coaches are responsible for the safety of children in their care. Under no circumstances will the Organizers of the Event, Staff, Officials, or the Management and Staff of any Venue used in conjunction with any event take responsibility for any illness or injury which may occur during any event.

Competitor shall attest to their knowledge of the risks involved in participating in a martial arts tournament by completing the tournament waiver form. Persons less than 18 years of age may only participate if their parent or legal guardian signs on their behalf. No competitor will be permitted to compete without having the tournament waiver form signed and presented prior to the commencement of the tournament.

National teams shall be required to hold insurance sufficient enough to cover the potential injuries to their athletes while travelling to competitions.

All competitors must have medical clearance to compete, signed by a physician, not older than six months. Center Referees, Event Organizers, and National Team Head Coaches have the option of requesting a staff medical representative examine any competitors they believe may be unfit for competition. All decisions by the medical staff will be final and binding.

1.6 It is up to the referees and/or judges in each area to enforce the rules, however, it is up to each coach and competitor to ensure that he/she knows and fully understands the rules of the division which he/she is entering and also the risks of injury involved in the division he/she enters. Coach and Referee meetings must held before the competition starts.

1.7 By entering any WMAGC Tournament, competitors are giving permission for anti-doping tests to be carried out as per IOC and International Anti-Doping guidelines.

1.8 All uniforms must be approved by the representing country. All competitors must wear their approved country uniforms. Country name must be embroidered or silk-screened on the back of all uniforms, preferably using the IOC recognized three-letter abbreviation.

1.9 Each competitor is responsible for his/her own equipment and props where required (Rubber Knives for Self Defense, Music for Musical Forms, etc.). Under no circumstances will the Organizers of the Event, Staff, Officials or the Management and Staff of any Venue used in conjunction with any event, take responsibility for any loss or damage to any equipment, prop or any personal belongings of any competitor. However, event organizers will be responsible for venue protection during breaking events and will supply appropriate vendors for breaking materials.

1.10 Each competitor is responsible for the safety of themselves and others. Where physical contact with others forms part of an event, fingernails and toenails, if exposed, must be trimmed or covered.

1.11 Jewelry must be removed for all events. Wedding bands are exempt from this rule, however they must be covered to ensure the safety of competitors.

1.12 For purposes of identification, a referee may require a player to wear a colored flag or pennant which shall be attached to the back of the contestants rank belt.

1.13 Every competitor is expected to behave in a Sports person like Fashion. Angry and uncontrolled violent displays of behavior will not be tolerated. If a referee believes a player is guilty of such an infraction, he or she may call a judge's conference. Following the conference, a majority vote of all judges will cause the offending player to be disqualified – without refund.

Judges will not tolerate undisciplined displays of temper.

1.14 Intentional damage to any facility within the venue related or unrelated to the event is considered an immediate disqualifying offence from all divisions – without refund.

1.15 Misrepresentation of information by the National Director, Coaches or Athletes will result in immediate disqualification of the athlete and may result in further penalties against the country officials involved.

ARTICLE 2. GENERAL CONTEST RULES

2.1 The official language of all WMAGC events is English. Teams from non-English speaking countries are required to provide their own translators for events and competitors.

2.2 Competition shall consist of a 1-4 days depending on the size of event.

2.3 In order to establish competition between odd numbers of competitors, some may be given an automatic win, this is classified as a "BYE". The remaining competitors will then compete against each other in the normal manner, this may be double, or single elimination.

A bye is established by means of a blind, anonymous draw that is done previous to the first round of matches.

ARTICLE 3. GENERAL CONTEST AREA

3.1 The competition surface must have proper floor matting, with suitable thickness to accommodate throws. Matting must be laid flat and held secure. Any seam must be flat and are allowed to be covered with suitable tape. Tears and holes in mats are not acceptable.

3.2 The general ring area must be kept clear of spectators and other non-competitors.

During a match only the two competing players and the match officials may be on the mat.

3.3 Unless otherwise stated, the competition area shall consist of three zones covering a total minimum area of 7 x 7 meters square.

Contest Area - 6 x 6 meters

Safety Area - 1 meter wide

3.3.1 **Contest Area** – Shall be 6 x 6 meters (approximately 20 x 20 feet).

3.3.2 **Safety Area** – There shall be a Red colored Safety Area, attached and surrounding all four sides of the Contest Area by the width of 1 meter (approximately 3 feet wide).

3.3.3 **Danger Area** – When possible, a controlled area surrounding the Safety area, no less than 2 meters wide (approximately 6 feet wide) will constitute a danger area and be clearly marked.

3.3.4 **Mat Thickness** – Mat thickness for Forms and Sparring Divisions will be minimum 1”.

Grappling Divisions minimum 1” – 2”.

PART 2 – OFFICIATING

ARTICLE 4. SELECTION OF REFEREES, JUDGES AND OFFICIALS

4.1 Officiating is considered a prestigious position and therefore all Referees and Judges must hold the rank of Black Belt or above, as issued by a recognized International Martial Arts Association, or be fully certified as an International Referee by the WMAGC IRC.

This rule does not apply to special services such as Medical Officials, Ring Runners, Medal Carriers, etc.

4.2 All Referees and Judges must have completed the WMAGC Certification Course. Officials must be thoroughly knowledgeable in understanding, interpreting and administrating all aspects of the rules. This can only be accomplished through diligent study of the rulebook and training under actual competition conditions.

A certification course and examination will be held the day prior to each World Games.

4.3 Officials shall not be chosen based solely on the desire of their country. Officials chosen by each country must still pass all certification exams.

4.4.1 A Conflict of Interest is considered when the duty or responsibility of a Referee, Judge or Official is compromised due to that individual having a special interest or conflict with the event, competitors, or other referees. All Referees, Judges and Officials must ensure that no Conflict of Interest will exist in their participation in a particular event.

A request to review a conflict of interest must be made either immediately before, or immediately after a SPECIFIC competitor competes. Requests cannot be made after competition in a ring has concluded. (Example: A point sparring match where the decision could determine who moves to the next round). All activity in the ring will stop until a ruling may be made.

Where a Competitor, Coach, Referee, Judge or Official, believes there may be a Conflict of Interest situation, the person with whom the conflict exists must either withdraw from the event or seek the ruling and decision of the Chief Referee. If the decision of the Chief Referee is requested, the Chief Referee will ensure that the incident

and resolution is recorded on the event scorecard. (Example: All Referees and Competitor from the same nation)

(Example: Referee told competitor they would lose before match began)

4.4.2 A conflict of interest may arise when a referee is also acting as a competitor. It is suggested that no referee compete against those who might be refereeing that competitor's divisions. With that in mind, the WMAGC also suggests no referee compete in more than two events on a specific day.

4.5 The Chief Referee will be voted in at the WMAGC meeting prior to the World Games. One nomination will be accepted from each country. At any time during the tournament the Chief Referee, in his or her wisdom may reject officials who do not meet these criteria without recourse for protest or debate.

ARTICLE 5. OFFICIALS

5.1 WMAGC National Directors, or WMAGC board members can be considered for positions as Referees or Judges.

5.2 Medical personnel shall be available at all times, easily recognizable and attainable. There should be a single, centralized medical space for event medical staff.

National Team Doctors are allowed ring side but will be under the guidance of event medical personnel.

5.3 Official dress for all referees, judges and the officials will be chosen by the Rules and approved by the WMAGC board prior to the event.

5.4 The number of Referees, Judges required for an event, will be addressed in the Article covering the individual event.

5.5 It is the desire of the WMAGC Board of Directors that countries bring properly trained referees with their competition teams to ensure enough international referees for each event. The suggested ratio is 20:1, one referee for every 20 competitors.

5.6 Official Dress code: All Referees and Judges will wear black martial arts uniform bottoms, approved matt shoes, and the event's official Referee shirt.

ARTICLE 6. GENERAL DUTIES OF THE REFEREE

6.1 The Referee is charged with the supervision of the match and his or her prime goal is the safety of the players. The Referee administers and controls the tempo of the contest, enforces the rules and ensures fair play.

6.2 The Referee starts and stops the match, counts the time when a hold is taken, calls penalty decisions, administers the voting of the judges, communicates clearly with the scorekeeper and timekeeper and

announces the winner of each match. The Referee shall announce in a loud clear voice, all official decisions, and shall indicate with voice and gestures, the player affected by his or her decisions.

6.3 Only the Referee may call a time out, which maybe for any of the following reasons:

6.3.1 To allow equipment adjustment

6.3.2 To administer voting among the judges

6.3.3 To award points, assess penalties and administer warnings

6.3.4 To return contestants to the center, neutral area of the ring

6.3.5 To attend an injured player

6.3.6 To hear a legal protest

ARTICLE 7. GENERAL CALLS BY THE REFEREE

7.1 **Commence the round** – After the Referee has confirmed that the players, judges, scorekeeper and timekeeper are all ready, he or she shall call “BEGIN” or “FIGHT” to start the time and the contest.

7.2 **End of round** - Upon completion of each round, the Referee calls “STOP” to halt the match and returns the players to the center of the mat.

7.3 **Infraction** - The Referee stops the contest and gives the offending competitor a warning or a minus point. The Referee can also stop the contest and speak with the side-referees to make a decision. For this situation he may call a break or time out.

7.5 **Player out of bounds** - When a player is out of bounds the Referee calls STOP to hold the match and returns the players to the contest area and then starts again.

7.5.1 A Judge cannot score a competitor who is out of bounds.

7.6 **Time-out** - When voting on all penalty calls, the Referee must call a time out.

7.7 **Excessive Force** - If there is not a majority vote by the judges on excessive force, the Referee may issue a warning on his or her own.

7.8 **Judges majority** - The Referee may not under any circumstances overrule a majority of judges for any cause or condition other than Excessive Force (7.7).

7.9 Scoring Signs

Point sparing = see Referee Seminar documents

Continuous sparing and Kick-Light = see Referee Seminar documents

ARTICLE 8. GENERAL DUTIES OF THE JUDGES

8.1 **Certification** - All judges are required to be certified in the event that they are judging.

8.2 **Restrictive Movements** - Judges are required to limit their motions to their respective areas of the ring.

ARTICLE 9. POINTS AWARDED BY JUDGES

9.1 Each Judge is to award points based on their own observations and should not be swayed by the actions or voices of others. Points must be awarded in accordance with the criteria for each event.

ARTICLE 10. DUTIES OF THE TIMEKEEPER

10.1 The timekeeper shall be seated adjacent to the playing area and shall stop and start time according to the Referee's or Head Judge's signal to do so. The timekeeper, may use verbal and visual signals (such as a bean bag or suitable substitute thrown into the center of the mat area) to inform the Referee when time has run out, or when he or she has received a formal protest from the Chief Referee, or his or her designate (Scoreboards with acoustic signal).

10.2 Time runs out officially only when the judges and players have been verbally informed of the fact by the Referee.

ARTICLE 11. DUTIES OF THE SCOREKEEPER

11.1 The scorekeeper shall record all scores and penalties awarded to players, as instructed by the Referee or Head Judge.

11.1.1 Wins, loses and rounds are scored by the Scorekeeper

11.1.2 Rounds are tallied and kept to break a tie should it occur

11.2 The scorekeeper will call up each player before a match, including those already on deck.

11.3 The scorekeeper must have at the table all required score sheets, hand counters, stopwatches, etc.

11.4 The scorekeeper must provide a method of visual scoring to inform the Referee, judges and players of the score.

ARTICLE 12. STANDARDISATION OF VERBAL CALLS BY OFFICIALS

12.1 Referee:

"Begin" or "Fight" - To start the competition and the timekeeper's clock

"STOP" - To stop the competition

"Hold down" - A hold down has commenced

“Score” - To request a show of judges’ scores

“Time Out” - To stop the timekeeper’s clock

“Time” - To begin the timekeeper’s clock

“Fight” - To begin after a stoppage

“Break” - To stop the fight shortly and step one step back and fight again

12.2 Official Hand Signals: See referee seminar handouts.

ARTICLE 13. DISPUTES AND GRIEVANCES

13.1 Informal Grievance Procedures

Should the need arise to make a complaint on the day of an event regarding the implementation of the rules, or with regard to any official on any area the following is the only method of informal complaint which will be accepted.

1. Attract the attention of the main referee/judge on the area.
2. He/She will suspend the match and call for the Chief Referee (Supervisor)
3. Explain calmly and clearly the nature of the complaint.
4. Await the Chief Referees decision.
5. The Chief Referees decision will be final.
6. Only the registered National Coach at the ringside may initiate a complaint. The National Head Coach may be called for consultation.
7. A Coach is allowed two (2) grievances per event. If a grievance is approved it does NOT count against the coach’s total.

13.2 Formal Grievance Procedures

Formal Grievances are for infractions which are of a serious and significant nature – more than a single event at a ring which is covered by the informal process (13.1). Formal Grievances will lead to a full investigation by the WMGAC International Rules Committee into the Grievance, and will only be accepted when given in written form to the Chief Referee or Supervisor at the Event accompanied by the names and contact details of all witness to the event and with a fee of €100.00 or its equivalent in the respective currency of the WMAGC Rules committee. If the claim is substantiated, the €100.00 will be returned.

The event organizer will keep a formal journal recording any and all formal grievances, the country of origin, the nature of the grievance, those involved, and the resolution.

PART 3 – Forms Divisions

ARTICLE 14 - GENERAL FORM RULES

14.1 **Gender** - Every division will be divided into Male and Female categories.

14.2 **Age Divisions** – All Forms, except where otherwise indicated.

Description	Age Grouping
Children	7 to 10
Youth	11 to 13
Junior	14 to 17
Adult	18 to 25
	26 to 35
	36 to 45
	46 & Over

14.3 **Grade Divisions** - Due to the diversification of a mixed martial arts event the following guide will serve as the basis for determining the appropriate grade division of an individual. Years of experience will be the common factor for determining a competitor's eligibility in an event. Competitors MUST wear the appropriate belt color regardless of color used in their specific art. For example, all Intermediate competitors must wear a blue belt.

Description	Martial Arts Years Experience	WMAGC Belt
Intermediate	Under 3 years' experience	Blue
Advanced	Over 3 and less than 6 years	Brown
Black Belt	More than 6 years' experience	Black

14.4 **Scoring** – Scoring will be as outlined under the individual event.

14.5 **Definitions:**

14.5.1 **Traditional Forms** - Traditional Forms (Empty Hand & Weapon Forms) are those which are accepted to be from a recognised Traditional Martial Art, or Martial Arts Style.

14.5.2 **Differences In Styles** - Every Instructor will teach their own opinion of what the Traditional Form should be. However, the Original Form must be recognizable as that form and not changed dramatically.

14.5.3 **Form** - For the sake of this document, the word Form will be taken to represent all Kata, Poomse, Patterns, Forms and any other title which is given in the various Martial Arts.

ARTICLE 15. CHINESE EMPTY HAND FORMS DIVISION

15.1 **Uniform** – All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors may wear appropriate footwear. Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which is not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

15.2 **Performance** – Competitors must perform a Form which is recognised as being from a 'Traditional' Chinese Martial Art.

15.3 **Performance Area** - The Performance Area shall be conducted on a Blue matted area of fourteen (14) meters x eight (8) meters, surrounded by a Red safety area of Two (2) meters around the matt.

15.4 **Number of Judges** – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area.

15.5 **Entering & Exiting the Performance Area** – Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent
3. Name of the Form

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

15.6 **Scoring** – Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Appropriate Mental Focus
6. Overall Performance/Energy Of The Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

ARTICLE 16. JAPANESE/OKINAWA EMPTY-HAND FORMS

16.1 **Uniform** - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

16.2 **Performance** - Competitors must perform a Kata or Form which is recognised as being from a 'Traditional' Japanese/Okinawa Martial Art.

16.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

16.4 **Number of Judges** – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area..

16.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the

judges/main judge the following:

1. Name of Competitor
2. Country They Represent
3. Name of the Form

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

16.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Appropriate Mental Focus
6. Overall Performance/Energy Of The Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted a half point from their final score by each referee.
2. In the case of a tie, Intermediate and Advanced Grades may perform a different Form but are not required to do so.
3. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

ARTICLE 17. KOREAN EMPTY-HAND PATTERNS

17.1 **Uniform** - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

17.2 **Performance** - Competitors must perform a Pattern or Form which is recognised as being from a 'Traditional' Korean Martial Art. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

17.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

17.4 **Number of Judges** – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area.

17.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent
3. Name of the Form

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

17.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Appropriate Mental Focus
6. Overall Performance/Energy Of The Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted a half point from their final score by each referee.
2. In the case of a tie, Intermediate and Advanced Grades may perform a different Form but are not required to do so.

ARTICLE 18. WEAPONS FORMS DIVISION

18.1 CHINESE SHORT WEAPONS FORMS

18.1.1 **Uniform** - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts.

Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

18.1.2 **Performance** - Competitors must perform a Form which is recognised as being a Traditional Chinese Weapon Form. The following are considered Short Weapons:

Jian – Traditional Straight Sword
Dao – Traditional Broad Sword

Illegal or prohibited weapons cannot be used in any weapons routine. Please check the martial art's weapons restrictions of the host country prior to the event.

18.1.3 **Performance Area** - The Performance Area shall be conducted on a Blue matted area of Fourteen (14) meters x Eight (8) meters, surrounded by a Red safety area of Two (2) meters around the matt with seating arrangements for the Judges either on one side, or at the corners of the area..

18.1.4 **Number of Judges** – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area.

18.1.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the judges/main judge and will announce to the judges/main judge the following

1. Name of Competitor
2. Country They Represent
3. Name of The Form

They will then present their weapon form inspection by the Judges/Main Judge who may if not satisfied regarding the safety of perform with that weapon request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

18.1.6 Scoring - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Manipulation of the Weapon
6. Appropriate Mental Focus
7. Overall Performance/Energy of The Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. Dropping the weapon, or failing to fully control the weapon to the point where it creates danger to the competitor or spectators will lead to an automatic disqualification.
3. In the case of a breakage of a Weapon, the competitor will be given 5 minutes to replace the weapon, or may perform a Form/Pattern/Kata with a different weapon without penalisation.
4. In the case of a tie, Intermediate and Advanced Grades must perform a different Form
5. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form/Pattern/Kata.

18.2 CHINESE LONG WEAPONS FORMS

18.2.1 Uniform - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

18.2.2 Performance - Competitors must perform a Form which is recognised as being a Traditional Chinese Weapon Form. The following are considered Long Weapons:

Rope Dart
Sectional Staff
Spear
Staff

Illegal or prohibited weapons cannot be used in any weapons routine. Please check the martial art's weapons restrictions of the host country prior to the event.

- 18.2.3 **Performance Area** - The Performance Area shall be conducted on a Blue matted area of Fourteen (14) meters x Eight (8) meters, surrounded by a Red safety area of Two (2) meters around the matt with seating arrangements for the Judges either on one side, or at the corners of the area..
- 18.2.4 **Number of Judges** – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area.
- 18.2.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the judges/main judge and will announce to the judges/main judge the following

1. Name of Competitor
2. Country They Represent
3. Name of the Form

They will then present their weapon form inspection by the Judges/Main Judge who may if not satisfied regarding the safety of perform with that weapon request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

- 18.2.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Manipulation of the Weapon
6. Appropriate Mental Focus
7. Overall Performance/Energy of the Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. Dropping the weapon, or failing to fully control the weapon to the point where it creates danger to the competitor or spectators will lead to an automatic disqualification.
3. In the case of a breakage of a Weapon, the competitor will be given 5 minutes to replace the weapon, or may perform a Form/Pattern/Kata with a different weapon without penalisation.

4. In the case of a tie, Intermediate and Advanced Grades must perform a different Form
5. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form/Pattern/Kata.

18.3 TRADITIONAL JAPANESE/OKINAWA WOODEN WEAPONS

- 18.3.1 **Uniform** - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

- 18.3.2 **Performance** - Competitors must perform a Form which is recognised as being a Traditional Japanese/Okinawa Wooden Weapons Form. Illegal or prohibited weapons cannot be used in any weapons routine. Please check the martial art's weapons restrictions of the host country prior to the event.
- 18.3.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.
- 18.3.4 **Number of Judges** – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area.
- 18.3.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point. Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the judges/main judge and will announce to the judges/main judge the following

1. Name of Competitor
2. Country They Represent
3. Name of The Form

They will then present their weapon form inspection by the Judges/Main Judge who may if not satisfied regarding the safety of perform with that weapon request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

- 18.3.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Manipulation of the Weapon
6. Appropriate Mental Focus
7. Overall Performance/Energy of the Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. Dropping the weapon, or failing to fully control the weapon to the point where it creates danger to the competitor or spectators will lead to an automatic disqualification.
3. In the case of a breakage of a Weapon, the competitor will be given 5 minutes to replace the weapon, or may perform a Form/Pattern/Kata with a different weapon without penalisation.
4. In the case of a tie, Intermediate and Advanced Grades must perform a different Form

18.4 TRADITIONAL JAPANESE/OKINAWA BLADED WEAPONS

- 18.4.1 **Uniform** - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which is not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

- 18.4.2 **Performance** - Competitors must perform a Form which is recognised as being a Traditional Japanese/Okinawa Bladed Weapons Form. Illegal or prohibited weapons cannot be used in any weapons routine. Please check the martial arts' weapons restrictions of the host country prior to the event.
- 18.4.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.
- 18.4.4 **Number of Judges** – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area.
- 18.4.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the judges/main judge and will announce to the judges/main judge the following

1. Name of Competitor
2. Country They Represent
3. Name of the Form

They will then present their weapon for inspection by the Judges/Main Judge who may if not satisfied regarding the safety of performing with that weapon request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this

point they should make their way to their starting position.

18.4.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Manipulation of the Weapon
6. Appropriate Mental Focus
7. Overall Performance/Energy of the Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. Dropping the weapon, or failing to fully control the weapon to the point where it creates danger to the competitor or spectators will lead to an automatic disqualification.
3. In the case of a breakage of a Weapon, the competitor will be given 5 minutes to replace the weapon, or may perform a Form/Pattern/Kata with a different weapon without penalisation.
4. In the case of a tie, Intermediate and Advanced Grades must perform a different Form

ARTICLE 19. NON-TRADITIONAL FORMS

19.1 NON-TRADITIONAL EMPTY-HAND FORMS

19.1.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear. Competitors are not permitted to wear any costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

19.1.2 **Performance** - Competitors must perform a Form without Weapons, Music, Gymnastic movements, and no kicking rotations greater than 360 degrees, which is of their own creation of not less than 1 minute and not longer than 2 minutes duration. Forms are solo demonstrations of individual competitor's Martial Arts ability. The techniques used are based in the Martial Art(s) which the competitor trains in.

19.1.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

19.1.4 **Number of Judges** - The Form will be judged by not less than 3 Judges for Junior and Under Black Belt Forms, and not less than 5 Judges for Adult Black Belt Forms, who will be seated in one of the following manners

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

19.1.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor,

and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

19.1.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Appropriate Mental Focus
5. Complexity of the Form/Pattern/Kata Performed
6. Overall Performance/Energy of the Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. In the case of a tie, competitors may perform the same Form.
3. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

19.2 NON-TRADITIONAL WEAPONS FORMS

19.2.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

19.2.2 **Performance** - Competitors must perform a Form with a Weapon, without Music, Gymnastic movements, and no kicking rotations greater than 360 degrees, which is of their own creation not less than 1 minute and not longer than 2 minutes duration. Forms are solo demonstrations of individual competitor's Martial Arts ability. The techniques used are based in the Martial Art(s) which the competitor trains in.

19.2.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

19.2.4 **Number of Judges** – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area.

19.2.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

They will then present their weapon for inspection by the Judges/Main Judge who may if not satisfied regarding the safety of performance with that weapon, request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

19.2.6 Scoring - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Manipulation of the Weapon
5. Appropriate Mental Focus
6. Overall Performance/Energy of the Form

Points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. Dropping the weapon, or failing to fully control the weapon to the point where it creates danger to the competitor or spectators will lead to an automatic disqualification.
3. In the case of a breakage of a Weapon, the competitor will be given 5 minutes to replace the weapon, or may perform a Form/Pattern/Kata with a different weapon without penalisation.
4. In the case of a tie, competitors may perform the same Form.

ARTICLE 20. MUSICAL FORMS

20.1 MUSICAL EMPTY-HAND FORMS

20.1.1 Uniform - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear. Competitors are not permitted to wear any costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

20.1.2 Performance - Competitors must perform a Form without Weapon, which is of their own creation to music of not less than 1 minute and not longer than 2 minutes duration. The form must not contain any Gymnastic movements, and no kicking rotations greater than 360 degrees. Forms are solo demonstrations of individual competitor's Martial Arts ability to music. The techniques used are based in the Martial Art(s) which the competitor trains in. Musical Forms are not a dance and will be judged accordingly.

- 20.1.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.
- 20.1.4 **Number of Judges** – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area.
- 20.1.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

When in position, the competitor should raise their hand above their head. In order to indicate when the music should start, competitors should drop their hand to their side.

- 20.1.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Appropriate Mental Focus
5. Complexity of the Form/Pattern/Kata Performed
6. Keeping to the beat of the Music
7. Overall Performance/Energy of the Form

Competitors will have 2 sets of scores, one will be for Technical Performance, the other for Musical Choreography.

For musical performance, judges will raise their hand above their head with a show of fingers to score the athletes ability to keep to the beat of the music. The following guidelines determine how the judges will score:

- 0 - Form was not performed to the beat of the music
- 1 - Form was partly performed to the beat of the music
- 2 - Form was mostly performed to the beat of the music

For technical performance, points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. In the case of a tie, competitors may perform the same Form.
3. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

20.2 MUSICAL WEAPONS FORMS

20.2.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear. Competitors

are not permitted to wear any costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

20.2.2 **Performance** - Competitors must perform a Form with a Weapon, which is of their own creation to music of not less than 1 minute and not longer than 2 minutes duration. The form must not contain any Gymnastic movements, and no kicking rotations greater than 360 degrees. Forms are solo demonstrations of individual competitor's Martial Arts ability to music. The techniques used are based in the Martial Art(s) which the competitor trains in. Musical Forms are not a dance and will be judged accordingly.

20.2.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

20.2.4 **Number of Judges** - The Form will be judged by not less than 3 Judges for Junior and Under Black Belt Forms, and not less than 5 Judges for Adult Black Belt Forms, who will be seated in one of the following manners

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

20.2.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

They will then present their weapon for inspection by the Judges/Main Judge who may if not satisfied regarding the safety of performance with that weapon, request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

When in position, the competitor should raise their hand above their head. In order to indicate when the music should start, competitors should drop their hand to their side.

20.2.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures

2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Manipulation of the Weapon
5. Appropriate Mental Focus
6. Keeping to the beat of the Music
7. Overall Performance/Energy of the Form

Competitors will have 2 sets of scores, one will be for Technical Performance, the other for Musical Choreography.

For musical performance, judges will raise their hand above their head with a show of fingers to score the athletes ability to keep to the beat of the music. The following guidelines determine how the judges will score:

- 0 - Form was not performed to the beat of the music
- 1 - Form was partly performed to the beat of the music
- 2 - Form was mostly performed to the beat of the music

For technical performance, points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. Dropping the weapon, or failing to fully control the weapon to the point where it creates danger to the competitor or spectators will lead to an automatic disqualification.
3. In the case where a competitor fails to keep to the beat of the music, they will be deducted 1 point from their overall score.
4. In the case of a breakage of a Weapon, the competitor will be given 5 minutes to replace the weapon, or may perform a Form/Pattern with a different weapon without penalisation.
5. In the case of a tie, competitors may perform the same Form.

ARTICLE 21. EXTREME FORMS

21.1 EXTREME EMPTY-HAND FORMS

- 21.1.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear. Competitors are not permitted to wear and costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

- 21.1.2 **Performance** - Competitors must perform a Form without Weapon, which is of their own creation to music of not less than 1 minute and not longer than 3 minutes duration. The form must contain Gymnastic movements, and at least one kicking rotation that is greater than 360 degrees. Forms are solo demonstrations of individual competitor's Martial Arts ability to perform extreme and traditional movements to music. Extreme Forms are not a dance and will be judged accordingly.

- 21.1.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

- 21.1.4 **Number of Judges** – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area.

- 21.1.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they

are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

When in position, the competitor should raise their hand above their head. In order to indicate when the music should start, competitors should drop their hand to their side.

21.1.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Appropriate Mental Focus
5. Complexity of the Form/Pattern/Kata Performed
6. Keeping to the beat of the Music
7. Difficulty of Extreme kicking movements
8. Difficulty of Gymnastics movements
9. Overall Performance/Energy of the Form

Competitors are required to perform no less than 4 and not more than 5 Gymnastic/Extreme Kicking movements in their Form.

Competitors will have 2 sets of scores; one will be for Technical Performance, the other for Musical Choreography.

For musical performance, judges will raise their hand above their head with a show of fingers to score the athletes ability to keep to the beat of the music. The following guidelines determine how the judges will score:

- 0 - Form was not performed to the beat of the music
- 1 - Form was partly performed to the beat of the music
- 2 - Form was mostly performed to the beat of the music

For technical performance, points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. In the case of a tie, competitors may perform the same Form.
3. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

21.2 EXTREME WEAPONS FORMS

21.2.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed

glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear. Competitors are not permitted to wear any costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

- 21.2.2 **Performance** - Competitors must perform a Form with a Weapon, which is of their own creation to music of not less than 1 minute and not longer than 3 minutes duration. The form must contain Gymnastic movements, and at least one kicking rotation that is greater than 360 degrees. Forms are solo demonstrations of individual competitor's Martial Arts ability to perform extreme and traditional movements to music. Extreme Forms are not a dance and will be judged accordingly.
- 21.2.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.
- 21.2.4 **Number of Judges** – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area.
- 21.2.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

They will then present their weapon for inspection by the Judges/Main Judge who may if not satisfied regarding the safety of performance with that weapon, request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

When in position, the competitor should raise their hand above their head. In order to indicate when the music should start, competitors should drop their hand to their side.

- 21.2.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Manipulation of the Weapon
5. Appropriate Mental Focus
6. Keeping to the beat of the Music
7. Difficulty of Extreme kicking movements
8. Difficulty of Gymnastics movements
9. Overall Performance/Energy of the Form

Competitors are required to perform no less than 4 and not more than 5 Gymnastic/Extreme

Kicking movements in their Form.

Competitors will have 2 sets of scores, one will be for Technical Performance, the other for Musical Choreography.

For musical performance, judges will raise their hand above their head with a show of fingers to score the athletes ability to keep to the beat of the music. The following guidelines determine how the judges will score:

- 0 - Form was not performed to the beat of the music
- 1 - Form was partly performed to the beat of the music
- 2 - Form was mostly performed to the beat of the music

For technical performance, points will be awarded between 5 and 7 for Juniors and Under Black Belt Forms and between 6 and 10 for Adult Black Belt Forms. Decimals may be used.

Notes:

1. In the case of a competitor re-starting any Form they will be deducted 1 point from their final score.
2. Dropping the weapon, or failing to fully control the weapon to the point where it creates danger to the competitor or spectators will lead to an automatic disqualification.
3. In the case where a competitor fails to keep to the beat of the music, they will be deducted 1 point from their overall score.
4. In the case of a breakage of a Weapon, the competitor will be given 5 minutes to replace the weapon, or may perform a Form/Pattern/Kata with a different weapon without penalisation.
5. In the case of a tie, competitors may perform the same Form.

ARTICLE 22. SYNCHRONISED FORMS

22.1 GENERAL SYNCHRONISED FORMS RULES

- 22.1.1 **Gender Divisions** – This is a mixed gender event.
- 22.1.2 **Age Divisions** - The age divisions for Synchronised Forms is Under 18 years of age and 18 years of age and above.
- 22.1.3 **Grade Divisions** - There are no grade divisions for synchronised Forms.

22.2 SYNCHRONISED EMPTY- HAND FORMS

- 22.2.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear. Competitors are not permitted to wear and costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

- 22.2.2 **Performance** - Synchronized Empty-Hand Forms is a team demonstration by 3 people from the same discipline, performing the same routine of a Traditional or Musical Form, without a Weapon, with Synchronicity. If a Musical Form the duration will be not less than 1 minute and not longer than 2 minutes duration. Musical Forms are Team demonstrations of the competitor's Martial Arts ability to music. The techniques used are based in the Martial Art(s) which the competitor trains in. Musical Forms are not a dance and will be judged accordingly.
- 22.2.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.
- 22.2.4 **N Number of Judges** – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area.
- 22.2.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

When in position, the competitor should raise their hand above their head. In order to indicate when the music should start, competitors should drop their hand to their side.

- 22.2.6 **Scoring** - Competitors will be scored on the following criteria:

If the team demonstrates a Traditional Form, the same criteria as for the Traditional Forms divisions will apply excepting that in the case where the Team loses synchronicity, a point will be deducted from the final score.

If the team demonstrates a Musical Form, the same criteria as for the Musical Forms divisions will apply excepting that in the case where the Team loses synchronicity, a point will be deducted from the final score.

22.3 SYNCHRONISED WEAPONS FORMS

22.3.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear. Competitors are not permitted to wear and costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

22.3.2 **Performance** - Synchronized Weapons Forms is a team demonstration by 3 people from the same discipline, performing the same routine of a Traditional Weapons or Musical Weapons Form, with Synchronicity. If a Musical Form the duration will be not less than 1 minute and not longer than 2 minutes duration. Musical Forms are Team demonstrations of the competitor's Martial Arts ability to music. The techniques used are based in the Martial Art(s) which the competitor trains in. Musical Forms are not a dance and will be judged accordingly.

22.3.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

22.3.4 **Number of Judges** – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area.

22.3.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

When in position, the competitor should raise their hand above their head. In order to indicate when the music should start, competitors should drop their hand to their side.

22.3.6 **Scoring** - Competitors will be scored on the following criteria:

If the team demonstrates a Traditional Form, the same criteria as for the Traditional Forms divisions will apply excepting that in the case where the Team loses synchronicity, a point will be deducted from the final score.

If the team demonstrates a Musical Form, the same criteria as for the Musical Forms divisions will apply excepting that in the case where the Team loses synchronicity, a point will be deducted from the final score.

ARTICLE 23. TEAM FORMS

23.1 GENERAL TEAM FORMS RULES

- 23.1.1 **Gender Divisions** – This is a mixed gender event.
- 23.1.2 **Age Divisions** - The age divisions for Team Forms is Under 18 years of age and 18 years of age and above.
- 23.1.3 **Grade Divisions** - There are no grade divisions for synchronised Forms

23.2 TEAM EMPTY-HAND AND WEAPONS FORMS RULES

- 23.2.1 **Uniform** - Uniforms may include a T-Shirt. Male Competitors may also perform their Form topless, if appropriate to the Form. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear. Competitors

are not permitted to wear and costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

- 23.2.2 **Performance** - The Team Forms division is a non-synchronised demonstration of the Martial Arts ability of their individual school to music, not longer than 2 minutes 30 seconds. Competitors may demonstrate any aspect of Training used by the school they train in. There must be a minimum of 2 persons in the team, and a maximum of 6. The demonstration may include the use of weapons.

The Team Forms division must include at least 50% Traditional Martial Arts Techniques be that with, or without a weapon. The other 50% can be modern, freestyle or Extreme Martial Arts movement, however, the Team Form cannot include any dance movement.

- 23.2.3 **Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.
- 23.2.4 **Number of Judges** – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area.
- 23.2.5 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

When in position, the competitor should raise their hand above their head. In order to indicate when the music should start, competitors should drop their hand to their side.

- 23.2.6 **Scoring** - Competitors will be scored on the following criteria for each member of the Team:

1. Proper Technique
2. Acrobatic Techniques if appropriate
3. Appropriate Balance, Speed, Power and Control of the Body
4. Manipulation of the Weapon if appropriate.
5. Appropriate Mental Focus
6. Working as a Team
7. Overall Performance/Energy of the Form

Scores will be awarded between 8 and 10 points. Decimals may be used.

PART 4 - Kickboxing

ARTICLE 24. GENERAL KICKBOXING RULES

ALL COMPETITORS MUST COMPETE AT THE HIGHEST RANK ACHIEVED IN ANY STRIKING ART. ANY COMPETITOR FOUND TO BE COMPETING AT A LOWER RANK THAN ACHIEVED WILL BE DISQUALIFIED AND BARRED FROM THE WMAG FOR 4 YEARS.

ANY COACH FOUND ENDORSING SUCH CHEATING WILL BE BARRED FROM WMAGC COMPETITION FOR 4 YEARS.

24.1 Divisions:

24.1.1 **Gender** - Every division will be divided into Male and Female categories.

24.1.2 Age Divisions

Description	Age Grouping
Children	7 to 10
Youth	11 to 13
Junior	14 to 17
Adult	18 to 25
	26 to 35
	36 to 45
	46 & Over

24.1.3 **Grade Divisions** - Due to the diversification of a mixed martial arts event the following guide will serve as the basis for determining the appropriate grade division of an individual. Years of experience will be the common factor for determining a competitor's eligibility in an event. Competitors MUST wear the appropriate belt color regardless of color used in their specific art. For example, all Intermediate competitors must wear a blue belt.

Description	Martial Arts Years Experience	WMAGC Belt
Intermediate	Under 3 years' experience	Blue
Advanced	Over 3 and less than 6 years	Brown
Black Belt	More than 6 years' experience	Black

24.1.4 **Weight Divisions** – Weight division will be as outlined in the individual event.

24.2 Weighing-in (Not required for Point Sparring Division):

24.2.1 All contestants will be weighed in.

24.2.2 The contestant will bring his/her passport or national photo identification card for members of the host nation to the weighing-in.

24.2.3 The weighing-in of contestants is handled by the head registrar in collaboration with the arranging and recording group and under the supervision of the members from the Referees/Rules Commission.

24.2.4 Contests shall be weighed at the time of the official weigh-in. The weighing-in of each contestant shall be completed within an hour. Contestants shall be bare of any clothing or only have their undergarments on when being weighed.

24.2.5 The contestants must bring all sparring equipment to the weigh-in. Their equipment will be inspected and if it is not up to WMAGC Standards, the contestant will have until the start of their

match to replace it with the appropriate WMAGC approved gear.

24.2.6 The weighing-in will start from the lighter weight categories. A contestant, whose weight does not conform to the requirements of the category and cannot make weight within the time limit of the weighing-in, shall not be allowed to compete.

24.3 Competition Area

24.3.1 The competition area shall be 6m x 6m in size and matted as per the general rules.

24.3.2 The area must be devoid of any hazards.

24.3.3 The Scoring Table shall be at least 1m away from the edge of the area

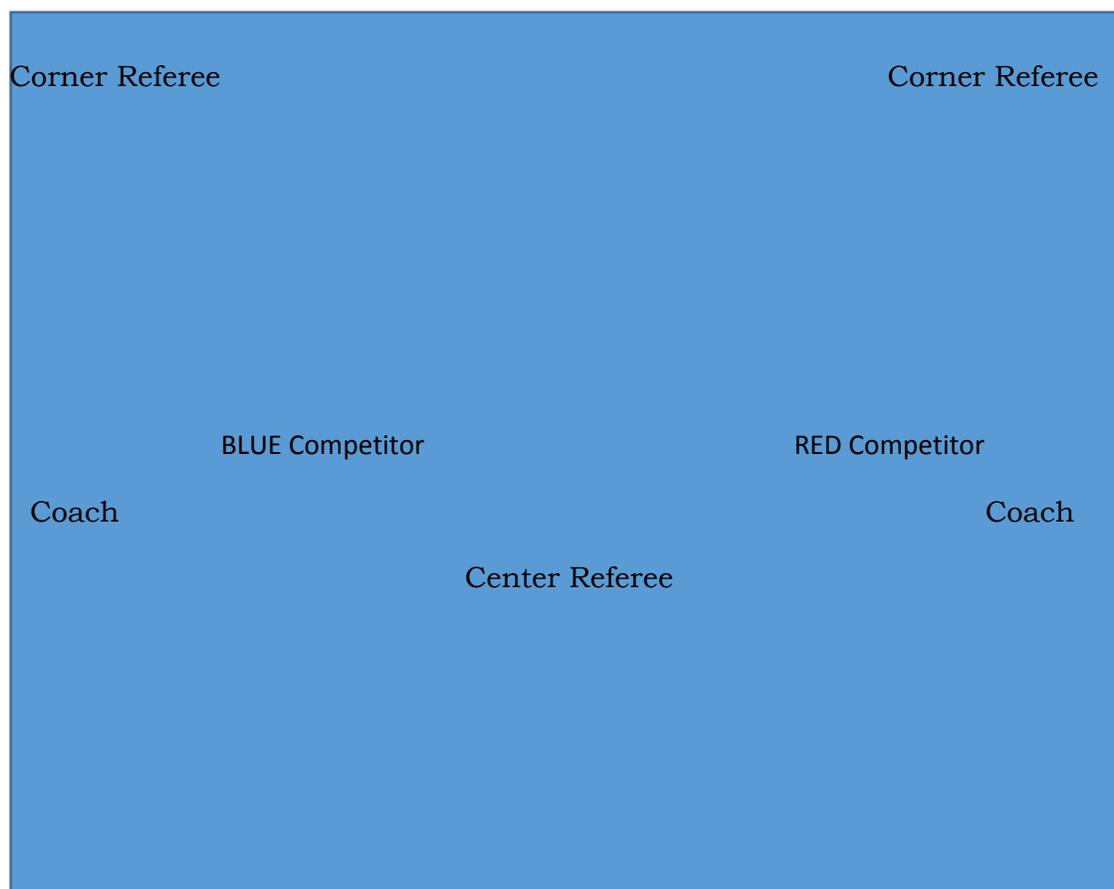
24.3.4 Markings denoting where competitors and referees stand shall be clearly marked on the area.

24.3.4.1 Competitors should be centrally positioned and be 2m apart

24.3.4.2 Referees should be positioned 2m away from center and perpendicular to the competitors.

A match will conform to the layout shown below:

SCORE TABLE



24.4 Dress Code

24.4.1 Referees will wear black martial arts uniform pants, mat shoes, official event referee/official shirt.

24.4.2 Competitor Uniforms

24.4.2.1 Official National sparring uniform.

24.4.2.2 For women, a plain shirt matching the color of the national uniform is allowed.

24.4.2.3 The jacket must be either a tuck-in Kickboxing style, or when tightened around the waist with the Belt, must be of an overall length that it covers the hips.

The sleeves of the Jacket must reach at least half the way down forearm and may not be rolled up.

24.4.2.4 The trousers must be long enough to cover at least two-thirds of the shin.

24.4.2.5 The Belt must be of an overall length that leaves about 15 cm. of extra length on both ends after it has been properly tied around the waist.

24.4.2.6 Competitors must have short fingernails and must not wear metallic or plastic, or other dangerous object which cause injury.

24.4.2.7 No jewelry is allowed. This includes watches, necklaces, religious charms, rings, earing, any piercings, and wedding bands.

3. Coaches must wear their country's official tracksuit. Coaches may not wear a martial arts uniform with rank belt.

24.5 Equipment

24.5.1 Mandatory Equipment:

- 10 oz. Boxing Gloves or Kickboxing Glove with covered fingertips and attached thumb. Youth will wear 8 oz. boxing gloves or appropriate kickboxing gloves with covered fingertips and attached thumb.
- Kickboxing Foot Pads that FULLY cover the toes
- Dual-sided (upper and lower) Mouth guards/Gum shield.
- Head Protection covering sides, back and top of head.
- Males: Groin protectors. Must be worn inside the uniform bottoms. Exposed groin protectors are NOT allowed.
- Spectacles are not allowed (soft contact lenses or sport goggles are allowed at a competitor's own risk)

24.5.2 – Optional Equipment

- Face Mask
- Body Shield
- Shin Guards
- Forearm Guards
- Female breast shield or chest protectors – STRONGLY encouraged

Examples of approved competition gear. These are only examples and gear is not limited to these specific brands.



24.6 Scoring

24.6.1 Legal Target Areas:

- Head
- Face
- Chest
- Abdomen (excluding shoulders),
- Side of Trunk
- Back – Limited to trunk, kidneys, shoulder blades

24.6.2 Illegal Target Areas:

- Groin
- Legs
- Spine
- Neck
- Throat

24.7 Legal and Illegal Techniques

24.7.1 Legal Scoring Techniques:

- Closed Fist Punch
- Back Fist
- Any Kick that strikes with the foot
- Boot-to-boot unbalancing sweeps immediately followed by a legal technique
- Grabs immediately followed by a legal technique

24.7.2 Illegal Techniques and Actions

- Attacks without Control, e.g. blind techniques, swinging techniques
- Excessive Contact, intentional striking to cause injury
- Attacks to Leg (between the hip joint to below the knee)
- Attacking the arms, e.g. punching an attacking hand or bicep
- Attacks to Joints, e.g. knee, hip, elbow, shoulder, instep.
- Attacks with the Head
- Elbow Strikes
- Knife Hands
- Ridge Hands
- Knee Strikes
- Open hand attacks to the Face
- Grabbing the opponent and failing to immediately execute a legal technique
- Pushing the opponent
- Passivity
- Avoiding/refusing to engage
- Unsporting behavior, e.g. offensive/foul language to opponent and officials. This also extends to a competitor's

supporters. A competitor may be disqualified for inappropriate coach, parent, team mate behavior.

- Feigning Injury

24.8 Scoring Criteria

24.8.1 A legal technique will only score when it strikes a legal target with the following:

- Proper form
- Sporting attitude
- Vigorous application
- Awareness
- Proper distancing

24.8.2 Scores should only be given for controlled techniques that show the potential to penetrate into the target

24.8.3 Scoring considerations

- For a point to be considered by the Referee, the scoring competitor must be in the legal area when the technique was delivered.
- A competitor can be scored upon while outside the legal area provided his opponent is within bounds.
- When both competitors are outside the legal area no technique may score.
- A technique delivered at the same time as end of bout signal will still count.
- No scores can be given for any techniques delivered after the 'end-of-bout' signal.
- No Score shall be given if a competitor injures the opponent (even superficially) with a legal technique. The Referees must first determine if the opponent had any role to play in their own injury (e.g. where they moving in?) and if intentional excessive contact was made. After those decisions, a scoring point or penalty will be awarded.

24.8.4 Technique values:

- Hand technique – 1 point
- Kick to the body – 1 point
- Kick to the head – 2 points
- Spinning or jumping kick to the body – 2 points
- Spinning or jumping kick to the head – 3 points
- Jump-spinning kick to the body – 3 points
- Jump-spinning kick to the head – 4 points

24.9 Declaration of Victor

- The competitor with the most points at the end of the bout is the winner.
- If a competitor is leading with a margin of 8 points the bout is stopped and he or she is declared the winner.
- In case of a tie, the following shall be considered in making a Decision:
 - One, one-minute round will be given at the end of which the competitor with the most points is declared the winner.
 - If a tie still persists, then a Sudden Death round – first to score wins – will take place.

24.9.1 Warning and Penalties

The Center Referee has final say on awarding penalty actions against a competitor. The below guidelines are a basic outline and the Center Referee has the ability to jump penalty categories if needed. For example, if a contestant uses excessive intentional force on an initial technique with obvious anger and intent to injure, the Center Referee can go directly to a

disqualification.

If the Center Referee moves to a more serious penalty, that decision must be explained to the other referees and, if necessary, an arbitrator.

24.9.1.1 Penalties shall be tallied as follows:

1st Penalty - Warning

2nd Penalty – Point awarded to opponent

3rd Penalty – Point awarded to opponent

4th Penalty – Disqualification

24.9.1.2 Forbidden Behavior

- Executing an illegal technique.
- Goading or enticing the opponent
- Unsporting attitude
- Feigning Injury
- Falling after delivering a technique, or falling when an opponent attacks
- Discourteous behavior to Officials, Opponents, Coaches, Spectators
- Avoiding or refusing to fight
- Lack of safety precautions shown for self and the opponent
- Excessive Contact

24.9.2 Injuries

The safety of competitors is the primary concern of all officials, referees, promoters, and coaches. At NO TIME may a competitor be placed in a dangerous situation. A Center Referee has the right to end any competition at any moment if they think a competitor's health is in danger.

24.9.2.1 If a competitor is injured the bout shall be stopped by the Referee and a physician will be called to examine and treat the injury. There is a maximum time of two (2) minutes time which begins when the physician arrives at the ring.

24.9.2.2 The physician decides if the Competitor can continue. If the competitor is unable to continue, a Decision must be sought by the Referee.

- If the competitor cannot continue the referees will meet to decide which competitor is at fault.
- If the injured competitor is at fault – e.g. they executed an uncontrolled jumping technique and landed poorly injuring a knee – then the injured competitor is declared the loser of that match. Legitimate injury is NOT grounds for disqualification.
- If the injured competitor is not at fault – e.g. they were struck with an illegal technique – then the injured competitor is declared the winner of the bout.

24.9.2.3 If the injured competitor is declared fit by the doctor then the bout will continue. However, if the injured competitor avoids continuing the bout or wishes to withdraw, that competitor will lose the bout.

24.9.2.4 If both competitors are injured accidentally at the same time and both are not able to continue the bout, the decision will be go to the competitor with the most points. In the event of a tie, the referees will individually, and without conference, vote for the winner using a secret ballot. The victor of the ballot will be declared the winner.

24.9.2.5 The physician is the only person who can declare a competitor unfit to continue a match. However, competitors may withdraw and coaches may withdraw a competitor.

24.9.3 Protests

24.9.3.1 Only an official coach can ask for a match or ring to stop activity, and then only to bring the National Team Coach to the ring for protest and arbitration.

24.9.3.2 Only the National Team Coach, or their approved representative, can protest against Judgments of the Referee or the Officials.

24.9.3.3 An Official Coach may ask to speak to a Center Referee if he or she believes the Referee/Judges are not conforming to these set of rules. After seeking clarification from the Center Referee the coach may then, if desired, ask for activity to stop and the National Team Coach called.

24.9.3.4 The Center Referee, together with the Event Arbitrator, will consider the evidence and speak with the Referee/Judges and ask them to correct their decision if the protest is upheld.

24.9.3.5 When the decision is reached it will be final. No further protest will be allowed.

ARTICLE 25. CONTINUOUS SPARRING

25.1 **Competition Description** - Continuous Sparring is a controlled contact sport – Semi Contact. Semi- contact means that the maximum blow would only touch the surface of the clothing or protective equipment with no penetration.

25.2 **Divisions:**

25.2.1 **Under 18's Divisions** – See Article 24.1.1 through 24.1.4.

25.2.2 **Over 18's Weight Divisions:**

25.2.2.1 **Men:** -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, -95 kg, +95 kg

25.2.2.2 **Women:** -50 kg, -55 kg, -60 kg, 65 kg, +65 kg

Weight divisions may be combined at the discretion of the Tournament Director with the approval of the WMAGC.

25.2.3 **Team Divisions:**

25.2.3.1 **Age** – Under 10 years, 10 – 13 years, 14 – 17 years, 18 & over

25.2.3.2 **Gender** – Male Teams and Female Teams

25.2.3.3 **Weight Divisions** – There will be no weight divisions.

25.2.3.4 **Number of Competitors** – 3 Persons

25.2.3.5 **Scoring** – Each member of the team must spar and the team with the most points will be declared the winning team. In the case of a tie on points, one member of each team will square off, and the winner of this match will be declared the winning team.

25.2.3.6 **Rules** – As per Continuous Sparring Rules.

25.2 **Uniform** – See 24.4. Competitors with long hair must to use a plain hair tie. Competitors are not permitted to wear any kind of glasses.

25.3 **Competition Area** - The competition area will be as outline in Article 3.3.

25.4 **Entering & Exiting the Contest Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Before the Competitors begin their match, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready. At this point they should make their way to their starting positions.

Before the start of each round, the contestants will bow to each other.

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow the judge on the platform with the judge returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

25.5 **Referees/Judges** - The match will be judged on a continuous basis by three judges seated at the ring corners that will award points for scores they see made. The whole match will be overseen by a central Referee who will enforce the rules of the match. **The Centre Referee's Main Responsibility Is Safety of the Competitors.**

- 25.6 **Safety of Competitors** - It will be the centre judge's responsibility to ensure safety at all times of competitors. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.
- 25.7 **Time of Matches** - 90 Second (1 Minute 30 Second) each round.
- 25.8 **Number of Rounds** - 2 Rounds until the finals. For Finals 3 Rounds
- 25.9 **Time Outs** - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the judges, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

ARTICLE 26. POINTS SPARRING

- 26.1 **Competition Description** - Points Sparring is a controlled contact sport – Semi Contact. Semi- contact means that the maximum blow would only touch the surface of the clothing or protective equipment with no penetration.
- 26.2 **Divisions:**
- 26.2.1 **Under 18's Divisions** – See Article 24.1.1 through 24.1.4.
- 26.2.2 **Over 18's Weight Divisions:**
- 26.2.2.1 **Men:** -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, -95 kg, +95 kg
- 26.2.2.2 **Women:** -50 kg, -55 kg, -60 kg, 65 kg, +65 kg
- 26.2.3 **Team Divisions:**
- 26.2.3.1 **Age** – Under 10 years, 10 – 13 years, 14 – 17 years, 18 & over
- 26.2.3.2 **Gender** – Male Teams and Female Teams
- 26.2.3.3 **Weight Divisions** – There will be no weight divisions.
- 26.2.3.4 **Number of Competitors** – 3 Persons
- 26.2.3.5 **Scoring** – Each member of the team must compete and the team with the most points will be declared the winning team. In the case of a tie on points, one member of each team will square off, and the winner of this match will be declared the winning team.
- 26.2.3.6 **Rules** – As per Point Sparring Rules.
- 26.3 **Uniform** – See 24.4 Competitors with long hair must to use a plain hair tie. Competitors are not permitted to wear any kind of glasses.
- 26.4 **Entering & Exiting the Contest Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Before the Competitors begin their match, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready. At this point they should make their way to their starting positions. Before the start of each round, the contestants will bow to each other.

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow the judge on the platform with the judge returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants

will then exit at the point designated for existing.

26.5 **Referees/Judges** - The match will be judged on a continuous basis by three judges seated at the ring corners that will award points for scores they see made. The whole match will be overseen by a central Referee who will enforce the rules of the match. **The Centre Referee's Main Responsibility Is Safety of the Competitors.**

26.6 **Time of matches:**

26.9.1 **Time per Round** - 2 Minutes. Match will end early if the following occurs:

26.7 **Time Outs** - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the judges, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

PART 5 – Grappling Divisions

ARTICLE 31 – GENERAL GRAPPLING RULES

31.1 **Officiating** - The grappling arts can only be altered or modified to become a safe competitive sport if one important element becomes part and parcel of the sport itself. This foremost element is well trained officials. He/she must be thoroughly knowledgeable in understanding, interpreting and administering all aspects of the rules. This can only be accomplished through diligent study of the rule book and actual physical training under competition conditions. Officiating shall be considered a prestigious position and only those who have diligently studied and trained are to be considered and accepted as experts in the field of rule etiquette.

31.2 Divisions:

31.2.1 **Gender** - Each division will be divided into Male and Female categories, unless otherwise stated.

31.2.2 **Age Divisions** – Age division will be as outlined in the individual event.

31.2.3 **Grade Divisions** – Grade division will be as outlined in the individual event.

31.2.4 **Weight Divisions** – All grappling division weights are based on the following table:

Description	Age Grouping	Gender	Weight Category ¹
Junior Male All Belts ²	15 & Under	Male	Under 25kg
			25 to 29kg
			30 to 34kg
			35 to 39kg
			40 to 44kg
			45 to 49kg
			50 to 54kg
			55 to 59kg
			60 to 64kg
65kg & Over			
Junior Female All Belts ²	15 & Under	Female	Under 25kg
			25 to 29kg
			30 to 34kg
			35 to 39kg
			40 to 44kg
			45 to 49kg
			50 to 54kg
			55 to 59kg
			60 to 64kg
65kg & Over			
Intermediates	16 to 17	Male	Under 55kg
			55 to 59kg
			60 to 64kg
			65 to 69kg
			70kg & Over
Intermediates	16 to 17	Female	Under 50kg
			50 to 54kg
			55 to 59kg
			60kg & Over
Adult Male All Belts	18 & Over	Male	Under 65 kg
			65 to 70 kg
			71 to 77kg
			78 to 85kg
			86 to 95kg
			96 kg and Over

Adult Female All Belts	18 & Over	Female	Under 65 kg
			65 to 70 kg
			71 to 77kg
			78 to 85kg
			86 to 95kg
			96 kg and Over

¹ Weight categories may be altered due to number of competitors or other circumstances. The final decision rests with the Tournament Director.

² Juniors Under 16 – In the event that there are not enough competitors to form a competition, competitors may be grouped into under 10kg groupings at the Tournament Directors discretion i.e. Under 30kg, 40kg, etc

NOTE – The Tournament Director has the option to change and alter all divisions depending on the number of competitors in each division with the prior approval of the WMAGC.

31.3 **Weighing-in:**

31.3.1 Only contestants in keeping with the other qualifications shall be weighed in.

31.3.2 The contestant will bring his/her passport to the weighing-in.

31.3.3 The weighing-in of contestants is handled by the head registrar in collaboration with the arranging and recording group and under the supervision of the members from the Referees/Rules Commission.

31.3.4 Contests shall be weighed only once before the whole competition or once on each day of competition, at the designated time and place. And the weighing-in of each contestant shall be completed within an hour. Contestants shall be bare of any clothing or only have their undergarments on when being weighed.

31.3.5 The weighing-in on each day of competition shall be completed two hours before the start of the first unit of the day's competition.

31.3.6 The weighing-in will start from the lighter weight categories. A contestant, whose weight does not conform to the requirements of the category and cannot make weight within the time limit of the weighing-in, shall not be allowed to compete.

31.4 **Scoring** – Scoring will be as outlined under the individual event.

ARTICLE 32. GRAPPLING/SUBMISSION COMPETITION (GSC)

32.1 **Competition Description** – The Grappling/Submission Division was designed with an open set of rules that will allow many different grappling styles to compete in the same event. The sport brings out a competitive side where the athlete demonstrates his/her physical & psychological conditions, techniques, and abilities with the objective of rendering his/her opponent into submission or by securing positional dominance.

32.2 **Divisions:**

32.2.2 **Age Divisions**

Description	Age Grouping
Children	7 to 10
Youth	11 to 13
Junior	14 to 17
Adult	18 to 25
	26 to 35
	36 to 45
	46 & Over

32.2.3 **Grade Divisions** - Due to the diversification of a mixed martial arts event the following guide will serve as the basis for determining the appropriate grade division of an individual. Years of experience will be the common factor for determining a competitor’s eligibility in an event. Competitors **MUST** wear the appropriate belt color regardless of color used in their specific art. For example, all Intermediate competitors must wear a blue belt.

Description	Martial Arts Years Experience	WMAGC Belt
Intermediate	Under 3 years’ experience	Blue
Advanced	Over 3 and less than 6 years	Brown
Black Belt	More than 6 years’ experience	Black

32.2.3 **Weight Divisions** - Weight divisions are as outlined in Article 31.2.4

32.3 **Uniform** - Each player must present him/herself suitably attired in a clean, traditional martial arts uniform (Gi or Kimono), constructed of cotton or similar material and in good condition. The material may not be excessively thick or hard to the point where it will obstruct the opponent. Colours may be black, white or blue. Other colours or combined colors will be allowed in keeping with the National Team Colours. A jujutsu or judo top is recommended. The jacket is to be of sufficient length down to the thighs, sleeves must reach the wrist with arms extended in front of the body. Belt width 4- 5cm, with colour corresponding to rank tied around the waist with a double knot, tight enough to secure the uniform closed. The uniform must be washed and dried with no unpleasant odours. Athletes are not permitted to compete with torn uniforms, sleeves or pants that are not of proper length or with t-shirts underneath the uniform (except in the female divisions). If a player’s uniform becomes bloodied or torn in a manner that may affect the outcome of the match, he/she will be asked to replace it immediately or forfeit the match. Competitors with long hair must to use a plain hair tie. Toe and fingernails must be cut short and clean. All jewellery (rings, watches, necklaces, etc.) must be removed. Wearing of eye glasses during competition is prohibited. Competitors may be required to wear a coloured flag or belt during the actual match for identification purposes.

Wrestling shoes or any type of shoes, head gear, and any type of protectors that can alter the outcome of the match in any way are not allowed in competition.

32.4 **Competition Area** - The competition area will be as outlined in Article3.3.

32.5 **Entering & Exiting the Contest Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point. The Centre Referee will give the first athlete on the mat a green and yellow belt for identification and keep him on the right side, in case the athletes’ uniforms are the same colours. The other athlete must remain on the left side, and after the compliments.

Before the Competitors begin their match, the Central Referee will oversee that everything is correct; for example: the ring, equipment, uniforms, hygiene, officials, etc., and that the area is clear of obstruction.

When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready. At this point they should make their way to their starting positions.

Before the start of each round, the contestants will bow to each other. The referee will start the match by saying "Begin"!

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow to the referee, then the officials on the platform with the referee and officials returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

- 32.6 **Referees, Inspector, & Officials** – Each contest will have a Centre Referee, an Inspector of the match, one Scorekeeper, and one Timekeeper to time the duration of each round. The match will be overseen the Centre Referee who will enforce the rules of the match. Medical personnel shall be available at all times and easily recognizable. During the match, the referee or persons at the scoring table are not allowed to converse with the competitors, this will be strictly enforced.

32.6.1 **Duties of the Centre Referee:**

The Centre referee is the highest authority on the mat and has the authority to disqualify competitors during the match. No one can overturn his decision. In special cases the Chief Referee of the event can review and overturn a referee's decision if the decision is unjust. In cases where a referee shows himself incapable to continue refereeing because of obvious mistakes, the Chief Referee has the authority to replace him.

The Centre Referee does not keep score. The Centre Referee is charged with supervision of the match. He/she administers and controls the tempo of the contest, enforces the rules, and ensures fair play. To this end, he/she starts and stops the match, counts the 10 second holds, awards points and calls and enforces all penalties

The referee shall communicate clearly with the scorekeeper and timekeeper, as well as announce the winner of each match. The referee shall announce in a loud clear voice all official decisions, and shall indicate with voice and gestures the player affected by his/her decisions.

The Centre Referee is encouraged to give verbal commands throughout the competition where a penalty has not been called, such as "*watch the contact, or, stay in bounds, etc.*"

Only the centre referee may call time out. He/she must do so for the following reasons:

- a) To allow equipment adjustments.
- b) To award points, assess penalties, administer warnings. c) To attend to an injured competitor.
- d) To hear a legal protest.

During the match the Centre Referee will continually be directing the competitors to the centre of the ring. In the event that the competitors move out of bounds during the match, the referee will call "OUTSIDE", and at the same time the referee will do the gesture according to the command, and the competitors must hold their position without movement. The same occurrence will happen when 2/3 of the competitor's body is outside the boundary. The referee may be assisted by another official in moving the athletes back to the centre of the ring. In case the referee and the other official are unable to move the athletes back to the centre of the ring, the athletes will be asked to walk back to the centre and continue from the same position.

The referee will not allow interference from outsiders during the match. Medical team or nurse will be allowed on the mat at the referee's discretion.

When the Timekeeper gives the signal that the match is over, the Centre Referee can give an advantage point to a competitor for attempting a submission or for attempting to establish a dominant position without maintaining for the required time, except for take-downs because athletes do not need to establish a dominant position to award points.

In the event of a draw, the Centre Referee will decide who the winner is and his/her decision is absolute.

Any and every situation that cannot be determined by the manual will be left up to the Centre Referee's discretion.

32.6.2 **Duties of the Match Inspector:**

The Match Inspector verifies before the match that the competitors' nails are trimmed, the uniform is correctly fitted, and assures that the colour and the state of the belt is appropriate for the competitor.

During the match the Inspector will ensure that all official duties are executed according to the official rules of the Games. If the Inspector believes that there is an infringement of the rules, they have the authority to request a timeout in which they can confer with the Centre Referee.

During the match the Centre Referee may seek the advice of the Match Inspector regarding any clarification of the rules.

32.6.3 **Duties of the Timekeeper:**

Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee's signal to do so. If for some reason the centre referee fails to call time out, the timekeeper should automatically stop time, and then restart time with the referee's signal, or when the match resumes.

Timekeeper #1 is the official timekeeper. They shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the centre of the competition area, inform the referee when time has run out, or when he/she has received a formal protest. Time officially runs out only when the centre referee calls the signal to stop.

32.6.4 **Duties of the Scorekeeper:**

There will be a scoreboard situated horizontally on the Officials table, easily visible by the Centre Referee and spectators.

The Scorekeeper shall keep count of all points and penalties awarded to competitors, as instructed by the Centre Referee. He/she will maintain scores sheets and notes from the Centre Referee and call up each competitor, including those on deck.

All the required score sheets, hand counters, stopwatches and necessary flags must be at the Official's table.

32.6.5 **Gestures:**

The central referee will make gestures indicated below, according with the actions. For all gestures made, the central referee will raise his hand indicating the athlete receiving the score with his armband in accordance with the colour of the athlete's coloured uniform or indicating belt.

Take downs and sweeps: The referee will raise his hand indicating the scoring athlete's colour and the score of 2 or 3 points. 2 points will be scored if a takedown ends up in the opponent's guard. 3 points will be scored if the takedown or throw is executed and does not end up in the opponent's guard.

Passing the guard: The referee will raise his hand indicating the scoring athlete's colour and the score of 3 points.

Reversals from guard to mount: The referee will raise his arm above his head indicating the scoring athletes colour and the score of 3 points.

Reversals from mount which ends up in opponent's guard: The referee will extend his arm to shoulder height and indicate the scoring athletes' colour and the score of 2 points.

Back mount hooks / grapevine: The referee will raise his arm above his head indicating the scoring athletes colour and the score of 3 points.

Pins/holds: The centre ref will call hold or pin and count the 10 second time when 75% of their opponents back have been pinned to the ground and award 2 points.

Submission: Wins the bout.

Penalties: The referee will stop the bout and inform the penalised competitor and table official of the infringement. An advantage will be given to the other competitor. (See 32.10)

Advantages: The referee signals advantages with arm extended sweeping outward on a horizontal plane level with the shoulder.

For the interruption of the match: The referee opens his arms together on a horizontal plane level with the shoulder.

For interruption of time during the match: The referee puts his hands one above the other forming a "T", signalling the timekeeper to stop the time.

For disqualification: The referee lifts his arms and crosses them, after that, he points to the disqualified athlete.

To take off a awarded point: The referee lifts the arm that he gave the point with and waves his hand.

32.7 **Safety of Competitors** - It will be the Centre Referee's responsibility to ensure safety at all times of competitors. In all categories, the Centre Referee has the authority to stop a match when either of the competitors are in danger of serious bodily harm as a result of a submission and award the victory to the competitor applying the submission. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.

32.8 **Time of Matches** – See Article 32.2

32.9 **Number of Rounds** – There is only one round.

32.10 **Time Outs** - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the Centre Referee gives the command to match. He/She may also call time out at the request of one of the Officials, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

In the event a competitor fails to present to the competition area with all proper uniform, they will be given one minute to prepare themselves after which they will be disqualified from the division.

32.11 **Illegal Techniques** – There will be no striking of any kind. No pressure points i.e. hands, knees or elbows on face area. No minor joint locks i.e. fingers and toes. No neck cranks or similar techniques that may injure the vertebrae and no clawing of the windpipe.

Illegal Technique	Illegal Technique for Division Marked By "X"				
	Ages 7 to 13	Ages 14 to 15	Ages 16 to 17	Adult through Senior Underbelt	Adult through Senior Black belt
Striking	X	X	X	X	X
Facial Contact	X	X	X	X	X
Finger/Toe Locks	X	X	X	X	X
Spine Locks	X	X	X	X	X
Neck Cranks	X	X	X	X	X
Frontal Neck Crank	X	X	X	X	X
Heel Hook	X	X	X	X	X
Slam from the guard	X	X	X	X	X
Triangle Pulling the Head	X	X	X	X	X
Knee Lock with twisting	X	X	X	X	X
Cervical locks	X	X	X	X	X
Scissors Takedown	X	X	X		
Chokes	X	X			
Submission techniques	X	X			
Wrist Lock	X	X	X		

- 32.11.1 Cervical locks or neck cranks are not allowed in any category except for chokes in the juveniles or adult divisions. Competitors attempting a cervical lock will be immediately disqualified with no prior warnings.
- 32.11.2 Ankle locks using the figure 4 method are allowed
- 32.11.3 Leg locks without any pressure or twisting are allowed
- 32.11.4 Applying any Lock or Choke in a manner that is not considered sportsmanlike, or is applied without control or with such force that could cause injury to the opponent is considered an illegal technique.
- 32.11.5 Strictly no submissions for competitors under the age of 18.

32.12 **Match Conclusions** – There is never a draw. Bouts will be decided by:

- 1) Submission
- 2) Disqualification
- 3) Unconsciousness (to be avoided by referee's intervention) or pull out due to injury.
- 4) Points
- 5) Advantages

32.13 **Submission** - Submission occurs when a technique forces an opponent into admitting defeat by:

- 1) Tapping with the palm against his opponent or the floor in a visible manner
 - 2) Tapping with his feet on the ground (if he is unable to use his hands)
 - 3) Requesting verbally to the referee that the match be stopped (if he can neither tap with his hands or his feet)
 - 4) Requesting that the match be ended if the athlete gets injured or feel physically incapable or unprepared.
 - 5) The referee may end the match giving victory to the one that applied the lock if he sees a lock being properly applied and is certain that the Athlete is exposed to serious physical damage.
 - 6) A coach of one of the athletes may request that the match be ended either by directing himself to the referee or by throwing the towel into the ring for any reason.
 - 7) When an athlete is under a submission position and he calls "Ai", will be the same as if he taps.
- The referee may end the match when one of the athletes is injured or the doctor's examination proves he is incapable to continue. If this occurs, the victory will be given to the opponent as long as the injury was not caused intentionally by conduct worthy of disqualification.

32.14 **Disqualification** – The Centre Referee may disqualify an athlete due to the occurrence of a serious infraction. Serious infractions are defined as follows:

- 1) The use of foul language, cursing, or other immoral acts of disrespect towards the referee or any of the assisting public.
- 2) Biting, hair pulling, putting fingers into the eyes or nose of one's opponent, intentionally seeking to injure genitalia or the use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair advantage.
- 3) When the competitor has his/her uniform ripped during the match, the referee will give him a set time to change it. If the competitor does not change it in time he will be disqualified.
- 4) The competitor must wear shorts under the pants, keeping in mind the risk that the suit might get torn or unsowed, If this occurs, the athlete will be given a set time determined by the referee to find another pair of pants to wear. If the athlete can not change within the set time, he will be immediately disqualified.
- 5) When an athlete has been submitted to a lock and to avoid tapping out he runs out of the ring, he will be immediately disqualified. In such cases when it is considered a technical foul, not a disciplinary foul, the offender may return to the competition to continue the absolute division or in case of a bracket of three.

6) When the athlete breaks any rule of the article 32.11

32.14. 1 **Escalation** - An act of disqualification against a competitor may eliminate the competitor from further participation in that tournament. All disqualifications should be classified as Minor or Major. Details are as follows:

32.14.1.1 **Minor Disqualification:** Will be for the existing contest only (providing there is double elimination or round robin).

32.14.1.2 **Major Disqualification:** Will be for the balance of the tournament or a designated period of time, to be suggested by the involved ring referee and submitted to the tournament director and the governing body for that country or area.

32.15 **Unconsciousness** - One of the 2 opponents is defeated after losing consciousness by any of the valid moves: strangling, pressuring, or take downs, or accidents in which the adversary has not committed any foul worthy of disqualification. This would only occur if there was no attempt to tap- out prior to the opponent losing consciousness. In all instances the Centre Referee will make sure that the safety of athletes comes first by recognising and preventing potential loss of consciousness.

32.16 **Points** - The Centre Referee is empowered to award points, or penalize a competitor with a warning, loss of points or disqualification.

32.16.1 **Positive Points** - The competition makes the athletes use their technical abilities to finish or neutralize their opponents. Positions are achieved through proper technique. If there is no submission at the end of a match, the athlete gains victory by scoring more position points than his opponent.

Points	Technique	Description
2	Opponent's 3rd Penalty Warning	- On committing a third offence, the offender's opponent will be given two points. - See Article 33.16.2
	Sweeps	- Is defined when the athlete that is underneath has his opponent in his guard (in between his legs) or the half guard (having one of his adversary's legs between his) and is able to get on top of his adversary by inverting his position, 3 points will be awarded. - It will not be considered a sweep if the move does not begin from inside the guard or half guard.
	Take Downs	- Any kind of take down or throw by legal means that renders the opponent on his back or side. - Any takedown that ends up in the guard scores 2 points, clearing the guard scores 3 points. - The take down that lands outside of the competition area and on to the security area will be valid as long as the athlete that applied it stood with both feet in the competition area while making the take down. - When the athlete attempts the double leg and the opponent sits on the floor and executes a sweep, the athlete who attempted the takedown will not receive points, but the one who executed the sweep will.
	Pins/Holds	- The centre ref will count the 10 second time when 75% of their opponents back has been pinned to the ground. - Hold broken will be called when the opponent has managed to escape with either 75% of their body out of the hold or pin or if a half guard has been achieved.
	Mount	- The Mount is when the athlete sits on his opponent's torso with both knees down on either side. - The opponent can be lying on his stomach, side or back. - The one mounted can be on top of one of his opponent's arms, but never on both. - It will also be considered a mount if he/she has one knee and one foot on the ground. - No points will be awarded if his/her feet or knees are on the opponent's leg. - If an athlete applies a triangle while in the guard and in so doing lands mounted on the opponent, it will be considered a sweep, not a mount.
3	Passing the Guard	- Is when the athlete that is above his adversary or in between his legs, moves to his Opponent's side, establishing a perpendicular or longitudinal position over his adversary's trunk, dominating him and leaving him no space to move or to escape the position. - If the athlete that is underneath avoids the move by getting to his knees or standing up, the initiative will not be awarded 3 points but will be awarded an advantage.
	Back Grab /Hooks	- The Back grab Is when the athlete grabs his adversary's back, taking hold of his neck and wrapping his legs around his opponent's waist, with his heels leaning on the inner side of his opponent's thighs, not allowing him to leave the position. - the points will not be awarded if both heels are not properly positioned on the inner part of the adversary's thighs. - It will also be considered a back grab, if the athlete has the leg over one arm of the opponent but never over both arms. In this case no points will be awarded.

- 32.16.1.1 The athlete cannot score new points when he is in a position where he received points previously, changes position intentionally and returns to the same position.
- 32.16.1.2 No points will be marked for the athlete who is attaining a position while in a submission. Points will only be awarded after the submission is completely defended. Example: When one athlete is mounted on his opponent but is in a guillotine the points of the mount will be awarded only when the submission is defended.

32.16.2 **Penalties** – On the first offence the offender will be given a verbal warning. On the second offence the offender's opponent will be given an advantage. On the third offence the offender's opponent will be given two points. After the third offence the referee may disqualify the athlete for any further fouls.

Penalty	Offence	Description
Warnings	Avoiding Combat	- When either of the athletes run to one of the extremities of the ring to avoid engagement, or while on the ground, flee by crawling or rolling out of the ring or by standing up avoiding engaging or purposely stepping out of the ring to gain time.
	Avoiding Engagement	- When the athlete avoids engaging by taking off his uniform or by allowing it to be taken off with the intention of stopping the match to allow him or herself rest or to avoid the attacks of his/her opponent.
	Kneeling	- The athlete will only be allowed to kneel after having taken hold of his opponent's uniform.
	Stalling	- When the athlete stalls the match, holding his adversary and, not seeking to engage or gain submissions when in the guard, on top, or on the bottom - Holding the opponent, standing up, or any position designed to stall.
2 Points awarded to Opponent	3 rd Warning	- On the third offence the offender's opponent will be given two points.
Disqualification	After 3 rd Warning	- After the 3 rd offence, the Referee has the authority to disqualify the athlete who has incurred additional fouls.
	Excessive Force	- A call for excessive force indicates that a referee saw a competitor using strength or force in excess of the force necessary to score a point. - Any throw, takedown, or submission hold delivered with malicious intent will be considered excessive force and may result in immediate disqualification.
	Disrespect or Unsportsmanlike Conduct	- The Centre Referee has the authority to immediately disqualify an athlete who displays disrespect or unsportsmanlike conduct.

32.17 **Advantages** - It is considered an advantage when the athlete attempts but does not complete any of the fundamental moves of the match; i.e. sweep, take down, submission, etc:

32.17.1 **Advantages through takedowns** - When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.

32.17.2 **Advantages during closed guard** - When the athlete on the bottom has his legs wrapped around his opponent's waist:

1) The one on top will earn the advantage by being on the offensive, trying to dominate his adversary's guard (pass the guard). For the referee to consider it an advantage, the athlete that is on top must come close to passing the guard, forcing his adversary to exert energy to regain position e.g. half guard, almost immobilizing, etc.

2) The one underneath will earn the advantage if he almost sweeps his opponent, putting him in a dangerous position, as well as when he attempts a lock that forces his opponent to defend. NOTE: for the sweep attempt to be considered worthy of an advantage the athlete underneath must open his legs.

32.17.3 **Advantages from Submission Attempts:** The one who has managed to get his opponent in either a submission or choke position and attempted to submit his or her opponent will be considered as an advantage.

32.17.4 **Ties** - When there is a tie situation on the scoreboard, it is up to the referee to decide if he will award an advantage, using the following judgments:

- 1) **Advantages for initiative:** An advantage will be awarded during standing engagement or on the ground if the athlete attempts a technique with more aggressiveness and initiative, trying takedowns, other finalizing moves during the match. Or showing that he dominates the match most of the time by putting the opponent on the defensive.
- 2) **Advantages through takedowns:** When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.
- 3) **Advantages during ground engagement:** Advantages will be awarded during ground engagement if the athlete attempts a technique and puts his adversary on the defensive.

32.18 **Description of Illegal Techniques**

All Categories

- 1) No striking of any kind
- 2) No hands, knees, forehead or elbows on face area
- 3) No minor joint locks - i.e. Fingers or Toes
- 4) No spine locks or neck cranks
- 5) No frontal neck crank or similar technique which may injure the spine or vertebrae
- 6) No heel hooks (Ankle locks using the figure 4 method)
- 7) No slam from the guard
- 8) No triangle pulling the head
- 9) No knee locks (leg locks without any pressure or twisting of the knee are allowed)
- 10) No application of any Lock or Choke in a manner that is not considered sportsmanlike, or with such force that may cause injury to your opponent.

Under 16 Years of Age

- 1) No submission techniques

ARTICLE 33. SPORT JUJUTSU (SJJ)

33.1 **Competition Description** – The word Jujutsu was originally used to describe a complete system of martial arts used by the Samurai Class of Japan. Prior to, simultaneously, and afterwards, other nations developed similar systems for their warrior class. Since the early 1900's, the need for feudal hand to hand combat systems has decreased whereas the sport side has continued to evolve and grow. Today, the term Sport Jujutsu describes an activity that brings out the competitive side of the art where the athlete demonstrates his physical & psychological conditions, techniques, and abilities with the objective of rendering his opponent into submission.

33.2 **Divisions:**

33.2.1 **Age Divisions** – Events will be divided by age as follows:

Juniors – 15 years & under
Intermediates – 16 & 17years
Adult – 18 to 34 years
Executive – 35 years & Over

33.2.2 **Grade Categories** – Due to the diversification of a mixed martial arts event, the colour of a belt, Japanese Kyu ranking or any other grouping may not apply to all. The following guide will serve as the basis for determining the appropriate grade division of an individual. Years of experience will be the common factor for determining a competitor's eligibility in an event:

Description	General Martial Arts Experience	WMAGC Belt
Intermediate	1 to 3 years	Blue
Advanced	Over 3 less than 5years	Brown
Black Belt	Varies	Black

33.2.3 **Weight Categories** - Weight divisions are as outlined in Article 31.2.4

33.3 **Uniform** - Each player must present him/herself suitably attired in a clean, traditional Jujutsu or Judo style uniform (Gi) with sleeves no more than one fist distance up the arm from the wrist. If a player's uniform becomes bloodied or torn in a manner that may affect the outcome of the match, he/she will be asked to replace it immediately or forfeit the match. Competitors with long hair must use a plain hair tie. All jewellery (rings, watches, necklaces, etc.) must be removed. Wearing of eye glasses during competition is prohibited. Competitors may be required to wear a coloured flag or belt during the actual match for identification purposes. All competitors must be suitably attired with proper safety equipment, (see article 33.7)

33.4 **Competition Area** - The competition area will be as outlined in Article 3.3.

33.5 **Entering & Exiting the Contest Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Before the Competitors begin their match, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready. At this point they should make their way to their starting positions.

Before the start of each round, the contestants will bow to each other.

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow to the Centre Referee with the Centre Referee returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

33.6 **Referees, Judges, & Officials** – Each contest will have 2 Corner Judges and a Timekeeper. The match will be overseen by a Centre Referee who will enforce the rules of the match. Medical personnel shall be available at all times and easily recognizable.

33.6.1 **Duties of the Centre Referee:**

- 33.6.1.1 **Main Responsibility** - The Centre Referee is charged with supervision of the match. He/she starts and stops the match, administers and controls the tempo of the contest, enforces the rules, and ensures fair play. The Centre Referee's main responsibility is safety of the competitors.
- 33.6.1.2 **Scoring** – The Judges score all striking and throwing points. The centre referee will instruct the Judges when a successful hold down has been effected for the required time. The Centre Referee is the only person who can call for and administer a penalty.
- 33.6.1.3 **Communication** - The referee shall communicate clearly with the players, judges, scorekeeper and timekeepers. The referee shall announce in a loud clear voice all official decisions, and shall indicate with voice and gestures the player affected by his/her decisions. The Centre Referee is encouraged to give verbal commands throughout the competition where a penalty has not been called, such as "*watch the contact, or, stay in bounds, etc.*"
- 33.6.1.4 **Stand up grappling** - The Centre Referee is responsible for counting the ten (10) seconds allowed for stand up grappling.
- 33.6.1.5 **Ground time** – Each time both competitors engage in ground work, they will be allowed a 30 second time limit. When the competitors are on the ground and a hold down has started, the Centre Referee will extend his/her arm out over the competitors and shout "Hold", this is the signal to inform the competitors and table officials that a hold is in progress. The Centre Referee will count a 10 second pin when 75% of the opponent's back is pinned to the ground.
- 33.6.1.6 **Time-outs** - Only the centre referee may call time out. He/she must do so for the following reasons:
- a) To allow equipment adjustments.
 - b) To award points, assess penalties, administer warnings.
 - c) To attend to an injured competitor.
 - d) To hear a legal protest.
- 33.6.1.7 **Call for Leader** – At the end of the first round the Centre Referee will "Call for Leader. At this point the judges will raise the flag of the current leader to determine which competitor is in the lead. In the event of identical scores on a Judge's counters, the Judge will cross their arms to indicate a tie.
- 33.6.1.8 **Call for Winner** – At end of the second round the Centre Referee will "Call for Winner". At this point the judges will raise the flag of the winner to determine which competitor has won the match. In the event of identical scores on a Judge's counters, the Judge will cross their arms to indicate a tie. In the event of an overall tie score at the end of a match, the Centre Referee will announce an additional round.
- 33.6.1.9 **A Tie** – When the Centre Referee checks the scores and determines that it is a tie, he/she will indicate and call this a tie, and further rounds will be held to break the tie. (See Article 33.9 – Time of Matches)

33.6.2 Duties of the Judges:

- 33.6.2.1 **Main Responsibility** – Two Corner Judges will keep the score of the match. Each Judge will have 2 lap counter type devices, one with a White flag/ribbon attached to it, held in the right hand and the other with a Red flag/ribbon attached to it, held in the left hand. The colour of the counter will match the colour awarded to each player by the Centre Referee.
- 33.6.2.2 **Scoring** - The Judges will count all striking points for each competitor that are to a legal target area, using a legal technique, while standing and while on the ground.

- 33.6.2.3 **Communication** - Judges are required to limit their motions to their respective areas of the ring, and they must never interfere with the motions of the referee or competitors.
- 33.6.2.4 **Out of Bounds:** A competitor, whether throwing or striking, is considered in bounds and eligible to score if one foot is still in the competition area. However, a competitor may not be considered officially out of bounds until the centre referee stops the match. It should be noted that it is the centre referee's voice which signals an end to scoring opportunities for the competitors. A Judge should not base his/her scoring on the in bounds or out of bounds of a competitor, but only on the techniques that are happening, unless otherwise advised by the centre referee. If competitors go out of bounds, the centre referee will stop the match momentarily and immediately resume the match once the competitors are both in bounds. If a competitor runs out of bounds simply to avoid engaging his/her opponent he/she will be warned only once by the centre referee. The second time this occurs a penalty will be called. Further offenses of this infraction may be cause for disqualification.
- 33.6.2.5 **Call for Leader** – At the end of the first round the Centre Referee will “Call for Leader. At this point the judges will raise the flag of the current leader to determine which competitor is in the lead. In the event of identical scores on a Judge’s counters, the Judge will cross their arms to indicate a tie.
- 33.6.2.6 **Call for Winner** – At end of the second round the Centre Referee will “Call for Winner”. At this point the judges will raise the flag of the winner to determine which competitor has won the match. In the event of identical scores on a Judge’s counters, the Judge will cross their arms to indicate a tie. In the event of an overall tie score at the end of a match, the Centre Referee will announce an additional round.
- 33.6.2.7 **A Tie:** When the centre referee checks the scores and determines that it is a tie, he/she will indicate and call this a tie, and further rounds will be held to break the tie. (See Article 33.9 – Time of Matches)

33.6.3 Duties of the Timekeeper:

- 33.6.3.1 Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee's signal to do so. When the match has stopped for more than three seconds and if for some reason the centre referee fails to call time out the timekeeper should automatically stop time, and then restart time with the referee's signal, or when the match resumes.
- 33.6.3.2 **Timekeeper #1** - Shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the centre of the competition area, inform the referee when time has run out, or when he/she has received a formal protest. Time officially runs out only when the centre referee calls the signal to stop.

33.6.4 Duties of the Scorekeeper:

- 33.6.4.1 The scorekeeper must have at the table, all required score sheets, hand counters, stopwatches and necessary flags/ribbons.
- 33.6.4.2 The scorekeeper will call up each player before a match, including those already on deck.
- 33.6.4.3 The scorekeeper will record the Judge’s winner by flag colour at the end of the match, and the scores on each Judge’s counters at the end of the match.

33.7 Safety Equipment:

- 33.7.1 **General** - The use of safety equipment such as approved sparring gloves, sparring shoes, shin pads, mouth guards, and a groin protector is mandatory. No abrasive, rough, tattered, torn or loose equipment will be permitted. No protective equipment shall be allowed to contain any metal or hard

plastic.

33.7.2 **Head Gear** - Head Gear is mandatory in all divisions below age 16. Although head gear is not mandatory in other divisions, it is recommended for personal safety.

33.7.3 **Sparring Gloves** - All gloves must have ALL striking areas covered with a minimum one half (1/2) inch of medium to soft foam. Must be suitable for sparring and grappling.

33.7.4 **Footwear** - All foot protection must cover the instep and lower shin area of the foot. ½ to 1” of medium soft density foam is acceptable. Any Velcro or fasteners must be secured properly.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

33.8 **Safety of Competitors** - It will be the Centre Referee's responsibility to ensure safety at all times of competitors. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete. Referees must not overturn any decision from a trained medical staff.

33.9 **Time of Matches:**

33.9.1 Black Belts – One, 3 Minute, continuous action round.

33.9.2 Under Belt – One, 2 Minute, continuous action round.

Continuous action refers to the fact that the competitors are scoring or have the opportunity to score without a break in the action for calling points.

33.10 **Time Outs** - Only the Centre Referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the competitors, the coach, or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

33.11 **Legal Targets** – Sport Jujutsu is a controlled contact sport – Semi Contact. Semi-contact means that the blow would only touch the surface of the clothing or protective equipment with no penetration. Legal targets are the top front and side of the head, chest, solar plexus, ribs and abdomen are legal striking areas.

33.12 **Illegal Targets** - Facial area, top and back of head, neck, spine, kidneys, groin, and all joints are illegal striking areas. Punching below the belt is illegal. Low kicks are illegal unless they are a legal sweep. Any strike to a competitor while “stranding grappling” or “ground grappling” is illegal.

33.13 **Legal Techniques** - A boot to boot foot sweep, boot to calf (unless called as a low kick) and calf to calf sweeps are considered legal techniques. All controlled hand strikes, kicks, throws, and submission holds to legal target areas as well as chokes are acceptable legal techniques, except those listed as illegal. Arms, wrists, ankles and legs locks are allowed. Semi-Contact to the head is allowed, but it is imperative that judges and referees distinguish the difference between, Semi-Contact, and excessive contact. (See article 19 excessive force)

33.14 **Illegal Techniques** - Head butts, Hair pulling, Scratching, Biting, Elbow or knee strikes, Any finger strikes, Any blind techniques, Kicking a competitor on the ground, Striking to the head while on the ground, Kick to the legs, Any finger and neck locks. Heel hooks are not allowed due to the potential severity of the injury. No minor joint locks (fingers & toes)

Juniors – Positional dominance only. Chokes and locks are illegal.

33.15 **Scoring:**

Points	Technique	Description
1	Strikes	- Crisp, clean striking techniques delivered with either hand or foot to legal target areas. (To score a point to the body, maximum touch contact is mandatory) - Hand strikes to the head (to the head gear area) with touch contact only, will be awarded one point. (The head contact must indicate that the potential was there for a harder blow). - Each strike must be seen to be a potentially damaging or injurious blow and will be awarded one point. (except for head kick which scores 2 points) - Striking to the facial area is not allowed. - Once stand up grappling commences, striking is not allowed.
	Kicks to Body	All kicks above the waist, with the exception of the head.
	Flurry	- A flurry may be considered a repetitive number of doubtful strikes and only one point will be awarded. (At referees discretion).
2	Kicks to Head	- Will be awarded for a controlled kick to the head that makes no more than light or touch contact to head gear area.
	Throws	- To be awarded for any throw that ends up with the opponent's being in the guard position.
	Takedowns	- To be awarded for any takedown that ends up with the opponent's being in the guard position.
	Reversals	- To be awarded for any reversal that ends up with the opponent's being in the guard or half-guard position.
	10 Second Pin	- Will be awarded if one competitor is able to pin their opponent to the ground for a 10 Second Count.
	Hold Downs	- Will be awarded for achieving any legitimate hold down position (like osae komi in judo) during the allotted ground time. - The time will be monitored and determined by the referee. The hold down time will start officially by a signal from the Centre Referee (his/her arm extended out over the competitors and calls "hold down"). *NOTE* A competitor cannot be saved by the bell (time limit of rounds) once a hold down has started, it will be allowed to continue to completion for 2 points. This will apply only if ground time has not run out.
3	Throws	- To be awarded for any throw that <u>does not</u> ends up with the opponent's being in the guard position.
	Takedowns	- To be awarded for any takedown that <u>does not</u> ends up with the opponent's being in the guard position.
	Rear Hooks	- The Rear Hook is when a competitor has taken full control of their opponent's back by hooking both feet inside his hip or thigh area, thus exposing him/her to the possibility of being submitted by means of chokes or strangles (other definitions are the Back Grab or Grape vine)
	Reversals	- Reversals to a dominant position will score 3 points.
Multiple	Combination Flurry	- Any combination strikes will be considered on their own merit, they may be considered as multiple points or as a flurry, at judge's discretion.
Deductions	Penalties	- If there has been a penalty assessed to a competitor that deems he/she loses 2 points, which will be added to the opponent's score, since the counters cannot deduct points.
Win	Submission	- Will be awarded for a submission by referee intervention, (this is when, in the opinion of the centre referee there would be severe injury caused if the lock or choke continued).

33.15. 1 **Advantages** - Advantages should only be used in the event of a tie to determine a winner.

33.15.1.1 **Ground Advantages** – During closed guard, when one competitor has his legs around the opposing athlete's waist.

- 1) The one on top will earn the advantage by being on the offensive, trying to dominate his adversary's guard (pass the guard). For the referee to consider it an advantage, the athlete that is on top must come to passing the guard, forcing his adversary to exert energy to regain position i.e. half guard, almost immobilizing etc.
- 2) The one underneath will earn the advantage if he/she almost sweeps his opponent, putting him in a dangerous position, as well as when he/she attempts a lock that forces his/her opponent to defend.
Note: For the sweep attempt to be considered worthy of an advantage, the athlete underneath must open their legs.

33.15.1.2 **Submission Attempts** – The one who has managed to get his/her opponent in either a submission or choke position, and has attempted to submit his/her opponent will be considered as having the advantage.

33.15.2 **Force required to Score:**

33.15.2.1 **Semi Contact:** Indicates no target penetration as a result of a striking technique. This type of contact is legal to the head (sides and top front only. No facial contact). Touch contact to the head is permitted in all divisions, as specified in legal techniques, and legal striking areas.

33.15.2.2 **Excessive Contact:** A call for excessive contact indicates that a referee saw

a competitor using strength or force in excess of the force necessary to score a point. Any strike, throw, takedown, or submission hold delivered with malicious intent will be considered excessive force and may result in immediate disqualification. Though it is largely a judgment call, indications that contact has been excessive are to be seen in the following reactions:

- 1) Negligent and reckless malicious intent by using techniques without control.
- 2) Visible severe movement of the head from the force of a blow.
- 3) The appearance of severe swelling or other obvious internal or external injury during the match, is of itself grounds to be called excessive contact. (A bleeding nose would be judged on the force of the blow, not by the blood alone, but would be an automatic penalty for illegal target).

33.15.3 Automatic Wins:

33.15.3.1 Any submission that causes a competitor to tap out is an automatic win.

33.15.3.2 Highest total points at the end of the bout.

33.15.4 **Definition of a Submission** - A competitor tapping out, from a joint lock or choke, or a competitor who receives a strike to the body (without malicious intent), or a throw (without malicious intent) and who cannot continue after a 10 second count is given, will constitute a submission. Submission results in an automatic win.

33.15.5 **Definition of Grappling** - The criteria for grappling allows a competitor to hold his/her opponent in any legal manner for approximately ten (10) seconds while in a standing position, after which time if there has been no takedown or throw, the competitors must release the hold, (on a command by the Centre Referee). The Shadow Referee will start the 30 second ground time when one or both competitors have been taken to the ground by use of a legal technique. Competitors may be on the ground several times during the match.

Competitors may also score with counter throws, hold downs or submissions. At the end of the time limit they will be separated, brought to their feet and will resume in stand up position. If a hold down has started, or it looks like a submission is close, the referee can use his/her discretion as to calling out of bounds.

Absolutely no neck restraint techniques. No chokes or locks for juniors will be allowed, the primary objective for juniors on the ground is to achieve a hold down or dominant position. A competitor who ends up on the ground because of an illegal technique may not be scored upon.

If there is a penalty call while competitors are on the ground, depending on the position of the competitor, the referee may stop the match and assess the penalty, or he/she may let it continue, (if the penalty was against the competitor that was being held down), and assess the penalty after they stand up. During the ground time if in the opinion of the referee there is a stalemate and no action is happening, the referee can order the competitors to stand up without waiting for the ground time to run out.

33.16 **Cause for Penalization** - Warnings & Penalties will be issued to any competitor who:

- 1) Uses excessive contact, (a major penalty).
- 2) Attacks illegal target areas (kicks to knee area will be a major penalty and will be treated the same as excessive contact)
- 3) Uses illegal techniques.
- 4) Runs out of bounds to avoid engagement (engagement out of bounds does not apply).
- 5) Falls on the ground to avoid an attack (A competitor attempting a throw or takedown is exempt from this penalty).
- 6) Continues to engage after being ordered to stop.
- 7) Uses negligent or reckless attacks (regardless if contact is made).
- 8) Is disrespectful to officials or other competitors.
- 9) Displays unsportsmanlike conduct.

33.17 **Method of Penalization** - The Centre Referee is empowered to penalize a competitor at any time with - warning - loss of points – disqualification. Guidelines are as follows:

Offence	Description	Penalty
1 st	Minor Infractions	Warning
	Excessive contact , Knee Kicks (unintentional)	Loss of 2 Points
	Excessive contact , Knee Kicks (intentional)	Disqualification
	Disrespect, or Unsportsmanlike Conduct	Disqualification
2 nd (Same Infraction)	Minor Infractions	Loss of 2 Points
	Excessive contact, Knee Kicks	Disqualification
2 nd (Different Infraction)	Minor Infractions	Warning
	Excessive contact, Knee Kicks	Loss of 2 Points
	Excessive contact , Knee Kicks (intentional)	Disqualification
	Disrespect, or Unsportsmanlike Conduct	Disqualification
3 rd	Any rule infractions minor or major	Disqualification

33.17.1 **Excessive Contact Warning** - When a penalty is issued for excessive contact the Centre Referee must be specific in his/her instructions, and within hearing of the referees and competitors. For example "The next time you use excessive force you will be disqualified, do you understand?" He/she should wait for the competitor to acknowledge his/her official warning and penalty, and the recording of same before allowing the match to continue.

33.17.2 **Definition of Loss of two points** - Because points cannot be deducted, the Centre Referee will instruct the Scorekeeper to add these penalty points to the opposing competitor's score.

33.18 **Disqualification** - An act of disqualification against a competitor may eliminate the competitor from further participation in that tournament. All disqualifications should be classified as Minor or Major. Details are as follows:

33.18.1 **Minor Disqualification:** Will be for the existing contest only (providing there is double elimination or round robin).

33.18.2 **Major Disqualification:** Will be for the balance of the tournament or a designated period of time, to be suggested by the involved ring referee and submitted to the tournament director and the governing body for that country or area.

Every penalty call should be taken as a very serious offence by competitors and officials, because it may be one of the calls that could lead to disqualification.

ARTICLE 34. GRAPPLE/STRIKE COMPETITION (GSTC)

34.1 **Competition Description** – The WMAG Grapple/Strike format allows a wide variety of combative techniques and skills, from a mixture of martial arts styles, traditions and non-traditions. The rules allow the use of both grappling and striking techniques, while standing and on the ground. It allows martial artists and combat sports competitors of different backgrounds to compete in a safe and well controlled environment. The priority of this event is to maintain the utmost safety of the athletes.

The Grapple/Strike format is based on Semi-Contact (see Article 34.16 for description). It is a combat sport which allows skills in both Striking and Grappling and therefore should not be biased to either one. It is judged by the amount of skill used and scored overall. A single submission will not end a match as this would be biased to grappling, as the Semi-Contact rules do not allow a striker to win by a Knock-Out.

34.1.1 **Example's of Amateur G/S bouts:**

1. A competitor who is predominately a striker has been consistent and more effective with scoring with kicks and punches and preventing his opponent to engage in grappling etc, however in the last few seconds of the bout the grappler pulls of a submission. The striker will win the bout for out scoring the grappler consistently throughout the bout, the grappler who only managed one grappling skill did not deserve to win.
2. The Striker has been taken down time and again and unable to get clear striking points on target, the grappler has dominated top and bottom and has secured at least one submission in the bout. The Grappler wins due to overall domination.
3. Where two competitors are equally matched with skills then the winner will be the one who has scored the most points overall and in different ranges.

34.2 **Divisions:**

34.2. **Age Divisions**

Description	Age Grouping
Children	7 to 10
Youth	11 to 13
Junior	14 to 17
Adult	18 to 25
	26 to 35
	36 to 45
	46 & Over

34.2 **Grade Divisions** - Due to the diversification of a mixed martial arts event the following guide will serve as the basis for determining the appropriate grade division of an individual. Years of experience will be the common factor for determining a competitor's eligibility in an event. Competitors MUST wear the appropriate belt color regardless of color used in their specific art. For example, all Intermediate competitors must wear a blue belt.

Description	Martial Arts Years Experience	WMAGC Belt
Intermediate	Under 3 years' experience	Blue
Advanced	Over 3 and less than 6 years	Brown
Black Belt	More than 6 years' experience	Black

Athletes who have engaged in any Professional Rule Combat Competition, regardless of style, may not enter this competition.

34.2.3 **Weight Categories-** Weight divisions are as outlined in Article 31.2.4

34.3 **Uniform** - Each player must present him/herself in no uniform top (Males only), combat long-sleeve anti-rash top or clean, traditional Jujutsu or Judo style uniform (Gi) with sleeves no more than one fist distance up the arm from the wrist. No T-Shirts or Vests allowed. If a player's uniform becomes bloodied or torn in a manner that may affect the outcome of the match, he/she will be asked to replace it immediately or forfeit the match. Competitors with long hair must to use a plain hair tie. All jewellery (rings, watches, necklaces, etc.) must be removed. Wearing of eye glasses during competition is prohibited. No foot wear other than insteps on shin and insteps

and ankle straps (no wrestling boots or martial arts shoes). Competitors may be required to wear a coloured marker during the actual match for identification purposes. All competitors must be suitably attired with proper safety equipment, (see article 34.7)

34.4 **Competition Area** - The competition area will be as outlined in Article 3.3.

34.5 **Entering & Exiting the Contest Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point. Before the Competitors begin their match, the Main Referee of the area will check that all officials are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitors that they should begin when ready. At this point they should make their way to their starting positions.

Before the start of each round, the contestants will bow to each other.

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow to the Centre Referee with the Centre Referee returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

34.6 **Referees, Judges, & Officials** – Each contest will have a Centre Referee, 2 Corner Judges and a Timekeeper. The match will be overseen by a Centre Referee who will enforce the rules of the match. Medical personnel shall be available at all times and easily recognizable.

34.6.1 Duties of the Centre Referee:

34.6.1.1 **Main Responsibility** - The Centre Referee is charged with supervision of the match. He/she starts and stops the match, administers and controls the tempo of the contest, enforces the rules, and ensures fair play. The Centre Referee's main responsibility is safety of the competitors.

34.6.1.2 **Scoring** – The Corner Judges score all striking and throwing points. The centre referee will instruct the Judges when a successful hold down has been affected for the required time. The Centre Referee is the only person who can call for and administer a penalty.

34.6.1.3 **Communication** - The referee shall communicate clearly with the players, judges, scorekeeper and timekeepers. The referee shall announce in a loud clear voice all official decisions, and shall indicate with voice and gestures the player affected by his/her decisions. The Centre Referee is encouraged to give verbal commands throughout the competition where a penalty has not been called, such as "*watch the contact, or, stay in bounds, etc.*"

34.6.1.4 **Stand up grappling** - The Centre Referee is responsible for counting the ten (10) seconds allowed for stand up grappling.

34.6.1.5 **Ground time** - When the competitors are on the ground and a hold down has started, the referee will extend his/her arm out over the competitors, this is the signal for the timekeeper to start the ground time. (For Juniors and Underbelts the referee may count the time).

34.6.1.6 **Time-outs** - Only the centre referee may call time out. He/she must do so for the following reasons:

- a) To allow equipment adjustments.
- b) To award points, assess penalties, administer warnings.
- c) To attend to an injured competitor.
- d) To hear a legal protest.

34.6.1.7 **Call for Leader** – At the end of the first round the Centre Referee will "Call for Leader. At this point the judges will raise the flag of the current leader to determine which competitor is in the lead. In the event of identical scores on a Judge's counters, the Judge will cross their arms to indicate a tie.

34.6.1.8 **Call for Winner** – At end of the second round the Centre Referee will “Call for Winner”. At this point the judges will raise the flag of the winner to determine which competitor has won the match. In the event of identical scores on a Judge’s counters, the Judge will cross their arms to indicate a tie. In the event of an overall tie score at the end of a match, the Centre Referee will announce an additional round.

34.6.1.9 **A Tie** – When the Centre Referee checks the scores and determines that it is a tie, he/she will indicate and call this a tie, and further rounds will be held to break the tie. (See Article 33.9 – Time of Matches)

34.6.2 Duties of the Judges:

34.6.2.1 **Main Responsibility** – Two Corner Judges will keep the score of the match. Each Judge will have 2 lap counter type devices, one with a White flag/ribbon attached to it, held in the right hand and the other with a Red flag/ribbon attached to it, held in the left hand. The colour of the counter will match the colour awarded to each player by the Centre Referee.

34.6.2.2 **Scoring** - The Judges will count all striking points for each competitor that are to a legal target area, using a legal technique, while standing and while on the ground.

34.6.2.3 **Communication** - Judges are required to limit their motions to their respective areas of the ring, and they must never interfere with the motions of the referee or competitors.

34.6.2.4 **Out of Bounds:** A competitor, whether throwing or striking, is considered in bounds and eligible to score if one foot is still in the competition area. However, a competitor may not be considered officially out of bounds until the centre referee stops the match. It should be noted that it is the centre referee’s voice which signals an end to scoring opportunities for the competitors. A Judge should not base his/her scoring on the in bounds or out of bounds of a competitor, but only on the techniques that are happening, unless otherwise advised by the centre referee. If competitors go out of bounds, the centre referee will stop the match momentarily and immediately resume the match once the competitors are both in bounds. If a competitor runs out of bounds simply to avoid engaging his/her opponent he/she will be warned only once by the centre referee. The second time this occurs a penalty will be called. Further offenses of this infraction may be cause for disqualification.

34.6.2.5 **Call for Leader** – At the end of the first round the Centre Referee will “Call for Leader. At this point the judges will raise the flag of the current leader to determine which competitor is in the lead. In the event of identical scores on a Judge’s counters, the Judge will cross their arms to indicate a tie.

34.6.2.6 **Call for Winner** – At end of the second round the Centre Referee will “Call for Winner”. At this point the judges will raise the flag of the winner to determine which competitor has won the match. In the event of identical scores on a Judge’s counters, the Judge will cross their arms to indicate a tie. In the event of an overall tie score at the end of a match, the Centre Referee will announce an additional round.

34.6.2.7 **A Tie:** When the centre referee checks the scores and determines that it is a tie, he/she will indicate and call this a tie, and further rounds will be held to break the tie. (See Article 34.9 – Time of Matches)

34.6.3 Duties of the Timekeeper:

34.6.3.1 The Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee’s signal to do so. When the match has stopped for more than three seconds and if for some reason the centre referee fails to call time out

the timekeeper should automatically stop time, and then restart time with the referee's signal, or when the match resumes.

- 34.6.3.2 The Timekeeper shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the centre of the competition area, inform the referee when time has run out, or when he/she has received a formal protest. Time officially runs out only when the centre referee calls the signal to stop.

34.6.4 Duties of the Scorekeeper:

- 34.6.4.1 The scorekeeper must have at the table, all required score sheets, hand counters, stopwatches and necessary flags/ribbons.
- 34.6.4.2 The scorekeeper will call up each player before a match, including those already on deck.
- 34.6.4.3 The scorekeeper will record the Judge's winner by flag colour at the end of the match, and the scores on each Judge's counters at the end of the match.

34.7 Safety Equipment:

34.7.1 **General** - The use of safety equipment such as approved Grapple/Strike sparring gloves, dipped foam shin and instep guards or Thai shin and insteps, and knee pads. Shin & insteps with any medal fixings or hard areas are not allowed. No shoes or wrestling boots of any kind are allowed. Mouth guards and a groin protector is mandatory. No abrasive, rough, tattered, torn or loose equipment will be permitted. No protective equipment shall be allowed to contain any metal or hard plastic.

34.7.2 **Head Gear** - Head Gear is mandatory in all divisions below age 16. Although head gear is not mandatory in other divisions, it is recommended for personal safety.

34.7.3 **Sparring Gloves** - All gloves must have ALL striking areas covered with a minimum one half (1/2) inch of medium to soft foam. Must be suitable for sparring and grappling.

34.7.4 **Footwear** - All foot protection must cover the instep and lower shin area of the foot. ½ to 1" of medium soft density foam is acceptable. Any Velcro or fasteners must be secured properly.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

34.7.5 **Knee Pads** – Knee pads with sufficient padding to prevent injury must be worn at all times.

34.8 **Safety of Competitors** - It will be the Centre Referee's responsibility to ensure safety at all times of competitors. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete. Referees must not overturn any decision from a trained medical staff.

34.9 Time of Matches:

34.9.1 **Black Belts** – One, 3 Minute, continuous action round.

34.9.2 **Under Belt** – One, 2 Minute, continuous action round.

Continuous action refers to the fact that the competitors are scoring or have the opportunity to score without a break in the action for calling points.

34.10 **Time Outs** - Only the Centre Referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the competitors, the coach, or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

34.11 **Striking Targets** – Grapple/Strike is a controlled contact sport – Semi Contact. Semi-contact means that the blow would only touch the surface of the clothing or protective equipment with no penetration.

34.11.1 Legal Striking:

Strike	Description	Technique Allowed (X)	
		Under 16 Years	16 Years and Over
Hand Strikes	- To front of torso, above the waist and well below the neck	X	X
	- To sides of upper body	X	X
	- To Legs	X	X
	- Standing competitor may hand strike to hands, legs and non-vital areas of body of down opponent		X
	- Grounded competitor may hand strike to standing opponent		X
Kicks	- To front of torso, above the waist and well below the neck	X	X
	- To sides of body		X
	- To inside and outside of legs, above the knee only while standing		X
	- Standing competitor may kick to outside legs only of down opponent		X
	- Grounded competitor may hand strike to standing opponent		X
Knees	- Grounded competitor may use heel kick to opponents legs and side of body from guard position		X
	- To inside and outside of legs		X
	- To sides of upper body		X

34.12.1 Illegal Striking:

- 1) No Striking to head
- 2) No kneeing to the head
- 3) No elbows, hair-pulling, biting, eye gouging, head-butting, ear pulling or fish hooking
- 4) No holding of opponents gloves or safety equipment (competitor may grab their own)
- 5) No throat strikes of any kind, including grabbing the trachea or clavicle
- 6) No clawing, pinching or twisting the flesh
- 7) No kicking to kidney area
- 8) No groin shots or direct striking to the joints or spine
- 9) No straight line kicking from standing to grounded competitor
- 10) No kicking allowed when both competitors are on the ground
- 11) No slapping
- 12) No foot stomping

34.13 Grappling & Submission Techniques:

34.13.1 Legal Grappling & Submission Techniques:

- 1) All Jujutsu, Judo and Wrestling type takedowns & throws
- 2) All major submissions except those listed in Article 34.13.2

34.13.2 Illegal Grappling & Submission Techniques:

- 1) No throw or takedown that results in opponent landing on their heads or neck e.g. Suplexs.
- 2) No minor joint locks, e.g. fingers & toes, palm on hand wrist locks.
- 3) No neck cranks - Limited use of guillotine to be explained on the day.
- 4) No heel hooks or twisting of the knee or leg.
- 5) No throwing opponent out of the area.

34.14 Area Warnings & Restarts:

- 1) 3 warnings will be given for deliberately leaving the area - 4th occasion will result in disqualification
- 2) Deliberately leaving the area when in danger of being tapped out will result in disqualification

34.15 **Scoring:**

Points	Technique	Description
1	Hand Strikes	- Crisp, clean striking techniques delivered with either hand to legal target areas. (To score a point to the body, maximum touch contact is mandatory) - Each Hand strike must be seen to be a potentially damaging or injurious blow and will be awarded one point. - Striking to the head or facial area is not allowed.
	Knees	- All knee strikes to legal target areas other than Reverse Knee to open torso as below. - Each Knee strike must be seen to be a potentially damaging or injurious blow and will be awarded one point. - Striking to the head or facial area is not allowed
	Kicks	- All kicks to legal body target other than Spinning or Jump Kicks to Torso as below. - Each Kick must be seen to be a potentially damaging or injurious blow and will be awarded one point. - Striking to the head or facial area is not allowed
2	Kicks	- All Spinning Back, Side or Hook Kicks to Open Torso (except jumping kicks) will score 2 points
	Knees	- All Reverse Knees to Open Torso will score 2 points
	Throws	- To be awarded for any throw that ends up with the opponent being on the ground.
	Takedowns	- To be awarded for any takedown that ends up with the opponent's being on the ground.
	10 Second Pin	- Will be awarded if one competitor is able to pin their opponent to the ground for a 10 Second Count.
	Hold Downs	- Will be awarded for achieving any legitimate hold down position (like osae komi in judo) during the allotted ground time. - The time will be monitored and determined by the referee. The hold down time will start officially by a signal from the Centre Referee (his/her arm extended out over the competitors and calls "hold down"). *NOTE* A competitor cannot be saved by the bell (time limit of rounds) once a hold down has started, it will be allowed to continue to completion for 2 points. This will apply only if ground time has not run out.
Rear Hooks	- The Rear Hook is when a competitor has taken full control of their opponent's back by hooking both feet inside his hip or thigh area, thus exposing him/her to the possibility of being submitted by means of chokes or strangles (other definitions are the Back Grab or Grape vine)	
Reversals	- Reversals to a dominant position will score 2 points.	
3	Submission	- Will be awarded for a submission by referee intervention, (this is when, in the opinion of the centre referee there would be severe injury caused if the lock or choke continued).
	Kicks	- Jumping Kicks to Open Torso will score 3 points
Deductions	Penalties	- If there has been a penalty assessed to a competitor that deems he/she loses 2 points, which will be added to the opponent's score, since the counters cannot deduct points.

34.15.1 **Advantages** - Advantages should only be used in the event of a tie to determine a winner.

34.15.1.1 **Ground Advantages** – During closed guard, when one competitor has his legs around the opposing athlete's waist.

- 1) The one on top will earn the advantage by being on the offensive, trying to dominate his adversary's guard (pass the guard). For the referee to consider it an advantage, the athlete that is on top must come to passing the guard, forcing his adversary to exert energy to regain position i.e. half guard, almost immobilizing etc.
- 2) The one underneath will earn the advantage if he/she almost sweeps his opponent, putting him in a dangerous position, as well as when he/she attempts a lock that forces his/her opponent to defend.

Note: For the sweep attempt to be considered worthy of an advantage, the athlete underneath must open their legs.

34.15.1.2 **Submission Attempts** – The one who has managed to get his/her opponent in either a submission or choke position, and has attempted to submit his/her opponent will be considered as having the advantage.

34.16 **Force required to Score:**

34.16.1 **Semi-Contact:** Indicates a strike my touch the target with no body penetration.

34.16.2 **Excessive Contact:** A call for excessive contact indicates that a referee saw a competitor using strength or force in excess of the force necessary to score a point. Any strike, throw, takedown, or submission hold delivered with malicious intent will be considered excessive force and may result in immediate disqualification. Though it is largely a judgment call, indications that contact has been excessive are to be seen in the following reactions:

- 1) Negligent and reckless malicious intent by using techniques without control.
- 2) Visible severe movement of the body from the force of a blow.
- 3) The appearance of severe swelling or other obvious internal or external injury during the match, is of itself grounds to be called excessive contact.

34.17 **Automatic Wins:**

34.17.1 Highest total points at the end of the bout.

34.18 **Cause for Penalization** - Warnings & Penalties will be issued to any competitor who:

- 1) Uses excessive contact, (a major penalty).
- 2) Attacks illegal target areas (kicks to knee area will be a major penalty and will be treated the same as excessive contact)
- 3) Uses illegal techniques.
- 4) Runs out of bounds to avoid engagement (engagement out of bounds does not apply).
- 5) Falls on the ground to avoid an attack (A competitor attempting a throw or takedown is exempt from this penalty).
- 6) Continues to engage after being ordered to stop.
- 7) Uses negligent or reckless attacks (regardless if contact is made).
- 8) Is disrespectful to officials or other competitors.
- 9) Displays unsportsmanlike conduct.

34.19 **Method of Penalization** - The Centre Referee is empowered to penalize a competitor at any time with - warning - loss of points – disqualification.

34.19.1 **Excessive Contact Warning** - When a penalty is issued for excessive contact the Centre Referee must be specific in his/her instructions, and within hearing of the referees and competitors. For example "The next time you use excessive force you will be disqualified, do you understand?" He/she should wait for the competitor to acknowledge his/her official warning and penalty, and the recording of same before allowing the match to continue.

34.19.2 **Disqualification** - An act of disqualification against a competitor may eliminate the competitor from further participation in that tournament. All disqualifications should be classified as Minor or Major. Details are as follows:

34.19.2.1 **Minor Disqualification:** Will be for the existing contest only (providing there is double elimination or round robin).

34.19.2.2 **Major Disqualification:** Will be for the balance of the tournament or a designated period of time, to be suggested by the involved Centre Referee and submitted to the Tournament Director and the governing body for that country or area.

Every penalty call should be taken as a very serious offence by competitors and officials, because it may be one of the calls that could lead to disqualification.

PART 6 - Self Defence

ARTICLE 35. CREATIVE SELF DEFENCE

35.1 **Description** - The Self Defence Divisions are demonstrations of how Martial Arts Techniques may be applied in a violent encounter. The object of the Self Defence Division is not to glamorize violence, or to imply that it is the primary response of a Martial Artist to dangerous situations, but to demonstrate the ability of a trained Martial Artist in a situation which necessitates the use of force to overcome an attacker, or attackers.

35.2 **Age Divisions** - The Age Divisions for Creative Self Defence will be under 14, under 18, under 35 and 35 and over

35.3 **Grade Divisions** - The Grade Divisions for Creative Self Defence will be Under Black Belt and Black Belt.

35.4 **Uniform** - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which is not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

If a weapon is used, it is considered a part of the uniform and must be free from any defects, or sharp edges.

35.5 **Performance** – There are 8 Self Defense Techniques to be shown by the competitor. The order of the attacks is regulated and will be announced by the Referee's. Each technique has to be shown only once in real speed. (NO SLOW MOTION). **Kids and youth participants will not defend against Knife or Pistol / Gun.**

35.5.1 **Time Limit** - The time of the performance is not less than 60 seconds.

35.5.2 **Order of Techniques** –

- a. Bear hug from behind
- b. Choke on the neck from behind, side or front
- c. Headlock
- d. Fist attack
- e. Kicking attack
- f. Stick attack
- g. Knife attack
- h. Gun attack

35.5.3 **Props** - Competitors are permitted to use props during their demonstration, e.g. Rubber knives, Batons, etc. All Props must be presented to the judging panel for inspection before the division begins. The Judging panel may request the changing of any Prop which they feel would cause danger to the participants or spectators.

35.6 **Performance Area** - The Performance Area will be in accordance with Reality Based Self Defense and is listed in Article 3.3, with seating arrangements for the Judges either on one side, or at the corners of the area.

35.7 **Number of Judges** – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area.

35.8 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

They will then present their weapons for inspection by the Judges/Main Judge who may if not satisfied regarding the safety of performance with that weapon, request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

35.9 Scoring - Competitors will be scored on the following criteria:

- 1) Technical quality of the self-defences shown
- 2) Difficulty of the attack (realism, more attackers, combined attacks, difficulty of the attacks)
- 3) Effectiveness of the self-defences shown

35.9.1 Deduction of points - 0.1 points must be deducted if any of the following occur:

- 1) Performance exceeds the time limit (less than 60 sec)
- 2) Performer or partner leaves the Contest area of the mat.
- 3) A partner is injured by the Performer (active).

35.9.2 Draw - In case of a draw, each competitor must perform two more techniques. The judges will then show their final decision via show of hand

ARTICLE 36. REALISTIC SELF DEFENCE

36.1 This regulatory was created to create a self-defense scenario as realistic as possible. The starter has the opportunity to choose a partner but both do not have the chance to prepare themselves for the attacking techniques.

36.2 Age Division - 14 - 17 years and 18 years and over

36.3 Rank Divisions – Are separated into student and master ranks

36.4 Uniform – All Uniforms should present the athletes Country and style. The Country itself decides about the style of the uniform. The short form initials of the Country represented has to be displayed via patch or stitch on the back of the athlete's uniform. The athlete's family name should be seen on the right sleeve of the upper arm.

It is prohibited to athletes to wear costumes or other theater equipment such as masks etc., including jewelry.

36.5 Performance – Before the start of the „Realistic Self Defense“ category the „main referee on the Tatami“ will make up a list of the starting teams which will then be divided up into two groups. Whoever loses will be discarded – like it is the case at most tournaments.

Example:

The first athlete from the first group will start with his partner. After he is done with his three defense actions they both have to kneel down at the „edge of the Tatami“. Now it's the turn of the first athlete of the second group to show his defense techniques with his partner. Once this has been done the athletes of the first group proceed to the "Tatami" – upon a sign of the "leading Referee". The first team will be on the left of the leading Referee – the second team on his right. The jury, consisting of 5 referees will now appoint the winner of the first group by hand signal. The athletes appointed as winner of this round stay in the division – the losing athletes will be discarded.

When both groups are finished the same system will start over from the beginning – dividing the remaining athletes into two groups.

In case there are an uneven number of participants, one team will be drawn to receive the admission to the second round without fighting by drawing a bye.

The “attacks” are separated into the following groups:

1. group: attacks with contact
2. group: attacks without contact
3. group: attacks with weapons

Procedure:

A leading referee at the Tatami will ask the athlete and the opponent to come onto the “Tatami”. Both participants will have to bow upon command of the leading referee in the following order:

1. Leading Referees
2. Referees
3. Towards each other

After both athletes have bowed to each other they will turn around so that they are back to back. Now the attacks will be drawn by an assistant and shown to the

1. Attacker
2. The referees

Upon the command „REI (attention)“, which will be given by the leading referee at the Tatami both athletes will turn around and face each other. Any communication between the athletes and also between the audience and the defender is strictly prohibited!

While the athletes are facing each other now, **(maximum distance is 180 cm)** the leading referee at the Tatami will without any further delay start the fight by calling „Haijme (Start)“. The attacker has to start to attack right away with the relevant technique.

In case of an attack with weapons, the organizer is responsible for the weapons to be set aside at the “edge of the Tatami”. Please note that the weapons must be covered up until the very last moment (right before the official start of the fight).

Once the first round is done, the second round starts over again the same way, until there are only 2 defenders with their partners left. This will be the final round.

The part of contact attacks will be announced. This makes sure, the defender first allows the grip. Basically each category will be told to the defender. For e.g.

- 2 x contact (grab the lapel or headlock etc.)
- 2 x non-contact attack (boxing, kicking etc.)
- 2 x weapon attack

The decisions will be made simultaneously by hand sign of the referees. There will be no points given.

36.6 Performance Area - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.

36.7 Number of Judges – The Form will be judged by three Judges for Junior and Under Black Belt Forms, and five Judges for Adult Black Belt Forms, who will be seated in a single line at one side of the area.

36.8 Entering & Exiting the Performance Area - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to

the area itself.

Upon entering the area, competitors will make their way to the judges/main judge and will announce to the judges/main judge the following

1. Name Of Competitor
2. Country They Represent
3. Ask for permission to begin

Before the Competitor begins their Self Defense, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

36.9 Scoring - The referees point by hand signal towards the winners corner. There will be NO POINTS to be awarded!

Criteria to be followed, to find the best performed techniques:

- 1) Effectivity
- 2) Variety and knowledge about the techniques used
- 3) Precise application under consideration of
 - Basic moves and coordination between leg/foot and arms
 - Basic principles of locking / lever techniques
 - Speed of attacks
 - Speed and dynamics of defense
 - Concentration, breathing, power, Kiai
 - Bio-Mechanic & Kinetik

36.10 Protection of Athletes: - The attacker has to use Mouth Guard, Groin Protection and Head Gear. The Defender needs to use light Fist Safety's (fingers open) and Elbow Protection

Contact: - The safety of all athletes has priority! The protection equipment serves for a better safety. For reality based strikes and kicks those need to be done with "SEMI CONTACT". Strikes and Kicks to the head should be avoided. Locks and Levers are only recognized to not be pulled all the way through. No press throws (body falls onto another thrown body).

Form: Deadly techniques are prohibited. (Visitors). There has to be worn a traditional Karate, Self Defense or Taekwondo Uniform. No regular street cloth. Weapons, after they are taken from the attacker (solved danger situation) have to be taken and secured (shown to the referees)

PART 7 - Breaking Demonstration

ARTICLE 36. TRADITIONAL BREAKING

37.1 **Description** - Breaking Demonstration is a controlled display of the destructive ability of an individual's Martial Arts Technique. The break must be approved by the judging panel and have martial arts relevance as determined by the panel.

37.2 **Age Divisions** - Breaking Demonstration Divisions shall be restricted to competitors over 18 years of age.

37.3 **Grade Divisions** - The Grade Divisions for Breaking Demonstration will be Under Black Belt and Black Belt.

37.4 **Uniform** - All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete should be embroidered or silk-screened on right arm.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

37.5 **Performance** – Techniques, Materials and Set-up will be chosen by the competitor. Each combination will be demonstrated first at slow speed, and then at full speed.

37.4.1 **Time Limit** - The time of the performance must not be more than 60 seconds.

37.5.2 **Props** - Competitors are required to supply their own Breaking Material and Props. This must be submitted to the judging panel for investigation before the event begins.

37.5.3 **Stands** - Any stands used to support any break material must be of sufficient size so as support the material being placed in it, but cannot be of such size as to encourage the material to break. This will be determined by the Judges based on the material being broken and set on the day. It will remain the same during the event for all competitors in that category. Competitors are responsible for their own stand material.

37.6 **Performance Area** - The performance area (mats) size will be not less than 5 meters by 5 meters. Each competitor/second will be expected to clean and make safe the Performance Area following the demonstration. The Judges will be seated on one side, or at the corners of the area.

37.6.1 **Safety** – It is the responsibility of the competitor to ensure s/he has enough assistants and holders to ensure the safety of the referees and spectators. For example, if a directional break is attempted it is the competitors responsibility to have helpers in place to stop air-born pieces. Referees have the right to disqualify any break they deem unsafe and refuse to allow the competitor access to the ring.

37.7 **Number of Judges** - There shall be three referees. The referees award points from 1 to 10 (one decimal).

37.8 **Entering & Exiting the Performance Area** - Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

When the competitors name is called, they will enter the area to set up for the break. Competitors are

required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself. Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent

The judges will then inspect the set up and make request changes. The judges must always

explain to the competitor and his/her second the reasons for the change.

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

37.9 **Scoring** - Points will be awarded for the following:

The Break:

Material Broken (Depth, Density, etc) Clean Break

The Technique:

Technicality of Techniques Used

Variety of Techniques Used

Scores will be awarded between 5 and 7 for Underbelts and 6 and 10 for Black Belts

**THE WORLD MARTIAL ARTS GAMES COMMITTEE
TOURNAMENT RULES**

Established in 2005
as the Official Rules Governing the
World Martial Arts Games Committee

First Amendment - March 15, 2006
Second Amendment – May 31, 2007
Third Amendment – May 27, 2010

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