

# 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 county.

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 Sportsperson 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 eating 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 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.

18.4.6 **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 - Sparring

## ARTICLE 24. GENERAL SPARRING 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

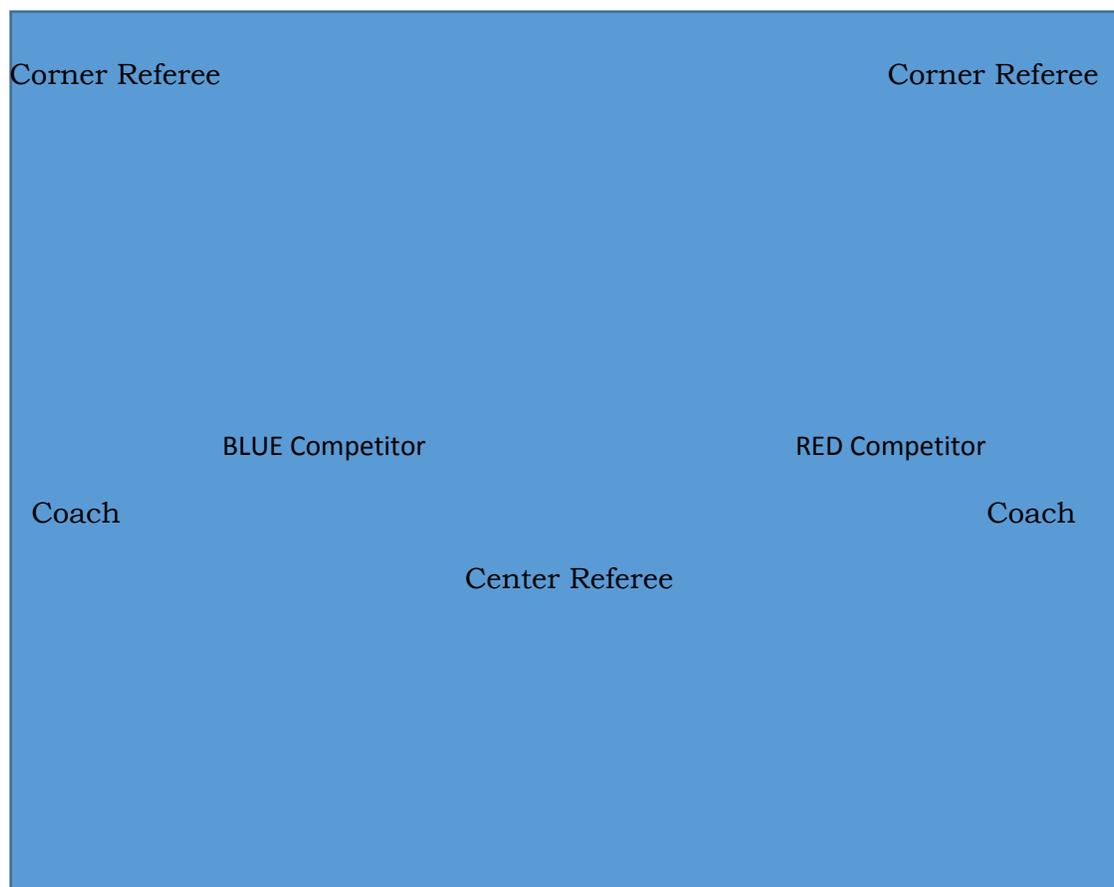
24.3.4 Markings denoting where competitors and referees stand shall be clearly marked on the area.

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.



This is to fit over a head guard

## 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:

1<sup>st</sup> Penalty - Warning

2<sup>nd</sup> Penalty – Point awarded to opponent

3<sup>rd</sup> Penalty – Point awarded to opponent

4<sup>th</sup> 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 - 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 6 - 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

1<sup>st</sup> Amendment - March 15, 2006  
2<sup>nd</sup> Amendment – May 31, 2007  
3<sup>rd</sup> Amendment – May 27, 2010  
4<sup>th</sup> Amendment – June 1, 2018  
5<sup>th</sup> Amendment – August 16 2019

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