



# **COMPETITION RULES**

**V2023.1.1.2**

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# 1 GENERAL

## 1.1 RING DIMENSIONS AND BOUNDARIES

The ring is 8m x 8m in size, with a clearly delineated border of 1m around the perimeter. For the sparring divisions, the 6m x 6m area inside this perimeter is defined as the “fight zone”. See diagram at right.

Athletes and visitors shall not endanger themselves or others while attending the tournament. This will include the safe supervision of children at the tournament.

Should an athlete use any area (or off the mats) for practice, that person must ensure no other person(s) be affected by such practice that may cause an injury or damage in proximity of the practice.

## 1.2 UNIFORM

Athletes will wear their normal training uniform. It should be clean and in good repair, and in good taste, or he/she may not be allowed to participate. In the case of a freestyle system, where there is no uniform *per se*, their clothing should include something that denotes their club affiliation e.g. a club t-shirt, or logo on the shorts/track pants.

While competing, one contestant will wear a red identifying marker, and the other may wear a white identifying marker.

Shoes will not be permitted for athletes for any sparring divisions, nor on the competition mats.

### 1.2.1 Protective equipment

An athlete must not use equipment or wear anything that is dangerous to himself or another athlete (including any kind of jewellery or piercings).

Fingernails and toenails must be kept short and should not constitute a risk of injury to another athlete.

Glasses may not be worn during competition in Sparring, Demonstrations, Fun events or any Xtreme events such as Xtreme Forms or Xtreme Weapons.

Athletes are permitted to wear sports glasses/sports goggles (with strapping) provided that the sports glasses/goggles are assessed for suitability by the National Technical Commissioner (NTC) or his/her representatives.

The athlete must carry a medical certificate (from their optometrist, ophthalmologist, or general practitioner) confirming the athlete is required to wear visual aids while competing in WMAC.

Personal Protective Equipment must be worn when competing in combat events at the competition. This includes:

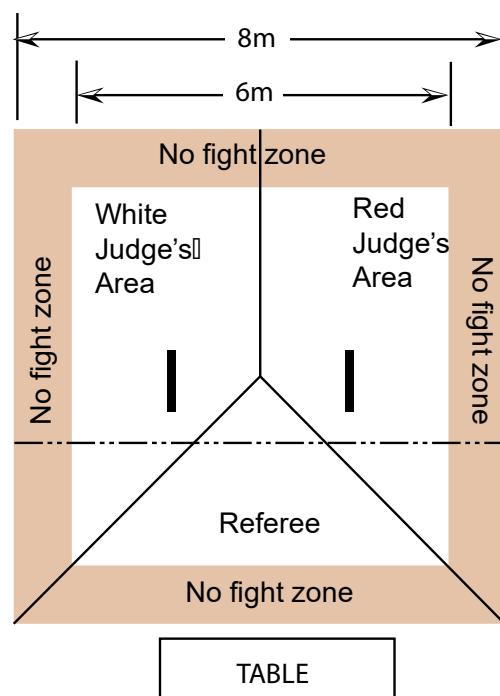


Figure 1 Mat layout

*The primary purpose of the gloves and the shin-instep protectors is to protect the person being struck. Protecting the wearer is a secondary purpose.*

*The referee and judges shall be the final arbiters of whether any given pair of gloves is deemed acceptable.*

**GLOVES** – (sparring events only) these must cover the knuckles, and be soft enough to protect someone hit accidentally, while also protecting the knuckles of the wearer. They should also not have any rough edges. Boxing mitts/gloves are not permitted, nor hard gloves (like some bag mitts).

**SHIN/INSTEP PROTECTORS** – (Sparring events only). These must cover the shins and instep and must be worn under the uniform.

**MOUTH GUARDS** – compulsory for all athletes in all combat divisions

**GROIN GUARDS** – (sparring events only) compulsory for males. Optional for females.

**CHEST GUARDS** – (sparring events only) optional for females.

*Must be soft in nature, not the hard surface shin guards used in sports such as soccer etc... Shin pads are meant to protect the target, not the attacker. They must be worn under the uniform (if it allows) because the uniform itself offers additional protection.*

*Red mouthguards are not advised, as they disguise mouth bleeding. They will however not be disallowed.*

*They must be worn under the uniform (if it allows) because the uniform itself offers additional protection.*

### 1.3 INJURIES AND FIRST AID

Where an injury has been sustained the referee shall call time out for up to 1 minute to allow the athlete to decide whether he or she wishes to be treated by a First Aid Officer (FAO).

If first aid treatment is required, and the injured is NOT at fault, the treatment shall be no longer than 2 minutes before the athlete is called back to the ring for restart of the event.

Before the event restarts, the referee shall obtain the FAO's opinion for confirmation on the athlete's condition and whether the athlete is in a fit condition to recommence the event or not. Should the FAO determine that he or she is unfit to continue, this decision will be final.

### 1.4 AGE OF ATHLETES

In age-based divisions, athletes may only enter divisions appropriate to their age on the 30<sup>th</sup> June. This entry criterion is valid for the whole of the current calendar year.

*If an athlete has a birthday anytime up to and including the 30<sup>th</sup> June in any calendar year, then that will be the age division in which he or she must compete in for the entire calendar year. i.e. turn 14 during Jan-June, you compete in the 14 yrs division Jan-Dec. Turn 14 during Jul-Dec, you compete in the 13 yrs division Jan-Dec.*

### 1.5 PROTESTS

Protests should be referred to the tournament technical commissioner as soon as possible after the incident. Video evidence will not be accepted.

To have a protest validated, a Protest/Complaint form must be filled in and submitted. These forms can be obtained from (and submitted to) the tournament's Technical Commissioner

*A protest can only be submitted by a REGISTERED coach i.e. one who has signed in and registered at the beginning of the tournament. For national Titles events, registered coaches have been pre-registered, usually on a state by state basis.*

## 2 OFFICIATING FORMAT GUIDE

The Officiating Format Guide gives athletes, coaches/instructors and spectators a general guide ONLY, as to the officiating and management of

AMAC rings. This includes the bout management formats for two- and three-person officiating.

## 2.1 Sparring

This includes Points Non-Contact Sparring, Points Contact, Tap Freestyle Sparring, Full Contact, Sword Combat, and Sumo. These divisions can all be officiated by either 2 or 3 officials. The referee is always the one with his/her back to the score-keeper's table and is the official in charge of the bout. The other officials are known as judges.

### 2.1.1 Two (2) Officials

This is known as mirror judging. In this situation, in the case of a split call by both officials, the referee's decision carries greater weight and therefore is entitled over-ride his/her judge's decision or may wave it away as "un-decided".

### 2.1.2 Three (3) Officials

In this situation, each official's call has equal weight, and there must be a majority decision for points to be awarded.

*If a situation arises where a referee might disagree with the call by one or both judges, s/he might call for a re-consideration of the decision, with a hand-signal explanation as to why s/he thinks it is necessary. At this point, the judges may or may not cancel/change their decision.*

## 2.2 Freestyle sparring

Freestyle bouts can also use mirror judging, (2 officials), or the 3 officials bout management system. As in points sparring, when mirror judging is used, the referee's decision carries greater weight & will have the final decision. S/he may also stop the bout to issue penalties with or without the mirror judges involvement.

When mirror judging a freestyle bout, a draw can occur through the signalling of a draw or by conflicting votes for each side. Again, the referee has the final decision and may declare a draw & an extension round or declare the winner.

A draw is not allowed to be signalled by any official during an extension round.

## 2.3 Forms

Forms too, may be judged with either 2 or 3 judges. The Chief Judge will sit facing the score-keepers. At the end of a form, all judges will hold up their scores at the Chief Judge's command, and the table officials will record them and add them up.

If there are only two judges, three scores will **STILL** be recorded, with the Chief Judge's score being recorded twice as a "Phantom Judge's" score.

## 3 COMMON SPARRING RULES

### RING CRAFT

Athletes should stay within the designated boundaries of the ring, specifically the "fight zone". Repeated failure to do so may result in points penalties as described in Section 4.3 below

*Athletes may be warned, and eventually, penalised with penalty points (and points to the opponent), if they keep exiting the ring as part of their evasion strategy i.e. this is a ring – they should not be evading in a straight line backwards.*

### 3.1 LEGAL TARGET AREAS, WEAPONS, AND TECHNIQUES

Legal target areas are:

- Any part of the torso above the belt/navel/hip level
- Face, neck, sides and back of head
- FREESTYLE AND FULL CONTACT SPARRING ONLY: thighs, calves are also valid targets

*If an athlete has any doubts about whether a particular technique is valid, he/she should ask the referee or tournament commissioner prior to the start of division.*

Legal weapons are:

- Fore-fist, back-fist, hammer-fist, and knife/sword hand, ridge hand,
- Instep, shin, calf, sole, heel, ball of the foot.
- FREESTYLE AND FULL CONTACT ONLY: Elbows and knees are permitted to legal target areas, using appropriate contact levels.

*There is no additional points benefit to sweeping other than to facilitate scoring. **HOWEVER**, the sweep **must be** a sweep, not a kick to the lower leg. It should primarily be used to destabilise and must be followed up with a strike to score.*

Legal techniques include:

- Controlled punches, strikes, and kicks to legal target areas, with legal weapons.
- A foot sweep, which will only score if followed by a legal hand technique

*It must be clear that the follow-up is part of a planned sequence of techniques, and not an afterthought.*

The following apply **ONLY** to all Adult Advanced/Black Belt sparring divisions EXCEPT Full Contact.

- Controlled take-down with immediate follow-up non-contact punch to a legal target area
- After a successful take-down or sweep, you can also follow-up and score by using a legal FOOT technique to a legal target area
- After having been taken down or swept to the ground, an athlete may score from the ground with a hand or foot technique (to a legal target area) before the opponent follows up on his/her sweep or take-down.
- In FULL CONTACT a retaliation from the ground is not permitted.

*Generally, a controlled take-down will be one where the person being taken down is **not** permitted to free-fall i.e. it should literally be a take-down, rather than a throw or dump.*

*It must also be clear that the follow-up strike was part of a smooth and planned sequence.*

*Contact levels should be according to the division. i.e. non-contact should be non-contact, tap/light contact **CAN** be contact, but **NEED NOT BE**, and Points Contact will be like Full Contact – no contact to the person on the ground, but the distance **MUST** be such that you **COULD** have made good contact.*

*The head and neck and spine are, of course, not legal contact targets for the hands at any time.*

*Control is the key.*

### 3.2 ILLEGAL TARGETS, WEAPONS, TECHNIQUES, AND BEHAVIOURS

Use of any illegal targets, weapons, techniques, and behaviours will incur penalties points up to and including disqualification, as described in Section 4.3 below.

Illegal target areas are:

- Any part of the arms e.g. fists, hands, elbows, etc...
- Throat
- Anywhere below the belt. However, in freestyle sparring, thighs and calves are also permitted
- attacks to leg joints e.g. knees, ankles, hips are still not permitted.

*If a penalty is incurred in point sparring (both contact and non-contact), in addition to it being recorded towards disqualification, the opponent will ALSO be given a point in his/her favour.*

Illegal weapons are:

- Fingers, thumbs, head, and teeth
- Knees, elbows (only in non-contact Points Sparring)

Illegal techniques and behaviours include:

- Attacks that make contact (only in non-contact Points Sparring)
- Using any of the illegal weapons mentioned above
- Uncontrolled techniques, whether hand or foot, including (but not limited to) excessive contact, uncontrolled spinning kicks and strikes, uncontrolled axe kicks
- Uncontrolled techniques in general
- Feints and attacks to illegal targets
- Grabbing or clinching
- Pushing
- Disregard for personal safety

*In the case of an apparently illegal technique, it is possible that the judges decide that the person suffering from this technique may actually not have been watching out for their own safety e.g. leading with the chin, not blocking the other's punch because s/he was too focused on their own attack, and hence they will receive the penalty rather than the attacker.*

*Depending on the severity of infringements, it is also possible that neither or both athletes will be penalised.*

- Avoiding combat e.g. pretending injury, playing for time by avoiding, rather than evading, the opponent
- Unsportsmanlike behaviour by the any of the athletes, athlete's coaches, or an athlete's team
- Abusive attitude, language, or behaviour (from athlete, coach, or spectator)

*Disqualification as a consequence of bad behaviour by the athlete's teams or coach is expected to be a rare occurrence. This will have to be ratified by the tournament's most senior Technical Commissioner present. This may be any of the Regional, State, or National Technical Commissioner.*

The chart below demonstrates the level of contact that will be tolerated within the WMAC competition. It has been clearly defined to minimise any misunderstanding of the contact rules.

**Six levels of contact can be identified, from one extreme to the other, and their use and application are summarized in the graphic below.**

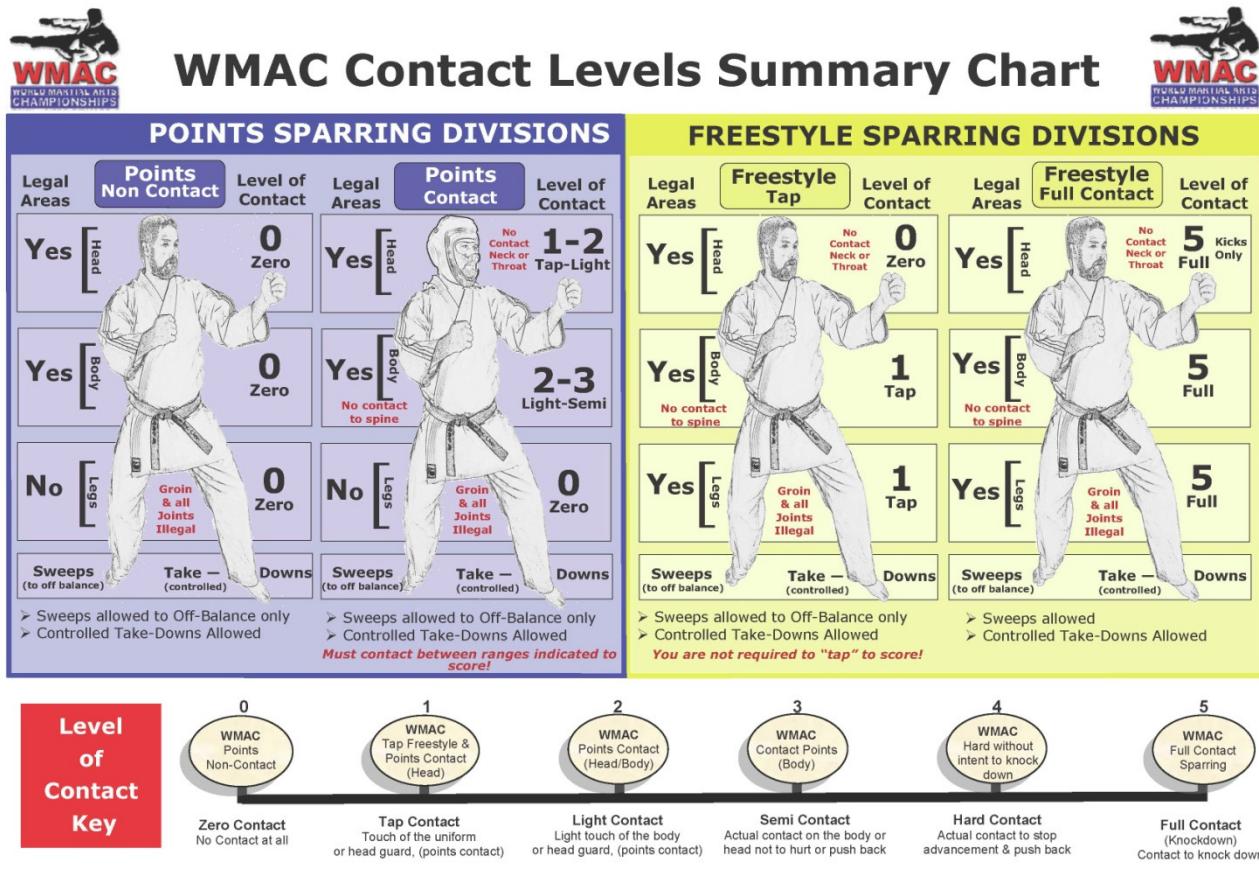


Figure 2 Levels of Contact Chart

## 4 POINTS SPARRING (Non-contact and Contact)

### DURATION

Point sparring bouts will have duration of 1.5 minutes but may be changed on the day of the tournament by the organiser and announced publicly.

The winner will be:

- the first to reach 12 points
- the one who has the most points at the end of the bout,
- or the one who develops a lead of six or more points

In case of a draw, the winner shall be decided by the first point scored in the ensuing 1.5 minute extension. If there has been no score after 1.5 minutes, the judges shall decide the winner by a show of flags.

*If officials must decide a winner by show of flags, there can be NO draws given. Each official MUST decide on a winner.*

## DISTANCES

**NON-CONTACT:** All *attacks* should be non-contact in nature. To ensure this, any attack (fist or foot) need only be within 10cm (i.e. approximately one of the attacker's OWN fist-lengths) from the target and still be considered valid, provided the referees and judges deem it worthy of a point. The judges may use their discretion in the children's divisions and allow up to 15cm.

While the attacks themselves should be non-contact, point-worthiness and effectiveness is determined by the method of delivery i.e. stance, control, and distance from the opponent should be such that if contact had been the intent, it would have been possible and effective.

ALSO, the higher the grade of the athlete, the closer the distance from fist/foot to target is expected i.e. for black belts, <1 fist length.

Contact with just the uniform will not be considered contact, but strikes must not impact the body.

**CONTACT POINTS** – All attacks must be made with good distance and control. Points can only be scored through contact, at levels as prescribed in the Levels of Contact diagram. As in Non-Contact Points, balance and control are still important consideration for scoring.

In both points-sparring categories, wild flailing or stretching out (e.g. playing "tips") to make contact are not adequate to score. Techniques must be performed such that IF they had wanted to land a full contact technique, they could have.

## 4.1 PROTECTIVE EQUIPMENT

Protective equipment must be provided by the athletes.

**It is in all instances the athlete's responsibility to have ALL the required protective equipment.**

**Should a division or athlete not be allowed to proceed due to lack of equipment by an athlete(s), there will be no refund of any fees.**

For Points contact, helmets with face-mask/protection must be worn. Refer to the WMAC Protective Equipment Chart on the website for types of head protection approved by WMAC.

It is the responsibility of the athlete to bring their own protective equipment, including helmet and face protection

## 4.2 SCORING POINTS

In both Contact and Non-Contact points sparring, the techniques, and targets required for scoring are more or less the same, as are the points scored. The ONLY difference is the level of contact.

In the case of contact points sparring, the only legal target areas are the protected areas i.e. those covered by the body armour or the helmet.

The exception to the covered area rule is when the body armour also provides a padded area along the spine. **UNDER NO CIRCUMSTANCES IS THE SPINE A LEGAL TARGET!**

### 1 POINT

- Any legal, single, hand technique to the torso or head
- Any legal kick to the torso
- A legal counter-attack to torso or head from the ground after having been taken down but

before the take-down has been confirmed with the follow-up technique.

## 2 POINTS

- Any clear and unblocked combination of 2 or more legal techniques, *other* than kicks to the face/head. Hand techniques must be to different targets e.g. torso/head, front/back. A punch/kick combination may target the same striking area i.e. torso/torso
- One or more strikes to the back of an opponent who **has been turned around** to expose the back.
- Spinning back kick to the torso.

*Combination techniques can be with one or two hands.*

*Points cannot be combined e.g. body and face punch, followed by kick will not result in 5 points. If the sequence cannot not be broken down, the higher scoring technique will be awarded. The decision rests with the referee.*

*This can be either a straight or a roundhouse spinning back kick to the torso. In either case CONTROL is of the essence. As these are powerful techniques, they require extra control. A straight spinning back kick that pushes a person's arm into his/her body while he/she is blocking the kick could be considered contact and should be awarded a penalty.*

*This includes, but is not limited to, roundhouse, spinning, axe-kicks, and jumping kicks. It has been shown that some athletes CAN control these techniques. The most important requirement is control. It is up to the officials to decide whether a technique was under control or not.*

*NOTE: a spinning back kick over the head is not likely to score a point, whereas a spinning back kick passing in front of the body or face is likely to be penalised for being an uncontrolled technique.*

## 3 POINTS

- Any legal kick to the head.
- Take-downs with follow-up, as described in Section 3.1 above.

## 4.3 PENALTIES

When use of illegal techniques, behaviours, or weapons has been observed and indicated by the judges or referee, the referee may stop the fight and impose a penalty.

The basic penalty will be 1 point to the opponent. It can however be escalated to 2 points, **or disqualification** depending on the severity of the infringement.

Penalties in this division are imposed for the tally towards disqualification.

HOWEVER, as further compliance incentive for the athletes, the other athlete will be awarded points on his/her score i.e. 1<sup>st</sup> penalty, one point, 2<sup>nd</sup> penalty, 2 points, and of course, 3rd penalty is automatically a win. These points will be formally awarded (as with other points) after the penalty has been imposed.

Escalation of the first penalty will cause the opponent to be awarded 4 (four) points. At least two of the ring officials must agree to allow the referee to escalate the penalty to 4 points or disqualification. Escalation after the 1<sup>st</sup> penalty will of course result in disqualification.

*Escalation in penalties will be based on the severity of the offence. Examples of this would include intentional kicks to the groin, excessive contact, obvious malice, face contact, repeated offences despite warnings, etc...*

### 4.3.1 Disqualification

Disqualification shall take place when a athlete receives a third penalty point, or at least two of the officials have determined that an offence is serious enough to warrant escalation to that level.

## 5 FREESTYLE SPARRING (Touch-contact and Full-contact)

### 5.1 GENERAL

#### SPARRING METHOD

Sparring will continue uninterrupted unless stopped by the referee. Athletes will not only be judged on scoring techniques. They will also be judged on:

- fighting ability, both in attack AND defence
- ring craft
- stamina
- effectiveness of technique (full contact)

#### DURATION

Touch-contact bouts shall be 1.5 minutes in duration, with a single 1-minute extension if necessary.

Full-Contact bouts will be 1.5 minutes long, with 1.5-minute extensions.

These durations may be changed on the day of the tournament by the organisers and announced publicly.

There will be no draws awarded in the extension, Judges and referee must each decide on a winner.

### 5.2 LEGAL TARGET AREAS

The same legal target areas apply as for Points Sparring, with one addition. See Section 3.1 above for full details.

The sole addition in freestyle sparring is that kicks to the legs (using instep and shin only) are also permitted. Both the inside and outside thighs, and the calves, are legal target areas. Joints are never legal target areas.

All attacks should be light touch contact in nature. This essentially means only touching the uniform, but not the body behind it.

#### DISTANCES

All attacks should *at most* be light touch-contact in nature only. The easiest definition would be that both foot and hand attacks should only touch the athlete's uniform, but not make impact on the body. For reference, see Figure 2 above (Level of Contact Chart)

*It must however still be kept in mind that kicks must also be within the prescribed levels of contact. Athletes should take care not to kick the groin or knees by accident, as this may lead to penalties being imposed on them.*

*Note: validity of a technique is not just based on how close it comes, but also other factors such as balance, reach, and focus.*

*Controlled take-downs as described in Section 3.1 above are also permitted.*

*This is a much faster form of sparring, and the accuracy and control required are far greater than that in Points Sparring. It is harder to perform and just as hard to judge. It is however also a very good means of developing control and accuracy.*

### 5.3 SCORING

Judging will be based on a athlete's ability to use his/her art and the ring to their best advantage.

Judges score freestyle by keeping a mental tally of engagements.

An “engagement” for the purpose of AMAC freestyle sparring, is defined as “*When athletes move into a distance which allows them to perform offensive / defensive techniques. The engagement is deemed to be over when athletes break from this scoring range*”.

**Non-Scoring Engagement** – Where neither athlete clearly wins the engagement.

**Scoring Engagement (1 point)** – When one athlete clearly wins the engagement with an offensive combination or a combination of defensive and offensive techniques.

**Superior Engagement (2 points)** – As the name suggests, when one athlete is clearly superior. This could be a head kick, controlled take-down with a follow up scoring technique, overwhelming combination of offensive or offensive/defensive techniques which leaves the opponent completely defenceless.

For the benefit of spectators, athletes, and the other judges, a judge might indicate with a hand signal that s/he feels that a superior engagement has just taken place,

The judges will indicate win or draw for the athletes, using red and white flags.

*The faster, stronger, and more overbearing athlete need not necessarily be the winner. IF the other person has shown the ability to defend, evade, and retaliate effectively, it is conceivable that s/he might be declared the winner instead.*

*If both athletes stand in range while exchanging techniques without disengaging, it will be scored as only one engagement, no matter how many techniques are thrown! Thus, for example, a frenzied non-stop 30 second attack with the intention of overwhelming the opponent would only count as one engagement.*

*Athletes are therefore encouraged to use ring craft, moving in and out of range, while scoring when the opportunities arise or are set-up.*

*Single techniques, as performed by athletes in point sparring, might not be scored if in the judge's opinion the athlete is adopting a point fighting strategy. Athletes should be looking at scoring combinations within each engagement.*

*The scoring and/or signalling (by the officials) of one or more “superior engagements” does not necessarily result in a win for that athlete. Spectators and coaches are reminded not to view these as the only scoring events.*

*Both “scoring” and “superior” engagements, that is 1 and 2 point engagements, are mentally tallied by each judge as the bout continues and are awarded at the end of the bout in the form of a red or white decision. The total number of points is irrelevant because each judge may have a different tally due to their different view point and interpretation.*

## 5.4 PENALTIES

Penalties for Freestyle Sparring will be imposed on the same basis as for Point Sparring, i.e. based on legal targets and techniques and for the same points, with the difference being that in this division, **the offender is given the points as warnings only**. There are no points for the “victim”.

Athletes will be penalised by being given a 1- or 2-point warning, or a disqualification (effectively the 3<sup>rd</sup> point), depending on the severity of the offence.

### 5.4.1 Disqualification

Disqualification shall take place when a athlete has accumulated a total of 3 penalty points, or at least two of the officials have determined that an offence is serious enough to warrant escalation to that level.

*Penalties in this division are imposed primarily towards the disqualification tally. HOWEVER, referees and judges should take these penalties into account when awarding the final decision i.e. overall performance is what matters in this division.*

## 6 FORMS

Regardless of division, the maximum time without penalty for a form will be 3 minutes. Penalties will be imposed on any athlete who exceeds that time frame.

Athletes must stay within the area of the mat or otherwise defined area (normally 8m x 8m). Penalties for each exit may be imposed. *See the Section 6.3 Penalties below for more details.*

In the case of draws, if the result cannot be determined by numerical methods e.g. high/low, then athletes will be required to do another form.

Except in the black belt and equivalent divisions, this second form can be the same as the first one. However, if the form itself is of equal quality as that of the opponent, more consideration might be given to those who are able to do a different one.

*For the sake of convenience and brevity, the term "form" will be used as a general term for all similar exercises e.g. kata, form, pattern, poomsae, sequence, etc...*

*High/Low method: Subtract the highest score. If still even, replace it and subtract the lowest score*

### 6.1 TRADITIONAL FORMS/TRADITIONAL WEAPONS

#### 6.1.1 General

This section will be restricted to forms that are in the traditional format. This does not mean that they are restricted to only traditional forms. Forms created by athletes or instructors are acceptable as long as they are in traditional format. There are a few constraints:

- no music will be permitted
- only one athlete per entry
- no weapons or props in the non-weapons divisions
- no live cutting blades e.g. swords, knives
- no weapons or other objects used as projectiles

#### 6.1.2 Hard Styles

Hard styles generally comprise the straightforward punch-and-kick based martial arts e.g. karate, taekwondo, etc...

*Note: these divisions are may be combined into one division called "Traditional Forms"*

*Athletes will not be judged on their martial arts style, but on their performance.*

*In some styles there is considerable overlap between hard and soft forms.*

*Athletes should therefore not be discouraged from entering in the "OTHER" division i.e. the one that is NOT like their style, provided of course that their form DOES indeed fit in this category they're entering.*

#### 6.1.3 Soft Styles

This section will typically include Kung-fu, Wu-Shu and related styles.

#### 6.1.4 Traditional Weapons Forms

This division is devoted to the traditional weapons. These might include bo, nunchaku, bokken, tonfa, sai, kama, Chinese broadsword, spears, long poles, chain, hook-swords, Tai Chi sword etc...

*"Traditional weapons forms" means "traditional forms with traditional weapons"*

- Weapons must be in good condition and firmly constructed, and not be at risk of coming apart during competition.
- Weapons must not hit or poke/pierce the mats in such a way to potentially damage the mats.
- Weapons, if being put down, are required to be placed carefully on, or *just* off the ring, rather than forcefully ejected as a consequence of, say, a disarming technique.
- No pyrotechnics, fire of any kind, or liquids (flammable or not)
- Nothing will be permitted that might endanger athletes, officials, and spectators, or damage any property.

*Weapons may hit the mat as is common in the “softer” arts such as Kung Fu e.g. with the Long Pole hitting the mats horizontally (slapping the mat) i.e. it does not poke or pierce the mat.*

*Regardless of this, the judges may still deem that damage has occurred. Their ruling shall be final.*

*For this reason, pole vault type techniques with staffs, bo, etc... are also not recommended.*

## 6.2 XTREME FORMS EVENTS

Xtreme forms are anything that doesn't fit into the traditional format.

There are only two divisions for this category: Juniors (13 and under) and Seniors (14 and up). There are no gender divisions, and male and female alike will compete against each other.

### 6.2.1 Xtreme forms

As the name suggests, this division is what might be considered the extreme type of forms, and will contain tumbling, acrobatics, high kicks, etc...

**This division will have only one athlete per entry.**

The primary criterion is entertainment value, though martial arts content comes a close second.

Music is permitted in this division but no props or weapons are permitted.

### 6.2.2 Xtreme Weapons forms

As with the traditional weapons forms division, weapons must be in good condition and firmly constructed, and not be at risk of coming apart during competition.

**This division will have only one athlete per entry.**

Non-conventional weapons are also permitted and might include (but are not limited to) fiberglass bo/staffs, glowing nunchaku, bottles, chairs etc...

Music is permitted for this division.

*Forms that have been made up by instructors and/or students that are similar to the traditional forms of their style, but provide no entertainment value beyond the normal martial arts criteria are not suitable for this division, and will NOT be marked highly. Athletes performing forms such as these should enter in the Traditional Forms division.*

*Examples of forms for this division would be what is popularly known as “tricking” i.e. acrobatics combined with martial arts techniques.*

*Some of the more athletic traditional Chinese forms might also fit into this category.*

*Weapons in this division may be both traditional/conventional and non-conventional weapons.*

*As with the Xtreme forms, Xtreme weapons forms must also include entertainment value as outlined above for Xtreme forms.*

### 6.2.3 Demonstrations

This division is where 2 or more people showcase an aspect of their martial art which highlights their skill and their martial art, and potentially provides some entertainment.

This could include, but is not limited to :

- similar to the Xtreme forms division but with more than one participant,
- conventional synchronised team forms.
- Self-defence demonstrations against one or more attackers
- Dynamic choreographed fight sequences with or without weapons, which may or may not include groundwork etc...
- Breaking demonstrations

**This division will have only one athlete per entry but must have more than one performer.**

The primary criterion is entertainment value, though there must be a significant martial arts component.

Music will be permitted in this division.

A very good description of this division might be "Movie Martial Arts" i.e. how we see martial arts portrayed in most films.

Typically, entries in this division will be dynamic and exciting, and have high entertainment value AND high martial arts content.

It might include multi-person fighting or self-defence demonstrations (with or without props) e.g. aikido, hapkido, jujitsu, or self-defence routines. It might be a team "Tricking" demo, with coordinated acrobatic martial arts sequences.

For the more traditional martial artists, this could also include tension forms (where team members assist with the demonstration), synchronised or otherwise coordinated team forms etc... where group activities highlight the martial art skill

Due to space restrictions, one would generally expect no more than 10 people in a demo.

It should be noted that ONLY the athlete registered on the entry form will receive a trophy or medal, should s/he be successful in obtaining a place.

It is NOT recommended that two or more athletes register and then team up to do the same performance multiple times – once for each of them - in the expectation that each one will have a chance to place. It is very likely they will get the same scores for each performance. It is suggested that they do different routines for each entry, even though the same athletes are performing.

## 6.3 PENALTIES

Penalties will be imposed by points being taken off each judge's score for **each time** any of the following occurs during any one form:

0.1 — Exceeding the time limit by up to 10 seconds

**NOTE:** The time starts from the moment the athlete (in case of multiple athletes, the first athlete) bows in after having taken position in the ring. If there is no bow in, then from the first movement after taking position.

0.1 — The athlete steps out of the ring

0.1 — Having any body-part leave the boundary of the ring

0.3 — Falling, stumbling, or otherwise unintentionally losing balance such that the natural flow of the form is momentarily disrupted.

0.3 — For Junior grades only - forgetting a form after starting. Junior grades may restart once, but with the deduction on the final score.

The judges or table officials will notify the Chief Judge of the infringement if he/she hasn't observed it, and the Chief Judge will announce the penalties so that each judge can make the appropriate deductions from their basic score.

Scores will first be shown WITHOUT the deductions and these should be made WITHOUT taking into account the infringements. The referee will then ask the judges to deduct the penalties, and the scores will be shown again – this time to be recorded by the scorekeepers.

This would be on the order of half the athlete's foot. A big toe overhanging between the teeth of the mat needn't be considered an issue. The difference however is subtle.

See above. The total area available is 8m x 8m. This is a large enough area, and there is no excuse NOT to plan your activity or demonstration to fit within it.

These must be severe falls or stumbles. Deductions for wobbles and other minor losses of balance will be made during the regular scoring process

**NOTE:** this applies also to any mixed grade divisions that could include black belts e.g. the Veteran's division as it currently stands.

## DISQUALIFICATION

A disqualification will automatically cause a athlete to be awarded the lowest score of 5.0. The following acts will incur a disqualification:

- Dropping a weapon unintentionally
- Any action that potentially, or actually, causes damage to the mats e.g. hitting or poking the mats with a weapon
- Having any weapon, or part thereof leave the boundary of the ring, regardless of whether the athlete is holding it or not.
- Exceeding the time limit by more than 10 seconds
- **NOTE:** *The time starts from the moment the first athlete (in case of multiple athletes) bows in after having taken position in the ring. If there is no bow in, then from the first movement after taking position*
- Junior grades - forgetting a form again on the 2<sup>nd</sup> attempt.
- Advanced-Black belt division – forgetting a form the first time
- Unsportsmanlike behaviour by the any of the athlete, athlete's coach, or the athlete's team

*This is a safety issue. If the weapon is carefully placed outside the boundaries, this is will not incur a penalty. HOWEVER, if it rolls, flies (say, as part of a disarming move), is thrown (whether intentionally or not), or is swung outside the boundary of the ring, then a penalty will be incurred.*

*NOTE: this applies also to any mixed grade divisions that could include blackbelts e.g. the Veteran's division as it currently stands.*

## 7 SUMO RULES

### 7.1 Beginning Position

The referee will decide whether he or she wants to start the contestants at the edges of the ring, or in the middle, with contestants holding each other's shoulders. In either case, the athletes will start in sumo stance.

*The second starting method can help the small children overcome nervousness and shyness. By starting together, the children will be more willing to push each other out of the fighting area rather than shying away from their opponent.*

- **STARTING APART** — older children (and adults) can be started apart on opposite ends of the ring, facing each other.
- **STARTING TOGETHER** — Smaller children should be started together with their hands on each other shoulders at the centre of the mats.

### 7.2 Methods of Attack

- **PUSHING** – The contestant may push his/her opponent at any angle from any legal part of the opponent's body.
- **UNBALANCING** – a contestant can use redirection to cause an opponent to lose his/her balance.
- At the end of the contest, the referee should clearly signal the winner to the Table Officials, and the winning athlete should report to the table officials to confirm his/her identity.

### 7.3 The Contest

The contest will be 1.5 minutes in duration. When the contestants are ready to begin, the referee should shout "Start" and the contestants begin to "sumo". There are two different ways in which a contestant can score points. A total of three (3) points is required to end the bout and win. It can be done as follows:

- **1 Point** – forcing any part of the opponent's body outside of ring into the no-fight zone of the ring
- **1 Point** – forcing the opponent to the mat inside the fight zone such that they touch the ground with any part of their body except their feet

### 7.4 Penalties

If a athlete violates the rules, i.e. striking, punching, kicks, pokes, pinches, head-butting, or grabs, then the referee should give a warning, and a point given to the opponent. For each warning, a point will be awarded to the opponent. Other penalties included in the point sparring rules also apply e.g. bad behaviour/sportsmanship.

If the athlete clearly demonstrates a willingness to maliciously injure the opponent, then the referee/judges may at their discretion disqualify the individual from the contest.

## 7.5 Illegal areas

Illegal areas are:

- Neck and above
- Knee and below
- Groin

## 8 SWORD COMBAT RULES

### 8.1 Target Areas

The target areas are any part of the body **except**:

- the knees and below
- the hands
- the throat
- the back of the neck
- the back of the head
- the groin
- the face

### 8.2 Strikes/Techniques

The swords must be held with both hands for strikes and blocks to be valid.

Techniques executed with one hand will not be counted and may incur penalties.

All strikes must be controlled and in good spirit.

### 8.3 Scoring points

- One strike per target will be awarded 1 point.
- If an athlete loses the weapon by dropping it through his/her own fault, the opponent has 3 seconds to follow up with a legal strike. If successful, he or she will be awarded 2 points.
- If an athlete loses the weapon through any *intentional* disarming technique, the opponent then will be awarded 2 points. The opponent also has 3 seconds in which to follow up with a legal strike. If successful, this will be rewarded with 3 points.
- A successful combination to different targets will be awarded 2 points.
- Multiple strikes from both athletes at the same time will be deemed as ‘clashing’ and no point will be awarded.

*Merely touching or grazing the opponent, by accident or because the defender diverted it, MAY not be considered a scoring technique. The same applies to a technique that grazes an opponent because the attacker’s distance was not good.*

*Ideally, a scoring technique is one that was clearly performed with intent and clearly strikes the intended target, and had it been performed with a real sword, it would have inflicted a serious, even mortal, wound.*

*Bludgeoning the sword out of the opponent’s hands using brute force should not be considered a disarming technique. Rather, this should be considered for a penalty.*

*In a real sword fight, this would likely end in injury or death for both opponents. This rule is designed to discourage such an approach and to allow competitors to develop finesse in their fighting. This can also carry over into their points and freestyle sparring.*

### 8.4 Conduct of the match

Starting and stopping the match, and awarding points and penalties, shall be conducted in the same way as for Points Sparring. The same hand signals will also be used, where appropriate.

The match will start with athletes crossing the tips of their swords at the centre of the mats.

*Starting position should be such that they have their arms outstretched and are at such a distance from each other that on “Start” it is not possible for a quick point just by stretching out the arms.*

### 8.5 Winner of the Bout

The winner shall be the athlete who:

- Has the higher score at the end of the bout
- Has a lead of 6 or more points
- Has reached a total of 12 points

## 8.6 Illegal actions and penalties

The following will not be permitted and may incur a minimum 1-point penalty i.e. the offender receives 1 penalty point, AND the opponent receives a score point.

- hard, uncontrolled, or wild striking,
- thrusting to the neck and face
- striking with the handle
- grappling/pushing the opponent
- strikes below the knee
- strikes to the hand
- blocking or attacking while only using one hand to hold the sword

Warnings and penalties will be awarded on the same basis as for Points Sparring.

*Judges should take care to note when a body thrust is deflected upwards into a defender's face by the defender himself. This should not be penalised per se but should of course also not be awarded a point. Both athletes should be cautioned in this instance due to safety aspects. Multiple self-inflicted face thrusts might possibly incur a penalty for the "victim" due to poor blocking technique.*

## 8.7 Officials

Similar to Points Sparring, there shall be 3 judges (including the referee) officiating.

However, at the Tournament Commissioner's discretion and depending on the availability of officials, it may be reduced to two judges (including the referee) in mirror judging configuration

## 8.8 Protective equipment

Protective headgear will be used and will be supplied. Athletes may however use their own, provided it has been inspected and approved by the senior official. Mouthguards are required.