

W.O.M.A.A.
INTERNATIONAL
WORLD ORGANIZATION OF MARTIAL ARTS ATHLETES
RULES AND REGULATIONS
FOR COMPETITION





12th Edition - 2016



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GENERAL RULES. GENERAL RULES

It is the competitor's responsibility to read and be fully aware of the rules that govern this WOMAA Int'l event. Each competitor must adhere to all the following rules and regulations;

A.



COMPETITORS

1. Competitors are expected to conduct themselves in a sportsmanlike manner representative of true martial artists. The proper attitude, character and discipline will have a bearing on the officials' decisions.
2. Competitor must present themselves to the referees both physically and mentally prepared. It is the competitor's duty to be ready to compete when called upon to do so. If he/she is not suitably attired or physically prepared to compete as deemed by the center referee, the competitor may be penalized for delay of time.
3. Competitors must **not** wear jewelry or any object which might present a hazard to the wearer or his/her opponent. This will not be tolerated.
4. Competitor's fingernails and toenails must be properly cut or covered to eliminate any possible chance of injury to an opponent.
5. Male competitors must wear groin protection (cup and supporter) under their uniform. (Groin protection is optional for female competitors)
6. Competitors are NOT allowed on the floor until their division starts. A competitor staging area will be established (if possible) and all competitors will be required to be at the staging area 1/2 hour prior to their divisions starting time. Three calls will be made for competitors to come to the staging/ring area. If the competitor is not at the staging area by the time they are walked out onto the competition floor, he/she will not be allowed to compete. Not enforceable if no staging area.
7. All competitors must compete at the highest belt level they have earned in the martial arts. A competitor can never compete in a division of which he/she has not earned that belt rank. Once a competitor competes as a black belt, he/she must always compete as a black belt.
8. All competitors must wear a complete (top and bottom) traditional (kung fu, tae kwon do, etc) uniform appropriate to their style, in a good state of repair. A competitor with offensive words or art work on the uniform may be denied the privilege of participation. The appropriate color belt

RING SPORTS RULES (Full Contact/K-1)

or sash must be worn in competition. No sweats, tank tops or shoes are allowed in the sparring divisions.

B. LEGAL AGE RULE:

1. For WMG, a competitor must compete in his/her actual chronological age as of the 1st day of event. (ie: if they are turning 14 on or before the 1st day of the event, then they MUST compete in that age group)

If a competitor leaves a ring after the ring competition begins and is not present when his/her name is called to compete, his/her name will be called three (3) times at ringside. If she/he is still not present to compete after the 3rd call, they will be disqualified.

C. SAFETY EQUIPMENT – Required and Recommended



WOMAA approved mouthpieces, foam dipped head gear, hand gear, shin guards and foot gear (i.e. Top Ten, SAP, ASG. Century, etc.), and groin cups (for male competitors only) are mandatory for all competitors in all point and continuous sparring divisions. Because of the many brands and styles of sparring equipment, and more coming out all the time, we cannot list all accepted (safe) and unaccepted (unsafe) brands here. If equipment is deemed unsafe, then the competitor will be asked to change the equipment before they can compete. The following is a list of important and required features of WOMAA approved safety equipment. NO CLOTH GEAR.

1. **HAND GEAR:** A soft padded surface must cover the tops of fingers, wrist and any striking surface of the hand. The striking areas such as the ridge of the hand, side of the hand (chop, hammer fist, etc), back of the fist, fingers, and the knuckles must be covered with a soft padded surface. No open finger gloves, leather or cloth equipment allow (palm may be slightly uncovered). (See pictures of suggested styles on page 13)
2. **FOOT GEAR:** A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot.
3. **HEAD GEAR:** The front, sides and back of the head must be covered by a soft padded surface. A face shield is allowed.

4. **MOUTHPIECE:** A properly fitted mouthpiece is required for ALL divisions of fighting.
5. **OTHER EQUIPMENT:** Shin guards are **MANDATORY**, elbow, rib, knee are recommended, breast/chest protectors (junior male –17 & under and all female competitors) are **MANDATORY** for additional safety to all female point and continuous sparring competitors .
6. **UNSAFE EQUIPMENT:** We are involved in promoting, participating and spectating in sport karate, only karate, tae kwon do, kung fu, and approved jujitsu equipment is allowed. **Boxing and other contact sports equipment is not allowed in the point sparring events.** Insufficiently padded gloves, foot and head gear will not be allowed. Equipment must be in a good state or repair and must be free of heavy taping, tears or any other repairs that may cause injury. Equipment with heavy or too many seams on the striking surfaces is also not allowed. The approval or denial of the equipment is ultimately determined by the tournaments head rules arbitrator. Ring Sports shoes are not allowed in Int'l Competition. Shorts are not allowed in point and Continuous fighting divisions.

II. OFFICIALS

A. Referee (Center Judge)

The center referee should be the most experienced official in the ring and be thoroughly versed on the rules. He/she is in complete charge of the ring and the match. He/she promotes the safety of the competitors, enforces the rules and ensures fair play. To this end, he/she starts and stops the match, awards points, makes penalty decisions, administrates the voting of the other 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 gesture the competitor affected by the official decision.



1. Additional powers of the Referee:
 - a. the match starts and ends only with his/her command (not command of the timekeeper)
 - b. has the power to issue warnings and award penalty points without a majority decision.
 - c. has final decision on any disputes in the ring on score, unless an arbitrator has been called in.
 - d. has power to issue time-outs. A competitor can ask for a time-out, but it is the determination of the referee to issue one.

Fighter wins by disqualification

If the injured Fighter is declared fit to continue by the Medic / Doctor, then the Fight shall resume

Procedure after KO, RSC, RSC-H, Injury

If a fighter gets injured in a fight, the Medic / doctor is the only person that can evaluate the circumstances.

If a kickboxer remains unconscious, only the referee and the doctor in charge will be allowed to stay On the Tatami, unless the doctor needs extra help.

REFEREES POWERS

Stop a fight at any moment if they find it to be too one-sided and in the interest of health and safety.

Stop a fight at any moment if one of the fighters has received an unauthorized blow or is wounded, or if they consider a fighter unable to continue.

Stop a fight at any moment if they find the fighters behaving in an "unsportsmanlike-like" manner. In such a case, they must disqualify one or both Fighters.

Warn a Fighter or stop the bout and give a minus point or warning to a Fighter for an offence.

Disqualify a coach or a second who has broken the regulations or the Fighter themselves if their coach or the second fails to obey to their orders.

Disqualify, with or without a warning, a fighter who has committed an offence.

Interpret the rules as long as they are applicable or compatible with the fight that is taking place, or, at a special moment, decide on a move which does not appear in the rules.

If a Fighter breaks the rules but does not necessarily deserve a disqualification, the Referee must stop the fight and give a warning to the Fighter of a foul. Before the warning, the Referee must order the Fighter to stop fighting. The warning must be given clearly, so that the Fighter understands the reason and cause of the penalty.

The referee must hand signal to each judge that a particular warning has been given and clearly show which Fighter has been punished. After having given the warning, the referee orders the kickboxer to fight again.

If a fighter has been given 3 official warnings within the same bout, they will be disqualified.

A referee may give a caution to a Fighter. A caution means a warning given by a referee to a Fighter for breaking a rule. In order to do this, they do not need to stop the fight, and may reprimand a Fighter during the fight.

fighters opponent, verbally communicated to athlete / coach with hand signal

3rd Exit = Official Warning -2 Clicks to be awarded to the penalised fighters opponent verbally communicated to athlete / coach with hand signal

4th Exit = Disqualification Verbally communicated to athlete / coach with appropriate hand signal

EXITS

Leaving the Fighting Area.

If a Fighter leaves the area (EXIT) without being pushed, kicked or knocked out by his opponent it will be seen as a "Voluntary Exit" and will receive a warning from the Referee. On the Second exit the Fighter will lose one point. On the third exit the fighter will lose -1 point, On the fourth exit the Fighter leaving the area shall be disqualified. If the Kickboxer fights on the edge of Tatami, the Referee must not stop the fight to prevent the fighters from the exit.

Stepping out (EXIT) means:

Stepping outside the line, even with only one foot. The Whole the foot must be outside the designated area. If the fighter is pushed out by the other fighter, or he went outside the line as a result of a hit or kick, it is not classed as a voluntary exit.

Warnings for leaving the area will be kept as a separate issue from Warnings for other offences.

DISQUALIFICATION

If disqualification is called for, the Referee shall confer with the Judges and with the Observer of the Area to ensure all the proper procedures are being used before disqualifying the offending fighter.

INJURIES

In the case of an injury to one of the Competitors, the Match shall be stopped only long enough for the Medic / Doctor to decide whether or not the injured Fighter can continue. Once the Medic / Doctor arrives in the Tatami, they shall have only two minutes to decide if the injury requires treatment. All treatment must be completed within two minutes.

If the injury is serious, it must be treated by the Medics / Doctor on duty who is the only ones who can say if the Match must be terminated.

If the Match must be stopped because of injury, the Referee & the two Judges must decide:

Who caused the injury?

Whether or not it was an intentional injury

Whether or not it was the fault of the injured Fighter

Whether or not the injury was caused by an illegal technique

If there were no Rules violations by the uninjured Fighter, that Fighter shall win by forfeiture

If there was a Rules violation by the uninjured Fighter, the injured

e. the Center referee has the power to stop the clock at his option for any of the following reasons:

1. To attend to an injured competitor.
2. To administer voting
3. To award points, penalties, and warnings.
4. To return competitors to a neutral position
5. To hear an arbitration on violation of a rule.
6. To allow an equipment change, adjustment, or repair.

B. Judges:

The judges call points as they see them. They may be consulted by the center referee to help in determining penalties or warnings, although the referee alone has the power to issue them.

Calls an Official May Make

When the center referee believes there has been a significant exchange of technique, he or she shall call out the word "Stop!" in a loud voice. The referees shall immediately point to the competitors who they feel has earned the point (s). All outside referees and the center referee cast their votes simultaneously by a show of hands pointing toward the competitor who they feel should receive the point. (1 finger 1 point/2 fingers 2 points, etc.) All corner judges must be mobile (moving up and down the outside of their particular side of the ring line.)

C. Changing of Officials:

An official, who is judging a forms division cannot be removed until the division he/she is judging has finished.

Protests Procedure

In an effort to make the WORLD MARTIAL GAMES a more enjoyable experience for everyone, we have instituted a "**ZERO TOLERANCE**" policy regarding **inappropriate or abusive behavior by competitors, coaches or spectators**. This means that **any** inappropriate behavior may be rewarded with penalization for or disqualification of the competitor that it involves. In order to maintain this "**ZERO TOLERANCE**" policy but still provide a vehicle for legitimate protest, we have instituted the following protest policy. Protests that do not follow the format will either not be addressed by the officials or will be grounds for penalization. **Prior** to each individual sparring match, competitors may assign one person as a competitors Coach or Player's Rep, who can lodge a protest for them before, during or after the competition. The competitor representative (Coach or Player's Rep) must **stay out** of bounds at all times and must familiarize themselves with the allowable rules of protest.

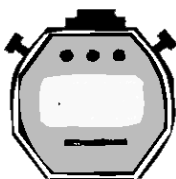
The player's rep may lodge a protest by raising their hand and announcing the word "Conference", so as to be sure to get the center referee's attention. The referee must stop time, and then invite both representatives to the scorekeeper's table for the conference. (After listening to the conference the referee may determine that an arbitrator should be called if the protest is outside of the normal parameters). A competitor may choose to represent themselves rather than assigning someone, in which case they may politely request the protest conference themselves. During the conference, **only the following may be addressed:**

1. Conferences held **before** the match:
 - (a) the composition of the judges, based only upon legitimate conflict of interest.
 - (b) an improper matching of the competitors according to the scorekeeper's bracket sheet.
2. Conferences held **during** the match:
 - (a) an improper application of the rules by a judge or referee or representative;
 - (b) an injury to the player;
 - (c) a legitimate concern that the score as posted by the scorekeeper is incorrect.
3. Conferences held **after** the match:
 - (a) an improper application of the rules by a judge or referee or representative;
 - (b) a legitimate concern that the score as posted by the scorekeeper is incorrect, both (a) & (b) above should only be concerning the final point(s) given in the match.

If a representative/coach (or player) calls for a conference during a match for any reason other than those listed, or by any method other than the one prescribed above;

- (a) there will be no conference
- (b) his or her player will be warned, or penalized, for **delay of match**

A referee may also warn and/or penalize for requesting a conference during the match that may fall within the criteria stated above, but is obviously frivolous in nature. Additionally, protests that are lodged according to the rules, but are not done so politely may be ignored or may result in penalization or disqualification. Any decision regarding the actual removal of the official is the arbitrator's decision. The decision is final. If an arbitrator cannot be immediately found, the competitor should ask the center referee to hold the division until the arbitrator can be summoned to the ring. All protests shall be made in an orderly, proper, and sportsmanlike manner.



Winner by points

Winner by disqualification of the opponent

In difficult cases, the referee may also call out a disqualification without having given a warning beforehand, but only after having consulted his Judges.

For example:

Knocking out the opponent by an uncontrolled blow to the head or malicious attack

For excessive, continuous hitting after the "Stop" Command

By extreme UN sportsman-like conduct of a fighter such as insulting the referee, the opponent or showing overly aggressive behaviour.

Winner by not showing up

Excessive Exits

Winner by stopping the fight (Referee Stops Contest, RSC)

An official Warning can only be given by a majority decision of judges.

A fight may be stopped if the fighter is unable to fight or defend

themselves and also if the other fighter shows total athletic superiority.

The referee decides who the winner is. If the fight is stopped because a fighter is injured, then the officials must make a decision

Awarding of Penalty points

To award a penalty point the Referee must first request the time to be stopped. They must face the Score Keeper and state that a penalty point is to be awarded by point to the Fighter who is to be penalized and stating in a loud, clear voice why the Fighter is being penalized.

Warnings will be carried over throughout the Match to all rounds. When a referee is giving warnings or a penalty (Minus) point, they must stop the clock. The Referee should confer with the judges before issuing a warning.

RULE VIOLATIONS

1st Verbal Warning = Discretionary Warning (May move to first Official Warning if warranted)

1st Official Violation = Official Warning

2nd Official Violation = Official Warning -2 Clicks to be awarded to the penalised fighters opponent. verbally communicated to athlete/coach with hand signal.

3rd Official Violation = Official Warning - 2 Clicks to be awarded to the penalised fighters opponent. verbally communicated to athlete/coach with hand signal

4th Official Violation = Disqualification Verbally communicated to athlete/coach with appropriate hand signal

EXIT RULES

1st Exit = Official Warning

2nd Exit = Official Warning -2 Clicks to be awarded to the penalised

the hand or foot must make "Clean / Controlled" contact. (Not the inner hand) The judge must actually see the technique strike / hit the target. Marking points based on the sound of the strike / hit is not allowed. The Fighter must be looking at the point of contact when executing the technique.

All techniques must be used with "Reasonable" Power, any technique that simply touches or brushes or pushes an opponent will not be scored. If a Fighter jumps in the air to attack or defend, he must land inside with both feet on the Tatami to score, and he must keep his balance (They are not allowed to touch the floor with any part of their body except the feet).

Points

Punch 1 pt.

Kick to the body 1 pt.

Foot sweep leading the opponent to touch the floor with any other part of the body apart from feet 1 pt.

Kick to head 2 pts

Jumping kick to body 2 pts

Jumping kick to head 3 pts

IN THE CASE OF A DRAW

If the match ends in a draw (Equal points after the fight is finished), to determine a winner, a judge has to take into consideration the winner in following order.

All around better, fitter, stronger, fighter

More active

More Punches and Kicks

Better defence

Better style and techniques

Or a 1 minute sudden death round, at the center referees discretion may added.

MINUS POINTS

Criteria for minus points, given only by the referee, after previous warnings.

Unclean fighting style

Constant clinching

Constant and continuous ducking, turning of the back

Excessive contact

Heavy knock down

Any serious violation of the rules

DECISIONS

The following decisions could bring the fight to an end:

A. Timekeeper

The timekeeper is the appointed helper to keep the time for the particular match. He/she will start and stop the time at the command of the center referee and will inform the center judge when the 3 minutes for forms has expired. In the Point sparring matches, there are (2)two 90 Sec. rounds with maximum points scored for all kids divisions. **Two 2 min. rounds** for all adult under belt divisions. For **Adult Black Belts** there are **two 2 min. rounds** with maximum points scored. In the **Adult Continuous Sparring**, the matches are **two (2) 90 second rounds with a 30 second to 60 second break in between**. For **Juniors** there are **two (2) 60 second rounds with a 30 second break in between**. (7 pt spread for Jrs / 10 pt spread for adults)

For **Team Sparring – Jr. Teams** the matches are **90 second rounds**. For **Black Belt Team Sparring** there are **2 minute rounds** each. Under certain circumstances, the timekeeper may assume the role of the scorekeeper also. Only the head referee will be authorized to communicate with the timekeeper. **No other person is to talk or bother the timekeeper during a competition.**

B. Scorekeeper

The scorekeeper is the appointed helper to keep score. He/she will write down the form scores from each judge, eliminate the high and low scores (if 5 or more judges are being used) and add the remaining scores to attain a total score. The scorekeeper should check his/her addition a second time (calculators should be used). In sparring, the scorekeeper will write down or flip score cards, or work the electronic scoreboard, at the command of the center referee. The scorekeeper should inform the center referee when a fighter gets the appropriate number of points to automatically win. It is the scorekeeper's duty to listen very closely to the center referee and keep score as the referee commands. Any discrepancy or confusion of the score rests in the hands of the center referee, not the scorekeeper. The center referee will make the final score decision. Do not talk or bother the scorekeepers during a competition.

III. WOMAA POINT SPARRING RULES

C. The Matted Ring Area

The size of the fighting and form rings will be a minimum of 6m X 6m with an average size of 7m X 7m. The borders of each ring shall be clearly marked. Starting lines should be marked approximately in the center of each ring. Additionally, each ring should be posted with a ring number visible to competitors, officials, and medical personnel from across the floor.



B. Weighing – in

It is mandatory for all adult competitors who plan to fight in a weighted division, to be weighed in before engaging in competition. Only one official weigh-in is required.

All adult fighting competitors must fight in their proper weight division. This means a competitor cannot go up to a heavier weight division or go down to a lower weight division. If the weight official feels a competitor is trying to weigh heavier by wearing unreasonable clothes or equipment, he/she will be asked to take off those articles of clothing before weighing in. The weight division and / or actual weight in pounds/kg must be recorded on the competitors form.

C. Late Entries

It is the responsibility of the competitors to be registered, weighed-in and at his/her ring prior to the time their sparring division starts. Once the first sparring match has started, **NO** other competitor(s) may enter that division.

D. Order of Competition

Once the final call for competitors of a division has been made at the staging area or ringside, the referee and his/her ring personnel will collect the competitor's cards, tickets, or other proof of entry. Once the competitors have registered, their names will be added to the sparring bracket sheet along with the ones who have pre registered.

E. Length of Match

In WOMAA International point sparring matches, there is a time limit imposed. For all Junior ranks and all Adult under belts, 2 rounds with a maximum time of **90 Sec** each round is imposed with maximum points or a 7 point spread declaring the winner. In all International Black Belt Sparring matches, there are 2 rounds with a **2 minute time limit each round**. A maximum of points will declare a winner or a 10 pt spread may declare the winner. If at the end of the time period the match is tied, the match will continue into an overtime period. The first competitor to score a point is declared the winner. All Adult Black Belt WOMAA Continuous Sparring, matches will have two (2) 2 Min. rounds with a 60 second break in between. Continuous sparring is judged on a 10 point must system or utilize clickers. The Individual Grand Champion and World Title matches will have three (2) two (2) minute rounds.

F. What is a Point?

A point is a controlled legal karate technique scored by a competitor in-bounds that strikes an opponent with the allowable amount of focused touch contact or focused control to a legal target area.

Attacking an opponent who is falling to the floor or is already on the floor, that is, as soon as one hand or knee touches the floor.

Leaving the Fighting Area (Exits).

Continue after the Command "Stop" or "Break" or the end of the round has been sounded.

Oil on the face or the body

A fighter spits out his mouth-guard voluntarily,

Ground Attacks

A fighter cannot attack an opponent on the ground. The central referee is responsible for stopping the match immediately when one of the two fighters touch the floor with any part of the body apart from his feet. Stomps to the head or body of a downed Fighter can lead to minus points or disqualification (Judges decide by majority decision).

Unsportsmanlike-like conduct. A Fighter shall have only one warning, then the normal procedure for penalty and disqualification shall be followed. However, in the case of gross unsportsmanlike like- conduct, the Fighter may be disqualified or deducted one point on the first offence, depending on the severity of the infringement.

Inappropriately Arguing / Commenting on a referees / judge's decision

Inappropriately Arguing / Commenting on a score not given

Attacking or verbally abusing an Official either inside or outside the Tatami.

Pushing, grabbing without any other purpose, spitting or even attempting any of these actions shall result in the immediate removal from Coaching Area at Tatami and possible permanent removal from Arena or Event following Technical Committee review.

Note: Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification?

LEGAL TECHNIQUES

Kicks

Front kick, Sidekick, Roundhouse kick, Heel kick (Sole of the foot only), Crescent kick, Axe kick (Sole of the foot only),

Jump kicks

Hands

All kind of boxing punches. Including back fist and superman punch. Spinning or turning back fists are not allowed.

Leg, Foot sweeps

To score with a Foot sweep the attacker must remain on his feet at all times. A score of 1pt will be awarded to the attacker if his opponent touches the floor with any part of his body other than his feet.

SCORING

A legal technique strikes a legal target. The authorized striking area of

Shin guards

Shin guards are made from hard foam-rubber material. A shin guard must cover the shinbone from under the knee to the top of the feet. No kind of plastic tape is allowed for fixing the guard to the shin. Shin guards with metal or hard plastic elements are not allowed.

Foot protection

Foot protection is made from special synthetic foam rubber, a compact and soft material which is covered with genuine or artificial leather. Foot protection covers the upper part of the foot (instep), lateral and medial malleolus and heel – all in one piece - with open sole of the foot. They must be of adequate size to completely cover the competitor's feet and toes. The front part of the foot protection is fastened by elastic strips for the big and second toes. Foot protection is fastened to feet with an elastic self-adhesive strip (Velcro) on the back of foot, above the heel. Taping of the foot pad is not allowed.

Elbow Pads

Elbow guards are made from soft foam-rubber material. An elbow guard must partly cover the forearm and upper arm with a protective non-abrasive material. Elbow pads are optional.

LEGAL TARGET AREAS

The following parts of the body may be attacked using the authorized fighting techniques:

Head Front, side and forehead.

Torso Front and side Above waist, Below Ankle/mid-calf

Leg (Foot Sweeps are allowed,)

It is prohibited to:

Any Attacks other than those mentioned in section 7.

Attacks with malicious or excessive contact.

Top of the head

Falling or dropping to the floor without due cause.

Back of the torso (Kidneys and spine)

Top of the shoulders

Neck: Front, sides, back

Below the belt (Except for Foot Sweeps)

Continue after the Command "Stop" or the end of the round has been sounded

Turn one's back to the opponent, running away, deliberately falling down.

All blind, uncontrolled techniques in general

Back of the Head

Groin

Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder.

Wrestling and ducking below opponent's waist.

Throwing

Criteria that officials use when deciding if a point was scored are:

1. Was it a legitimate and legal karate technique?
2. Was it delivered with the required focused control or allowed focused touch contact to a legal target area?
3. Was the competitor who scored in-bounds?
4. Had the match been stopped by the referee?
5. Was either competitor down illegally when the point was scored?
6. Was the competitor who scored the point in control and well balanced?
7. Was the technique delivered with an amount of "controlled force" that would have incapacitated the opponent at least momentarily, if the technique had not been controlled? [For More information See Judges Section!](#)

G. Targets/Techniques

1. Legal Target Areas: (Black Belt Adults Only) [See Touch Contact \(K\) – next pages](#) Sides of head, face area, ribs, chest, abdomen, collarbone, and kidneys. (All other belt ranks have the same target areas with the exception of the face – **no face contact allowed** in Adult under belts or any Jr. Belt ranks). If a face shield is used, then light contact only to the shield is allowed.
2. Illegal Target Areas:
Spine, back of neck, back of head, throat, sides of the neck, legs, groin, knees and back are all illegal target areas. Any attacks to these areas could result in a warning or penalty point.
3. Non- Target Areas:
Hips, shoulders, buttocks, arms, and feet are all non-target areas. Points cannot be scored to non-target areas. If it is deemed that a competitor is actually attacking these areas, a warning and /or a penalty point may be awarded.
4. Legal Techniques:
Legal Techniques are all controlled karate techniques, except those listed as illegal. When determining the legality of a technique, the official considers if the technique is a legitimate, controlled karate technique that adheres to all other rules governing point karate.
5. Illegal Techniques:
Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks, of any kind, take downs on hard surface floors, ground fighting on hard surface floors, any stomps or kicks to the head of a downed opponent, slapping, grabbing for more than one second, uncontrolled blind techniques, any uncontrolled throws, takedowns or sweeps, and any other uncontrolled dangerous techniques that are deemed unsafe in karate. **(Does not include Grappling Divisions)**

H. How points are awarded:

Scoring points are awarded by a majority vote of the judges. The majority of judges do not have to agree on the same technique being scored, only that a point was scored.

I. Point Values and Winner Determination

All legal hand techniques that score will be awarded one (1) point. All legal kicking techniques to the body that score will be awarded one (1) point. All penalty points awarded will have a one (1) point value. All controlled kicks to the head area, will earn (2) points. In a clash situation, (hitting at the same time) you cannot give points to both competitors, only 1 competitor may receive points or neither will receive points, if it is too close to call. All jump and jump spinning kicks to the body will get 2 pts, jump spinning kicks to the head will have a three (3) point value.

J. Sweeps, Takedowns, Grabs, and Ground Fighting

Sweeps – not to take down an opponent, but only to obstruct the balance can only be executed to the back of the front leg boot to boot. These described sweeps are legal on all types of fighting surfaces if the sweep is only to force the opponent off balance so as to execute a technique to an upright opponent. If the sweep is considered to have knocked down the opponent, then it would be illegal. It is important to note that sweeps do not make it legal to kick the legs (ex. Leg checks). A sweep must be deemed a proper sweep and not a kick to be legal.

D. Touch Contact Defined

Light Touch Contact means there is **NO** penetration or visible movement of the opponent as a result of the technique. Light touch may be made to all legal target areas (**all adults only**).

Moderate Touch Contact means slight penetration or slight target movement. Moderate touch may be made to all legal target areas except the head and face.

Excessive Contact is made when an opponent strikes with force in excess of what is necessary to score a point. Though it is largely a judgment call, indications that contact has been excessive may be accessed by the following reactions.

- a. Visible snapping back of a competitor's head from the force of a blow.
- b. A knockdown of an opponent (not recklessly charging into a technique or occurring in the instances where the fallen party either fell, slipped, or was off balance.)
- c. A knockout of an opponent.
- d. The appearance of severe swelling or bleeding (bleeding or other obvious external injury may in itself be grounds for excessive contact if it is considered the fault of a competitor. Bleeding;

allowed for this purpose. It is not allowed to fasten safety equipment with self-adhesive tape, over the original strips.

Gloves

Gloves weigh 10 Oz (283 grams) and the weight must be clearly marked. The Gloves must be in good repair, without any cracks. Fastening must be with a self-adhesive strip (Velcro) taping or fastening laces are not allowed.

Head protection

Head protection must be made from foam rubber or soft plastics or from compact sponge covered by leather. Head protection must be open faced covering the top of forehead, top of head, temples, the upper part of jawbone, ears and back of head. Front attached face guard not allowed.

Head protection must not obstruct the athletes hearing. No parts of the head protection can be metal or have plastic buckle. Velcro for adjusting is allowed under chin and on back of head.

Hand wraps

Hand wraps are used for wrapping the fist to avoid injuries. Using hand wraps are mandatory. Hand wraps are 250 cm long and 5 cm wide cotton strips without sharp edges. Hand wraps will be fastened on the upper part of fighter's wrists with self-adhesive cotton-base strips; maximum length 15cm and width 2 cm. Taping of the knuckles is not allowed.

Breast protection

Breast protection is mandatory for all female competitors in older cadets, junior and senior categories and is mandatory any time when development is showing. Breast protection can be made from hard plastic and can be covered with cotton material. Breast protection can be made in one piece and cover all the chest or in two pieces for insertion into bra to cover each breast individually. It is worn under the T-shirt or under the top (bodice).

Groin protection

Groin protector is mandatory for all male competitors. Groin protector is made of hard plastic material and fully covers genital organs to protect this part of competitor's body from any injury. The groin protector can be made as a cup for covering genitals, or for covering the entire abdomen. Competitors must wear the groin protection under their pants.

Groin protection for women is recommended.

is so much easier with each judge hold two Clickers/ counters, one for each fighter, using them to count the scoring techniques of each competitor i.e. every time a fighter score the judge clicks the appropriate amount on the clicker. The fighter with the most points (Clicks) at the end of the bout wins the fight. When there are 2 or more rounds the clickers are not reset to 0 the score is continued and again the fighter with the most points (Clicks) at the end of the bout **wins the fight.**

AWARDING POINTS USING CLICKERS continuous scoring system

For all legal techniques (Punches, Kicks or Sweeping), Must clearly land on legal targets with speed, focus, balance and power, the judge will initially note give points to each fighter using the clickers. Scores will be accumulated on the clickers with the winner being the highest scoring fighter at the end of the fight.

Scoring using Clickers

Punch 1 Click

Kick to the body 1 Click

Foot sweep leading the opponent to touch the floor

with any other part of the body apart from feet 1 Click

Kick to head 2 Clicks

Jumping kick to body 2 Clicks

Jumping kick to head 3 Clicks

Safety equipment

All uniforms and safety equipment must be clean, correct and in good and safe condition. Competitors should wear T shirts and long pants. No short pants allowed.

Competitor are allowed to wear clothes of the traditional martial art on which they are based (Kenpo, karate, taekwondo, kung Fu/wushu aikido, and others). They can wear any kind of WOMAA recognized kickboxing or karate uniforms, which must be clean and approved by the centre referee.

Head protection, mouth-guard, breast protection (for female competitors)

10 Oz boxing gloves, hand wraps, groin protection (optional for female), shin guards, and foot protection.

Competitors must be suitably conditioned to participate in their chosen discipline; they must have no injuries or illness which may harm themselves or other competitors. His/her face must be dry and without any grease. It is not allowed to enter a match while bleeding. Also, it is not allowed to enter a match with any sticking plaster, casts, any obstruction in the nostrils or with any cuts or scratches. In that case, referee/ judge will consult the doctor. The body must be dry and without any oil.

The judge will ask the coach to wipe clean the competitor's face and body.

It is no allowed to enter a fight with any kind of jewellery or other adornment, no earrings, studs or other jewellery. No tongue piercing and belly button piercing allowed either. Binding hair with any kind of metal, plastic or hard buckle is not allowed. Only elastic or cotton strips are

however, does not necessarily imply excessive contact **with the exception of kids.**

e. The distortion or injury of the body from the force of a blow to the body.

I. Touch Contact Requirements

1. All adult black belts **MUST** make light touch contact to the face or head (head gear) to score a point, and med.or moderate touch contact to the body to score a point.

2. Youth Black Belts, youth under belts and adult underbelts cannot make any contact to the face but light touch contact is allowed to the headgear. Please note that youth black belts and underbelt adults should, touch the head gear with light contact. Youth Black Belts, Youth Under belts and Adult Under Belt must make light or moderate contact to the body to score a point.

IV. METHODS OF PENALIZING

E. Warning and Penalties

With the 1st infraction, an unofficial warning may be issued. If the result of the first rules infraction is considered by the center referee to be severe enough, (with a majority vote of the judges) he/she can omit the first unofficial warning and issue an official warning. The second official warning given, a penalty point is deducted from the violators score. If a competitor receives a **3rd warning**, another penalty point is deducted from their score. If a competitors receives a 4th warning, in any one match, he/she is **automatically disqualified** and their **opponent is declared the winner – even if the maximum amount of points has not been achieved yet.**



If a competitor is not properly prepared or suitably attired for forms competition, a deduction may be made from their final score. For each full minute the competitor is not ready to compete, an additional 1 point will be deducted from their final score. If the competitor is still not ready to compete after 3 minutes have expired, he/she will be automatically disqualified.

If a sparring competitor does not present themselves suitably attired to compete, an automatic warning will be issued to the competitor. A penalty point will be issued for each minute the competitor is not properly ready to compete. Upon receiving 5 penalty points, the offending competitor will be disqualified. No Shorts Allowed for point or continuous fighting. Chest protectors-Mandatory for all male competitors

17 yrs & under and All female point and continuous fighting competitors - All ages.

B. Other Penalty Rules

1. A competitor cannot be penalized and still receive a point on the same call. A penalty always over rules a point by the same competitor. If a competitor scores a point and immediately proceeds to break the rules, the warning for breaking the rules voids the point (a competitor cannot receive a point and a warning on the same call).
2. If it is the opinion of the referee or medical personnel that a competitor is unable to continue because of an injury caused by an illegal attack executed by his/her opponent, the offending competitor shall be automatically disqualified.
3. If a competitor is injured and it is considered that he/she is responsible for his/her own injury, or no fault can be associated with the injury, the opponent will not be penalized (i.e. ducking into a knee, butting heads, etc.) In the event a fighter is unable to continue because of a no-fault foul, his/her opponent will be declared the winner even if he/she is not ahead at the time of the foul.

C. Causes of Penalizing

This is a partial list of possible causes of penalizing and may be used as a guideline to follow:

1. Attacking illegal and non-legal target areas.
2. Using illegal techniques.
3. Running out of the ring to avoid fighting (not fighting out)
4. Falling to the floor to avoid fighting.
5. Continuing after being ordered to stop (fighting after break)
6. Excessive stalling.
7. Blind, negligent or reckless attacks.
8. Uncontrolled techniques, blind techniques.
9. Any unsportsmanlike behavior from the competitor or his/her coaches, friends, etc.
10. Any abusive behavior from the competitor or his/her coach, teammates, family, friends, etc. Such that the referee feels it affects the outcome of the match or the performance of the officials or other competitors.
11. Excessive contact.
12. Not being prepared or ready when it is time to compete.
13. TEAM Fighting. If a competitor cannot fight or bows out, the team loses that round. Min. 2 pts awarded to other team.

D. Disqualification

A competitor is automatically disqualified when he/she receives third official warning. A competitor who bows out or accepts a bow out of any grand championship match may be disqualified. If so, all awards are forfeited. **(An exception to this rule is if the competitor bows out**

Featherweight: Under 50 kg (110 lbs)
Lightweight: Under 55 kg (100 lbs - 120.98 lbs)
Middleweight: Under 60 kg (121 lbs - 131.98 lbs)
Light Heavyweight: Under 65 kg (132 lbs - 142.98 lbs)
Heavyweight: Over 65 kg (143 lbs)

W.O.M.A.A. Sanctioned Titles include:
National Titles, European Title, Inter-Continental, Pacific Rim, North American, South American and others.

Applications for Sanctioning and Titles are requested from
W.O.M.A.A. International Headquarters.

OFFICIALS. ATTIRE: Officials shall wear the official attire of the WOMAA Games.

ADDITIONAL RULES FOR TEAM FIGHTING; FOR JUNIOR AND ADULT TEAM FIGHTING:

If a team drops a competitor before or during the team fight for any reason, then that team must replace that competitor with a competitor equal in belt rank, age, preferably height, etc. or the entire team will be disqualified from that match and no points will be awarded. New Attire Rules, All Junior male competitors are required to wear chest protectors. All Female competitors (all ages), are required to wear chest protectors.

RING SPORTS RULES

Light Contact / Continuous Fighting

To be fair to all competitors I would advise 3 Judges + Centre Referee for all fights,

Scoring of Points

Punch 1 pt.

Kick to the body 1 pt.

Foot sweep (the opponent to touch the floor with any other part of the body apart from his feet) 1 pt.

Kick to head 2 pts

Jumping kick to body 2 pts

Jumping kick to head 3 pts

Scoring System

In order to keep 100% track of the scores I would advise to use clickers, this way

boards with a single strike.

- *The competitors must decide immediately following their 1st attempt if they will make a 2nd attempt. Once they leave the breaking ring, they may only return in order to break a tie for 1st place.
- *If there is a tie for 1st place, it will be broken by determining who broke the winning number of boards of the earliest effort (1st or 2nd try).
- *If there is still a tie it will be broken by determining who broke the largest percentage of boards that they set up on the winning break (example: breaking 8 boards out of 9 set up, would defeat breaking 8 boards out of 11 set up)
- *If there is still a tie, first place will go to the tied competitor who broke the largest number of boards on both tries combined. (If one of the competitors did not take both opportunities to break he will be allowed to return to the ring to complete his 2nd break attempt)

W.O.M.A.A. BLACK BELT CONTINUOUS FIGHTING “WORLD TITLE BELT”

W.O.M.A.A. Continuous (Light Contact) Fighting Rules will be followed for the

W.O.M.A.A. WORLD TITLE BELT EVENTS

18 Years and Over Black Belts, Men/Women

Categories may include:

Men:

Open Weights by age or:

- Featherweight: Under 57 kg (125.4 lbs)
- Welterweight: Under 63 kg (125.4 lbs - 138.58 lbs)
- Super Welterweight: Under 69 kg (138.6 lb - 151.78 lbs)
- Light Middleweight: Under 74 kg (151.8 lbs - 162.78 lbs)
- Middleweight: Under 79 kg (162.8 lbs - 173.78 lbs)
- Cruiserweight: Under 84 kg (173.8 lbs - 184.78 lbs)
- Light Heavyweight: Under 89 kg (184.8 lbs - 195.78 lbs)
- Heavyweight: Under 94 kg (195.8 lbs - 206.78 lbs)
- Super Heavyweight: Over 94 kg (206.8 lbs)

Women:

Open Weights by age or:

due to a substantiated injury verified by the tournament medical personnel.)

E. Out – of – Bounds

A competitor is out-of-bounds as soon as he/she does not have at least one foot touching inside or on the boundary line. Stepping out-of-bounds does not immediately stop the match. The referee is the only one who can stop the match. An out-of-bounds competitor may be scored on by his/her opponent so long as the in-bounds competitor has both feet in bounds and the referee has not signaled to stop. In the event of a jumping technique, the attacking competitor must land with one foot in-bounds in order to score.

F. Non-Competing Penalty

If it is the majority opinion of the judges and the referee that competitors are not making an obvious attempt to fight in the true spirit of competition, both competitors will be disqualified and all awards forfeited.

G. Wrong Division

If any competitor competes in a division that he/she is not qualified for because of age, weight, gender, style, or belt rank, he/she will be disqualified from that form, fighting or weapons division and all awards will be forfeited.

H. Distractions

No competitor at any time in freestyle sparring divisions shall use any device, electrical, mechanical or acoustical to inspire, incite or distract at any time in freestyle sparring divisions.

I. Coaching

Coaching is a luxury that most competitors do not have access to. Therefore, it sometimes can become an unfair advantage over a competitor who does not have a coach. Rules are made and enforced so no one competitor has an unfair advantage or disadvantage over another competitor. Once the competitors enter the ring, the rules make the contest as equal and as fair as possible for both competitors. Therefore, the following rules on coaching will apply:

1. Never, at any time, can a coach, friend, team member, etc. enter the ring without the center referee's permission (only the officials, competitors and medical personnel are normally allowed in a ring).
2. No abusive, violent, unsportsmanlike or overzealous coaching allowed.
3. A coach cannot ask for a time out (only a competitor can ask for a time out).
4. A coach can never, at any time, interfere with the proper running of

the ring or the decisions of the judges.

5. Penalties for any of the above coaching infractions are issued by the referee.

6. EXCEPTION: Only during Team Competition –Coaches are allowed to coach from coaches box ONLY!

Approved Style of Hand Gear for all Continuous (Light Contact) Divisions including the W.O.M.A.A Black Belt Continuous Fighting World Title Belt.

Point fighting Gloves 8 oz. (Enclosed Finger type) Top Ten, SAP, ASG, KO-Pro, Adidas, Kwon, and equivalent

Continuous Sparring: 10oz. type sparring gloves, Top Ten, SAP K0-Pro, Kwon , ASG, Twins or equivalent.



**Point Sparring 8 oz Gloves
(No Open finger gloves)**



**Continuous Fighting
Gloves (10oz) Must
show Oz on glove)**



**Acceptable Full
oz boxing gloves**

Contact/K-1 Hand gear 12

- * No person will be allowed to hold boards for power breaking.
- * Setup and immediate clean up must be provided by competitor and assistants.
- * There is a 3 minute time limit for Power Wood Breaking which includes bowing in after set up and finishing the breaking sequence.
- * There will be a total of 12 minutes for set up, break and clean up.
- * Time begins when the 1st team member steps on stage.
- * WINNER will be determined by whoever breaks the most boards with a single strike.
- * The competitors must decide immediately following their 1st attempt if they will make a 2nd attempt. Once they leave the breaking ring, they may only return in order to break a tie for 1st place.
- * If there is a tie for 1st place, it will be broken by determining who broke the winning number of boards of the earliest effort (1st or 2nd try).
- * If there is still a tie it will be broken by determining who broke the largest percentage of boards that they set up on the winning break (example: breaking 8 boards out of 9 set up, would defeat breaking 8 boards out of 11 set up)
- * If there is still a tie, first place will go to the tied competitor who broke the largest number of boards on both tries combined. (If one of the competitors did not take both opportunities to break he will be allowed to return to the ring to complete his 2nd break attempt)

CREATIVE BREAKING DIVISIONS

Divisions: Creative (Separate divisions for men and women)

Description: Creative display of breaking skills in multiple directions

Rules:

- *Each competitor will be allowed up to two breaking attempts per division
- *Each competitor will provide their own holding device for the boards. (i.e. Metal Board holder, concrete blocks, etc.)
- * No person will be allowed to hold boards for power breaking.
- *Setup and immediate clean up must be provided by competitor and assistants.
- *There is a 3 minute time limit for Power Wood Breaking which includes bowing in after set up and finishing the breaking sequence.
- *There will be a total of 12 minutes for set up, break and clean up.
- *Time begins when the 1st team member steps on stage.
- *WINNER will be determined by whoever breaks the most

X. W.O.M.A.A. BREAKING DIVISIONS (Optional)

General Rules:

Martial Arts Uniforms are required for all competitors and assistants.

Description: Concrete, Wood, Power or Creative Breaking

Divisions: Adult Divisions and Junior Divisions.

- *Entry Fee includes up to four (4) assistants (excluding wood breaking). There is an additional fee of \$5.00 (U.S.) for each assistant over the four (4).
- *All breaking materials are provided by the contestants. WOMAA does not provide any breaking materials.
- * Time limits will apply for each division.

W.O.M.A.A. POWER CONCRETE BREAKING DIVISIONS

Divisions: Light weight (under 200 lbs) Heavy weight (200 lbs & over) **Black Belt Adults ONLY!!**

Description: Breaking Concrete patio type slabs with ONE strike.

Scoring Criteria: Scoring will be based on the number of slabs broken on the first strike. There is a 10 minute time limit for this event.

Rules:

- * Setup and immediate clean up must be provided by competitor and assistants.
- * Any technique may be used.
- * Standardized materials consist of 2X8X16 (5.08 cm x 20.32 cm x 40.64 cm) concrete slabs when using spacers, 1/4 inch (.635 cm) spacers must be used and provided by competitor.
- * The competitor will receive three (3) warnings. There will be an automatic disqualification for exceeding the 10 minute time limit.
- * The first warning will be given at 4 minutes. Second warning 8 minutes. The third and final warning will be given at 9 minutes.

W.O.M.A.A. POWER WOOD BREAKING DIVISIONS

Divisions: Light weight (under 200 lbs) Heavy weight (200 lbs & over) **Black Belt Adults ONLY!!**

Description: Power Wood breaking will consist of hand, arm, elbow and foot strikes delivered horizontally. The hand strikes allowed are: punch, palm heel, elbows, knife hand, ridge hand, or hammer fist. The foot strikes allowed are front kick, round kick, side kick, hook kick or back kick. No flying side kicks or jumping kicks are allowed in power breaking divisions. They are reserved for the creative divisions.

Rules:

- * Each competitor will be allowed up to two breaking attempts per division
- * Each competitor will provide their own holding device for the boards. (i.e. Metal Board holder, concrete blocks, etc.)



V. FORMS & WEAPONS FORMS DIVISIONS RULES

A. COMPETITOR

All competitors must present themselves suitably attired (as described in the previous pages) and ready to compete. Competitors may be divided into separate divisions based on style, size, gender, belt color, origin of the form, or age. To enter an adult form division, a competitor must be 18 years or over. A competitor must enter the division corresponding to his/her age, sex and belt color. **NO EXCEPTIONS!**

B. Forms & Weapons Uniforms

T-shirts are allowed in forms divisions if they are part of a competitors' official school or if they list the school's name or logo on the uniform top. Uniforms in the form divisions are allowed more liberal because form is not a one on one competition where the uniform could cause a decisive disadvantage or advantage to a competitor. Sleeves on Gi tops, may be rolled up. Removal of the uniform top is allowed in the forms competition if the removal is considered relevant to the artistic expression or safety of the competitor. Shoes may be worn in forms competition if they do not damage or mark the competition floor, and are a normal part of the competitors uniform.

C. Late Entries and Order of Performance

It is the responsibility of the competitor to be at the ring prior to the time that the forms division starts. Once the division is organized and the first competitor begins, there will be **NO** additional entries. If a competitor comes late but the first competitor has not started, he/she can compete but must compete first and immediately.

Switching the order of performance numbers is not allowed between competitors. If there is good reason to believe that competitors switched numbers, he/she will be disqualified.

The order of performance of the grand championship rounds will be determined by random draw. If the competitor (s) is not present at the designated time to draw numbers, he/she will automatically go before the ones who are present. If only one is not present, he/she will

automatically go first. If more than one is not present, a separate drawing is made by the designated forms coordinator for those not present. They will go in that order before the competitors who were present.

D. Time Limit

A competitor must be ready to compete when called upon to do so. All forms competitors have a maximum of **three (3) minutes** to present and perform their routine. The time starts once a competitor enters the ring. If the judge feels the competitor is stalling before he/she enters the ring, he/she can call for the timekeeper to start the clock. A competitor whose form exceeds the 3-minute time limit will receive a deduction. Competitors in the Grand Championship runoff or finals will receive **four (4) minutes** to present and perform their routine.

C. Japanese/ Okinawan/ Chinese/ Korean/ Kenpo/ Kempo Traditional Divisions.

Competitors in these divisions, if offered, must exhibit a form that reflects the essence and traditional values of the division name in which they are competing. The form should be a classical style form handed down over the years, and should not deviate too far in form and content from the style's classical form, but understanding that instructors teach variations of certain forms. Competitors exhibiting forms that vary too far from the typical, have gymnastics or other non-martial art techniques in them or are comprised of elements from more than one style, should enter the **Creative/Musical/Open division**. Otherwise the competitor risks down grading.

D. Starting a Form Over: (Adult and Youth Underbelt Divisions Only)

If an under belt competitor starts his/her form over because of a memory lapse or any other reason due to his/her own negligence, he/she may perform the form again. The officials will score that competitor as though there was not a mistake, but the scorekeeper will deduct .50 from the competitor's total score. A competitor can only start over one (1) time. If a competitor does not finish on the second try, he/she will be disqualified. If a competitor has to start over not due to his/her own negligence, he/she may start over without being penalized. It is important that the referee discuss the penalizing procedure with the judges and scorekeeper. When a competitor starts over the clock is reset and starts over as well. **(A Black Belt Adult or Jr. Black Belt may not start a form over - they will be given a score of 0 or not scored at all.)**

E. Traditional Forms and Weapons Divisions

1. These forms must capture the essence of classic martial arts

TEAM SYNCHRONIZED WEAPONS FORMS COMPETITION:

Professional Martial Arts uniforms are required for all competitors and team members. **NO EXCEPTIONS!**

Description: Team Weapons Forms

Scoring Criteria: Scoring is based on difficulty, skill, use of weapons, synchronization of movements and overall team performance.

Division: One Open Division

Rules:

- *Two (2) competitors per team
- *Team may consist of any age, any belt rank.
- * Form must be 75% synchronized
- * Four (4) minute time limit
- * Music is allowed
- * No props, breaking or real weapons

WOMAA WORLD MARTIAL GAMES TEAM FORMS CHAMPIONSHIPS

*Top 2 teams from all team Weapons divisions will compete for the WOMAA Team Forms World Championship Award.

IX. WOMAA CONTINUOUS SPARRING DIVISIONS

Martial Arts Uniforms are required for all competitors. (T shirts Allowed)

Description: Continuous Fighting Division

Scoring Criteria: Depending on the amount of Referees, there are 2 scoring methods. (1) The 10 pt must system (as in Boxing), where the more aggressive competitor who is scoring more points is given the 10 and the challenger is given the 9. (2 side and 1 center ref) or (2) three Side and one Center Ref. Clickers are used. Total scores are added and a winner determined.

Divisions: Adult Divisions and Junior Divisions - Brown/Red/Black Belts. By Weights— Under belts, Male and Female Divisions.

Length of Rounds: Adults: Two (2) sixty (60) second rounds with a 30 second break in between rounds. Juniors: Two (2) forty-five (45) second rounds with a 30 second break in between rounds.

- * Hand Gear for All Continuous Fighting divisions will be as pictured on page 16, and must have enclosed fingers and thumbs.
- *Youth Divisions will not allow face contact (light contact will) be allowed to the head gear.
- * Adult Divisions contact rules are the same as point sparring.
- * Penalty rules are the same as point sparring.
- * Chest Protectors are MANDATORY for all female competitors All ages, and all male competitors ages 17 yrs & under for all Continuous and Point sparring divisions.

At the World Martial Games: In the adult Black Belt division, the highest scoring two (2) competitors will compete in the finals for the WOMAA Self Defense World Championship Award.

TEAM FORMS COMPETITION: Professional Martial Arts uniforms are required for all competitors and team members. **NO EXCEPTIONS!**

Description: Synchronized Team Forms Competition

Scoring Criteria: Scoring based on difficulty, skill, and synchronization (to each other and the music)

Divisions: Open Division

Rules:

- * Two (2) competitors per team
- * Team may consist of any belt rank and any age
- * Form must be at least 90% synchronized
- * Four (4) minute time limit-
- * Music is allowed
- * NO props for breaking

VIII. WOMAA WORLD MARTIAL GAMES TEAM FORMS WORLD CHAMPIONSHIPS

Awards: WOMAA World Championship Team - Championship Rings

- * Top 2 teams from all Team Forms Divisions will compete for the WOMAA World Title.

TEAM DEMONSTRATION COMPETITION:

Professional martial Arts uniforms are required for all competitors and team members. **NO EXCEPTIONS!**

Description: Team Demonstration of Martial Arts Skills

Scoring Criteria: Scoring is based on overall team performance rather than individual performances. Primary criteria being showmanship, presentation and quality of execution.

Divisions: One Open Division

Rules:

- * Minimum two (2) competitors per team maximum 10 competitors
- * Team may consist of any belt rank and any age
- * Three (5) minute time limit
- * Music, props, breaking and weapons are allowed.
- * Setup and immediate clean up must be provided by Competition team
- * NO glass, fire, dangerous props or dangerous weapons allowed
- * Demonstration must stay within the competition area

WOMAA WORLD MARTIAL GAMES CHAMPIONSHIPS

* Top 2 Demo Teams from Demo Team competition will compete for the Cash Award. (must have min. 4 teams compete to receive cash.

movements showcasing the traditional techniques, stances, footwork, and weapons. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances, and focus. Forms may be unmodified or modified from what a system or school considers to be the original version of the form. However, performance of the following movements will result in a downgrade of the form or upon unanimous vote of the judges, a “no score” as a form inappropriate for the division: more than two kicks with the same leg without putting the foot down in between, front or back flips, cartwheels, front or side leg splits; releases of the weapon other than simple hand switches; or any other gymnastic movements or extreme exhibitions of flexibility or agility with the body or weapon that are deemed in the opinion of the judges to be inappropriate for the division as set by the guidelines here.

2. The Traditional Black Belt forms division is an empty hand division that does not allow music.

3. **The traditional empty hand divisions do not allow the use of weaponry.**

F. Open/Creative/Musical Empty Hand and Weapons

The Open/Creative/Musical Divisions allows forms to include contemporary martial arts techniques that have evolved over the last 30 years. They may be added to traditional form or the form may be devised in its entirety by the competitor. A form in this division must include techniques which originate from martial arts and like the Traditional Division, emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus. Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits, weapons twirls, weapon releases, and other creative martial arts techniques are permitted. Movements that involve more than a 360 degree spin, require the body to be inverted more than parallel to the floor, or are similar to movements found in gymnastics and/or non martial arts disciplines are allowed. It is the responsibility of the competitor to provide his/her own battery-operated/electronic music player for his/her music.

G Allowable Music

1. If music is used, then it is required that the form be choreographed in a general sense to the beats or rhythm of music chosen and provided by the competitor. Primary emphasis shall be placed on innovative choreography of moves to the music, however, the basic criteria listed above for all forms must also be observed. Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant

at the player who must be present at all times during the performance. As each form begins, a music volume check must be made, during which time the player attendant will look to the center judge for a nod of approval or a signal to lower the volume. Once this volume is set, it may not be increased during the performance of the form.

2. If the music box or cassette malfunctions due to no fault of the tournament and it's coordinators, and it affects the performance, the competitor can be downgraded by the judges. (See starting a Form Over rule).

a. External Aids

No external aids such as props, weapons, music, etc., can be used in any division except those divisions where it is permissible. No external aids can be used that would damage, disrupt or render the competition area unsafe for the other competitors, spectators or judges

Weapons Forms Divisions

- A. The center judge may check all weapons for safety. Weapons are subject to judge's approval (no sharp weapons allowed in the divisions)
- B. The judges should make sure all spectators and competitors are at a safe distance from the performing competitor.
- C. Safety of all competitors, judges, spectators and helpers should be considered and be of utmost importance by all involved. Therefore, the competitor's control of his/her weapon is of utmost importance. If a Black Belt competitor (Adult or Child) unintentionally drops his/her weapon, he/she will be disqualified from the division. If an under belt (adult or child) unintentionally drops his/her weapon, they may continue and he/she will be automatically be penalized .50 of a point. If a competitor recklessly or carelessly misuses his/her weapon, he/she may be disqualified.
- D. If a competitor wins the weapons form division during the eliminations, he/she must perform with a weapon in the weapons grand championship round (if a weapon grand championship round is offered).

Weapons Forms, Empty Hand Forms Supplemental Rules

Musical Forms & Musical Weapons

There are Musical Forms and Weapons for all competitors.

- All competitors must use music and must provide their own music source.
- Music volume must not be disruptive to the surrounding rings.
- If music stops during form, competitor may continue, or restart with a mandatory deduction of one (.50) point from the total score.
- All competitors in the Adult Black Belt Musical Weapons Division must use a weapon.
- Any competitor who loses control of their weapon, dropping or creating a hazardous situation, will be disqualified.

competitors in the division will receive scores from 6.75 to 7.00.

5. Ties: The first three competitors must perform before any scores are given (Grand championship rounds and divisions with less than 5 competitors are exceptions to the rule.) The high and low scores should always be eliminated before totaling the scores when five (5) or more judges are involved. If after adding up the scores for each competitor, there are ties, first the high score will be added, if a tie still exists, then the low scores can be added back in to break the tied scores. If after adding the scores back in competitors are still tied, then they must perform again to break the tie(s). The competitors can perform the same form or another form in the tie breaker. If after the competitors have performed again, there is a second tie, the winner will be determined by a show of hands from the judges.

SELF DEFENSE RULES

Professional Martial Arts uniforms are required for all competitors, but strongly suggested for assistants/attackers. **NO EXCEPTIONS!**

Purpose: Pre-arranged self-defense scenarios against up to five (5) attackers are allowed.

Scoring Criteria: Scoring will be based on:

- *Realism: Are the attacks authentic and threatening?
- *Effectiveness: Would the defenses really work under the circumstances presented?
- *Difficulty: How challenging are the attacks and how sophisticated are the counters?

Please note: that higher scores may be awarded to Self Defense competitors whose multiple attack scenerios are performed in a continuous presentation.

*Variety of technique: How many different strategies or principles are implemented and are skills demonstrated from a number of different martial arts systems** (* blocking, avoiding, trapping, off-balancing, jamming, etc., ** karate, judo, kung fu, ju-jitsu, etc. Divisions: Black Belt Adults (18 and over), Black Belt Youth (17 & under), Under Belt Adults (18 & over), Under Belt Youth (12 - 17 yrs old & 11 yrs and under) are-possible.

Additional Rules:

- *Competitor is limited to a maximum of five (5) attackers only.
- *Professional Martial Arts uniforms required for all competitors, Suggested for attackers.
- *Three (4) minute time limit
- *If mats are provided, all performance must remain on the mats.
- *NO music, breaking, real weapons, dangerous objects or substances allowed.

form, will result in downgrade by the judges, or upon a unanimous vote of the judges, a “no score” as a form inappropriate for the division.

VI GRAND CHAMPIONSHIP FORMS AND WEAPONS ROUNDS

A. The grand championship forms round will pit the appropriate first place forms winners against each other. All competitors should have an equal opportunity to compete at their best. Therefore, routines may be altered or changed and music may be used by all competitors. **(There are NO Seeded or Defending Grand Champions)**

B. The weapons divisions winners must use a weapon in the weapons grand championships round., but it does not have to be the same weapon used during the elimination. Music may be used.

C. A winner of a non-weapon division cannot use a weapon in the grand championship runoff.

D. International tournament finals are not all the same. Some may be filmed for television or have added attractions such as full contact, karate, opening and closing ceremonies, performances, etc. These differences dictate the structure of each International tournament’s finals. Some grand championship runoffs may be altered to fit into the finals properly. Luck of the draw for placement will determine the order of both the grand championship elimination round and the final grand championship round. Only the score of the final grand championship round will determine the winner.

E. All Grand Championship Traditional, Musical and Open Forms and Weapons Finals will be judged and scored with the following criteria.

F. Scoring of Form:

1. Black Belts: Each official will score forms in the range of 9.90 to 10.00. In the event of 5 or less competitors, the judges would give a 9.99, 9.98, .9.97, 9.96 or 9.95 respectively.

2. Advanced Belts: (Advanced Belts are usually Red and Brown Belts). Each official will score forms in the range of 8.50 to 9.00. Average forms will be scored from 8.50. The best competitors in the division will receive scores from 8.75 to 9.00.

3. Intermediate Belts: (Intermediate belts are usually, Green, Blue and Purple Belts). Each official will score forms in the range of 7.50 to 8.00. Average forms will be scored from 7.50 . The best competitors in the division will receive scores from 7.75 to 8.00.

4. Beginner Belts: (Beginner belt levels are usually White, Yellow/ Gold and Orange belts). Each official will score forms in the range of 6.50 to 7.00. Average forms will be scored from 6.50. The best

Individual Traditional Weapons & Open Weapons (music optional)

- All competitors may compete in a Traditional Weapons and/or Open/Creative/Musical Weapons Division
- All competitors must use a weapon in a weapons form division.
- No music is allowed in Traditional Weapons.
- Music is OPTIONAL in the Open/Creative/Musical Weapons Division
- All competitors must provide their own music source.
- Music volume must not be disruptive to the surrounding rings.
- If music stops during form, competitor may continue, or restart with a mandatory deduction of one (.50) point from total score.
- Any competitor who loses control of their weapon will be disqualified.

Individual Traditional Forms

- All black belt competitors may compete in a Traditional Forms Division.
- Black Belt & Advanced divisions: No restrictions
- Intermediate traditional divisions: All techniques allowed EXCEPT for jump-spin kicks, flying side kicks, flying hook kicks, and extreme exhibitions of agility or flexibility (back flips, splits, etc.)
- Beginning divisions: In addition to all of the techniques listed for intermediate divisions. No jumping, dropping, or flying kicks may be executed
- For each illegal technique that is performed, the Chief Official will instruct the scorekeeper to deduct (.50) point from the competitor’s final score.
- Any form that the judges believe to be non-traditional will be scored lower. Extreme violations result in disqualification at the judges’ discretion

Black Belt Extreme Forms Divisions

All Black Belt competitors may compete in an Xtreme Forms Divisions

The Extreme Divisions allow the competitor to perform any movements whether they originate from traditional or contemporary martial arts systems or otherwise. However, (1) at least 2/3 of the form must originate from martial arts techniques, and (2) the competitor must execute at least one technique that involves an inverted move or greater than 360 degree spin. Emphasis is placed on the quality of execution of techniques and movements, martial arts skills, balance, speed, power, degree of difficulty, and showmanship. In addition, only those movements that portray a definite offensive or defensive martial arts purpose, or are included to illustrate extreme flexibility or agility, are allowed. Inclusion of other movements, or the performance of a form or weapons form meeting the criteria above for a Traditional or Creative