

W.O.M.A.A.

INTERNATIONAL



WORLD ORGANIZATION OF MARTIAL ARTS ATHLETES

**RULES AND REGULATIONS
FOR COMPETITION**

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GENERAL RULES I. GENERAL RULES

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

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 a groin protector (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.**

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

B. LEGAL AGE RULE:

- 1. All competitors have the option of competing in the same division all year long for rating purposes, by establishing a legal competition age for the year. The age a competitor is on April 30th of the current competition year is their legal competition age for that year. They can compete all year at that age so he/she can earn rating points in one age division all year. A competitor will always compete in his/her chronological age. The legal age rule is developed for rating purposes only.**
- 2. 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 and foot gear (i.e. Top Ten, Macho, Century, etc.), and groin cups (for male competitors only) are mandatory for all competitors in all point 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, and the knuckles must be covered with a soft padded surface. No open finger gloves, leather or cloth equipment allow (palm may be uncovered).
- 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.
- 4. MOUTHPIECE:** A properly fitted mouthpiece is required for ALL divisions of sparring.
- 5. OTHER EQUIPMENT:** Shin, elbow, rib, knee and breast protectors (female competitors only) are recommended for additional safety to all sparring competitors but **not mandatory**.
- 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.

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.
- 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. It is the

1. 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 judges 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) All corner judges must be mobile (moving up and down the outside of their particular side of the ring line.) The corner judges are not allowed on the inside of the ring.

C. Changing of Officials:

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

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.

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 is a 2 Min. time limit with maximum points scored for all kids divisions and all adult under belt divisions. For **Adult Black Belts** there is a **three (3) Minute time limit** with maximum points scored. In the **Adult continuous sparring**, the matches are **two (2) 2 min rounds with a 30 second to 60 second break in between**. For **Juniors** there are **two (2) 90 second rounds with a 30 second break in between**.

For **Team Sparring – Jr. Teams** the matches are **90 second rounds**. For **Black Belt Team Sparring** there are **2 minute rounds each**. For **Jujitsu** competitions (see attached rules). 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 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 Ring

The size of the fighting and form rings will be a minimum of 18 ft X 18 ft. (5.5mX5.5 m). The borders of each ring shall be clearly marked. Starting lines should be marked approximately 6 feet (2m) apart 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 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 written on the sparring bracket sheet.

E. Length of Match

In all WOMAA Regional and International point sparring matches, there is a time limit imposed. For all Junior ranks and all Adult under belts a maximum time of **2 minute time limit (for each round)** is imposed with maximum points or a 5 point spread declaring the winner. In all Black Belt Sparring matches, there is a **3 minute time limit (for 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 WOMAA Continuous Sparring matches will have two (2) 2 min. rounds (adults) and (2) 90 Sec. Rounds (youth) with a 30-60 second break in between. Continuous sparring is judged on a 10 point must system. The Individual Grand Champion final fighting matches will have three (3) two (3) minute rounds, with accumulative points deciding the winner.

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

1. Was it a legitimate and legal karate technique?
3. 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** Entire head and face, 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).
2. Illegal Target Areas:
Spine, back of neck, 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 or 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 at mid-calf or below. 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; 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 light 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 do not have to touch the head gear with light contact, but can score by delivering a controlled, not fully extended, well focused technique within 2 inches of the headgear or face. 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. On the 2nd Official warning given, a penalty point is deducted from the violators score. If a competitor receives a **3rd warning** in any one match, the offender will have another point deducted from their score. If a competitor receives a 4th warning, 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, .50 pts will be deducted from their final score. For each full minute the competitor is not ready to compete, an additional .50 pts 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.

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.**
- 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.**

D. Disqualification

A competitor is automatically disqualified when he/she receives third 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 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.

Continuous Sparring: 10 oz gloves (ie: Top Ten, SAP, KoPro, Adidas, Kwon, Twin and equivalent).



Point Sparring Gloves (top Ten, SAP, KoPro, Adidas, Kwon or equivalent)



Acceptable Free Style Jujitsu Hand gear



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 or sweat 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. 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 be disqualified. 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 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 form handed down over the years, and should not deviate too far in form and content from the style's classical form. 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 **Musical/Open division**. Otherwise the competitor risks disqualification or down grading.

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

If an underbelt 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 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 **ONLY** 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, or forms that meet the above definition of strictly traditional forms, will result in a downgrade by the judges or, upon a unanimous vote of the judges, a “no score” as a form inappropriate for the division. 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. Simply performing a Traditional or Creative form with background music, or a form not meeting the basic criteria for all forms above, will result in a downgrade by the judges, or upon unanimous vote of the judges, a “no score” as a form inappropriate for the division. 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, the competitor will 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 should check all weapons for safety. Weapons are subject to judge’s approval (no sharp weapons allowed in the youth 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, 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. Music is optional in Black Belt Open/ Creative/Musical Weapons Divisions.

- 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 (1) 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 will be disqualified.

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 (1) 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 one (1) full 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 3/4 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 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 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 Musical and Open Forms and Weapons Finals will have the option to use the new WOMAA Scoring procedure, when possible. Each competitor will receive two (2) scores.
- (1) A score for Technical Merit, based on the technical skill and difficulty of the open or musical form or weapons form, synchronization with music, etc..
 - (2) A score for Creativity - based on originality, the uniqueness, innovativeness, rhythm and flow of the form, and the skill and difficulty of the form

F. Scoring of Form:

1. Black Belts: Each official will score forms in the range of 9.50 to 10.00. Average forms will be scored form 9.75. The best competitors in the division will receive scores from 9.90 to 10.00.

2. Advanced Belts: (Advanced Belts are usually Red and Brown Belts). Each official will score forms in the range of 8.00 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 7.00 to 8.00. Average forms will be scored form 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 6.00 to 7.00. Average forms will be scored from 6.50. The best 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 and assistants.
NO EXCEPTIONS!

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

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 will 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 Black Belt Adults (18 & over), Under Black 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 and attackers.
- *Three (3) minute time limit
- *If mats are provided, all performance must remain on the mats.
- *NO music, breaking, real weapons, dangerous objects or substances allowed.

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 Trophy at which time the use of music is **ENCOURAGED**.

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: One Open Division

Rules:

- * Minimum Two (2) to a Maximum of Six (6) competitors per team
- *Team may consist of any age, any belt rank.
- * Form must be at least 75% synchronized
- *Three (3) minute time limit
- * Music and Weapons are allowed
- * NO props for breaking

VIII. WOMAA WORLD MARTIAL GAMES TEAM FORMS WORLD CHAMPIONSHIPS

Awards: WOMAA World Championship Team Custom Made Trophy

*Top teams from all Team Forms/Weapons 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 with additional cost for team members over eight (8) (maximum 15 competitors)

*Team may consist of any age, any belt rank.

*Three (3) 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 Teams from all Team Forms/Weapons competition will compete for the WOMAA Team Forms World Championship Trophy.

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) to Six (6) competitors per team

*Team may consist of any belt rank, any age.

* Form must be 75% synchronized

* Three (3) minute time limit

* Music is allowed

* No props, breaking or real weapons

WOMAA WORLD MARTIAL GAMES TEAM FORMS CHAMPIONSHIPS

*Top teams from all team forms/Weapons divisions will compete for the WOMAA Team Forms World Championship Trophy.

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) Four Side and one Center Ref. Clickers are used and two judges score one fighter, the other two judges score the other fighter. Then after the first round, they switch contestants. Total scores are added and a winner determined. (1) is the method used for the World Martial Games.

Divisions: Adult Divisions and Junior Divisions - Brown/Red/Black Belts. By Weights- 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.

X. W.O.M.A.A. BREAKING DIVISIONS

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.)

* 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 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. KING OR QUEEN OF THE RING :

Competitors: Age 17 yrs and above

Belt Rank: All Intermediate/Brown/Black Belts - all weights (No Beginning belt ranks are allowed)

One Men's Division and One Women's Division

Single Elimination - If you win your match you go on to the next round, if you lose—you are out of the competition. The last two competitors in the men's division will go on to the Money Round. The last two competitors in the women's division will go on to the Money Round. . All W.O.M.A.A. Point Fighting Rules and Regulations will be adhered to for this special event.

The more competitors there are, the larger the CASH Prize!

**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:

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.**

XI. WOMAA FREESTYLE JUJITSU RULES & REGS.

KICK JUTSU AND GRAPPLING RULES WOMAA

A. Free Style Divisions (All Ages)

- 1. Advanced – 18 months of training & over**
- 2. Novice - under 18 months of training**

B. Grappling Divisions (No Striking Allowed)

- 1. Adults 18 yrs & over**
 - a. Advanced—18 months of training and over**
 - b. Novice—under 18 months of training**
- 2. 17 yrs of age & under**
 - a. No Novice or Advanced - All are combined and separated by weight.**

C. Competition Rules for Jujitsu are to provide:

- 1. Safety for the Competitor**
- 2. Promote equally fair and unbiased competition for the practitioners of all Grappling Arts.**
- 3. To ensure that the combat effectiveness of the Grappling Arts remains uncompromised and still remains safe for all competitors of all ages!**

D. Competition:

- 1. Each match will consist of two (2) - two (2) minute continuous action rounds with a 30 sec. Break in between.**
- 2. All matches under Black Belt will consist of two 1 minute rounds with a 15 sec. Break in between**
- 3. The competition will consist of two categories of skill:**
 - a. Free Style - Punches, Kicks and Grappling**
 - b. Grappling Only (No punches or kicks)**

E. Requirements:

- 1. All contestants must wear a clean (untorn) jujitsu or judo uniform.**
- 2. Fingernails and toenails must be trimmed, and no jewelry of any kind will be permitted.**
- 3. The jacket of the uniform must be large enough to permit three fingers width at mid-forearm.**

F. Free Style Fighting Rules:

- 1. Players win by decision or by tap out submission (submission by referee intervention will result in points awarded)**
- 2. Points can also be achieved for kicks, punches, throws, take-downs and ground work.**
- 3. The criteria for freestyle grappling allows a player to hold his/her opponent in any legal manner for 5 seconds while standing and working for a take-down or throw. If a throw or take-down has not occurred, the players are separated and signaled to continue.**
- 4. A full throw (both feet leaving the mat) scores 3 points.**
- 5. A half throw (one foot leaving the mat) scores 2 points.**

6. When a player has been taken to the ground, his/her opponent has to score instantaneously with a strike (hand only) or the strike will not score. The player taken down can also score from the mat with a counter throw, sweep or strike (hand or foot)

7. A player who is on the ground because of an illegal technique may not be scored on.

8. Each time both players end up on the mat following a legal sweep, take-down, or throw, they are given 30 seconds (all divisions) of ground work to achieve mount points or submission. At the end of grappling time, the players are separated, brought back to their feet and resume fighting.

9. In the case of a draw at the end of two rounds, an additional round will be fought. If it is still a draw, the three judges will accumulate the points for each fighter, with the most accumulated points determining the winner.

10. When applying any submission, the attacker must apply the pressure gradually enough that the opponent has an opportunity to submit. Any sudden, explosive application of a submission hold will result in an immediate disqualification.

11. The referee and tournament director reserve the right to stop any technique or situation not covered by the rules, which in their judgment is unsafe or improperly executed, or which they believe could endanger the safety of either contestant.

G. Points are Awarded:

1. **One Point:** is awarded for crisp. Clean striking techniques delivered to the body with either hand or foot. This tally goes towards the final kick / punch dominance score (3 points) awarded at the end of each round, if the strike tally is equal 3 points will be given to both fighters

2. **Two Points:** are awarded for a controlled kick to the head that makes no more than light contact (no contact to the head is allowed under adult brown & black belt divisions)

3. **three Points:** are awarded for achieving the mounted position during ground work (this position must be held for 10 seconds as determined by the center referee).

4. All divisions must control the mount for 10 seconds to be awarded points.

5. **Two Points:** for a throw or sweep that causes one foot to leave the mat and result in a take-down.

6. **Three Points:** for a throw or sweep that causes both feet to leave the mat and results in a take-down.

7. **Four Points:** for a submission by referee intervention (Intervention would be to prevent injury). A player who causes his/her opponent to submit by tapping out gets the win.

C. Illegal Techniques:

Fouls must be determined by a minimum of three judges. No striking to the face mask area (nose and eyes) groin, spine, nor against any joint. Absolutely no head contact in any division under adult brown belt (18 and over). Points will be

awarded for crisp clean techniques to the body and controlled techniques to the head. Strikes can be delivered with only the hand or foot (No knees, elbows or headbutts). On the second warning, two points will be given to the opponent. A third warning results in automatic disqualification. If a fighter is running outside of the ring, simply to avoid engaging with the opponent, one warning will be given. Each additional time there after, two points will be given to the opponent and fighters will be returned to the center of the ring by the referee to resume in a grappling (standing lock up) position. Once fighters are in a grappling situation with both hands on, there is no striking. If only one hand is on, then fighters are allowed one strike. When a fighter is taken to the mat, his opponent has to score instantaneously or the strike will not score.

Only One (1) sensei or coach is allowed in the competition area. All others must wait outside of the competition area.

D. Safety Equipment and Attire:

Sparring gloves (suitable for jujitsu), full semi contact sparring boots and shin pads (shin/instep pads are not allowed), mouth piece, cup and supporter (males) are mandatory in all divisions. Head gear is mandatory for all divisions for ages 17 and under. Although head gear is not mandatory in the adult divisions, it is recommended for personal safety, and the promoters reserve the right to make it mandatory. No abrasive, rough, torn or loose equipment will be permitted. No protective gear shall be allowed to contain any metal or hard plastic. All protective equipment is the sole responsibility of the competitor. It is not the promoters responsibility to provide equipment for competitors.

If your uniform becomes bloodied or torn in a manner that may affect the out-come of the match, you will be asked to replace it immediately or forfeit the match. A traditional jujitsu or judo top is recommended for the grappling divisions. Absolutely NO tee shirts, shorts or shoes of any kind will be permitted.

GRAPPLING (No Punches or Kicks)

A. TAKEDOWNS:

Points are awarded when the competitor offensively forces his/her opponent to the mat from the standing position. Points are awarded as follows:

1. Two Points: for a half throw or sweep that causes 1 foot of opponent to leave mat
2. Three Points: for a full throw or sweep that takes both opponents feet from the mat.
3. One Point: for any other takedown (Note: Jumping up and wrapping legs around opponent to bring him/her to your guard is not considered offensive take-down, and no points will be awarded)

B. KNEES ON THE STOMACH: (1 Point)

Points are awarded when the competitor has one knee across his/her opponent's stomach, keeping the other knee up with foot on the floor, maintaining and keeping control of opponent for 5 seconds.

C. REVERSALS: (2 Point)

Also called a sweep, flip, etc. Points are awarded when the competitor sweeps or flips his opponent, using his legs reversing his own position from bottom to top (while opponent is in the guard)

D. PASSING THE GUARD (2 Points)

When the opponent is on his/her back, controlling the competitor with his/her legs around or in between the waist (guard) position, the competitor presses the legs to attain the cross side position, maintaining complete control on top.

E. TOP MOUNT POSITION (3 Points)

Points are awarded when the competitor is on top of his opponent, straddling him with both knees and feet on the mat, maintaining control of his opponent.

F. REAR MOUNT POSITION (3 Points)

Points are awarded when the competitor has control of his/her opponent from behind, with hooks in (heels between opponent's legs)

G. Side / cross body mount (2 points)

Points will be awarded for holding side control for a min time of 10 secs

(FINAL NOTE in reiteration: 2 points for: Side Mount; Cross-Body Mount in both adult and childrens divisions)



4th Edition - 2007



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