



WORLD MARTIAL ARTS COMMITTEE

AMATEUR RULES FOR TOURNAMENTS

Version 4.7 - 2025

Chapter 3: Forms



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World Martial Arts Committee

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Introduction:

This rulebook replaces all previously issued rules and contains the official WMAC amateur competition rules. These rules are valid for all members. However, local requirements and circumstances may be taken into consideration if necessary. The official language of the IRC is English. These rules may be translated into other languages by the IRC.

However, in case of discrepancies, only the official English version shall prevail. This rulebook may not be copied, published or distributed without specific written permission from the WMAC or the IRC. This includes electronic, digital, physical and all other forms of reproduction. This rulebook can be downloaded free of charge as a PDF from the official WMAC website

WORLD MARTIAL ARTS COMMITTEE

International rules & guidelines



Janner 2025

Dear readers,

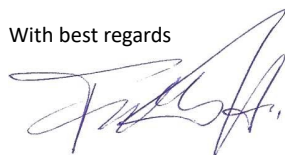
We are very pleased to version 4.7 of our World Martial Arts Committee Rules and Guidelines. This is definitely the most comprehensive set of tournament rules available today and we are proud to publish it for your use. This has been made possible solely through the hard work and dedication of individuals from around the world. We would like to sincerely thank everyone for their contribution to this comprehensive rulebook.

All of these rules and guidelines in this document are to be applied at WMAC sanctioned events. In this case, they may not be deviated from except in unusual circumstances and then only with the written permission of the IRC in conjunction with the Chief Referee (Supervisor) of the event. The instructions and decisions of the IRC with regard to these rules are decisive and binding. In the event of complaints/protests, his decision is decisive and final.

This rulebook can also be used for non-sanctioned events. In this case, the organizer of the event must include the following statement in writing in the announcement: "This event is organized according to the official WMAC rules".

The World Martial Arts Committee is constantly striving to develop further. We are constantly working on the expansion of our rules and regulations and their dissemination at events and tournaments. This set of rules should be checked before the events in order discuss and incorporate any changes with us.

With best regards



Harald Folladori
WMAC World President

CHAPTER 3 - FORMS

ARTICLE 15 - GENERAL RULES FOR FORMS

15.1. **Gender** - Each division is divided into men and women.

15.2. **Age divisions** - All forms, unless otherwise specified.

Description	Age groups
Children	U12 (7-11 years)
Juniors	U15 (12-14 years)
Cadets	U18 (15-17 years)
Adults	+18 (18-34 years)
Veterans	+40 (40-49 years)
Masters	+50 (50-99 years)

15.3 **Class Divisions** - Due to the diversification of the Mixed Martial Arts event, the color of belt, Japanese Kyu ranking or other grouping may not apply to all.

The following guidelines will **as the basis** for determining the appropriate grade classification of a participant. Years of experience will serve as the common factor in determining grade specificity of athletes.

Description	Martial arts experience in years	WMAC belt
Beginners	1 to 3 years	to green belt
Advanced	More than 3 years	From blue belt
Master craftsman	Various	Black

15.4 **Evaluation** - Form runners are evaluated according to the following criteria.

1. Entering & exiting correctly
2. Movement theory in the right order
3. Perform the technique correctly
4. Appropriate balance, speed, strength and control of the body
5. Appropriate mental focus, direction of gaze and breathing
6. Overall performance / energy of the form
7. For weapon molds, constant control and handling of the weapon
8. In freestyle forms, technique to the beat of the music.
9. With X-Treme Form, degree of difficulty of the acrobatic elements

Points: are awarded for all categories in the range 6.0 - 8.0. Decimal places should be used.

Times: all non-traditional and freestyle forms min. 1min to max. 2min performance time (without performance) Team forms min. 1 to max. 3 min also WITHOUT performance.

Traditional forms are without time limit, except Traditional Kodokan or Judo Kata (HS) up to max. 5min.

Notes:

1. If a fighter restarts a form, one point will be deducted from the final score by each judge. (Score would have been 7.8 therefore 6.8) But not below the MINIMUM score of 6.0 points.
2. If a fighter in a weapon form loses his weapon unannounced, one point will be deducted from the final result by each judge. (see point 1 as an example)
3. If a contestant performs a form from another discipline (wrong category), one point will be deducted from the final result by each judge. (see point 1 as an example)
4. Losing a weapon or losing control of a weapon in a way that endangers athletes, officials or spectators will result in immediate disqualification.
5. If the weapon , the athlete will be given 2 minutes to repair/replace it or he/she can run a different form with another alternative weapon without receiving a point deduction.
6. In the event of a draw, a different form must be performed in each the Traditional Forms classes.
7. Due to the differences in different schools of the same system, obvious school differences are not understood as errors in form

15.5 Definition:**15.5.1 Traditional forms** - Traditional forms (Empty Hands and weapons)

Can only be those that can be classified in a recognized traditional martial art.

14.5.2 Differences in styles - Each coach teaches what they believe should be the traditional form. Taking into account that the original form not dramatically changed, coaches or nations influences (differences) are accepted and the form performed is as correct.

The different interpretations of the participating countries / continents are to be included in the evaluation.

14.5.3 Form - The word form will be used below instead of kata, hyongs, forms and other terms given in the various martial arts.

15.6 Uniform: All uniforms should represent the style, club and country. The country of origin can/may be embroidered or printed on the back of the uniform. The athlete's last name may be embroidered or printed on the right arm.

Competitors "**may**" wear appropriate footwear if it is in keeping with the style. Competitors are not permitted to wear costumes / theatrical dresses, masks or other items that NOTHING to do with the form. Including jewelry that is not in accordance with the practice traditional martial arts must be removed or taped off. Competitors with long hair are allowed to use a simple hair tie. Medically prescribed eyeglasses are permitted. However, NO sunglasses of any kind.

For weapon forms, the weapon used by the participant is considered part of the uniform and must be free of defects or sharp edges. (Except for traditional weapons such as sword, kama or similar)

Illegal or prohibited weapons may not used in any form of weaponry. Please check the martial arts weapons restrictions of the host country before the event.

15.7 Performance area

The performance area should be performed on a mat, 6x6 or 8x8m, surrounded by a red safety zone, 2m wide with judges' seats in line at the side or in the respective corners. For WUSHU forms, the mat must be extended to 10x10m or space must be created on the adjacent mat for this performance.

15.8 Number of judges

The forms will be judged by 3-5 judges, no less than 3 of each form, who will be seated as follows:

1. A single row on one side of the zone with a minimum distance of 1m between each other.
2. The main judge on one side and the other judges at the corresponding corners. If the judges are seated in this arrangement, the athlete will only address the main judge.

15.9 Entering & leaving the competition area

Competitors are shown at which point they enter and may only enter and exit at this point. If this is NOT specified, the athlete always enters on the right, facing the center of the competition area towards the main referee.

Competitors must make two traditional bows or salutes. One before entering the area and another in front of the judges.

After entering the competition area, the contestants will go to the center of the area and announce the following to the Referee:

1. Name of the fighter
2. the country you present
3. Designation of the fighting form (mandatory)

In the case of weapon forms, they will submit their weapons to an inspection by the judges. If they are not satisfied with the safety of the weapon, a change to the weapon can be requested.

Athletes will have 1 point deducted from their total score if they have to change their weapon because it is subject to a PROHIBITION (weapon law of the respective country, e.g. nunchaku in Germany). Unless he changes it BEFORE the performance and not during the performance! Again, NO rating below the minimum score of 6.0 applies!

Before the contestant begins their form, the Referee will check that all judges are ready and that the area is clear of obstructions.

If everything is to his satisfaction, he holds up his hand to show that the fighters can start as soon as they are ready. They should now into the starting position.

ARTICLE 15.A. CATEGORIZATION GENERAL

INCLUSION (INC)

All FORM CATEGORIES MAY ALSO compete the INCLUSION CLASS (HANDICAPT CLASS) regardless of age group. The degree of disability must be at least 30% and must be documented with an official ID (disability card) at REGISTRATION. NEW is the sub-grouping in pairs (1 handicapped athlete & 1 non-handicapped athlete = TEAM FORM as both are judged) according to IDOKAI regulations.

BLACK BELT CLASSES (BB)

If more than 3 black belts are registered in the e.g. +18 class, a separate black belt= black belt class can generated. Otherwise the category remains from blue belt. However, black belts may NEVER be registered under the blue belt or higher class. (not allowed!= Exception OPEN class)

CLASS CONSOLIDATION

May take place in ALL categories if fewer than 3 participants are entered, but this must be a maximum of 1 class and genders combined. Otherwise an "Open class" must generated, e.g. +18 and +40 years or +40 and +50 years. Or U12 & U15 as well as U18 & +18 years and all classes in the MIXED disciplines. Styles that are not classifiable will run the group, but will be judged INDIVIDUALLY. Belt class see 15.c BB classes, up to green and from blue can be merged into an ALL BELTS category but not the black belt class = maximum 1 class higher.

ARTICLE 16. CHINESE EMPTY HAND SHAPES CLASSES / SOFTSTYLE (SS)

16.1 Performance - Competitors must perform a style that is recognized as a 'Traditional' Chinese Martial Art. i.e. Kung Fu / Gong fu with the outer styles= Shaolin, Chang - Ying Zhao - Tang Lang Quan, Wing Tsun & Wushu or the inner styles= Qigong, Tai chi chuan or Wudang Quanfa or similar soft styles from Southeast Asia.

ARTICLE 17. KARATE KATA JAPANESE/OKINAWA EMPTY-HAND FORMS (KAKA)

17.1 Performance - Competitors must a kata from one of the following major karate styles, such as Shotokan, Goju-Ryu, Shito-Ryu, Wado-Ryu etc. This class is based on the guidelines of the major karate styles and their katas as they are also reflected in the World Karate Federation.

ARTICLE 18. TAEKWON-DO - KOREAN STYLE EMPTY-HAND FORMS - HYONGS / TOOLS / POOMSE (TS)

18.1 Performance - Competitors must a form from one of the Korean Taekwondo styles. ITF, WTF or other major traditional Taekwondo styles such as ATA (America Taekwondo Association). This class is based on the guidelines of the major Taekwondo styles and must also be performed authentically.

ARTICLE 19. HARD STYLE EMPTY - HAND SHAPES (HS)

19.1 Performance - Competitors must compete in a traditional form involving hard techniques and NOT a Traditional Karate Style (see Article 17.1) or Traditional Taekwondo Style (see Article 18.1) e.g. Jiu- Jitsu, Allkampf", Judo, Kyokushin, Tang Soo Do, or minor Karate styles etc. This also includes all forms that are not affiliated to the major karate or taekwondo federations and perform their katas according to style criteria and not according to the competition criteria, e.g. of the World Karate Federation. As many karate styles are similar in their basic features, the focus here is on the differences in style.

ARTICLE 20. WEAPONS FORMS

CLASSES (MAY SEPARATED IF THERE ARE MORE THAN 3 PARTICIPANTS: TCWS / TJWS = SHORT WEAPONS OR TCWL/TJWL = LONG WEAPONS)

20.1 CHINESE HANDGUN MOLDS (TCW)

20.1.1 Performance - Competitors must compete in a form that is recognized as a Traditional Chinese Short Weapons form. The following are considered short weapons:
Jian - Traditional straight sword, Dao - Traditional broad sword

20.2 CHINESE LONG GUN MOLDS (TCW)

20.2.1 Performance - Competitors must compete in a form that is recognized as a Traditional Chinese Long Weapon form. The following are considered long weapons
Rope dart (tip on rope or chain) Multi-section sticks (three nunchaku) as well as spear & stick and the like

20.3 TRADITIONAL HARD STYLE HANDGUN SHAPES (TJW)

20.3.1 Performance - Competitors must compete in a form that is recognized as a Traditional HARD STYLE handgun form
- Kama, Sai, Tonfa etc.

20.4 TRADITIONAL JAPANESE / OKINAWAN SWORD FORMS (TJW)

20.4.1 Performance - Participants must perform in a form recognized as a Traditional Jap/Okinawa Sword Form e.g. Ken jutsu, laido etc.

20.5 TRADITIONAL HARD STYLE LONG GUN FORMS (TJW)

20.5.1 Performance - Competitors must compete in a form that recognized as a Traditional HARD STYLE long weapon form. With bo, spear etc.

ARTICLE 21. NON-TRADITIONAL FORMS, CREATIVE FORMS WITHOUT MUSIC

21.1 NON-TRADITIONAL - EMPTY-HAND CREATIVE FORMS (NT)

21.2.1 Performance - Competitors must perform a form with weapons, without music, without gymnastic movements and without rotating kicks that are more than 360 degrees. These should last no less than 1 minute and no longer than 2 as individual creations. The forms are individual demonstrations of the respective athletes. The techniques used may predominantly occur in the martial art practiced by the demonstrator.

21.2 NON-TRADITIONAL CREATIVE WEAPONS FORMS (NTW)

21.1.2 Performance - Competitors must perform a form without weapons, without music, without gymnastic movements, without rotating kicks that are more than 360 degrees. These should last no less than 1 minute and no longer than 2 minutes. The forms are individual demonstrations of the respective athletes. The techniques used may not be used in the

ARTICLE 22. FREESTYLE MUSIC FORMS

22.1 FREESTYLE EMPTY-HAND WITH MUSIC (FSM)

22.1.1 Performance - Competitors must a form without a weapon, traditional or their own creation with music that lasts no less than 1 minute and no longer than 2 minutes. The form may include gymnastic movements or spinning kicks greater than 360 degrees. The forms are individual demonstrations of martial arts techniques to music. They include techniques of the style that the athlete mainly trains. Musical forms are not dance and are judged accordingly.

22.2 WEAPONS FREESTYLE FORMS WITH MUSIC (FWM)

22.2.2 Performance - Competitors must a form with weapon, traditional or own creation with music that lasts no less than 1 minute and no longer than 2 minutes. The form may include gymnastic movements or spinning kicks greater than 360 degrees. The forms are individual demonstrations of martial arts techniques to music. They include techniques of the style that the athlete mainly trains. Musical forms are not dance and are judged accordingly

ARTICLE 23. X-TREME MUSIC FORMS

23.1 X-TREME EMPTY-HAND FORMS / EXTREME FREESTYLE FORM without WEAPON

23.1.1 Performance - Participants must a form without a weapon, as their own creation with music, lasting no less than 1 minute and no longer than 2 minutes. The form must include gymnastic movements and at least 1 spin kick greater than 360 degrees. The forms are individual demonstrations of martial arts techniques to music. They include techniques of the style that the athlete predominantly trains. Extreme forms are not dance and are judged accordingly.

23.2 X-TREME WEAPON SHAPES / EXTREME FREESTYLE SHAPE with WEAPON

23.2.1 Performance - Participants must a form with a weapon, as their own creation with music, lasting no less than 1 minute and no longer than 2 minutes. The form must include gymnastic movements and at least 1 spin kick greater than 360 degrees. The forms are individual demonstrations of martial arts techniques to music. They include techniques of the style that the athlete predominantly trains. Extreme weapon forms are not dance and will be judged accordingly.

ARTICLE 24. SYNCHRONOUS TEAM FORMS

24.1 GENERAL RULES FOR SYNCHRONOUS FORMS

24.1.1 Gender - This is a mixed discipline.

24.1.2 Age - The divisions for the synchronized forms are U12, U15, U18 and over 18 years

24.1.3 Graduation - there is no graduation subdivision (open)

24.1.4 Evaluation - Athletes are evaluated according to the following criteria:

24.1.5 Number of participants - all synchronized forms start with 3 - 6 people (more people are not possible due to space restrictions)

If the team performs a traditional form, the same criteria apply as for traditional forms, except that if the team out of sync, 1 point will be deducted from the final score.

If the team performs a synchronized music form, the same criteria apply as for the music forms, except that if the team out of sync, 1 point is deducted from the final score.

24.2 SYNCHRONOUS FORMS - EMPTY- HAND (SY)

24.2.1 Performance - Synchronized forms are team demonstrations of at least 3 - 6 persons from the same discipline performing the same form of a traditional or musical form, without weapon synchronized. If it is a musical form, the form will be allowed no less than 1 minute and no longer than 2 minutes.

24.3 SYNCHRONOUS FORMS - WEAPON FORMS (SYW)

24.3.1 Performance - Synchronized forms are team demonstrations of at least 3 - 6 people from the same discipline the same form of a traditional or musical form, with weapon synchronized. If it is a musical form, the form will be allowed no less than 1 minute and no longer than 2 minutes.

ARTICLE 25. TEAM FORMS - DEMONSTRATION

25.1 GENERAL RULES TEAM FORMS

25.1.1 Gender - This is a mixed discipline.

25.1.2 Age - The subdivisions for the team forms are U12, U15, U18 and over 18.

25.1.3 Graduation - there is no graduation subdivision (open)

25.1.4 Number of participants - all team forms start with 2-6 people (more people are not possible due to space restrictions)

25.2 TEAM EMTY HAND MOLDS & WEAPON MOLDS (TF)

25.2.21 Performance - Team forms shall consist of at least 2 to 6 persons. The form must no less than 1 minute and no longer than 3 minutes, and may include weapons. Teams may use any aspect of their own style and creativity. Team forms do NOT have to be performed SYNCHRONOUSLY.

Team forms must contain at least 50% traditional martial arts techniques with or without weapons. Freestyle or X-treme elements may be shown in the other 50%. Under no circumstances is the team event a dance performance.