



WORLD MARTIAL ARTS COMMITTEE

AMATEUR RULES FOR TOURNAMENTS

Version 4.6 - 2023

Chapter 3: Forms



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World Martial Arts Committee

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Introduction:

This rulebook supersedes all previously issued rules and incorporates the official WMAC Amateur Competition Rules. These rules are valid for all members. Local requirements and circumstances may be considered if necessary. The official language of the IRC is English. This rulebook may be translated by the IRC into other languages. However, in the event of any discrepancy, the official English version alone shall prevail. Without the specific written permission of 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 website of the WMAC.

NATIONAL MARTIAL ARTS COMMITTEE

International Rules & Guidelines



January 2023

Dear Reader,

We are very pleased to release version 4.6 of our World Martial Arts Committee Rules and Guidelines. This is definitely the most detailed competition tournament rulebook available today and we are proud to publish it for your use. This has been made possible entirely through the hard work and dedication of individuals from around the world. We would like to sincerely thank all individuals for their contribution to this detailed rulebook.

All these rules and guidelines, which can be found in this document, are to be applied at WMAC sanctioned events. No deviation from them is permitted except in exceptional circumstances and then only with the written permission of the Referee's Representative (IRC) in conjunction with the Supervisor of that event. The instructions and decisions of the Referee Supervisor regarding these rules are final and binding. In the event of complaints / protests, his decision shall be final and binding!

This rulebook can also be used for non-sanctioned events. In this case, the organiser of the event must include the following in writing in the announcement: "This event is organised 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 set of rules, as well as their dissemination in the area of events and tournaments. This set of rules should be checked before the events in order to discuss any changes with us and to incorporate them.

With best regards

A handwritten signature in black ink, appearing to read 'Harald Folladori', written in a cursive style.

Harald Folladori

WMAC World President

PART 3 - Shapes

Article 14 - General rules for forms

14.1. Gender - Each division is divided into men and women.

14.2. Age Subdivisions - All forms unless otherwise advertised.

Description	Age groups
Children	U13 (7-12 years)
Juniors	U15 (13-14 years)
Cadets	U18 (15-17 years)
Adults	+18 (18-34 years)
Veterans	+35 (35-44 years)
Masters	+45 (45-99 years)

14.3 Class division

Due to the diversification of the Mixed Martial Arts event, the colour of the belt, Japanese Kyu ranking or any other grouping may not apply to all.

The following specifications will serve as the basis for determining the appropriate grade classification of a competitor. Years of experience will serve as the common factor in determining grade specification of athletes.

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

14.4 Judging - Form skaters will be judged according to the following criteria.

1. Correct entry & exit
2. Movement theory in the right order
3. Carry out the technique correctly
4. adequate balance, speed, strength and control over the body
5. Appropriate mental focus, direction of gaze and breathing
6. Overall performance / energy of the form
7. For weapon forms, constant control and handling of the weapon
8. In freestyle forms, technique to the beat of the music.
9. For X-Treme Form, difficulty level of the acrobatic elements

Points: will be awarded for all categories in the range 6.0 - 8.0. Decimals should be used. **Times:** all non-traditional and freestyle forms min 1 to max 2min performance time (without presentation) team forms min 1 to max 3 min.

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

Notes:

1. Should a contestant restart a form one point will be deducted from the final score by each judge.
2. Should a contestant in a weapon form lose his weapon unannounced, one point will be deducted from the final score by each judge.
3. Should a contestant perform a form from another discipline (Wrong Category), one point will be deducted from the final score by each judge.
4. Losing a weapon or losing control of the weapon in such a way as to endanger athletes, officials or spectators will result in immediate disqualification.
5. If the weapon is broken, the athlete will be given 2 minutes to repair/replace it or may run another form with another alternative weapon without a point deduction.
6. In the event of a tie, a different form must be performed in each of 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

14.5 Definition:**14.5.1 Traditional Forms** - Traditional Forms (Empty Hands and Weapons)

Can only be those that can be assigned in a recognised traditional martial art.

14.5.2 Differences of styles - Each coach teaches what he or she believes should be the traditional form.

Taking into account that the original form is not dramatically changed, coaches or nations influences (differences) are accepted and the form performed is recognised 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 hereafter in place of kata, hyongs, forms and other terms given in the various martial arts.

14.6 Uniform: All uniforms should represent the style, club and country. The country of origin should be embroidered or printed on the back of the uniform. The last name of the athlete 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 have NOTHING to do with the form. Including jewellery that is not in keeping with the practice of traditional martial arts must be removed or taped off. Competitors with long hair are permitted to use a simple scrunchie. Prescription glasses are permitted.

In weapon forms, the weapon used by the competitor is considered part of the uniform and must be free of defects or sharp edges. (Excluding traditional weapons such as sword, kama or similar) Illegal or prohibited weapons may not be used in any weapon form. Please check the host country's martial arts weapons restrictions before the event.

14.7 Performance area

The performance area should be performed on a mat, 8x8m, surrounded by a red safety zone, 2m wide with judges' seats in line at the side or in the respective corners.

14.8 Number of Judges

The forms will be judged by 3-5 judges, not less than 3 of each corresponding form, arranged in the seats as follows:

1. A single row on one side of the zone
2. The Referee on one side and the other Judges at the corresponding corners. When the Judges are seated in this arrangement the competitor will only address the Referee.

14.9 Entering & leaving the competition area

Competitors are indicated at which point they enter and may only enter and exit at this point. If this is NOT specified, the competitor will always enter to the right, across the centre of the competition area, facing the Referee.

Competitors must make two proper bows or salutes. One before entering the area and another before the judges.

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

1. name of the fighter
2. the country they present
3. designation of the form of combat

For weapons forms, they will submit their weapons to an inspection by the judges. If they are not satisfied in terms of safety, a modification of the weapon may be requested.

Athletes will have 1 point deducted from their overall score if they have to change their weapon because it is subject to a PROHIBITION (weapons law of the respective country).

Before the contestant begins his/her 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. Now they should get into the starting position.

Article 15.a. CATEGORIES REGULATION

General information about the INCLUSION & BLACK BELT CLASS

15.b. INCLUSION (INC)

All **FORMAT CATEGORIES MAY ALSO** compete in the **INCLUSION CLASS** (HANDICAPT CLASS) regardless of the age category. The degree of disability must be at least 30% for this and must be proven with an official ID (disabled person's card) at the REGISTRATION.

15.c. BLACK BELT CLASSES (BB)

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

15.d. CLASS CONSOLIDATION

May be done in ALL categories if less than 3 participants are entered, but this must be a maximum of 1 class and genders combined. Otherwise an "Open Class" must be generated, e.g. +18 and +35 years or +35 and +45 years. Or U13 & U15 as well as U18 & +18 years and all classes in the MIXED disciplines. Styles that are not classifiable will run in the group but will be judged INDIVIDUALLY.

Belt class see 15.c BB classes up to green and from blue may be merged into one ALL BELTS category but not the black belt class = maximum 1 class higher.

ARTICLE 15. CHINESE EMPTY HAND SHAPES CLASSES / SOFTSTYLE (SS)

15.1 Performance - Competitors must perform a style recognised as 'Traditional' Chinese Martial Arts i.e. Kung Fu/Gongfu 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 South East Asia.

ARTICLE 16. KARATE KATA JAPANESE/OKINAWA EMPTY-HAND FORMS (KAKA)

16.1 Performance - Contestants must perform a Kata from one Karate style, such as Shotokan, Goju-Ryu, Shito-Ryu, Wado-Ryu etc. This class follows the guidelines of the major karate styles and their katas as stated in the World Karate Federation.

ARTICLE 17. TAEKWON-DO - KOREAN STYLE EMPTY-HAND FORMS - HYONGS / TOOLS / POOMSE (TS)

17.1 Performance - Competitors must perform 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 follows the guidelines of the major Taekwondo styles and must also be authentically reproduced.

ARTICLE 18. HARD STYLE EMPTY - HAND SHAPES (HS)

18.1 Performance - competitors must compete in a traditional form involving hard techniques and NOT from a Traditional Karate style (see Article 16.1) or Traditional Taekwondo style (see Art.17.1) e.g. Jiu-Jitsu, Allkampf, Judo, Kyokushin, Tang soo Do, etc. This also includes all forms that are not affiliated to the major karate or taekwondo federations and that perform their katas according to style criteria and not according to the competition criteria, e.g. of the World Karate Federation.

ARTICLE 19. WEAPONS FORMS CLASSES (may also be separated if there are more than 3 participants: TCWS / TJWS = Short Weapons or TCWL/TJWL = Long Weapons).

19.1 CHINESE SHORT ARMS SHAPES (TCW)

19.1.1 Performance - Competitors must compete in a form that is recognised as a Traditional Chinese Short Weapons form. The following are considered short weapons:
Jian - Traditional Straight Sword, Dao - Traditional Wide Sword

19.2 CHINESE LONG ARMS SHAPES (TCW)

19.2.1 Performance - Competitors must compete in a form that is recognised as a Traditional Chinese Long Weapon Form. The following are considered long weapons
Rope Dart (tip on rope or chain) Multisection
Sticks (Triple Nunchaku) Spear & Stick

19.3 TRADITIONAL HARD STYLE SHORT RIFLE FORMS (TJW)

19.3.1 Performance - Contestants must compete in a form that is recognised as a Traditional HARD STYLE short weapon form. With Kama, Sai, Tonfa etc.

19.4 TRADITIONAL JAPANESE / OKINAWAN SWORD SHAPES (TJW)

19.4.1 Performance - competitors must perform in a form that is recognised as a Traditional Jap / Okinawa Sword Form e.g. Ken jutsu, laido etc.

19.5 TRADITIONAL HARD STYLE LONG ARMS FORMS (TJW)

19.5.1 Performance - Competitors must compete in a form that is recognised as Traditional HARD STYLE Long Weapon Form. With bo, spear, etc.

ARTICLE 20. NON-TRADITIONAL FORMS, CREATIVE FORMS WITHOUT MUSIC

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

20.1.2 Performance - Competitors must perform a form without weapons, without music, without gymnastic movements, without rotating kicks that are more than 360 degrees. These shall be self-created and last no less than 1 minute and no longer than 2 minutes. The forms are individual demonstrations by the respective athletes. The techniques used may be predominantly in the martial art practised by the demonstrator.

20.2 NON-TRADITIONAL CREATIVE WEAPONS FORMS (NTW)

20.2.1 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 be self-created and last no less than 1 minute and no longer than 2 minutes. The forms are individual demonstrations by the respective athletes. The techniques used may be predominantly in the martial art practised by the demonstrator.

ARTICLE 21. FREESTYLE MUSIC FORMS

21.1 FREESTYLEFORMS EMPTY-HAND with music (FSM)

21.1.1 Performance - Contestants must perform a form without a weapon, traditional or of their own creation with music, lasting 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 in which the athlete is predominantly trained. Musical forms are not dance and will be judged accordingly.

21.2 WEAPONS FREESTYLEFORMING with music (FWM)

21.2.2 Performance - Contestants must perform a form with a weapon, traditional or their own creation with music, lasting 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 in which the athlete is predominantly trained. Musical forms are not dance and will be judged accordingly.

ARTICLE 22. X-TREME MUSIC FORMS

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

22.1.1 Performance - Contestants must perform 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 spinning kick greater than 360 degrees. The forms are individual demonstrations of martial arts techniques to music. They include techniques of the style the athlete is predominantly training. Extreme forms are not dance and will be judged accordingly.

22.2 X-TREME WEAPON FORMS / EXTREME FREESTYLE FORM with WEAPON

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

ARTICLE 23. SYNCHRONOUS FORMS

23.1 GENERAL RULES FOR SYNCHRONOUS FORMS

22.1.1 Gender - This is a mixed discipline.

22.1.2 Age - The divisions for the synchronised forms are U13, U15, U18 and over 18.

22.1.3 Graduation - there is no graduation subdivision (open)

23.1.4 Evaluation - Athletes shall be evaluated according to the following criteria:

If the team shows a traditional form, the same criteria apply as for the traditional forms, except that in the case where the team is out of sync, 1 point is deducted from the final score.

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

23.2 SYNCHRONOUS FORMS - EMPTY- HAND (SY)

23-2.1 Performance - Synchronised 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 a weapon in synchronisation. If it is a musical form, the form will be allowed no less than 1 minute and no longer than 2 minutes.

23.3 SYNCHRONOUS FORMS - WEAPON FORMS (SYW)

23-3.1 Performance - Synchronised forms are team demonstrations of min. 3 - 6 persons from the same discipline performing the same form of a traditional or musical form, with weapon synchronised. If it is a musical form, the form will be allowed no less than 1 minute and no longer than 2 minutes.

ARTICLE 24. TEAM FORMS - DEMONSTRATION

24.1 GENERAL RULES TEAM FORMS

24.1.1 Gender - This is a mixed discipline.

24.1.2 Age - The subdivisions for the team forms are U13, U15, U18 and over 18.

24.1.3 Graduation - there is no graduation subdivision (open)

24.2 TEAM EMPTY HAND SHAPES & WEAPON SHAPES (TF)

24.2.21 Performance - Team forms shall consist of at least 2 to 6 persons. The form must be no less than 1 minute and no longer than 3 minutes and may include weapons. Teams may incorporate any aspect of their own styles 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%. In no case is the team event a dance performance.