



WORLD MARTIAL ARTS COMMITTEE

AMATEUR RULES FOR TOURNAMENTS

Version 4.6 - 2023

Chapter 3: Moulds



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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 authorisation 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



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 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 thank everyone for their contribution to this comprehensive rulebook.

All of these rules and guidelines contained in this document are to be applied at WMAC sanctioned events. In this case, no deviation is permitted except in exceptional 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 organiser of the event must include the following statement in writing in the announcement: "This event is organised in accordance with the official WMAC rules and regulations".

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

With best regards

A handwritten signature in black ink, appearing to read 'Harald Folladori'. The signature is stylized and fluid.

Harald Folladori
WMAC World President

PART 3 - Moulds

Article 14 - General rules for moulds

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

14.2 Age divisions - All forms, unless otherwise advertised.

Description of	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 subdivision

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 guidelines 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 the grade specification of athletes.

Description of	Martial arts experience in years	WMAc belt
Beginners	1 to 3 years	to green belt
Advanced	More than 3 years	From blue belt
Black strap	Various	Black

14.4 Judging - Form runners are judged according to the following criteria.

1. correct entry & exit
2. movement theory in the correct order
3. perform the technique correctly
4. adequate 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 moulds, constant control and handling of the weapon
8. in freestyle forms, technique to the beat of the music.
9. for 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. 1 to max. 2min performance time (without performance) Team forms min. 1 to max. 3 min.

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

Notes:

1. if a contestant restarts a form, one point will be deducted from the final score by each judge.
2. should a fighter in a weapon form lose his weapon unannounced, one point will be deducted from the final score by each judge.
3. if a contestant performs a form from another discipline (wrong category), one point will be deducted from the final result by each judge.
4. losing a weapon or losing control of a weapon in such a way as to endanger athletes, officials or spectators will result in immediate disqualification.
5. if the weapon breaks, the athlete will be given 2 minutes to repair/replace it or he can run another 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 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 the form of

14.5 Definition:**14.5.1 Traditional forms** - Traditional forms (Empty hands and weapons)

Can only be those that can be classified in a recognised 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 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 below instead 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 athlete's surname 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/theatre dresses, masks or other items that have NOTHING to do with the form. Including jewellery that is not in line with the practice of traditional martial arts must be removed or taped off. Competitors with long hair are allowed to use a simple hair tie. Prescribed glasses are permitted.

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 be used in any form of weaponry. Please check the martial arts weapons restrictions of the host country 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, no less than 3 of each form, who will be seated as follows:

1. a single row on one side of the zone
2. the main judge on one side and the other judges at the corresponding corners. When the judges are seated in this arrangement, the athlete will only address the main judge.

14.9 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 will always enter to the right across the centre of the competition area, facing the main referee.

Competitors must make two proper 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 centre of the area and announce the following to the Referee:

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

In the case of weapon moulds, 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 overall score if they have to change their weapon because it is subject to a PROHIBITION (weapon law of the respective country). 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 move into the starting position.

Article 15.a. CATEGORY ORGANISATION

General information on the INCLUSION & BLACK BELT CLASS

15.b. INCLUSION (INC)

All **FORM CATEGORIES MAY ALSO** compete in 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) according to IDOKAI regulations.

15.c. BLACK COURT 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. However, black belts may NEVER be registered under the blue belt and above class. (not allowed! = exception OPEN class)

15.d. CLASS ASSEMBLY

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 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 cannot be categorised will run in 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 15. CHINESE EMPTY HAND MOULDS CLASSES / SOFTSTYLE (SS)

15.1 Performance - Participants must perform a style which is recognised as a 'Traditional' Chinese Martial Art 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 - Competitors must perform a kata from a karate style, 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 17. TAEKWON-DO - KOREAN STYLE EMPTY-HAND FORMS - HYONGS / TOOLS / POOMSE (TS)

17.1 Performance - Participants 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 is based on the guidelines of the major Taekwondo styles and must also be performed authentically.

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

18.1 Performance - Competitors must compete in a traditional form which includes hard techniques and does NOT originate from a Traditional Karate Style (see Article 16.1) or Traditional Taekwondo Style (see Article 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 be separated if there are more than 3 competitors: TCWS / TJWS = short weapons or TCWL/TJWL = long weapons)

19.1 CHINESE HANDGUN MOULDS (TCW)

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

19.2 CHINESE LONG GUN MOULDS (TCW)

19.2.1 Performance - Competitors must compete in a form that is recognised as a Traditional Chinese Long Arms form. The following are considered long weapons
Rope dart (tip on rope or chain)
Multi-section sticks (triple nunchaku)
Spear & Stick

19.3 TRADITIONAL HARD STYLE HANDGUN MOULDS (TJW)

19.3.1 Performance - Competitors must compete in a form recognised as a Traditional HARD STYLE handgun form. With Kama, Sai, Tonfa etc.

19.4 TRADITIONAL JAPANESE / OKINAWAN SWORD FORMS (TJW)

19.4.1 Performance - Competitors must compete in a form recognised as a Traditional Jap/Okinawa Sword Form e.g. Ken jutsu, laido etc.

19.5 TRADITIONAL HARD STYLE LONG GUN MOULDS (TJW)

19.5.1 Performance - Competitors must compete in a form recognised as a 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 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 predominantly occur in the martial art practised by the demonstrator.

20.2 NON-TRADITIONAL CREATIVE WEAPON 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 last no less than 1 minute and no longer than 2 minutes as an individual creation. The forms are individual demonstrations of the respective athletes. The techniques used may predominantly occur in the martial art practised by the demonstrator.

ARTICLE 21. FREESTYLE MUSIC FORMS

21.1 FREESTYLEFORM EMPTY-HAND with music (FSM)

21.1.1 Performance - Competitors must perform a non-weaponised, traditional or self-created form 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 that the athlete predominantly trains. Musical forms are not dance and will be judged accordingly.

21.2 WEAPONS FREESTYLEFORMING with music (FWM)

21.2.2 Performance - Competitors must perform 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 predominantly trains. Musical forms are not dance and are judged accordingly

ARTICLE 22. X-TREME MUSIC FORMS

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

22.1.1 Performance - Competitors 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 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 will be judged accordingly.

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

22.2.1 Performance - Competitors must perform 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 23. SYNCHRONISED FORMS

23.1 GENERAL RULES FOR SYNCHRONISED FORMS

22.1.1 Gender - This is a mixed discipline.

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

22.1.3 Graduation - there is no graduation subdivision (open)

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

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

If the team performs a synchronised musical form, the same criteria apply as for the musical forms, with the exception that if the team is no longer synchronised, 1 point will be deducted from the final score.

23.2 SYNCHRONISED 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 weapon synchronised. If it is a musical form, the form will be allowed no less than 1 minute and no longer than 2 minutes.

23.3 SYNCHRONISED FORMS - WEAPON FORMS (SYW)

23-3.1 Performance - Synchronised forms are team demonstrations of at least 3 - 6 people 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 years.

24.1.3 Graduation - there is no graduation subdivision (open)

24.2 TEAM EMTY HAND MOULDS & WEAPON MOULDS (TF)

24.2.21 Performance - Team forms shall consist of at least 2 to 6 persons. The form must not last 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 include weapons. Freestyle or X-treme elements may be shown in the other 50%. Under no circumstances is the team event a dance performance.