

WMAC DIVISIONS

Im Interesse unserer Sportler wurden im Jahr 2025 Aktualisierungen der Alters- und Gewichtsklassen vorgenommen.

Die betroffenen Gewichtsklassen sind mit einem blauen Stern gekennzeichnet



In the interests of our athletes, updates to the age and weight classes were made in 2025.

The affected weight classes are marked with a blue star

SPECIAL FOR KIDS



Tigers (3-6 years) ★	Dragons (7-8 years) ★	Ninjas (9-12 years)
Rumble - No Contact - WMAC Kids Run	Rumble - No Contact - WMAC Kids Run	Rumble - No Contact - WMAC Kids Run
Mixed ♂&♀	Mixed ♂&♀	Mixed ♂&♀
-90cm	-100cm	-110cm
-110cm	-120cm	-130cm
-130cm	-140cm	-150cm
+130cm	+140cm	+150cm

BITTE BEACHTEN

Rumble corresponds to "pulling the flag" (3 flags per child)

No Contact = Sparring without touching the opponent

WMAC Kids Run - is an adventure obstacle course

We ask coaches, friends and spectators to be considerate when dealing with athletes and their opponents.

Our referees are trained to deal with the athletes in a way that is appropriate for children.

PLEASE NOTE

Rumble entspricht dem "Fahnen Ziehen" (3 Fahnen pro Kind)

No Contact = Sparring ohne den Gegner zu berühren

WMAC Kids Run - ist ein Abenteuer Hindernislauf

Wir bitten Trainer, Freunde und Zuschauer, sich im Umgang mit den Athleten und deren Gegnern rücksichtsvoll zu verhalten.






Unsere Kampfrichter sind geschult auf einen kindgerechten Umgang mit den Athleten.














4 years old kids in Rumble (World Games 2022 Salzburg)

WMAC DIVISIONS

Main Divisions Tatami

Kids (7-11 years) 		Juniors (12-14 years) 		Cadets (15-17 years)	
Pointfighting/ Lightcontact/ Kicklight / Karate Kumite		Pointfighting/ Lightcontact/ Kicklight/ Grappling/ MMA Light / Karate Kumite		Pointfighting/ Lightcontact/ Kicklight/ Grappling/ MMA Light / Karate Kumite	
Male ♂	Female ♀	Male ♂	Female ♀	Male ♂	Female ♀
-25 KG	-25 KG	-40 KG	-40 KG	-55 KG 	-50 KG 
-30 KG	-30 KG	-45 KG	-45 KG	-60 KG 	-55 KG
-35 KG	-35 KG	-50 KG	-50 KG	-65 KG	-60 KG
-40 KG	-40 KG	-55 KG	-55 KG	-70 KG	-65 KG
-45 KG	-45 KG	-60 KG	-60 KG	-75 KG	-70 KG
-50 KG	-50 KG	-65 KG	-65 KG	-80 KG	+70 KG
+50 KG	+50 KG	-70 KG	+65 KG	+80 KG	
		+70 KG			

Adults (18-39 years) 		Veterans (40-49 years) 		Masters (50-99 years) 	
Pointfighting/ Lightcontact/ Kicklight / Karate Kumite		Pointfighting/ Lightcontact/ Kicklight/ Grappling/ MMA Light / Karate Kumite		Pointfighting/ Lightcontact/ Kicklight/ Grappling/ MMA Light / Karate Kumite	
Male ♂	Female ♀	Male ♂	Female ♀	Male ♂	Female ♀
-60 KG	-55 KG 	-75 KG 	-60 KG 	-75 KG 	-60 KG
-65 KG	-60 KG 	-80 KG 	-65 KG 	-85 KG 	-70 KG
-70 KG	-65 KG	-85 KG	-70 KG	+85 KG	+70 KG
-75 KG	-70 KG	+85 KG	+70 KG		
-80 KG	-75 KG				
-85 KG	+75 KG				
-90 KG					
+90 KG					

BITTE BEACHTEN

Please observe the regulations and the prescribed protective equipment.

The areas around the fighting areas are to be kept clear.

Injury Hazard : No glass bottles or hard/sharp objects near the tatami area

PLEASE NOTE

Bitte beachten Sie das Reglement und die vorgeschriebene Schutzausrüstung.

Die Bereiche um die Kampfgebiete sind freizuhalten.

Verletzungsgefahr : Keine Glasflaschen oder harten/spitze Gegenstände in der Nähe der Kampffläche

WMAC DIVISIONS

Ringsport Divisions

Kids (7-11 years)	Cadets (15-17 years)		Adults (18-55 years)	
NO RINGSPORT UNDER THE AGE OF 15	Fullcontact/ Kickboxing K1/ Oriental Boxing/ Thaiboxing/ Full MMA		Fullcontact/ Kickboxing K1/ Oriental Boxing/ Thaiboxing/ Full MMA	
Juniors (12-14 years)	Male ♂	Female ♀	Male ♂	Female ♀
NO RINGSPORT UNDER THE AGE OF 15 - No upgrading from Juniors to Cadets possible	-55 KG -60 KG ★ -65 KG ★ -70 KG -75 KG -80 KG +80 KG	-50 KG ★ -55 KG ★ -60 KG -65 KG -70 KG +70 KG	-60 KG -65 KG -70 KG -75 KG -80 KG -85 KG -90 KG +90 KG	-55 KG ★ -60 KG ★ -65 KG -70 KG -75 KG +75 KG



K1-Rules Kickboxing at the World Games 2023 in Germany

PLEASE NOTE	BITTE BEACHTEN
Starters over the age of 44 need a stress ECG to participate in ring sports	Starter über 44 Jahre benötigen für die Teilnahme am Ringsport ein Belastungs-EKG
Starters between the ages of 15 and 18 also need written permission from a legal guardian - additional for ringsport	Starter zwischen 15 und 18 Jahren benötigen zusätzlich für Ringsport eine schriftliche Erlaubnis eines Erziehungsberechtigten.
Participation in ring sports is not possible from the age of 55	Die Teilnahme am Ringsport ist ab dem 55. Lebensjahr nicht möglich

Trainer Explanation & Declaration of consent for minors

[LINK](#)

Erklärung Trainer & Minderjährige Einverständnis

[LINK](#)

WMAC DIVISIONS

Main Forms Divisions


Kids(0-11 years) / **Juniors**(12-14 years) / **Cadets**(15-17 years) / **Adults**(18-39 years) / **Veterans**(40-49 years) / **Masters**(50-99 years) 

All divisions are separated in Male or Female

Descriptions

(Jiu Jitsu, Judo, Kyokushin, Allkampf ect.)	Hardstyle	White-Green	
		Blue-Black	
(Shotokan, Goju-Shito-Wado Ryu ect.)	Karate Kata	White-Green	
		Blue-Black	
(Chinese Style, Wushu, Kung Fu ect.)	Softstyle	Colorbelt	
		Blackbelt	
(ITF / WTF / ATA or other trad. TKD Styles / Korean Style ect.)	Taekwondo Style	Colorbelt	
		Blackbelt	
	Non Traditional Creative Style	Colorbelt	
		Blackbelt	
	Non Traditional Weapons	All Belts	
	Trad. Chinese Weapons	All Belts	
Trad. Japanese Weapons	All Belts		
(Freestyle / X-Treme)	Freestyle Music	All Belts	
(Freestyle / X-Treme)	Weapons Music	All Belts	
All Styles	Inclusion	All Belts	Single
			Team

Team Forms Contest

Kids(7-11 years) / **Juniors**(12-14 years) / **Cadets**(15-17 years) / **Seniors** (18-99 years) 

TEAM FORM divisions are Male & Female MIXED

Team Formenklassen sind gemixt Männl.&Weibl.

Team Demonstration

Team Synchron

2 - 6 Competitors per Team

3 - 6 Competitors per Team

PLEASE NOTE

The applicant is responsible for the correct age of the Team members.
Incorrect information can lead to disqualification

BITTE BEACHTEN

Der Antragsteller ist für das richtige Alter der Teammitglieder verantwortlich.
Falsche Angaben können zur Disqualifikation führen

WMAC DIVISIONS

Self Defense Divisions (TATAMI)



Kids (7-11 years)		Juniors (12-14 years)		Cadets (15-17 years)	
Real Selfdefense Creative Selfdefense		Real Selfdefense Creative Selfdefense		Real Selfdefense Creative Selfdefense	
Mixed ♂&♀		Male ♂	Female ♀	Male ♂	Female ♀
All Belts		Colorbelt Blackbelt	Colorbelt Blackbelt	Colorbelt Blackbelt	Colorbelt Blackbelt

Adults (18-39 years)		Veterans (40-49 years)		Masters (50-99 years)	
Real Selfdefense Creative Selfdefense		Real Selfdefense Creative Selfdefense		Real Selfdefense Creative Selfdefense	
Male ♂	Female ♀	Male ♂	Female ♀	Male ♂	Female ♀
Colorbelt Blackbelt	Colorbelt Blackbelt	Colorbelt Blackbelt	Colorbelt Blackbelt	Colorbelt Blackbelt	Colorbelt Blackbelt

Breaking Divisions (FORMS)



Cadets (15-17 years)		Adults (18-99 years)	
Norm Breaking Show Breaking		Norm Breaking Show Breaking	
Male ♂	Female ♀	Male ♂	Female ♀
All Belts	All Belts	All Belts	All Belts

Grand Championship Challenge

**US System : Male & Female mixed - Decision at short notice by Event: No registration enabled class*

Grand Championship (15 - 99 years)			Grand Championship (15 - 99 years)		
POINTFIGHTING			FORMS		
Male ♂	Female ♀	<i>US System*</i>	Male ♂	Female ♀	<i>US System*</i>
Open	Open	<i>*merged</i>	Open	Open	<i>*merged</i>

PLEASE NOTE

The US system is only approved by the organizer

BITTE BEACHTEN


Das US-System wird nur vom Veranstalter genehmigt

WMAC DIVISIONS

INCLUSION & HANDICAP

Kids(0-11 years) / **Juniors**(12-14 years) / **Cadets**(15-17 years) / **Adults**(18-39 years) / **Veterans**(40-49 years) / **Masters**(50-99 years)

The WMAC reserves the right that understaffed classes will be combined

<p>Inclusion Single</p>	<p>Hardstyle Karate Kata</p>	
<p>One athlete with a handicap + 1 accompanying athlete without a handicap</p>	<p>Softstyle Taekwondo Style</p>	
<p>Handicapped Performer = Starter/Athlet Not handicaped Perf. = Accompanying</p>	<p>Non Traditional Creative Style Non Traditional Weapons</p>	
<p>! Just pre register the handicaped performer !</p> 	<p>Trad. Chinese Weapons Trad. Japanese Weapons Freestyle Music Weapons Music Inclusion</p>	<p>ALL BELTS</p>

WMAC DIVISIONS

TAG-TEAM FIGHT

Tag Team : 3 Fighters + 1 Alternative (Fighter can tag at any time of the fight)
 Mixed Teams : Will be adjusted at the tournament.



Kids (7-11 years)
Pointfighting
Mixed
Tag Team



Juniors (12-14 years)	Adults (15-99 years)
Pointfighting/ Lightcontact/ Kicklight/Karate Kumite/	Pointfighting/ Lightcontact/ Kicklight/Karate Kumite/

Male ♂	Female ♀	Mixed	Male ♂	Female ♀	Mixed
Tag Team	Tag Team	Tag Team	Tag Team	Tag Team	Tag Team

PLEASE NOTE
 The applicant is responsible for the correct age of the Team members.
 Incorrect information can lead to disqualification

BITTE BEACHTEN
 Der Antragsteller ist für das richtige Alter der Teammitglieder verantwortlich.
 Falsche Angaben können zur Disqualifikation führen

The WMAC reserves the right that understaffed weight classes and categories will be combined



