



WORLD MARTIAL ARTS COMMITTEE

AMATEUR RULES FOR TOURNAMENTS

Version 4.7 - 2025

Chapter 5: Grappling / Sport Ju Jutsu / MMA Light



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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 account if necessary. become. The official language of IRC is English. These rules may translated into other languages by IRC. However, in the event of discrepancies, only the official English Version. This rulebook may not be copied, published or distributed without specific written permission from 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 2025

Dear readers,

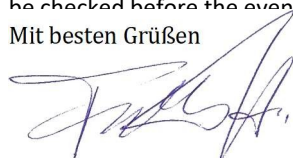
We are very pleased to release version 4.7 of our World Martial Arts Committee Rules and Guidelines. This is definitely the most comprehensive tournament rulebook available today and we are proud to publish it for your use. This was made possible entirely through the hard work and dedication of individuals 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, they may not be deviated from except in exceptional circumstances and then only with the written permission of the IRC in conjunction with the Chief Referee (Supervisor) of the respective 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 and regulations".

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 to discuss and incorporate any changes with us.

Mit besten Grüßen



Harald Folladori

WMAC World President

CHAPTER 5 - GRAPPLING

ARTICLE 35 - GENERAL RULES FOR GRAPPLING

35.1 RESPONSIBLE - Grappling can only become a safe competitive sport if a well-trained official/judge is available. He/she must know the rules of the discipline very well and be able to interpret and implement them correctly. This can only be achieved through careful study of the rules and through training under competition conditions. The referee has a responsible task. Therefore, only those who have diligently familiarized themselves with the theory and practice of the grappling rules can be accepted as experts in the field of rules etiquette.

35.2 Categories:

35.2.1 Gender - Each category is divided into male and female.

35.2.2 Age groups - U15, U18, +18, +40 and +50 years

35.2.3 Belt classes - will be named in the designated event.

35.2.3 Weight classes - can be found in the General Rules of the WMAC:

Depending on the number of participants, weight classes can be combined in consultation with the tournament director.

Juniors under 15 - If there are not enough competitors to a competition, competitors can be divided into under 10kg groupings, for example under 30kg, 40kg, etc.

NOTE - The supervisor of the tournament has the possibility to adjust and change all classes depending on the number of starters in each category. He needs the prior approval of the IRC - WMAC.

35.3 Weighing: see General Rules

ARTICLE 36. GRAPPLING/SUBMISSION COMPETITION (GP)

36.1 Description - The grappling/submission category was created with as open a set of rules as possible. This many different grappling styles compete under a common set of rules. This sport is a competitive variant in which the athlete demonstrates his physical, mental and technical skills in an attempt to immobilize and pin the opponent.

36.2 Categories:

36.2.1 Age groups - They are divided as follows

Description	Age groups
Juniors	U15
Cadets	U18
Adults	+18
Veterans	+40
Master craftsman	+50

36.2.2 Belt Classes - Due to the diversity in a mixed martial arts event, belt color according Japanese kyu grading or other classifications may not be for everyone. The following guidelines will serve as a basis for determining the appropriate category for a participant. Participants' experience in their sport is as a common factor for categorization.

Description	Martial arts experience (years)	WMAC belt
Beginners	1 to 3 years	Yellow - Blue
Advanced	more than 3 years	Red, Brown
Black strap	Various	Black

36.2.3 Weight classes - are described in Article 35.2.3

36.3 Uniform - Depending on the organizer's announcement each athlete must present himself appropriately dressed either in fight shorts and T-shirt/rashguard (for no-gi grappling) or in a clean, traditional martial arts suit (gi/kimono) made of cotton or similar material (for traditional grappling). The material must not be excessively thick or so heavy that the opponent is hindered. The colors in no-gi grappling are freely selectable, in gi grappling the suits can be black, white or blue. Other colors or combined colors in accordance with the colors of the national team are permitted. A Ju-Jitsu or Judo top is recommended. The jacket must reach the thigh and the sleeves must reach the wrist when the arms are stretched forward. The belt, 4 to 5 cm wide and in the appropriate rank color, is tied around the waist with a double knot so tightly that the uniform remains closed. Uniforms must be washed and dried without unpleasant odors. Athletes may not compete with torn uniforms, sleeves or pants that are not the correct length, or with T-shirts under the uniform (except in the female classes). If an athlete's uniform becomes bloody or torn in a way that could affect the outcome of the bout, he/she will be asked to replace it immediately or the bout will be deemed a forfeit. Athletes with long hair must tie it up with a simple hair tie. Toenails and fingernails must cut short and clean. All jewelry (rings, watches, necklaces, etc.) must removed. The wearing glasses in competition is prohibited. Competitors should wear a colored belt during the actual fight for identification purposes. Any kind of shoes, headgear and protectors that could influence or hinder the outcome of the fight are not permitted.

36.4 Competition area - Is described in General Rules

36.5 Entering & leaving the competition area - athletes are shown where they should enter the competition area and may only do so at this point.

Before the fighter starts his match, the main referee will check that all judges and table crew are ready. He will also check the area for any dirt or obstructions. If everything is to his satisfaction, he will hold up his hand to indicate that the fighters can start as soon as they are ready. They should now move to the starting position.

Before the start of each round, the participants will bow to each other.

When the match is over and the winner has been announced, the fighters bow first to each other and then to the judges, who reciprocate. The athletes then go to the opposing coach and bow in thanks. They return the salute. Finally, the athletes leave the area at the point where they entered it.

36.6 Judges, Referees & Officials - Each class will have a Judge at the table, a Referee running the bout and a Timekeeper timing each round. The bout will be overseen by the Referee who will monitor and enforce the rules of the bout. Medical personnel must be available and easily recognizable at all times. During the bout, neither the Referee nor anyone at the scoring table converse with the athletes.

36.6.1 Duties of the Referee:

The Referee is the highest authority on the mat and has the right to disqualify participants during the bout. No one can overturn his decision. In special cases, the Supervisor of the event may review and control a Referee's decision if it was unjust. In cases where a Referee is found to be incompetent or continues to make obvious mistakes, the Supervisor has the authority to replace him.

The Referee does not keep score. The main referee is for supervising the bout. He/she manages and controls the pace of the competition, enforces the rules and ensures a fair competition. To this end, he/she will start and end the bout, count the 10 second holds, award points by hand signals to the scorekeepers and enforce penalties.

The Referee must communicate clearly with the scorer and timekeeper and the winner of each bout. The Referee must announce all official decisions in a loud clear voice and indicate by voice and gesture to the athlete concerned.

The Referee should always give verbal cues/instructions throughout the competition, especially if a penalty does not apply. This could, for example: "Stay on the field!" etc.

Only the Referee calls a time-out for the following reasons:

- a) Correcting detached or slipped equipment.
- b) Awarding points and penalties, issuing warnings.
- c) Injury to an athlete (injury to medical personnel)
- d) Irregularity (objection by coach or supervisor)

During the bout, the Referee will constantly direct the competitors to the center of the ring. In the event that the competitors go outside the boundaries during the bout, the Referee will simultaneously call "outside" with a gesture. The competitors must return to their position without moving. The same applies if 2/3 of an athlete's body is outside the mat area (boundary). The Referee may be assisted by another official moving the athletes back to the center of the ring.

If it is impossible for the Referee to direct the athletes back to the center of the ring, the athletes will be asked directly to go back to the center of the ring to continue from this point.

The Referee will not allow outside interference during the bout. The first aid team is permitted on the mat at the discretion of the Referee. When the timekeeper gives the signal that the bout is over, the Referee may award an advantage point to one of the athletes if it is clear that at that moment a supposedly successful hold was applied or the upper hand would have been gained through a tactical maneuver. Exceptions are take-downs. In the event of a draw, the Referee may decide who the winner is or order extra time.

Any situation that cannot be determined by the rules will be left to the Referee or the Supervisor as the decision maker.

36.6.2 Tasks of the referee:

The referee checks before the start that the athletes' nails are clipped, that the uniform fits correctly and ensures that the athletes are in the correct category.

During the bout, the referee will ensure that all procedures comply with the official rules of the category. If the referee believes that there is a violation of the rules, he has the right to request a time-out during which he can consult with the head referee.

During the bout, the Referee may seek the advice of the Referee to clarify any unclear interpretation of the rules.

36.6.3 Tasks of the timekeeper:

Timekeepers sit next to the competition area and start/stop the time after the referee's whistle/signal. If for any reason the Referee does not call time out, the timekeeper should automatically stop the time and start again at the Referee's signal or when the bout continues.

By verbal and visual signals, such as throwing a bag or other suitable object into the center of the competition area, the Referee informs the Referee when the time has expired or when he/she has received a formal protest. The time officially runs out only when the Referee ends it.

36.6.4 Tasks of the point taker:

A scoreboard is positioned on the table so that it is clearly visible to the main referee and spectators. The scorekeeper will record the number of points and penalties to the competitors by the Referee. The person shall record points and notes in the lists and call out the athletes, including those already standing on the competition area. All necessary score sheets, hand counters, stopwatches etc. must be available on the table before the start of the competition.

36.6.5 Gestures:

The Referee will make gestures to the actions as described below. For all gestures, the Referee will raise his hand with his red/blue armband in accordance with the color of the athlete's corner to indicate which athlete is scoring.

Take Downs and Sweeps: The Referee will raise his hand to show the color of the scoring athlete and the score of 2 or 3, depending on how many were made. 2 points are scored when a takedown lands in the opponent's guard. 3 points are scored when takedowns or a throw are executed and do not land in the opponent's guard.

Breaking the guard: The referee will raise his hand and the respective number of fingers to score a 3-point technique.

Turning from the guard position to the mount position: The referee raises his arm and indicates three points with his fingers.

Countering from the opponent's guard into the mount position: The referee raises his arm and indicates two points with his fingers.

Back Mount Hoks/Grapevine (hold from behind with legs hooked): The referee raises his arm and indicates three points.

Pins/holds (holds): When 75 percent of a fighter's back is on the floor during a control technique, the referee announces a hold (Osae Komi) and counts down ten seconds, then awards two points for sidemount and the points for fullmount.

Submission: Decides the fight.

Penalties: The referee interrupts the match and informs the person to be penalized and the table staff about the rule violation. The opponent receives two points.

Advantages: The referee signals an advantage point by moving the arm horizontally at shoulder height.

Interruption of the bout: The referee raises both arms to shoulder height.

Interruption of the bout with time-out: The referee holds up his hands in the shape of the letter "T" for "Time out".

Disqualification: The referee holds the arms up crossed and then pronounces the disqualification.

Withdrawal of an awarded score: The referee raises the arm with which the score was awarded and waves his hand.

36.7 Safety of the contestants - The referee is responsible for the safety of the contestants during the entire fight. He has the right to interrupt the fight at any time if one of the fighters is in danger of being seriously injured by a submission technique (lift or choke). The fight is then over and the fighter who applied the technique wins the fight. If necessary, the referee will call in the medical service to check whether the injured fighter can continue to take part in the tournament.

36.8 Fighting time:

36.8.1 U15/ U18 years: One round with continuous fighting time lasts two minutes.

36.8.2 +18 years: One round with continuous fighting time lasts two minutes.

Final 1 x 3 minutes.

36.9 Number of laps - There is only one lap, up to U18 - 2min in the final in the +18 the lap time is 3min!

36.10 Time interruptions - Only the referee has the right to interrupt a bout that has started, for example in the event of a breach of the rules. The clock is then stopped until the referee gives the command to continue fighting. He can also interrupt the fight time at the request of official, the coach or one of the fighters. If the outcome of the bout is affected by the request for an interruption, the referee does not have to grant this request.

In the event that an athlete does not arrive at the competition area on time with complete competition clothing and equipment, they will be given exactly 1 minute to complete themselves. If they fail to do so within this time, they will receive minus points or be disqualified.

36.11 Unauthorized techniques - Any type of punching or kicking is prohibited. The following are also prohibited: nerve pressure techniques using hands, knees or elbows in the area of the face, lever techniques on fingers or toes, twisting of the neck or similar techniques and clamp holds on the windpipe (table). The terms in the left-hand column mean, from top to bottom: punches/kicks, face contact, finger/toe levers, attacks on the spine, neck levers, neck levers from the front, heel levers, lifting guard and ramming into the mat, triangle chokes (sangaku) with head pull, twisted knee levers, attacks on the cervical spine, scissor throw, chokes, submission techniques, wrist levers).

Forbidden techniques	Forbidden techniques in the classes are marked with an "X".		
	U15	U18	+18 & +35
Beating	X	X	X
Face contact	X	X	X
Finger & toe lever	X	X	X
Back lock	X	X	X
Neck twisting	X	X	X
Turning the neck from the front	X	X	X
Heel hook	X	X	X
Striking from the guard	X	X	X
Triangular handle with pull on the head	X	X	X
Lock your knees with gleichzt. Turn	X	X	X
Cervical lock	X	X	X
Scissor throws	X	X	
Strangle			
Submission techniques			
Wrist lever	X	X	

36.11.1 With the exception of the guillotine, neck lock techniques are not permitted as pure choke techniques. Anyone who intentionally uses neck levers will be disqualified without prior warning.

36.11.2 Lever techniques such as "figure 4" (Ude Garami or similar) are permitted.

36.11.3 Stretched leg levers without nerve pressure point technique are permitted.

36.11.4 All leverage or choking techniques that are unsportsmanlike, uncontrolled or performed with such force that they may cause injury are prohibited.

36.11.5 In case of doubt, the referee will stop a well-placed submission technique even before the knockdown in order to prevent injuries and award points as if the knockdown had taken place.

36.12 Match decisions - There is no draw. Fights are decided by:

- 1) Submission (task)
- 2) Disqualification
- 3) Unconsciousness (must be seen and prevented by the referee beforehand) or due to injury.
- 4) Points
- 5) Advantages

36.13 Submission/task:

A win by submission occurs when a technique forces one of the fighters to do so. A surrender occurs when:

1. is recognizably tapped with the palm of the hand on the opponent's body or on the ground,
2. is tapped with the feet because this is not possible with the hands,
3. the task signaled verbally,
4. an athlete is injured or is physically unable to continue for other reasons.
5. the referee interrupts the fight during a scheduled submission technique in order to avoid a foreseeable injury,
6. the coach or the fighter himself "throws in the towel",
7. the attacked fighter emits cries of pain when a submission technique is applied (considered equivalent to tapping).

The referee stops a fight if one of the fighters is injured or if the examination by a doctor shows that the fighter is unfit to fight. If the injury was not intentionally caused by the opponent or was caused by a breach of the rules, the injured fighter loses.

36.14 Disqualification - The referee may disqualify an athlete for serious misconduct. This can happen in the following cases:

1. The fighter or the coach makes indecent verbal comments or behaves in an insulting and disrespectful manner.
2. By biting, pulling the hair, stabbing the eyes or hooking the fingers into the nostrils, deliberately injuring the genitals or deliberately using fists, feet, knees, elbows or the head, one wants to injure the opponent or gain an unfair advantage.
3. The combat clothing tears during the fight and the fighter cannot replace it within the allotted time.
4. A fighter must still wear shorts underneath due to the risk of damage or the shorts slipping down. If he is unable to obtain replacement clothing within the allotted time, he will be disqualified.
5. Anyone who attempts to evade a scheduled submission technique by escaping from the mat will be disqualified immediately. If the escape from the mat turns out to be a technical and not a disciplinary error, the fighter will only be disqualified in the respective category, but may continue to participate in the tournament in the open class or other categories, for example.
6. The contestant violates one of the rules in paragraph 36.11.

36.14.1 Escalation: A disqualification the fighter from further tournament participation / category participation. However, a distinction is made between an entire tournament disqualification. Or one that the immediate competition in the respective category. e.g. disqualification due to late arrival= Category DISQ - disqualification due to unsportsmanlike conduct= Tournament DISQ

36.14.1.1 CATEGORY Disqualification: Means only the exclusion from the current fight category.

36.14.1.2 TOURNAMENT Disqualification: Means exclusion from the entire tournament or is even associated with a temporary ban from competition. This is done in consultation with the supervisor.

36.15 Unconsciousness - If one of the fighters falls unconscious as a result of a technique that complies with the rules (e.g. choke or throwing technique) or as a result of an accident without illegal action by the opponent, the opponent who has fallen unconscious has lost the fight. However, this rule only applies if the losing fighter not "tapped out" beforehand. Under all circumstances, the referee ensure the safety of the athletes and, if possible, prevent unconsciousness from occurring.

36.16 Awarding of points - The referee has the right to points or penalty points or to issue warnings, deduct points or disqualify.

36.16.1 Positive points - The aim of the competition is for the athletes to use their technical skills to force their opponent to give up or to achieve a points advantage through clean control techniques. If nobody gives up before the end of the fight, the winner is the one who has collected the most points.

Points	Technology	Description
1 to 3	Third warning of the opponent	- On the third warning the opponent of the warned fighter will be awarded two points. see Article 37.16.2
	Sweeps / Sweeps	- If someone in the base holds their opponent in the guard (leg lock) or half guard (only one leg locked) and manages to get into the guard with a turn. Mount position (Tate Shio Gatame), he gets two points for it.
	Take Downs / Throws	- Any way of actively bringing the opponent to the ground so that he lands on his back or on his side is a throw. Depending on the quality of the throw, one, two or three points are awarded (a simple push over without momentum is worth one point. A normal throw with medium momentum and speed scores two points. Very dynamic throws with high momentum and speed (such as an Ippon throw in judo) are rewarded with three points. - If the thrower lands outside the competition area but still on the safety areathe throw counts if it was made inside the competition area (both feet of the thrower inside the competition area at the start of the throw!) - If a throw is countered by a self-falling throw (e.g. Tani Otoshi, Yoko Wakare, Tomo Naga etc.), only the successful self-falling throw is scored.
	Pins/Holds Holding/control techniques	- If a fighter from the side position manages to hold his opponent on the ground for ten seconds so that 75 percent of his back touches the ground, two points are awarded (Side-Mount / Yoko-Shiho Gatame/Kami-Shio Gatame). - The counting of the ten seconds is interrupted when the loser frees himself or can turn in such a way that 75 percent of the back no longer touches the ground for more than one second.
3	Mount	- The mount position means that a fighter controls his opponent lying on the ground by sitting or lying on him so that his own legs touch the ground on both sides. This is awarded three points. - It is irrelevant whether the losing fighter in a prone or supine position. The fighter on top may lie on one of the opponent's arms, but never on both. - The technique also counts as a mount position if he only has one knee or one foot on the ground or controls the opponent by pressing his knee to his stomach or chest. - No points are awarded if the legs or feet of the person on top are resting on the legs of the person below. - When a fighter uses a triangle technique (sangaku) from the guard, turns the opponent and lands in the mount position himself, this is a sweep (i.e. not three, but only two points). -
	Passing the Guard Release from the leg brace	- Anyone who manages to free themselves from a leg chamber and then immediately apply a hold is awarded three points. - If the control position is then held for at least ten seconds, there are further two or three points - depending on whether it is a side or full mount.
3	Back Grab /Hooks Grab handles from behind	- A "back grab" means that you lie on your back or on your side and hold your opponent from behind in such a way that one or both arms are pinning their neck and your legs are wrapped around their body. To score points, however, your own feet must be between your opponent's legs. - be "hooked in" (touching the inside of the thigh with the heel or calf). - Only then are the three points awarded. If one of the opponent's arms is also clamped with the leg clamp fixed, this is not detrimental to the score. However, if both arms are included in the leg brace, no points are awarded.

36.16.1.1 If a fighter deliberately gives up a position for which he has been awarded points, only to immediately return to the same position, no additional points are awarded.

36.16.1.2 No points are awarded if an athlete assumes one of the above positions while his opponent has applied a submission technique. Points are only awarded when the submission technique is completely fended off. Example: Mount position while the opponent has applied a guillotine. However, if the submission technique is applied in such a way that it clearly does not lead to success, the side or full mount is scored.

36.16.2 Penalties - The first time an illegal technique is used, the user receives a warning. On the second warning, the opponent is awarded one point and on the third time the opponent is awarded another point. After the third warning, the referee can pronounce a direct disqualification for any further violation of the rules.

Penalties	Infringement	Description
Warnings	Avoiding the fight	- This is against the rules if a fighter intentionally leaves the mat area in a standing fight or intentionally leaves the mat area on the ground by crawling out or rolling in order to avoid a fight or to gain time.
	Avoid any activity	- This is against the rules if one of the fighters prevents the activity by taking off parts of the fighting clothes or allowing the opponent to do so in order to interrupt the fight and gain time to rest.
	Get on your knees	- Kneeling is only allowed if the opponent has been grabbed beforehand in order to apply a technique.
	Blockade - Strategy	-It is not permitted for a fighter to merely block the fight by holding his opponent and not make any attempt score himself.
2 point penalty	3. warning	- On the third attempt to an irregular act, the Opponent two points.
Disqualification	After 3. Warning	- After the third warning, the opponent has the right, in the event of a further disqualification any infringement of the rules.
	Excessive harshness	-Massive use of force is not permitted if it goes far beyond what is necessary to achieve a score or is intended to cause injury to the opponent. Disqualification is pronounced immediately without warning.
	Disrespect/ unsportsmanlike conduct	- In the event of such violations, the referee has the authority to pronounce an immediate disqualification.

36.17 Advantages - An advantage= is achieved when a fighter applies a technique, but does not execute it cleanly and completely (e.g. when throwing) or puts his opponent under massive pressure with a submission technique, but ultimately does not achieve the opponent's submission.

36.17.1 Advantages from take-downs (throws) - A fighter succeeds in visibly throwing his opponent off balance and almost throwing him.

36.17.2 Advantages during the Guard (leg brace):

1. An advantage can be given to the person on top if, by attempting to free himself, he puts the person on the bottom under massive pressure and is almost able to free himself or forces the person on the bottom to switch from guard (full leg lock) to half guard (only one leg locked).
2. The person on the bottom can be awarded an advantage if he almost succeeds in turning his opponent onto his back or if he puts his opponent under massive pressure by applying a lever or choke technique.

36.17.3 Advantages by using a submission technique: If you use a submission technique properly and make a serious and promising attempt to force your opponent to give up, you gain an advantage.

36.17.4 In the event of a points tie: If there is a points tie at the end of the regular match time, it is the referee's task to decide the match on the basis of the following advantage scores:

1. Advantage through activity: The advantage is granted for the more offensive fighting style (for example, through frequent attempts to use throwing, control or submission techniques) or for one of the fighters constantly putting the other on the defensive.
2. Advantage due to throwing approach: An advantage is granted if one player has clearly thrown the other player off balance with a throwing approach (but without completing the throw).
3. Advantage through activity on the ground: The fighter who predominantly takes the initiative in the ground fight and thus puts the opponent under pressure gains an advantage.

36.18 Description of illegal techniques

In all classes:

- 1) no punches and kicks,
- 2) no contact of hands, feet, knees, forehead or elbows in the opponent's face,
- 3) no lever techniques on small joints such as fingers or toes.
- 4) No spinal or neck levers, no heel levers,
- 5) no lifting of the opponent out of the guard and subsequent ramming into the mat,
- 6) no pushing down of the head during a triangle choking technique,
- 7) no knee twists (straight leg levers are allowed!),
- 8) no levering or choking techniques in an unsportsmanlike manner or with such force that there is an acute risk of injury

Addition: Under 15 years: no submission technique

ARTICLE 37. SPORT JIU JUTSU (SJ)

37.1 Competition description - The term "Jujutsu" was originally used to describe the complete system of the (unarmed) martial art of the samurai class in feudal Japan. Earlier, at the same time or later, similar systems for the warrior class were developed in other nations. Since the early 20th century, the need for knightly hand-to-hand combat has diminished more and more. However, unarmed self-defense continued to be cultivated and developed as a sport. Today, the term "Sport Jujutsu" refers to a competitive sport in which athletes can demonstrate their physical and psychological capabilities as well as their technical skills by forcing their opponents to surrender.

37.2 Categories:

37.2.1 Age groups - They are divided as follows:

Description	Age groups
Juniors	U15
Cadets	U18
Adults	+18
Veterans	+40
Master craftsman	+ 50

37.2.2 Belt Classes - Due to the diversity in a mixed martial arts event, belt color may not be appropriate for everyone according to Japanese kyu grading or other classifications may not suit everyone. The following guidelines

are for

as a basis for determining the appropriate category of a participant. The experience of the participants in their sport is included as a common factor for categorization.

Description	Martial arts experience in years	WMAC belt
Beginners	1 to 3 years	Yellow - Blue
Advanced	More than 3 years	Red, Brown
Black strap	different	Black

37.2.3 Weight classes - are described in Article 35.2.3

37.3 Uniform - Each athlete must present themselves appropriately dressed in a clean, traditional martial arts suit (or gi kimono) made of cotton or similar material. The material must not be excessively thick or so heavy as to hinder the opponent. Colors may be black, white or blue. Other colors or combinations of colors are permitted in accordance with the colors of the national team. A jujutsu or judo top is recommended.

The jacket reaches up to the thigh and the sleeves must reach the wrist when the arms are stretched forward. The belt, 4 to 5 cm wide and in the appropriate rank color, is tied tightly around the waist with a double knot so that the uniform remains closed. Uniforms must be washed and dried without unpleasant odors. Athletes may not compete with torn uniforms, sleeves or pants that are not the correct length, or with T-shirts under the uniform (except in the female classes). If an athlete's uniform becomes bloody or torn in a way that could affect the outcome of the bout, he/she will be asked to replace it immediately or the bout will be deemed a forfeit. Athletes with long hair must tie it up with a simple hair tie. Toenails and fingernails must be cut short and clean. All jewelry (rings, watches, necklaces, etc.) must be removed. The wearing of glasses in competition is prohibited. Competitors should wear a colored belt during the actual fight for identification purposes. Any kind of shoes, headgear and protectors that could influence or hinder the outcome of the fight are not permitted.

37.4 Competition area - is described in article 3.3.

37.5 Entering & leaving the competition area - athletes are shown where they should enter the competition area and may only do so at this point.

- Before the fighter starts his match, the main referee will check that all judges table crew are ready. He will also check the area for any dirt or obstacles.
- 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 to the starting position.
- Before the start of each round, the participants will bow to each other.
- When the match is over and the winner has been announced, the fighters bow first to each other and then to the judges, who return the bow. The athletes then go to the opposing coach and bow in thanks. They return the salute. Finally, the athletes leave the area at the point where they entered it.

37.6 Referees, Referees & Officials - see 36.6

37.6.1 Duties of the Referee - see 36.6.1

37.6.2 Duties of the Referee - see 36.6.2

37.6.3 Tasks of the timekeeper - see 36.6.3

37.6.4 Tasks of the point taker - see 36.6.4

37.7 Safety Equipment (protective equipment):

General: The use of protective equipment such as approved hand and foot protection, shin guards, mouth guards and groin guards is mandatory. Protective equipment with a rough surface or damaged protective equipment is not permitted, nor is protective equipment metal or hard plastic parts.

37.7.1 Head protection. Head protection is mandatory in all categories.

37.7.2 Hand protectors - All areas that come into contact with the opponent when punching must be covered with at least a 4 OZ (approx. 1.7 cm) thick, medium-hard foam layer. The handguards must be suitable for both boxing and grappling techniques (MMA gloves)

37.7.3 Foot protectors - The instep and lower shin area must be padded with a layer of medium-hard foam at least 1.7 to 2.5 cm thick. Velcro fasteners must hold reliably.

If a fighter does not appear on the competition area with correct and complete protective equipment, he will be given one minute to change or complete his equipment. If they fail to do so, they will be penalized with minus points or disqualified.

37.8 Competitor safety: It is the responsibility of the referee to ensure the safety of the competitors at all times. He will seek the advice of the medics/medical staff as necessary to decide whether a contestant is fit to compete or continue a bout.

37.9 Fighting time:

37.9.1 Black belts fight one round (3 minutes) without interruption.

37.9.2 Athletes up to and including brown belt fight one round (2 minutes) without interruption. There is no interruption of the fight to show scores.

37.10 Interruption of time: Only the Referee has the right to interrupt a bout in progress. He will do so if there is an infringement of the rules. The time is then stopped until the referee gives the command to continue. He can also interrupt the fight at the request of one of the fighters, the coach or an official. However, he does not have to do so if this affects the result of the bout.

37.11 Permitted targets: Sport Jujutsu is a controlled contact sport (light contact). Light contact means that a hit only hits the surface of clothing or protective equipment without causing pain to the opponent. Permitted hit zones are the forehead and the sides of the head, the chest area, the solar plexus, the ribs and the abdomen

37.12 Targets not permitted: The face, the top and back of the skull, the neck, the spine, the kidneys, the genital area and all joints may not be attacked with punches or kicks. Punches below the belt are prohibited. Low kicks are not permitted, but foot sweeps at ankle height are allowed. During "grappling" (= when the opponents have grabbed each other), no punches or kicks are permitted while standing or on the ground.

37.13 Permitted techniques: Foot sweeps (starting at the ankle) are permitted. All controlled punches, kicks, throws, holds, chokes or leverage techniques are permitted as long as they are used to attack the above-mentioned permitted targets Light contact to the head is permitted, the judges must pay attention to the difference between light contact and full contact.

37.14 Prohibited techniques: Headbutts, hair pulling, scratching, biting, elbow or knee strikes, finger jabs, punches or kicks without visual control, kicks against a fighter lying on the ground, punches to the head in the ground position, kicks to the legs, finger and neck levers and heel hooks are not permitted due to the risk of injury, nor are lever techniques on small joints such as fingers or toes.

Juniors - Only control techniques (holds) count for juniors. Chokes and levers are prohibited.

37.15 Ratings:

Points	Techniques	Description
1	Blows	- Cleanly executed punches or kicks to permitted targets. To be hit by body blows To score a point, the maximum permissible contact must be made. Points are only awarded for hits to the head with light contact. However, with techniques to the head, it must be recognizable that the attacker - if he wanted to - could also score a hard hit. could.
	Kicks to the Body	- Two points are awarded for a kick to the head. Punches or kicks to the face are not allowed. A point is also awarded for kicks to the body (above the belt line).
	Non-unique hits	- Only one point is awarded for a series of inconclusive meetings.
2	Kicks to Head	- Controlled kicks to the head with light contact or to the head guard.
	Throws	- Any throw where the thrower lands in the guard of the thrown ball.
	Takedowns	- Any takedown where the offender lands in the guard of the opponent.
	Reversals	- For each reversal that lands in the half-guard of the person thrown.
	10 Second Pin	- Holds with the opponent lying on his back is controlled for at least ten seconds.
	Hold Downs	- The hold is announced by the referee by raising the arm and calling "Hold Down" or "Osae Komi" (the ten-second time limit begins at this point). - If the gong sounds during an applied handhold (as a signal for the end of the regular fighting time), the holder must be given the chance to complete the ten-second time limit and be awarded a score.
3	Throws	- throws where the thrower does not land directly in the guard of the person being thrown at
	Takedowns	- Bringing to the ground where the actor does not land directly in the guard of the thrown person
	Rear Hooks	-Hold from behind (Back grab= The opponent is held on the ground from behind, by fixing the neck area with one or both arms and clutching the opponent's body with the legs. To receive a score, the heels must be "hooked" between the opponent's legs, i.e. touching the inside of the thighs.
	Reversals	- "U-turn" from a handhold (the person initially lying on the bottom then lies on top and controls his opponent)
Multiple	Combination Flurry	- Blow series / blow combinations
Deductions	Penalties	- When a "penalty" is imposed, two points are deducted from the person being penalized. If this is not possible on the scoreboard for technical reasons, two points are credited to the opponent instead
Victory	Submission/ task	- To an imminent injury or unconsciousness (when choking), the referee will stop the fight. The fight is then decided (technical knockout)

37.15.1 Advantages - Advantage scores should be if the fight is a draw at the end of the regular fighting time in order to determine a winner.

37.15.1.1 Advantage scores in ground fighting - while the leg lock is applied.

- 1.) The person on top gains an advantage by going on the offensive and trying to break through the opponent's guard and, for example, manages to make the person on the bottom give up the full leg hold (guard) and only hold one leg (half guard). An advantage is also awarded if the attempt to break free is so violent that the person on the bottom can only hold his leg clamp with a great deal of energy.
- 2.) The person on the bottom gains an advantage if he switch from the bottom to the top position (sweep) or apply a lever or choke in such a way that the opponent has to put up a massive resistance. In order for a sweep to be counted as an advantage, the person on the bottom must open his leg clamp.

37.15.1.2 Attempting a submission technique The approach of a submission technique combined with an attempt to force the task is considered an advantage.

37.15.2 Energy to achieve a score:

37.15.2.1 Light contact means that no pain and/or injury is caused by the attack on the permitted targets. This type of contact is permitted for attacks to the head (only to the side and forehead, no contact to the face).

37.15.2.2 Excessive contact: Contact that is noticeably harder than necessary to achieve a score or a submission technique with the intention of causing injury will result in immediate disqualification. Although this is subject to the judgement of the referee, excessive contact is recognizable by the following reactions:

- 1.) Intent to injure through uncontrolled use of a technique
- 2.) Visible concussion of the head as a result of a hit
- 3.) visible swelling or other signs of external injury - In the case of a bloody nose, it is not the bleeding nose that is the reason for a penalty, but the recognizable hitting of a non-permissible target (face).

37.15.3 Automatic victory:

37.15.3.1 Any submission technique that forces the opponent to give up automatically means victory.

37.15.3.2 The higher score at the end of the regular fighting time is the winner.

37.15.4 What a submission technique? If a fighter gives up (taps out) due to a lever or choke, this is a submission. Even if a fighter is unintentionally injured after a throw and cannot continue fighting after ten seconds, this is considered a submission. Submission automatically means victory.

27.15.5 Definition of "Grappling": The grappling conditions allow the fighter to hold his opponent in any permitted way while standing for a maximum of ten seconds in order to attempt a throw. If no throw is made during these ten seconds, the grip must be released (on the referee's command). The outside judge starts counting the 30-second time limit for the ground fight when both fighters in the ground position after using a permitted technique. The fighters may switch from standing to ground fighting several times during the fight.

The fighters can score points not only with throws, but also with counter techniques, holds or submission techniques. Once the 30 seconds for the ground fight have expired, the fighters are separated and must continue fighting in a standing position. If a control or submission technique is applied before this time limit has expired and promising, it is up to the referee to decide when to stop the ground fight.

There is an absolute ban on attacks against the neck. In the U15 categories, no chokes or levers are permitted; for children, aim is to the opponent with holds. If a fighter is knocked down due to an illegal technique, the other fighter will not be awarded any points.

If a penalty is imposed while the opponents in a ground fight, it depends on the position and the course of the fight whether the referee interrupts the fight or allows it to continue in order to display the penalty points later when the fighters return to the standing position. If the situation in the ground fight has become "deadlocked" and both opponents no longer actively fighting, the referee can stop the ground fight before 30 seconds have elapsed and return the fighters to the standing position.

37.16 Reasons for penalty points: Warnings or penalties are issued when:

- 1.) techniques are performed with inappropriate force,
- 2.) illegal targets are attacked (kicks to the knee are penalized as too hard contact),
- 3.) illegal techniques are used,
- 4.) "mat escape" is committed to avoid the fight,
- 5.) is dropped to the ground to avoid an attack,
- 6.) The fight continues after the request "Stop",
- 7.) the attack is careless or reckless (regardless of whether contact is),
- 8.) behaves disrespectfully towards officials or fighters
- 9.) behaves in an unsportsmanlike manner

37.16.1 Types of penalties - The referee has the right to penalize a contestant at any time by warning, point deduction or disqualification. The following guidelines apply:

Infringement	Description	Penalty
1.	minor offenses	Warning
	Excessive harshness (unintentional)	1 point minus
	Excessive force or kick with knee (intentional)	Disqualification
	Disrespect or unsportsmanlike conduct	Disqualification
2. (Same offense)	minor offenses	1 point minus
	Excessive hardness or kicking with knee	Disqualification
2 (Other offense)	minor offenses	Warning
	Excessive hardness, kick with knee	1 point minus
	Excessive force or kick with knee (intentional)	Disqualification
	Disrespect or unsportsmanlike conduct	Disqualification
3.	For the fourth infringement of the rules=	Disqualification
	Disqualification	

37.16.2 Warning for too hard contact - If a warning is given for too hard contact, the referee should do so clearly and in a way that the contestants and judges can hear. For example, he should say: "If you hit or kick that hard again, you will be disqualified. Do you that?" He should wait until the person being warned has taken note of this statement before allowing the fight to continue.

37.16.3 How are points deducted? If the technical system does not allow a deduction of points, points are credited to the opponent. Or after the 2nd warning 1 minus point, 3rd warning the 2nd minus point maximum 3 warnings possible = 4th warning automatically DISQUALIFICATION

37.17 Disqualification - If a disqualification is pronounced, a fighter may be excluded from further participation in the entire tournament. Therefore, disqualifications should be differentiated between minor and major disqualifications as follows:

37.17.1 CATEGORY Disqualification: only applies to the current category

37.17.2 TOURNAMENT Disqualification: means exclusion for the entire tournament or a temporary ban from competition, which is agreed with the tournament director and the association responsible for the respective area or country.

Every penalty should pronounced very clearly and in the presence of the fighters and officials, because it can lead to disqualification!

ARTICLE 38. MMA - LIGHT - MIXED MARTIAL ARTS - LIGHT (MMA- L)

38.1 Description of the competition - The WMAC competition discipline "MMA Light" allows a wide range of fighting techniques from traditional and non-traditional fighting styles. The rules allow the use of grappling techniques (throws, holds, levers, chokes, etc.) as well as the use of punches and kicks. In this way, the competition allows athletes with very different martial arts backgrounds to test their skills in a safe and controlled manner. The top priority in MMA Light is the safety of the athletes.

The basis for this is fighting in Kick Light (see Article 38.16). This martial art, which allows grappling as well as punches and kicks, should not give priority to any of these different fighting techniques. Therefore, a submission of the opponent by a submission technique (lever/choke) leads to a premature victory, because it is not possible to decide the fight prematurely with punches or kicks by a "knock-out" (KO) due to the light contact.

Examples of the course of amateur MMA Light fights:

- 1.) A competitor specializes in punches and/or kicks and will therefore mainly score points with these techniques and at the same time try not to give his opponent the chance to use grappling techniques. Nevertheless, it is possible for a grappler to force a fighter who specializes in punches and kicks to submit with a single submission technique (lever/choke) shortly before the end of the fight. In general, the fighter who scores the most points or by submission (knockdown) wins the fight.
- 2.) The fighter, who specializes in punches and kicks, is repeatedly thrown and does not manage to score any points with clear strikes. The grappler is clearly superior in both standing and ground fighting and therefore wins the fight.
- 3.) In a balanced fight, the fighter who has collected more points wins.

38.2 Categories:

38.2.1 Age groups - They are divided as follows:

Description	Age groups
Juniors	U15
Cadets	U18
Adults	+18
Veterans	+ 40
Master craftsman	+ 50

38.2.2 Belt Classes - Due to the diversity in a mixed martial arts event, belt color according to Japanese kyu grading or other classifications may not be for everyone. The following guidelines will serve as a basis for determining the appropriate category for a participant. Participants' experience in their sport is as a common factor for categorization.

Description	Martial arts experience in years	WMAC belt
Beginners	1 to 3 years	Yellow - Blue
Advanced	More than 3 years	Red, Brown
Master craftsman	Various	Black

38.2.3 Weight classes - See General Rules

38.3 Uniform - Each athlete must present himself appropriately dressed in clean fightshorts and T-shirt / rashguard. In exceptional cases, the Referee may allow a gi to be worn if it is not in the way of the fight.

have a negative effect. Athletes with long hair must tie it up with a simple hair tie.

38.4 Competition area - ring/octagon or mat area of at least 6 by 6 meters.

38.5 Entering & leaving the competition area - athletes are shown where they should enter the competition area and may only do so at this point.

- Before the fighter starts his match, the main referee will check that all judges and table crew are ready. He will also check the area for any dirt or obstacles.
- 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 to the starting position.
- Before the start of each round, the participants will bow to each other.
- When the match is over and the winner has been announced, the fighters bow first to each other and then to the judges, who return the bow. The athletes then go to the opposing coach and bow in thanks. They return the salute. Finally, the athletes leave the area at the point where they entered it.

38.6 Judges, Referees & Officials - The bout will be officiated by a Referee and at least 2 Judges. One of these should be a referee. There must also be a timekeeper at the Referee's table time each round. The bout is supervised by the Referee who monitors and enforces the rules of the bout. Medical personnel must be available and easily recognizable at all times.

38.6.1 Duties of the referee:

The referee is the highest authority on the fighting area and has the right to disqualify participants during the fight. Alongside the Referee, he is the highest authority. In special cases, the coach can lodge a protest with the supervisor of the event and question a referee's decision if the decision was not in accordance with the rules. In cases where a referee proves to be incompetent or continues to make obvious mistakes, the MRef, in consultation with the supervisor, has the authority to replace him.

The referee is responsible for supervising the match. He/she has two outside judges as assistants. He/she will manage and control the pace of the contest, enforce the rules and all penalties and ensure a fair contest. To this end, he/she will start and end the fight, count the 10-second holds and directly award the points for all grappling scores (throws, holds, submissions, etc.). The referee indicates the points to be awarded with his fingers. These points are also recorded by the two outside judges, who count all punches and kicks independently with clickers, as in kickboxing.

The referee must communicate clearly with the scorer and timekeeper and announce the winner of each bout. The referee must announce all official decisions in a loud, clear voice and them to the athletes concerned by voice and gestures. He must wear colored armbands or wristbands to ensure that the points awarded by him are assigned to the respective corner of the fighters. (Risk of confusion)

The referee should always give verbal cues/instructions throughout the contest, especially if a penalty does not apply. This could, for example: "No too hard contact!" or "Stay in the fighting area!" etc.

Only the referee calls a time-out for the following reasons:

- a) Correcting detached or slipped equipment.
- b) Awarding points and penalties, issuing warnings.
- c) Injury to an athlete (injury to medical personnel)
- d) Irregularity (objection by coach or supervisor)

During the match, the referee will constantly guide the competitors to the center of the ring. In the event that the competitors move outside the boundaries during the fight, the referee will simultaneously call "outside" with a gesture. The competitors must return to their position without moving. The same applies if 2/3 of an athlete's body is outside the mat area (or ring ropes). The referee can be called by another

officials when it comes to moving the athletes back to the center of the ring.

If it is impossible to bring the athletes back to the center of the ring, the athletes will be asked to return directly to the center of the ring to continue from this point.

The referee will not allow outside interference during the match. The first aid team is allowed on the mat. When the timekeeper gives the signal that the fight is over, the referee may give an advantage point to one of the athletes if it is clearly visible that at that moment a supposedly successful hold was applied or the upper hand would have been gained through a tactical maneuver. Exceptions are take-downs.

In the event of a draw, the Referee will decide who the winner is or order extra time.

Any situation that cannot be determined by the rules will be left to the Referee, in consultation with the Supervisor, to decide.

38.6.2 Duties of the Referee:

The competition head judge checks before the start that the equipment is correct, nails are cut short, the uniform fits correctly and the color and grade of the belt is appropriate for the match in question.

During the bout, the Referee will ensure that all procedures comply with the official rules of the category. If the Referee believes that there is a breach of the rules, he has the right to request a time-out in which he can consult with the Referee.

During the bout, the referee may seek the advice of the head referee to clarify unclear interpretations of the rules.

38.6.3 Tasks of the timekeeper:

Timekeepers sit next to the competition area and start/stop the time after the referee's whistle/signal. If for any reason the Referee does not call time out, the timekeeper should automatically stop the time and start again at the Referee's signal or when the bout continues.

The timekeeper is responsible for timekeeping. By verbal and visual signals, such as throwing a bag or other suitable object into the center of the competition area, the timekeeper informs the Referee when the time has expired or when he/she has received a formal protest. The time officially runs out only when the referee or Referee calls for it.

38.6.4 Tasks of the point taker:

A scoreboard is positioned horizontally on the table, clearly visible to the referee and spectators. The scorekeeper records the number of points and penalties to the competitors by the referee.

He/she will enter points and comments on lists and call out the athletes, including those who are already on the competition area.

All required score sheets, hand counters, stopwatches and necessary aids must be available on the table before the start of the competition.

38.7 Protective equipment:

38.7.1 General - The use of protective equipment such as approved hand and foot protectors, shin guards or shin / instep protectors, mouth guards and groin guards is mandatory. Protective equipment with a rough surface or damaged protective equipment is not permitted, nor is protective equipment containing metal or hard plastic parts (see Kick Light).

38.7.2 Head protection - Head protection is not compulsory, but may be worn as long as it is wrestling head protection that slip and does not negatively the course of the fight (e.g. by constantly slipping etc.) or the type of fastening poses a risk of strangulation.

38.7.3 Hand protectors - All areas that into contact with the opponent when punching must be covered with at least a 1.7 cm thick, medium-hard foam layer MMA gloves with at least 6 OZ. The handguards must be suitable both boxing and grappling techniques.

38.7.4 Foot protectors - The instep and lower shin area must be padded with a layer of medium-hard foam at least 1.7 cm thick (commercially available shin and instep protectors). Velcro fasteners must hold reliably. Kickboxing foot protection is also permitted.

38.7.5 Knee pads - Knee pads may be worn voluntarily throughout the match for safety reasons, as long as they cannot damage to the opponent.

If a fighter appears on the fighting area without sufficient or permissible protective equipment, he will be given one minute to equip himself accordingly. If he fails to do so, he will be penalized with minus points or even disqualified for this fight. This also applies to NOT showing up - if he is called out a total of 3 times and does not show up for the fight, 1 minute is set, then he receives the 1st minus point, after 2 minutes another minus point and the athlete is DISQUALIFIED.

38.8 Safety of the fighters. It is the responsibility of the referee explicitly the referee to the safety of the fighters during the entire fight. In the event of injury, he will seek medical advice as to whether a fighter can continue the bout. Referees should not overrule the decision of the medical staff. Medical time is a maximum of one round.

38.9 Competition time

38.9.1 All +18 fighters fight a 2-minute round with continuous action. Final 1 x 3 min.

38.9.2 Fighters U15/U18 fight a two-minute round with continuous action. Final also 1 x 2 min.

38.10 Time interruption: Only the referee or MRef and the doctor have the right to interrupt a match that is in progress. He will do so if there is a violation of the rules. The time is then stopped until the referee gives the command to continue the fight. He can also interrupt the fight at the request of one of the fighters, the coach or an official. However, he does not have to do this if it the result of the bout.

38.11 Permitted targets: MMA Light is a controlled contact sport in Kick Light mode. Light contact means that a hit only hits the surface of clothing or protective equipment without causing injury to the opponent. This means that the front side of the body as well as the sides, the front and side of the head, the thighs and the ankle = foot sweep are permitted strike areas.

38.11.1 Permitted punches and kicks: identical to Kick Light plus KNIETECHNIKEN !

Blows	Description
Hand techniques	to the head and the front of the body from the shoulders to the waistline
	To the side of the upper body
	to the legs
	A standing fighter may strike a fighter lying on the ground on the hands, the legs and the back. not hit life-threatening targets on the body. (does not apply to fighters in the U15 class)
	A fighter lying on the ground may hit the standing fighter at all permitted targets. punch. (does not apply to fighters under 15 years of age)
Kicks	to the front of the body from the shoulders to the waistline
	to the side of the upper body
	both to the inside and outside of the thighs in standing combat
	A standing fighter may only hit his opponent lying on the ground on the outside. the legs. (does not apply to fighters under 15 years of age)
	The fighter lying on the ground may hit the standing fighter at all permitted targets, but only hit with hand techniques. (does not apply to fighters under 15 years of age)
Knee knocks	A fighter lying on the ground may use his legs and the side of his body from the guard. the opponent with heel kicks/knee kicks.
	Knee kicks to the inside and outside of the thighs are also permitted.
	to the upper body (front) permitted

38.12 Punches/kicks not permitted:

- 1.) no intentional impact hits.
- 2.) No knee strikes to the head
- 3.) no elbow techniques, no pulling of hair, no scratching or biting, no finger stabs in the eyes, no headbutts, no pulling of ears, no "fishhook techniques" (e.g. hooking in the nostrils, in the eye socket or similar)
- 4.) No grabbing of the opponent's gloves (own gloves may grabbed)
- 5.) no blows or kicks to the larynx (also no "claw" to the trachea or arteries in the neck)
- 6.) No "pinching"
- 7.) No blows or kicks to the kidney
- 8.) no attacks on the genital area or direct blows or kicks to the joints or spine
- 9.) no "stomp kicks" (heel) from a standing position against a fighter lying on the ground
- 10.) no kicks when both fighters are on the ground
- 11.) No blows with the flat of the hand
- 12.) No twisted backhand strikes and no forearm strikes

ATTENTION: in the U15 class no strikes on the ground or from the ground are allowed, only grappling techniques. (ground fighting) In case of violation a minus point is to be awarded IMMEDIATELY, in case of repeated violation the fighter will be DISQUALIFIED.

38.13 Grappling & submission techniques:

38.13.1 Allowed grappling & submission techniques:

- 1.) All Ju-Jutsu, Judo and Wrestling takedowns & throws (except see 38.13.2)
- 2.) All submissions (except see 38.13.2)

38.13.2 Grappling & submission techniques not allowed:

- 1.) no throws that land on the opponent's head or neck (e.g. Supplex)
- 2.) No levers on small joints (e.g. finger, toe or wrist levers)
- 3.) no neck levers (e.g. guillotine may only performed as a pure choke technique!)
- 4.) No heel hooks or twisted knee or leg levers
- 5.) It is forbidden to throw the opponent outside the competition area.

38.14 Warning/penalty for deliberately leaving the competition area:

- 1.) Warnings will be given for deliberately leaving the fighting area. There is no penalty if a fighter accidentally leaves the mat during a technique or is actively pushed out by the opponent.
- 2.) 1st warning = no deduction, 2nd warning = minus 1 point, 3rd warning = minus 1 point and; 4th warning = DISQUALIFICATION
- 3.) Deliberately leaving the fighting area in order to avoid a submission will result in disqualification.
- 4.) Intentional ejection from the ring will also result in disqualification.

38.15 Ratings:

Points	Techniques	Description
1	Hand techniques	<ul style="list-style-type: none"> - clear hits with punches to permitted targets (to score a body hit, the maximum of the permitted hardness is required). - In the case of scored strokes, it must be recognizable that the performer also has an effect. if he was allowed to strike in full contact. Strikes in the ground position are only scored if they could have an effect in full contact. Example: Strikes without real Lunges to the side or back do not score any points!
	Knee techniques	<ul style="list-style-type: none"> - clear hits with knee strikes to permitted targets (with the exception of knee strikes to the open body, which are rated higher, see below) - In the case of knee strikes, it must be recognizable that the performer is also achieving an effect. if he was allowed to perform them in full contact. Knee strikes to the head are not permitted!
	Kicks	<ul style="list-style-type: none"> - all kicks to permitted targets with the exception of jumped kicks, which are scored higher - For scored kicks, it must be recognizable that the performer also achieves an effect. if he were allowed to perform them in full contact.
2	Kicks	<ul style="list-style-type: none"> - all jumped kicks to the body (with the exception of jumped kicks to the head, which are scored higher, see below)
	Knee	<ul style="list-style-type: none"> - Knee strikes to the open body.
	Throws	<ul style="list-style-type: none"> - Any way of actively bringing the opponent to the ground so that he lands on his back or on his side is a throw. Depending on the quality of the throw, one, two or three points are awarded (a simple push over without momentum is worth one point. A normal throw with medium momentum and speed scores two points. Very dynamic throws with high momentum and speed (such as an Ippon throw in judo) are rewarded with three points. - If the thrower lands outside the competition area but still on the safety area, the throw counts if it was made inside the competition area (both feet of the thrower inside the competition area at the start of the throw!) - If a throw is countered by a self-falling throw (e.g. Tani Otoshi, Yoko Wakare, Tomo Naga etc.), only the successful self-falling throw is scored.
	Takedowns	<ul style="list-style-type: none"> - See Throws
	10 Second pin	<ul style="list-style-type: none"> - Holds with which the opponent lying on his back is controlled for at least ten seconds
	Hold Downs	<ul style="list-style-type: none"> -The referee raises the arm and calls "Hold Down" or "Hold Down". "Osae Komi" is announced (the ten-second time limit begins at this point). If the gong sounds during an applied hold (as a signal for the end of the regular fighting time), the holder must be given the chance to complete the ten-second time limit and get a rating for it.
	Rear Hooks	<ul style="list-style-type: none"> -(Back grab= the opponent is held on the ground from behind using one or the neck area is fixed with both arms and the opponent's body is clasped with the legs. To receive a score, the heels must "hooked" between the opponent's legs, i.e. the inside of the thighs touch.
Reversals	<ul style="list-style-type: none"> - "U-turn" from a hold (the person initially lying on the bottom then lies on top and controls his opponent) 	
3	Kicks	<ul style="list-style-type: none"> - jumped kicks to the head
Task	Submission	<ul style="list-style-type: none"> - when a fighter retires or the referee stops an action to prevent an imminent Prevent injury or unconsciousness
Point deduction	Penalties	<ul style="list-style-type: none"> - When a "penalty" = warning is issued, points are deducted from the person being penalized depending on the number of warnings. If this is not possible on the scoreboard for technical reasons, points are credited to the opponent instead. - 1st warning - no deduction, 2nd warning - one point minus, 3rd warning - 2nd point minus, further warning - disqualification

38.15.1 Advantage scoring - Advantage scoring is applied if the score tied at the end of the regular match time.

38.15.2 Advantage scoring in ground fighting (while the leg lock is applied)

- 1.) The person on top gains an advantage by going on the offensive and trying to break through the opponent's guard and, for example, manages to make the person on the bottom give up the full leg hold (guard) and only hold one leg (half guard). An advantage is awarded if the attempt to break free is so violent that the person on the bottom can only hold his leg clamp with a great deal of energy.
- 2.) The person on the bottom gains an advantage if he switch from the bottom to the top position (sweep) or apply a lever or choke in such a way that the opponent has to put up a massive resistance. In order for a sweep to be counted as an advantage, the person on the bottom must open his leg clamp.

38.15.3 Attempting a submission technique - The approach of a submission technique combined with an attempt to force the surrender is considered an advantage.

38.16 Energy to achieve a score:

38.16.1 Light contact: Light contact means that no injury is caused by the attack on the permitted targets.

38.16.2 Too much contact:

Contact that is clearly harder than necessary to achieve a score or a submission technique with the intention of causing injury will result in immediate disqualification. Although this is subject to the judgement of the referee, excessive contact is recognizable by the following reactions:

- 1.) Intent to injure through uncontrolled use of a technique
- 2.) Visible concussion of the head as a result of a hit
- 3.) visible swelling or other signs of external injury. In the case of a bloody nose, the reason for a penalty is not the bleeding nose, but why it occurred (intentional or collision).

38.17 Automatic victory:

38.17.1 The higher score at the end of the regular fighting time means victory. The regular submission also decides the fight.

38.18 Reasons for penalty points: Warnings or penalties are issued when:

- 1.) techniques are performed with inappropriate force
- 2.) illegal targets are attacked (kicks to the knee are penalized as too hard contact)
- 3.) illegal techniques are used
- 4.) "mat escape" is committed to avoid the fight
- 5.) is dropped to the ground to avoid an attack
- 6.) Fighting continues after the request "Stop"
- 7.) the attack is careless or reckless (regardless of whether contact is),
- 8.) behaves disrespectfully towards officials or fighters
- 9.) behaves in an unsportsmanlike manner

38.19 Penalties - The referee has the right to penalize a contestant at any time by warning, deduction of points or disqualification if he/she violates the rules or acts with unsportsmanlike conduct.

38.19.1 Warning for too hard contact (or hitting illegal targets):

1st warning= NO PENALTY (ATTENTION)

2nd warning = 1 minus point - with clicker scoring 5 additional points for the opponent 3rd

warning = 2 minus points - with clicker scoring 5 additional points for the opponent 4th

warning = DISQUALIFICATION

If a warning is given for too hard contact or hitting illegal targets, the referee should do so clearly and in a way that the fighters and judges can hear. For example, he should say: "If you hit or kick that hard again, you will be disqualified. Do you understand that?" He should wait until the person being warned has taken note of this statement before allowing the fight to continue.

38.20 Disqualification - If a disqualification is pronounced, a fighter can be excluded from further participation in the entire tournament. Therefore, disqualifications should be differentiated according to minor (e.g. not showing up for the fight) and major offenses (e.g. insulting the referee) as follows:

38.20.1 CATEGORY Disqualification: applies only to the current bout.

38.20.2 TOURNAMENT Disqualification: means the exclusion for the entire tournament or a temporary ban from competition, which is agreed with the supervisor of the responsible federation.

Any penalty should given very clearly and in the presence of fighters, coaches and officials if it may lead to disqualification! WARNING SYSTEM!