



WORLD MARTIAL ARTS COMMITTEE

AMATEUR RULES FOR TOURNAMENTS

Version 4.6 - 2023

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 incorporates the official WMAC - Amateur - Competition Rules. These rules are valid for all members. However, local requirements and circumstances may be considered if necessary. The official language of the IRC is English. This rulebook may be translated into other languages by the IRC. However, in case of disagreement the official English version alone. This rulebook may not be copied, published or distributed without specific written permission from WMAC or the IRC. be made. This includes electronic, digital, physical and all other forms of reproduction. This rulebook can be downloaded free of charge as a PDF from the official website of the WMAC.

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 detailed competition tournament rulebook available today and we are proud to publish it for your use. This has been made possible entirely through the hard work and dedication of individuals from around the world. We would like to sincerely thank all individuals for their contribution to this detailed rulebook.

All these rules and guidelines, which can be found in this document, are to be applied at WMAC sanctioned events. In this case, they may not be deviated from except in exceptional circumstances and then only with the written permission of the Referee's Representative (IRC) in conjunction with the Referee Supervisor of the event. The instructions and decisions of the Referee Supervisor regarding these rules are final and binding. In the event of complaints/protests, his decision shall be final and binding!

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

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

Mit besten Grüßen

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

Harald Folladori
WMAC World President

PART 5 - GRAPPLING

ARTICLE 31 - GENERAL RULES FOR GRAPPLING

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

31.2 Categories:

31.2.1 **Gender** - Each category is divided into male and female.

31.2.2 **Age groups** - U15, U18, +18, +35 and +45 years old

31.2.3 **Belt classes** - will be named in the designated event.

31.2.4 **Weight classes** - are shown in the table below:

Men/ Women	U13 children	NOT PERMITTED
Men	U15 Juniors	-40kg, -45kg, -50kg, -55kg,-60kg, -65kg, -70kg, +70kg
Women	U15	-40kg, -45kg, -50kg, -60kg, -65kg, +65kg
Men	U18 Cadets	-45kg, -50kg, -55kg,-60kg, -65kg, -70kg, +70kg
Women	U18	-45kg, -50kg, -60kg, -65kg, +65kg
Men	+18 adults	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg,- 65 kg, -70kg, +70 kg
Men	+35Veterans/	Masters-75 kg, -80 kg, -85 kg,
Women	+85kg	

Weight classes may be combined in consultation with the Tournament Director depending on the number of participants.

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

NOTE - The Tournament Supervisor has the option to adjust and change all classes depending on the number of starters in each category. He needs the prior approval of the IRC - WMAC to do so.

31.3 Weighing: see General Rules

ARTICLE 32. GRAPPLING/SUBMISSION COMPETITION (GP)

32.1 **Description** - The Grappling /Submission category was created with the most open rules possible. This allows many different styles of grappling to compete under a common set of rules. This sport is a variant of competition in which the athlete shows his physical, psychological and technical skills in an attempt to immobilise and thus immobilise the opponent.

32.2 **Categories:**

32.2.1 **Age Groups** - They are subdivided as follows

Description	Age groups
Juniors	U15
Cadets	U18
Adults	
Veterans	
Master	

32.2.2 **Belt Classes** - Due to the diversity in a Mixed Martial Arts event, the belt colour according to the Japanese Kyu grading or other classifications may not suit all. The following guidelines serve 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 categorisation.

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

32.2.3 **Weight classes** - are described in Article 31.2.4

32.3 **Uniform** - Each athlete must present him/herself appropriately dressed in either 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), depending on the organiser's announcement. The material must not be excessively thick or so heavy as to hinder the opponent. The colours in No-Gi-Grappling are freely selectable, in Gi-Grappling the suits may be black, white or blue. Other colours or combined colours in line with the national team colours are permitted. A Jujutsu or Judo top is recommended. The jacket reaches the thigh and the sleeves must reach the wrist with the arms extended forward. The belt, 4 to 5cm wide and in the appropriate rank colour, is tied around the waist with a double knot tight enough to keep the uniform closed. Uniforms must be washed and dried, without unpleasant odours. Athletes may not compete with torn uniforms, sleeves or trousers 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 is torn in such a way that the outcome of the bout could be affected, he/she will be asked to change it immediately or the bout will be deemed lost. Athletes with long hair must tie it up with a simple hair tie. Toenails and fingernails must be cut short and clean. All jewellery (rings, watches, necklaces, etc.) must be removed. The wearing of glasses in competition is prohibited. Competitors should wear a coloured belt during the actual bout for identification purposes. Any type of footwear, headgear or protectors that could influence or hinder the outcome of the bout are not permitted.

32.4 **Competition Area** - Is described in General Rules 3.3

32.5 **Entering & Exiting the Competition Area** - Athletes will be shown where to enter the competition area and will only be allowed to do so at this point.

Before the contestant starts his bout, the 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 will hold up his hand to indicate that the contestants can start as soon as they are ready. Now they should get into the starting position.

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

When the bout is over and the winner has been announced, the contestants bow first to each other, then to the judges who return the bow. Then the contestants 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.

32.6 **Judges, Referees & Officials** - Each class will have a table referee, a head referee who will officiate the bout and a timekeeper who will time each round. The competition will be supervised by the Referee who will monitor and enforce the rules of the bout. Medical personnel must be available and easily identifiable at all times. During the bout, neither the Referee nor any person at the scoring table shall converse with the athletes.

32.6.1 **Tasks of the Referee:**

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

The Referee does not keep score. The Referee is charged with the supervision of the bout. He/she will manage and control the pace of the contest, enforce the rules and ensure a fair contest. To this end he/she **will** start and stop the bout, count the 10 second holds, award points by hand signals to the scorers calls and enforce penalties.

The Referee must communicate clearly with the Scorekeeper and Timekeeper and announce the winner of each bout. The Referee shall announce all official decisions in a loud clear voice and indicate by voice and gestures to the competitor concerned.

The Referee shall in all cases give verbal cues/instructions throughout the competition, especially when a penalty does not apply. This could be, for example:

"Stay in the battlefield!" etc.

Only the Referee will call 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 (involving medical personnel)
- d) Violation of the rules (objection by coach or supervisor)

During the bout the Referee will constantly guide the competitors to the centre of the ring. In the event that the competitors move outside the boundaries during the bout, the Referee will simultaneously call "outside" with a gesture. The competitors must hold their position without moving. The same applies if 2/3 of a contestant's body is outside the mat area (boundary). The Referee

may be assisted by another official in moving the athletes back to the centre of the ring. Should it be impossible for the Referee to bring the athletes back to the centre of the ring, the athletes will be asked directly to return to the centre of the ring to continue from that point NEW.

The Referee will not allow interference by outsiders 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 contestants should it be clear that at that moment a supposedly successful hold-down was applied or the upper hand would have been gained by a tactical manoeuvre. Take-downs are exceptions. In the event of a tie, the Referee may decide who is the winner or order extra time. Any situation that cannot be determined by the rulebook will be left to the Referee or higher level Supervisor as the decision maker.

32.6.2 Tasks of the Referee:

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

During the bout the Referee will ensure that all procedures are in accordance with the official rules of the category. If the Referee believes that there has been a breach of the rules, he has the right to request a time out in which to confer with the Referee.

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

32.6.3 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 restart at the Referee's signal or when the bout resumes.

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

32.6.4 Tasks of the scorekeeper:

A scoreboard will be positioned on the table clearly visible to the Referee and spectators. The scorer will note the number of points and penalties awarded to the competitors by the Referee.

He/she will enter scores and comments in the lists and call on the athletes, including those already at the competition area.

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

32.6.5 Gestures:

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

Take downs and sweeps: The Referee will raise his hand to show the colour of the scoring contestant and the score of 2 or 3 depending on how many have been made. 2 points are scored when a takedown lands in the opponent's guard. 3 points are scored if takedowns or a throw are made and do not land in the opponent's guard.

Breaking the Guard/Cover: The Referee will raise his hand and the respective number of fingers to score a 3-point technique.

Turning from Guard to 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: When 75 per cent of a contestant's back is on the floor during a control technique, the Referee will announce a hold (Osae Komi) and count off ten seconds, then award two points for sidemount and one point for fullmount.

Submission (surrender): Decides the fight.

Penalties: The referee stops the bout and informs the person being penalised and the table crew of the infraction. The opponent receives two points.

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

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

Interruption of the bout with time out: The referee holds the hands in the form of the letter "T" for "Time out".

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

Reversal of a given score: The Referee raises the arm with which the score was given and waves his hand.

32.7 Safety of Competitors - The Referee shall ensure the safety of the competitors throughout the bout. He has the right to stop the bout at any time if one of the contestants is in danger of being seriously injured by a submission technique (lift or choke). After that the fight is over and the one who applied the technique wins the fight. If necessary, he will call in the medical service and have them check whether the injured fighter can continue to take part in the tournament.

32.8 Fight time:

- 32.8.1 U15/18 years: One round with continuous fighting time lasts two minutes.
- 32.8.2 +18 years: One round of continuous fighting time lasts two minutes. Final 1 time 3 minutes.

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

32.10 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 the bout. He may also stop the bout at the request of an official, the coach or one of the contestants. If the request for a stoppage affects the outcome of the bout, the Referee does not have to grant the request.

In the event that a competitor does not arrive at the competition area on time with complete competition clothing and equipment, he/she will be given exactly 1 minute to complete his/her outfit. Failure to do so within this time will result in minus points or disqualification.

32.11 Illegal Techniques - Any kind of punching or kicking is prohibited. Also prohibited are: nerve pressure techniques by 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 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 from the guard and ramming into the mat, triangle strangler (sangaku) with head pull, twisted knee levers, attacks on the cervical spine, scissor throw, strangler, submission techniques, wrist levers).

Forbidden techniques	Forbidden techniques in the classes are marked with "X".			
	U15	U18	+18 & +35	
Beat	X	X	X	
Face contact	X	X	X	
Finger & Toe Levers	X	X	X	
Back lock	X	X	X	
Turning the neck	X	X	X	
Turning the neck from the front	X	X	X	
Heel hook	X	X	X	
Beating from the Guard	X	X	X	
Triangular handle with pull on the head	X	X	X	
Lock knees with same stance. Rotate	X	X	X	
Cervical lock	X	X	X	
Scissor Throws	X	X		
Choking				
Submission techniques				
Wrist lever	X	X		

32.11.1 With the exception of the guillotine, neck leverage techniques are not permitted when executed purely as a strangle technique. Anyone using neck levers intentionally will be disqualified without prior warning.

32.11.2 Leverage techniques such as "figure 4" (Ude Garami or similar) are permitted.

32.11.3 Stretched leg lifts without nerve pressure point technique are permitted.

32.11.4 Any leverage or choking techniques that are unsportsmanlike, used in an uncontrolled manner or performed with such force as to cause injury are prohibited.

32.11.5 For youths - 15 years of age, in case of doubt, the referee will stop a well-set submission technique even before the tap to prevent injury and award points as if the tap had taken place.

32.12 Bout Decisions - There is no draw. Fights are decided by:

- 1) Submission (task)
- 2) Disqualification
- 3) unconsciousness (must be seen and prevented by the Referee) or injury.
- 4) Points
- 5) Advantages

32.12 Submission/Task:

A victory by forfeit occurs when a technique forces one of the contestants to forfeit. A surrender occurs when:

1. recognisably tapping the opponent's body or the floor with the palm of the hand,
2. is tapped with the feet because this is not possible with the hands,
3. the task is verbally signalled,
4. an athlete is injured or for other reasons is physically unable to continue competing.
5. the Referee stops the bout when a submission technique is called for, in order to avoid a foreseeable injury,
6. the coach or the fighter himself "throws in the towel",
7. when attempting a submission technique the attacked contestant emits cries of pain (considered equivalent to tapping).

The referee will stop a bout if one of the contestants is injured or if the examination by a doctor shows that the contestant is unfit to fight. If the injury was not caused intentionally by the opponent or was caused by a breach of the rules, the injured contestant loses.

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

1. The contestant or the coach makes verbally indecent comments or behaves in an insulting and disrespectful manner.
2. Biting, pulling hair, stabbing fingers in the eyes or hooking fingers in the nostrils, intentionally injuring the genitals or intentionally using fists, feet, knees, elbows or the head to injure the opponent or gain an unfair advantage.
3. The fighting clothes tear during the fight and the fighter cannot provide a replacement within the allotted time.
4. A contestant 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 in the event of damage, he will be disqualified.
5. A contestant who attempts to evade a submission technique by escaping from the mat will be disqualified immediately. If the escape from the mat turns out to be a technical, not a disciplinary error, the contestant will only be disqualified in the respective category, but may, for example, continue to participate in the tournament in the open class or other categories.
6. The contestant violates one of the rules in paragraph 32.11.

32.14.1 **Escalation:** A disqualification excludes the contestant from further tournament / category participation. However, a differentiation is made between a total tournament disqualification. Or one that affects the immediate competition in the respective category.
 e.g. disqualification due to late arrival = category DISQ - disqualification due to unsportsmanlike conduct = tournament DISQ

32.14.1.1 **CATEGORY Disqualification:** Means only disqualification from the current bout.

32.14.1.2 **TURNOUT Disqualification:** Means exclusion from the entire tournament or even a temporary ban from competition. This is done in consultation with the supervisor.

32.15 Unconsciousness - If one of the fighters becomes unconscious as a result of a technique (e.g. choking or throwing technique) in accordance with the rules or as a result of an accident without the opponent having acted in contravention of the rules, the opponent who has become unconscious loses the bout. However, this rule only applies if the losing contestant has not previously "tapped out". Under all circumstances the referee must ensure the safety of the contestants and, if possible, prevent unconsciousness from occurring.

32.16 Scoring - The Referee has the right to award points, penalties, warnings, deductions or disqualifications.

32.16.1 Positive points - The competition aims for the athletes to use their technical skills to force the opponent to give up or to gain a point advantage through clean control techniques. If no one surrenders early by the end of the bout, the winner is the one who has accumulated the most points.

Points technique	Description
Third warning of the opponent	- With the third warning the opponent of the warned fighter gets two points. see article 33.16.2
Sweep / Sweeps	- If someone in the pad holds their opponent in Guard (leg clasp) or Half Guard (only one leg clasped) and manages to get into Mount position (Tate Shio Gatame) by turning around, they get two points for that.
1 to 3 Take Downs / Throws	- Any way of actively bringing the opponent to the ground so that he lands on his back or 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 awarded one point. A normal throw with medium dynamics and speed gives two points. Very dynamic throws with high dynamics and speed (like 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 taken inside the competition area (both feet of the thrower inside the competition area at the start of the throw). - If a throw is made by a self-fall (e.g. Tani Otoshi, Yoko Wakare, Tomo Naga etc.) is countered, only the successful self-fall throw is scored.
Pins/Holds Holds/ Control techniques	- If a fighter from the side position manages to keep his opponent on the ground for ten seconds in such a way that 75 percent of his back touches the ground, two points are awarded for this (Side-Mount /Yoko-Shiho Gatame/Kami-Shio Gatame). - The counting of the ten seconds is stopped when the loser breaks free or can turn in such a way that 75 percent of the back does not touch the ground for more than one second.

	Mount	<ul style="list-style-type: none"> - The mount position means that a fighter controls his opponent lying on the ground by sitting or lying on him in such a way that his own legs touch the ground on both sides. This is awarded three points. - It is irrelevant whether the opponent is in the prone or supine position. The combatant 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 has only one knee or one foot on the ground or controls the opponent by a knee pressed on the belly or chest. - No points are awarded if the upper person's legs or feet are on the lower person's legs. - When a contestant applies a triangle technique (Sangaku) from the Guard, spins the opponent and lands himself in the mount position, this is a sweep (i.e. not three, but only two points).
3	Passing the Guard Release from the leg brace	<ul style="list-style-type: none"> - Those who manage to free themselves from a leg chamber and immediately afterwards apply a hold get three points for this. - If the control position is then held for at least ten seconds, there are a further two or three points - depending on whether it is a side or full mount.
	Back Grab /Hooks Handholds from behind	<ul style="list-style-type: none"> - A back grab means lying on your back or on your side and holding your opponent from behind with one or both arms around his neck and your legs wrapped around his body. However, in order to score a point, one's own feet must be "hooked" between the legs (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 used with the leg clamp - If both arms are fixed, this is not detrimental to the score. If, on the other hand, both arms are included in the leg lock, no points are awarded.

32.16.1.1 If a contestant deliberately abandons a position for which he has been awarded points, only to immediately return to the same position, no additional points will be awarded.

32.16.1.2 No points are awarded if a contestant assumes one of the above positions while his opponent has applied a submission technique. Points are only awarded when the submission technique has been completely blocked. Example: Mount position while the opponent has applied a guillotine. However, if the submission technique is applied in such a way that it cannot be seen to be successful, the side or full mount is scored.

32.16.2

Penalties - The first time an illegal technique is used, the user receives a warning. On the second warning the opponent will be credited with one point and on the third time the opponent will again be credited with one point. After the third warning the Referee may award a direct disqualification for any further infringement of the rules.

Penalties	Violation	Description
	Avoiding the fight	- It is against the rules for a contestant to use the mat area in a standing bout. deliberately leaves the mat surface by crawling out or rolling on the floor in order to avoid a fight or to gain time.
Warnings	Avoiding any activity	- This is against the rules if one of the fighters prevents the activity by removing parts of the fighting clothes or allows the opponent to do so in order to achieve an interruption of the fight and to gain time to rest.
	Get on your knees	- Going down on the knees is only allowed if the opponent has been grabbed beforehand in order to apply a technique.
	Blockade - Strategy	- It is not permitted for a contestant to merely block the bout by holding his opponent and not make any attempt to score himself.
2 points penalty	3. Warning	- On the third attempt to commit an irregularity, the player is Opponent two points.
Disqualification	After 3. Warning	- After the third warning, the opponent has the right, in the event of a further disqualification for any infringement of the rules.
	Exaggerated harshness	- Massive use of force is not allowed if it goes far beyond that, which is necessary to obtain a score or is intended to cause injury to the opponent. Disqualification will be given immediately without warning.
	Disrespect/ Unsportsmanship	- For such offences the Referee has the authority to declare an immediate disqualification.

32.17 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 surrender with it.

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

32.17.2 Advantages during the Guard (leg brace):

1. An advantage can be given to the person on top for this if he puts massive pressure on the person on the bottom by trying to free himself and almost manages to free himself or forces the person on the bottom to change from guard (full leg clamp) to half guard (only one leg clamped).
2. The one on the bottom may be awarded an advantage if he almost succeeds in turning the opponent on his back or if he puts the opponent under massive pressure by applying a lever or choke technique.

32.17.3 Advantages by applying a submission technique: Whoever applies a submission technique cleanly and makes a serious and promising attempt to force the opponent to give up, receives an advantage for it.

32.17.4 If the score is tied at the end of normal fighting time, it is the Referee's responsibility to decide the bout on the basis of the following advantage scores:

1. Advantage through activity: The advantage is granted for the more offensive fighting style (for example, frequent attempts to apply throwing, control or submission techniques) or for the fact that one of the fighters has constantly put the other on the defensive.
2. Advantage by throwing approach: An advantage is given for one having clearly unbalanced the other by 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 gets an advantage.

32.18 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 spine or neck levers, no heel levers,
- 5) No lifting the opponent out of the guard and then ramming him into the mat,
- 6) no pressing down of the head during a triangle choke technique,
- 7) no knee twists (straight leg lifts are allowed!),
- 8) No leverage or choking techniques in an unsportsmanlike manner or with such force that there is an acute risk of injury.

Under 15

- 1) No submission technique

ARTICLE 33. SPORT JIU JUTSU (SJ)

33.1 Competition Description - The term "Jujutsu" was originally used to describe the complete system of samurai class (unarmed) martial arts in feudal Japan. Earlier, simultaneously or later, similar systems for the warrior class were developed in other nations. Since the early 20th century, the need for chivalric hand-to-hand combat has diminished more and more. However, unarmed self-defence continued to be cultivated and developed as a sport. Today, the term "sport jujutsu" refers to a competitive sport in which athletes can prove their physical and psychological capabilities as well as their technical abilities by forcing their opponents to surrender.

33.2 Categories:

32.2.1 **Age Groups** - They shall be subdivided as follows:

Description	Age group
Juniors	U15
Cadets	U18
Adults	+18
Veterans	+35
Master	+ 45

33.2.2 **Belt Classes** - Due to the diversity in a Mixed Martial Arts event, the belt colour according to the Japanese Kyu grading or other classifications may not suit all. The following guidelines serve 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 categorisation.

Description	Martial Arts Experience	in WMAC belt
Beginners	1 to 3 years	Yellow - Blue
Advanced	More than 3 years	Red, Brown
Black belt	various	Black

33.2.3 Weight classes

Men/ Women	U13	NOT PERMITTED
Men	U15	-40kg, -45kg, -50kg, -55kg,-60kg, -65kg, -70kg, +70kg
Women	U15	-40kg, -45kg, -50kg, -60kg, -65kg, +65kg
Men	U18	-45kg, -50kg, -55kg,-60kg, -65kg, -70kg, +70kg
Women	U18	-45kg, -50kg, -60kg, -65kg, +65kg
Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg,- 65 kg, -70kg, +70 kg
Men	Veterans/ Masters	-75 kg, -80 kg, -85 kg, +85kg

Women	Veterans/ Masters	-60 kg,- 65 kg, -70 kg, +70kg
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33.3 Uniform - Each athlete must present him/herself appropriately dressed in a clean, traditional martial arts suit (or gi kimono) of cotton or similar material. The material must not be excessively thick or so heavy as to hinder the opponent. Colours may be black, white or blue. Other colours or combined colours will be permitted in accordance with the national team colours. A Jujutsu or Judo top is recommended. The jacket reaches the thigh and the sleeves must reach the wrist with the arms extended forward. The belt, 4 to 5cm wide and in the appropriate rank colour, is tied around the waist with a double knot tight enough to keep the uniform closed. Uniforms must be washed and dried, without unpleasant odours. Athletes may not compete with torn uniforms, sleeves or trousers 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 is torn in such a way that the outcome of the bout could be affected, he/she will be asked to change it immediately or the bout will be deemed lost. Athletes with long hair must tie it up with a simple hair tie. Toenails and fingernails must be cut short and clean. All jewellery (rings, watches, necklaces, etc.) must be removed. The wearing of glasses in competition is prohibited. Competitors should wear a coloured belt during the actual bout for identification purposes. Any type of footwear, headgear or protectors that could influence or hinder the outcome of the bout are not permitted.

33.4 Competition Area - is described in Article 3.3.

33.5 Entering & Exiting the Competition Area - Athletes will be shown where to enter the competition area and will only be allowed to do so at this point.

Before the contestant starts his bout, the 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 will hold up his hand to indicate that the contestants can start as soon as they are ready. Now they should get into the starting position.

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

When the bout is over and the winner has been announced, the contestants bow first to each other, then to the judges who return the bow. Then the contestants 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.

33.6 Judges, Referees & Officials - see 32.6

33.6.1 Tasks of the Referee - see 32.6.1

33.6.2 Referee duties - see 32.6.2

33.6.3 Tasks of the timekeeper - see 32.6.3

33.6.4 Tasks of the point holder - see 32.6.4

33.7 Safety Equipment:

General: The use of protective equipment such as approved hand and foot protectors, shin guards, gumshields and groin guards is compulsory. Protective equipment with rough surfaces or damaged protective equipment is not permitted, nor is protective equipment containing metal or hard plastic parts.

33.7.1 Head protection. Head protection is compulsory in all categories.

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

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

If a competitor 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. Failure to do so will result in a minus point penalty or disqualification.

33.8 Safety of Competitors: It is the responsibility of the Referee to ensure the safety of the competitors at all times. He will seek the advice of the paramedics/medical staff as necessary to decide whether a contestant is fit to compete or continue.

33.9 Fight time:

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

33.9.2. Athletes up to and including brown belt fight one round (2 minutes) without interruption. There will be no interruption of the bout to indicate scores.

33.10 Interruption of time: Only the Referee has the right to interrupt a bout that has started. He will do so if there is a breach of the rules. Time will then be stopped until the Referee gives the command to continue. He may also stop the bout at the request of one of the contestants, the coach or an official. However, he does not have to do so if the result of the bout is affected.

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

33.12 Not permitted targets of attack: The face, the top of the skull and the back of the head, 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 allowed, but foot sweeps are allowed at ankle level. During "grappling" (= when the opponents have grabbed each other) no punches or kicks are allowed while standing or on the ground.

33.13 Permitted techniques: Foot sweeps (ankle strike) are permitted. All controlled punches, kicks, throws, holding, choking or leverage techniques are permitted provided they are used to attack the above permitted targets. Light contact to the head is permitted, the Judges must be aware of the difference between light contact and full contact.

33.14 Prohibited Techniques: Head butts, hair pulling, scratching, biting, elbow or knee thrusts, finger jabs, punches or kicks without visual control, kicks to a fighter lying on the ground, punches to the head while lying on the ground, kicks to the legs, finger and neck levers and heel hooks are not permitted due to the risk of injury, nor are leverage techniques to small joints such as fingers or toes.

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

33.15 Scores:

Points	Techniques	Description
1	Strokes	- Cleanly executed punches or kicks to permitted targets. In order to be hit by body blows to score a point, the maximum contact allowed must be made. On the head, points are only awarded for hits with light contact. However, for techniques to head to be recognisable that the attacker - if he wanted to - could also score a hard hit.
	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	- There is only one point for a series of inconclusive meetings.
2	Kicks to Throws Takedowns	Head- Controlled kicks to the head with light contact or to the head guard. - Any throw where the thrower lands in the guard of the thrown. - Any takedown in which the offender is in the guard of the offender. lands.
	Reversals	- For each Reversal that lands in the Thrower's Half-Guard.
	10 Second Pin	- Holds with which the opponent lying on his back can be held for at least ten seconds. seconds is controlled.
	Hold Downs	- The hold down is announced by the Referee by raising the arm and calling "Hold Down" or "Osae Komi" (at this point the ten second time limit begins). - If the gong sounds during an applied hold (as a signal for the end of the regular fighting time), the holding opponent must be given the chance to seconds deadline and get a score for it.
3	Throws	- Throws where the thrower is not directly in the guard of the thrower. lands
	Takedowns	- Bringing to the ground where the offender is not directly in the Guard of the Thrown lands
	Rear Hooks	- Back grab = the opponent is held on the floor from behind, by fixing the neck area with one or both arms and clasping the opponent's body with the legs. In order to receive a score, the heels must be "hooked" between the legs of the opponent, i.e. the insides of the legs must be "hooked" between the legs of the opponent. of the thighs touch.
	Reversals	- "Turning around" from a handhold (the person initially lying on the bottom then lies on top) and controls his opponent)
Multiple	Combination Flurry	- Stroke series / stroke combinations
Deductions	Penalties	- When a "penalty" is given, two points are deducted from the penalty. If this is not displayed on the scoreboard for technical reasons is possible, two points are credited to the opponent instead
Victory	Submission Task	- To prevent imminent injury or unconsciousness (in the case of choking) the Referee will stop the bout. This terminates the bout Decided (Technical K.O.)

33.15. 1 Advantages - Advantage scores shall be applied when the bout is tied at the end of regulation fighting time to determine a winner in this manner.

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

- 1) The person on top gets an advantage by going on the offensive and trying to break through the opponent's guard and manages, for example, to make the person on the bottom give up the full leg lock (guard) and only lock 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 lock with great energy.
- 2) The person on the bottom gets an advantage if he can change from the bottom to the top position (sweep) or if he can apply a lever or choke in such a way that the opponent has to defend himself massively against it.

In order for a sweep to be counted as an advantage, the person on the bottom must

Lying person open his leg brace.

33.15.1.2 **Attempting a submission technique** The approach of a submission technique, combined with an attempt to force the task, is seen as an advantage.

33.15.2 Energy **required to achieve a score:**

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

33.15.2.2 Excessive contact: Contact that is recognisably harder than necessary to score, or a submission technique with the intention of causing injury, is punishable by immediate disqualification. Although subject to the judgement of the Referee, excessive contact is recognisable by the following reactions:

- 1) Intent to injure by 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 hitting of an inadmissible target (face) that is recognisable from it.

33.15.3 Automatic victory:

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

33. 15.3. 2 The higher score at the end of the regular fighting time means the victory.

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

33.15.5 Definition of "Grappling": The conditions for grappling allow the contestant to hold his opponent in any permissible manner in a standing position for a maximum of ten seconds in order to attempt a throw. If no throw is made during these ten seconds, the hold must be released (on the Referee's command). The outside judge will begin counting the 30-second period for ground fighting when both contestants are in the ground position after applying a permitted technique. The contestants may transition from standing to ground fighting several times during the bout.

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

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

If a penalty is given while the contestants are fighting on the ground, it depends on the position and the progress of the bout whether the referee stops the bout or allows it to continue so that the penalty points can be displayed later when the contestants return to the standing bout. If the situation has become "bogged down" in the ground fight and both contestants are no longer actively fighting, the referee may also stop the ground fight before 30 seconds have elapsed and return the contestants to the standing position.

33.15.6 Reasons for penalty points: Warnings or penalties are given when:

- 1) techniques are performed with undue harshness,
- 2) illegal targets are attacked (kicks to the knee are penalised like 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 being attacked,
- 6) fighting continues after the call to "stop",
- 7) careless or reckless in the attack (regardless of whether contact occurs),
- 8) will behave disrespectfully towards officials or fighters
- 9) behaves in an unsportsmanlike manner

33.16 Types of Penalty - The Referee has the right to penalise a contestant at any time by warning, deduction of points or disqualification. The following guidelines apply:

Infringement	Description	Penalty
1.	petty offences	Warning
	Excessive harshness (unintentional) minusharshness or kick with knee (intentional)	1 point Disqualification
2. (Same offence)	Disrespect or unsportsmanlike conduct	Disqualification
	petty misdemeanours	1 pt minus
2 (Other offence)	Excessive harshness or kick with knee	Disqualification
	petty misdemeanours	Warning 1point minus
3.	Excessive harshness, kick with knee	minus
	Excessive harshness or kick with knee (deliberate) Disrespect or unsporting	disqualification Disqualification
	On the fourth offence = disqualification.	Disqualification

33.17.1 Warning for hard contact - When a warning is given for hard contact, the referee should do it clearly and in a way that the contestants and judges can hear. He should say, for example, "If you hit or kick that hard again you will be disqualified. Do you understand?" He should wait until the cautioned person has taken note of this statement before allowing the bout to continue.

33.17.2 How are points deducted? If the technical system does not allow a point deduction, 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

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

33.18.1 CATEGORY Disqualification: applies only to the current category.

33.18.2 TURNOUT Disqualification: means disqualification for the entire tournament or a temporary ban from competition, to be agreed with the tournament director and the federation responsible for the respective area or country.

Any penalty should be given very clearly and in the presence of fighters and officials because it can lead to disqualification!

ARTICLE 34. MMA - LIGHT - MIXED MARTIAL ARTS - LIGHT (MMA-L)

34.1 Description of the competition - The WMAC competition discipline "MMA Light" leaves a large The rules allow the use of grappling techniques (throws, holds, etc.) as well as punches and kicks. The rules allow for the use of grappling techniques (throws, holds, levers, chokes, etc.) as well as punches and kicks. In this way, this competition allows athletes with very different martial arts backgrounds to measure their skills in a safe and controlled manner. The top priority in MMA Light is safety for the athletes.

The basis for this is fighting in Kick Light (see Article 34.16). This combat sport, which allows grappling as well as punching and kicking, should not give priority to any of these different fighting techniques. Therefore, a submission technique does not lead to an early victory, because it is not possible to decide the fight early 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 is by nature specialised in punching and/or kicking and for this reason will 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 that a grappler will manage to force the fighter who specialises in punches and kicks to give up once with a single submission technique (lever/strangle) shortly before the end of the fight time. Nevertheless, the grappler will not win the fight because his opponent has previously scored significantly more points by punching and kicking in the kick light.
2. The fighter, who specialises in punches and kicks, is thrown again and again and does not manage to score points on his part by clear hits. The grappler is thus 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.

34.2 Categories:

34.2.1 **Age Groups** - They are subdivided as follows:

Description	Age group
Juniors	U15
Cadets	U18
Adults	+18
Veterans	+ 35
Master	+ 45

34.2.2 Belt Classes - Due to the diversity in a Mixed Martial Arts event, the belt colour according to Japanese Kyu grading or other classifications may not suit all. The following guidelines serve 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 categorisation.

Description	Martial Arts Experience	in WMAC belt
Beginners	1 to 3 years	Yellow - Blue
Advanced	More than 3 years	Red, Brown
Black belt	various	Black

34.2.3 Weight Classes - See General Rules (Art.14)

Men/ Women	U13	NOT PERMITTED
Men	U15	-40kg, -45kg, -50kg, -55kg,-60kg, -65kg, -70kg, +70kg
Women	U15	-40kg, -45kg, -50kg, -60kg, -65kg, +65kg
Men	U18	-45kg, -50kg, -55kg,-60kg, -65kg, -70kg, +70kg
Women	U18	-45kg, -50kg, -60kg, -65kg, +65kg
Men	+18	-60 kg, -65 kg, -70 kg, -75 kg, -80 kg, -85 kg, -90 kg, +90kg
Women	+18	-50 kg, -55 kg, -60 kg,- 65 kg, -70kg, +70 kg
Men	Veterans/ Masters	-75 kg, -80 kg, -85 kg, +85kg
Women	Veterans/ Masters	-60 kg,- 65 kg, -70 kg, +70kg

34.3 Uniform - Each contestant must present him/herself appropriately dressed in clean fightshorts and T-shirt / rashguard. In exceptional circumstances the Referee may allow a gi to be worn if it does not adversely affect the progress of the bout. Athletes with long hair must tie it up with a simple hair tie.

34.4 Competition area - ring/octagon or mat area of at least 6 by 6 metres.

34.5 Entering & Exiting the Competition Area - Athletes will be shown where to enter the competition area and will only be allowed to do so at this point.

Before the contestant starts his bout, the 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 will hold up his hand to indicate that the contestants can start as soon as they are ready. Now they should get into the starting position.

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

When the bout is over and the winner has been announced, the contestants bow first to each other, then to the judges who return the bow. Then the contestants 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.

34.6 Referee, Referee & Officials - The bout will be officiated by a Referee and at least 2 Judges. One of these should be a Referee. Similarly, a timekeeper, who measures the time of each round, must be seated at the Referee table. The bout will be supervised by the Referee who will monitor and enforce the rules of the bout. Medical personnel must be available and easily identifiable at all times.

34.6.1 Tasks of the referee:

The Referee is the highest authority on the fighting area and has the right to disqualify participants during the fight. He is the highest authority next to the Referee. In special cases, the coach may protest to the Supervisor of the event and challenge a referee's decision if the decision was not in accordance with the rules. In cases where a referee is found to be incompetent or continues to make obvious mistakes, the Referee, in consultation with the Supervisor, has the authority to replace him.

The referee is in charge of supervising the bout. He/she has two outside judges as assistants. He / she manages and controls the pace of the contest, enforces the rules as well as all penalties and ensures a fair contest. To this end, he/she will start and stop the bout, count the 10 second holds and award the points for all grappling scores (throws, holds, submissions, etc.) directly. 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 scorekeeper and timekeeper and announce the winner of each bout. The Referee must announce all official decisions in a loud, clear voice and indicate them by voice and gestures to the athletes concerned. The referee must wear coloured armbands or wrist bands to ensure that the points awarded by him are assigned to the respective corner of the contestants. (Danger of confusion)

The referee should in any case give verbal hints/instructions throughout the competition, especially if a penalty does not apply. This could be, 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 (involving medical personnel)
- d) Violation of the rules (objection by coach or supervisor)

During the bout the referee will constantly guide the competitors to the centre of the ring. In the event that the competitors move outside the boundaries during the bout, the referee will call "outside" at the same time as making a gesture. The competitors must hold their position without moving. The same applies if 2/3 of a competitor's body is outside the mat area (or ring ropes). The referee may be assisted by another official in moving the athletes back to the centre of the ring.

If it is impossible to bring the athletes back to the centre of the ring, the athletes will be asked to go directly back to the centre of the ring to continue from that point.

The referee will not allow interference by outsiders during the bout. The first aid team is allowed on the mat. When the timekeeper gives the signal that the bout is over, the referee may give an advantage point to one of the contestants should it be clear that at that moment a supposedly successful takedown was applied or the upper hand would have been gained by a tactical manoeuvre. Exceptions are take-downs.

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

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

34.6.2 Duties of the Referee:

Before the start of the competition the Referee will check that the equipment is correct, nails are cut short, the uniform fits correctly and the colour and grade of the belt is appropriate for the match.

During the bout the Referee will ensure that all procedures are in accordance with the official rules of the category. If the Referee believes that there has been a breach of the Rules, he has the right to call a time-out in which to confer with the Referee.

During the bout the Referee may seek the advice of the Referee for clarification of any unclear interpretation of the rules.

34.6.3 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 restart it at the Referee's signal or when the bout resumes.

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

34.6.4 Tasks of the scorekeeper:

A scoreboard is positioned on the table horizontally and clearly visible to the Referee and spectators. The scorer notes the number of points and penalties awarded to the competitors by the Referee.

He/she will record scores and comments on lists and call on the athletes, including those already at the competition area.

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

34.7 Protective equipment:

34.7.1 General - The use of protective equipment such as approved hand and foot guards, shin guards or shin / instep guards, mouth guards and groin guards is compulsory. 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).

34.7.2 Headgear - Headgear is not compulsory, but may be worn provided it is a wrestling headgear that does NOT slip and does not adversely affect the course of the match (e.g. by constantly slipping, etc.) or the type of fastening poses a risk of strangulation.

34.7.3 Hand protectors - All areas in contact with the opponent when punching must be covered with at least a 1.7cm thick, medium-hard foam layer MMA gloves with min. 6 OZ. The hand protectors must be suitable for both boxing and grip techniques.

34.7.4 Foot protectors - The instep as well as the lower shin area must be padded with at least 1.7cm thick, medium-hard foam (commercially available shin, instep protectors). Velcro fasteners must hold reliably. Kickboxing foot protection is also permitted.

34.7.5 Knee pads - Knee pads may be worn voluntarily throughout the bout for safety reasons provided they cannot cause harm to the opponent.

If a contestant arrives 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 penalised with minus points or even disqualified for that bout. This also applies to NOT showing up - if he is called out 3 times and does not show up for the bout, he will be given 1 minute to show up, then he will be given the 1st minus point, followed by another minus point after 2 minutes. After 3 minutes of non-appearance the athlete will be DISQUALIFIED.

34.8 Safety of the contestants. It is the responsibility of the Referee expezit of the Referee to ensure the safety of the fighters throughout the bout. In the event of injury he will seek medical advice as necessary as to whether a contestant can continue the bout. Referees shall not overrule the decision of the medical staff. Medical Time is a maximum of one round.

34.9 Competition time

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

34.9.2 Contestants U15/U18 fight a two-minute round with continuous action. Final also 1 time 2 min.

34.10 Interruption of time: Only the Referee or MR and the doctor have the right to interrupt a match that has started. He will do so if there is a breach of the rules. Time will then be stopped until the Referee gives the command to continue. He may also stop the bout at the request of one of the contestants, the coach or an official. However, he does not have to do so if the result of the bout is affected.

34.11 Permitted attack targets: MMA Light is a controlled contact sport in kick light mode. Light contact means that a hit only hits the surface of the clothing or protective equipment without causing injury to the opponent. It is therefore the front of the body as well as the sides, the head front and side, the thighs and the ankle = foot sweep permitted hit surface.

34.11.1 Allowed punches and kicks: identical to Kick Light plus KNICKING TECHNIQUES !

Strokes	Description
Hand techniques	to the head as well as to the front of the body from the shoulders to the waistline
	To the side of the upper body
	to the legs
	A standing contestant may strike at the hands of a contestant lying on the ground, strike the legs and not life-threatening targets on the body. (does not apply to fighters in the U15 class)
Kicks	A contestant lying on the ground may touch the standing contestant at any point. permitted targets. (does not apply to fighters under 15 years of age)
	to the front of the body from the shoulders to the waistline
	to the side of the upper body
	in standing combat to both the inner and outer thighs
	A standing contestant may only challenge his opponent who is lying on the ground against the Kicking the outside of the legs. (does not apply to fighters under 15 years of age)
Knee jerks	The contestant lying on the ground may touch the standing contestant at any point. permissible targets, but hit only with hand techniques. (does not apply to fighters under 15 years of age)
	A fighter lying on the ground may, from the Guard, use the legs and the Hit the opponent's side of the body with heel kicks/knee strikes.
	Knee thrusts are also allowed to the inner and outer thighs. to the upper body (front) allowed

34.12.1 Punches/kicks not permitted:

- 1) no deliberate impact hits.
- 2) No knee strikes to the head
- 3) No elbowing techniques, no hair pulling, no scratching or biting, no finger pokes in the eyes, no head butts, no pulling of the ears, no "Fishing hook techniques" (e.g. hooking into the nostrils, eye socket or similar).
- 4) no grabbing of the opponent's gloves (own gloves may be 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 punches 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 strokes and no forearm strokes

ATTENTION: In the U15 class no strikes may be executed on the ground or from the ground, only grappling techniques. (A minus point will be awarded IMMEDIATELY for any offence and the contestant will be DISQUALIFIED for repeated offences.

34.13 Grappling & Submission Techniques:

34.13.1 Allowed grappling & submission techniques:

- 1) All Jujutsu, Judo and Wrestling takedowns & throws (except see 34.13.2).
- 2) All submissions (except see 34.13.2)

34.13.2 Grappling & submission techniques not permitted:

- 1) No throws where the opponent lands on the head or neck (e.g. Suplex).
- 2) no levers on small joints (e.g. finger, toe or wrist levers)
- 3) no neck levers (e.g. guillotine may only be executed as a pure strangle technique !)
- 4) No heel hooks or twisted knee or leg hooks.
- 5) It is forbidden to throw the opponent outside the competition area.

34. 13Warning/punishment for deliberately leaving the competition area:

- 1) Warnings will be given for deliberately leaving the fighting area. No penalty will be given if a contestant 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 1pointand; 4th warning = DISQUALIFICATION
- 3) Intentionally leaving the fighting area to avoid a submission will result in disqualification.
- 4) Intentional ejection from the ring will also result in disqualification.

34.15 Scores:

Points	Techniques	Description
1	Hand techniques	<ul style="list-style-type: none"> - clear hits with punches to allowed targets (To score for a body hit, the maximum allowed hardness is required). - In the case of scored strokes, it must be recognisable that the performer also has an effect would achieve if he were 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 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 scored higher, see below). - In the case of knee kicks, it must be recognisable that the performer is also achieving an effect. if he were allowed to perform them in full contact. Knee strikes to the head are not allowed!
	Kicks	<ul style="list-style-type: none"> - All kicks to permitted targets except jumped kicks which are scored higher. - In the case of scored kicks, it must be recognisable that the performer is also having an effect. would achieve if he were allowed to perform them in full contact.
2	Kicks	<ul style="list-style-type: none"> - all jumped kicks to the body (except jumped kicks to the body). Head, which are rated higher, see below) Knee - Knee kicks jumped 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 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 awarded one point. A normal throw with medium dynamics and speed gives two points. Very dynamic throws with high dynamics and speed (like an Ippon throw in Judo) are rewarded with three points. - If the thrower lands outside of the competition area, but still on the safety area, the throw counts if it is taken from inside the competition area (both feet of the thrower inside the competition area at the start of the throw). - If a throw is made by a self-faller (e.g. Tani Otoshi, Yoko Wakare, Tomo Naga etc.) is countered, only the successful self-fall 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 held for at least ten seconds. is controlled
	Hold Downs	<ul style="list-style-type: none"> - The hold down is announced by the Referee by raising the arm and calling "Hold Down". or "Osae Komi" is announced (at this point the ten-second time limit begins). If the gong is sounded during an applied hold (as a signal for the end of the regular Fighting time), the person holding must be given the chance to complete the ten-second period and receive a score for it.
3	Rear Hooks	<ul style="list-style-type: none"> - (Back grab = the opponent is held on the ground from behind by using a or the neck area is fixed with both arms and the opponent's body is clasped with the legs. In order to receive a score, the heels must be placed between the The opponent's legs must be "hooked", i.e. touching the inside of the thighs.
	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).
5	Submission	<ul style="list-style-type: none"> -when a contestant gives up or the referee stops an action to avoid a threatening Prevent injury or unconsciousness
Point deduction	Penalties	<ul style="list-style-type: none"> - When a "penalty" = warning is given, points are deducted from the player to be penalised 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

34.15.1 Advantage scores - Advantage scores will be applied if the score is tied at the end of regulation fighting time.

Advantage scores in ground fighting (while the leg lock is applied).

1. The person on top gets an advantage by going on the offensive and trying to break through the opponent's guard and manages, for example, to make the person on the bottom give up the full leg lock (guard) and only lock 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 the leg lock with great energy.
2. The person on the bottom gets an advantage if he can change from the bottom to the top position (sweep) or if he can apply a lever or choke in such a way that the opponent has to defend himself massively against it. In order for a sweep to be counted as an advantage, the person on the bottom must open his leg lock.

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

34.16 Energy required to achieve a score:

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

34.16.2 Too much contact:

Contact that is recognisably harder than necessary to score, or a submission technique with the intention of causing injury, is punishable by immediate disqualification. Although subject to the judgement of the Referee, excessive contact is recognisable by the following reactions:

1. Intent to injure by uncontrolled application 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 bloody nose that is the reason for a penalty, but why it occurred (intentionally or by accident).

34.17 Automatic victory:

34.17.1 The higher score at the end of the regular fighting time means the victory.

34.18 Reasons for penalty points: Warnings or penalties are given when:

- 1) Techniques are performed with undue harshness
- 2) illegal targets are attacked (kicks to the knee are punished like too hard contact)
- 3) illegal techniques are used
- 4) "Mat escape" is committed to avoid the fight
- 5) Dropping to the ground to avoid an attack
- 6) Fighting continues after the call to "stop".
- 7) careless or reckless in the attack (regardless of whether contact occurs),
- 8) will behave disrespectfully towards officials or fighters
- 9) behaves in an unsportsmanlike manner

34.19 Types of Penalties - The Referee has the right to penalise a contestant at any time by warning, deduction of points or disqualification.

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

1st warning = NO PUNISHMENT (ATTENTION)

2nd warning = 1 minus point - with clicker score 5 points extra for the opponent

3rd warning = 2 minus points - with clicker score 5 points extra for the opponent

4th warning = DISQUALIFICATION

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

34.20 Disqualification - If a disqualification is given, a contestant may 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 offences (e.g. insulting the referee) as follows:

34.20.1 CATEGORY Disqualification: applies only to the current bout.

34.20.2 TOURNAMENT Disqualification: means disqualification for the entire tournament or a temporary ban from competition agreed with the supervisor of the responsible federation.

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