



WORLD MARTIAL ARTS COMMITTEE

AMATEUR RULES FOR TOURNAMENTS

Version 4.7 - 2025

Chapter 8: Rumble

Chapter 9: No

Contact

Chapter 10: WMAC Kids Run



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. The official language of the IRC is English. These rules may translated into other languages by IRC. However, in case of discrepancies only the official English version. Without special written permission of the WMAC or the IRC, this rulebook may not be copied, published or distributed. 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 reader,

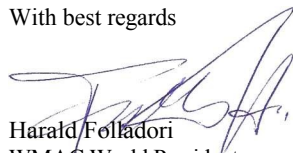
We are very pleased to release version 4.7 of our World Martial Arts Committee Rules and Guidelines. This is definitely the most comprehensive tournament rulebook available today and we are proud to publish it for your use. This has been made possible entirely through the hard work and dedication of 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 discuss and incorporate any changes with us.

With best regards



Harald Folladori
WMAC World President

CHAPTER 8 - RUMBLE

ARTICLE 42. rumble (RU)

42.1 Description - Rumble is and sees itself as a preliminary stage to traditional martial arts (Kumite & Pointfight) in which children are taught in a playful way what skills they need for fighting. Speed, reaction, fairness, agility and fine motor skills are specifically trained.

42.2 Age groups (subdivided according to body size - minimum age is 3 years)

Description	Age	Category	Size in cm				
TIGERS	3-6 J	U6	-90	-110	-130	+130	
DRAGONS	7-8 J	U9	-100	-120	-140	+140	
NINJAS	9-12 J	U13	-110	-130	-150	+150	
INCLUSION	Open	Open	-110	-130	-150	+150	

38.3 Uniform - All uniforms should show the country to be represented or the style or club. It is up to the athletes what they wear. Traditional (Gi) or other martial arts clothing. IMPORTANT no unsportsmanlike prints or patches!

38.4.1 Performance - Both children are each equipped with 3 predetermined ribbons. These ribbons are attached to a belt that is handed out by the referee, 1 ribbon over the right thigh, 1 ribbon over the left thigh and 1 ribbon is fixed to an empty holder after the two ribbons have been pulled. The first fighter to have removed the most ribbons from his opponent after the time has elapsed wins the match. After the time has elapsed, if both fighters the same number of belts, the fighter who first pulls out the NEW added belt (1 belt each for both athletes) wins. It is important that he immediately raises the belt with his hand. If he does not do this, he does not get a point.

38.4.1 Time limit - The performance may not last longer than 60 seconds. In the event of a draw - 30 seconds extra time.

42.5 Performance area - The area must be no smaller than 5 x 5 m and is located on Budo mats with a thickness of 25 mm (kickboxing) or directly on a sports hall floor that is demarcated.

42.6 Number of judges - 2 judges. They award 1 point each for the correct removal of the belt. The judges award the points independently and the MRef involves the side judge in the event of unclear scores. Otherwise, the side judge is also responsible for checking the competitors and accepting the belts that have been drawn.

42.7 Evaluation - Points are awarded as follows:
The referee awards 1 point for the correct removal of a ribbon.
As in kickboxing (pointfight), the scores are awarded directly by means of hand signals.

42.7.1 Rules

The two competitors greet each other and the referee by bowing traditionally. They then step approx. 1m apart or to marked starting positions. The referee gives the command "FIGHT". Then they may only pull out the opponent's ligaments with their hands. They may not hold the opponent's hand or pinch their own ligaments with their arm. No punching techniques may be used (punch blocks). It is only permitted to dodge or deflect the holds.

The ribbons must be freely accessible to both players. It is also not permitted to touch the mat with anything other than the soles of the feet, somersaults, kneeling or rolling is prohibited and will be punished with a warning. Attention "should" be paid to a reasonably upright posture as in later fights (pointfight or kumite). The top priority is the child-friendly introduction to a tournament scene - the children's nervousness should be undermined and the FUN of the movement should be in the foreground.

ATTENTION: The straps are standardized and are positioned in the belt provided for this purpose. If for any reason the standardized belt is not available or defective, belt straps with a length of 700mm can be used. These must only be inserted loosely into the belt (same length) and must not be knotted to it.

42.7.2 Warning (time is stopped)

The referee issues a warning for holding or non-compliant ground contact. The warning rules are similar to those in kickboxing.

1. Verbal admonition
 1. Warning= (NO PENALTY= ATTENTION)
 2. Warning = 1 point MINUS (one belt less)
 3. Warning = 1 point MINUS (one belt less)
 4. DISQUALIFICATION should only be imposed in this sport for serious REASONS with regard child-friendly practice.

38.8 Protective equipment

Head protection (headbutts) is used as protective equipment. Dental protection is also recommended, but is not mandatory.

The coaches are RESPONSIBLE for ensuring that the children are at the area on time and correctly adjusted. After calling out 3 times = a delay of 1 minute after calling out, a minus point can be awarded. Then another one must given after a further 2 minutes. If the athlete does NOT appear at the competition area after a total of 3 minutes, he/she will be disqualified.

38.9 Team Rumble (3 children per team with 2 belts each - time limit is 2 minutes)

Team Rumble is a group dynamic game that serves as a preliminary stage for team fights in kickboxing and kumite. The aim is to teach the children team spirit and to have fun together

In the Team Rumble, 3 people per team are allowed to start, each belonging to an age category or higher - the size does not matter (e.g. three Dragons against 3 Ninjas or three Dragons against three Dragons - but NOT three Ninjas against 3 Tigers!) The team category is cross-gender, i.e. mixed and WITHOUT gender assignment.

2 children with red belts and 2 children with blue belts stand opposite each other in the respective starting positions. One child per team stands outside the area in the diagonal (corner) and is the so-called "JOKER". This child may enter the competition area at the latest when their team no longer has a belt or athlete. However, he may enter the competition area as soon as the first athlete of his team has been eliminated. However, there may only ever be a maximum of 2 athletes per team on the area. All athletes have belts with 2 straps attached to their stomachs and the removal is exactly the same as in the individual competition. The winning team is the first team to have drawn the most belts at the end of the time limit.

CHAPTER 9 NO - CONTACT

ARTICLE 43. no-contact (NC)

39.1 Description - No-Contakt is and sees itself as a preliminary stage to the mat sports of kickboxing light contact & kicklight, in which children are taught in a playful way what skills they need for fighting. Speed, reaction, fairness, agility and fine motor skills and technique through punching and kicking are specifically trained. All techniques are to be used according to these rules but WITHOUT contact.

39.2 Age groups (the subdivision is according to body size, see Attention - MINIMUM AGE is 3 years)

Description	Age	Category	Size in cm				
TIGERS	3-6 J	U6	-90	-110	-130	+130	
DRAGONS	7-8 J	U9	-100	-120	-140	+140	
NINJAS	9-12 J	U13	-110	-130	-150	+150	
INCLUSION	Open	Open	-110	-130	-150	+150	

43.3 Uniform - All uniforms should show the country to be represented or the style of your club. It is up to the athletes what they wear. Traditional (Gi) or other martial arts clothing. IMPORTANT no unsportsmanlike prints or patches!

43.4 Performance - Both children fight each other without being allowed to touch each other. Targeted punches and kicks that would hit and have been executed correctly are evaluated by the judges. It is forbidden to touch or hit each other. ALL KICKBOX TECHNIQUES ARE ALLOWED.

ATTENTION: As these are children of different grades and styles, not only quality and execution, but also the number of techniques is decisive. An attack and defense technique must be visible. The DISTANCE is at least 0.5m approx. 1 arm length of the athletes and limited to a maximum of 1m - approx. 2 arm lengths. Techniques that are too far apart will NOT be judged. Attention at the TIGERS the distance is controlled & accompanied by the main judge during the competition due to the small age! The focus must be on having fun.

43.4.1 Time limit - The performance must not last longer than 60 seconds. In the event of a draw - 30 seconds extra time - then a decision must be made.

43.5 Performance area - The area must be no smaller than 5 x 5 m and be on Budo mats with a thickness of approx. 25 mm (as in kickboxing).

43.6 Number of judges - 2 judges.

The main referee decides together with the 2nd referee.

They award 1 point each for the correct execution of a technique. The main referee awards the point independently and refers to the side judge the event of unclear scores. Otherwise, the side judge is also responsible for checking the competitors.

43.7 Evaluation - Points are awarded as follows:

The referee awards one point for the correct execution of a foot kick or fist strike. It is completely irrelevant which style the athlete comes from. The hits he would receive if he was actually hit are decisive. The defense techniques are only to be evaluated whether they would have protected or not - i.e. as NOT hit. The referees may use clickers to determine the points. As in light contact, the winner is awarded by the HK judge after the end of the fight time by means of a hand signal (in the winner's corner).

43.7.1 Rules

The two competitors greet each other with shake hands, then the referee and start the competition after the command "FIGHT". No parts of the body other than the soles of the feet may touch the ground. All techniques must be performed cleanly according to age and must NOT touch.

43.7.2 Warning (time is stopped)

The referee issues a warning for touching or contact with the ground that does not comply with the rules. The warning rules are similar to those in kickboxing.

1. Admonition
2. Warning= (NO PENALTY= ATTENTION)
3. Warning = 1 point MINUS (3 points less)
4. Warning = 1 point MINUS (3 points less)
5. DISQUALIFICATION should only be imposed in this sport for serious REASONS with regard child-friendly practice.

43.8 Protective equipment

Protective equipment includes head protection (headbutts) and suitable child-friendly boxing gloves approx. 8 to maximum 10 OZ. Tooth and foot protection is also recommended, but not mandatory.

The coaches are RESPONSIBLE for ensuring that the children are at the area on time and correctly adjusted. After calling out 3 times = a delay of 1 min after calling out, a minus point must be awarded. Then another point must given after a further 2 minutes. If the athlete does NOT appear at the competition area after a total of 3 minutes, he/she will be disqualified.

CHAPTER 10 KIDS - RUN

ARTICLE 44. KIDS RUN (KR)

44.1.1 Kids Run is a pure children's discipline and was developed from the basis of conventional WMAC sports paired with elements of skill, agility, coordination and speed exercises. Kids Run sees itself as a preliminary stage to the mat sports in Kickboxing Light Contact & Kicklight, in which children are taught in a playful way which skills they also need for fighting. Speed, reaction, fairness, agility and fine motor skills and technique through punching and kicking are specifically trained. All techniques are completed in pairs or timed.

44.2 Age groups (subdivision according to body size, see announcement Attention - MINIMUM AGE is 3 years)

Description	Age	Category	Size in cm				
TIGERS	3-6 J	U6	-90	-110	-130	+130	
DRAGONS	7-8 J	U9	-100	-120	-140	+140	
NINJAS	9-12 J	U13	-110	-130	-150	+150	
INCLUSION	Open	Open	-110	-130	-150	+150	

44.3 Uniform - All uniforms should show the country to be represented or the style of your club. It is up to the athletes what they wear. Traditional (Gi) or other martial arts clothing. **IMPORTANT** no unsportsmanlike prints or patches!

44.4 Performance - Both children run and perform exercises against each other without being allowed to touch each other. Targeted exercises must contain the following 5 elements= 1.running, overcoming obstacles (age-appropriate) 2.skill such as balancing, 3.agility such as crawling under an obstacle, hopping / jumping. 4. coordination elements such as jumping in a circle with different colors etc. Punches and kicks, which are completed at specific positions with a predetermined number and then so-called 5. speed & sprint units for the finish. The referees run along and check completion. If an exercise is NOT performed correctly, it must be repeated immediately or a time penalty of at least 5 - maximum 10 seconds must be imposed.

44.4.1 Time - The performance must not last longer than 60 seconds. In the event of a tie, a new run is started - if the score is tied again, a decision must be made by the referees. E.g. beautiful execution of the exercises.

44.5 Performance area - The area must be no smaller than 10 x 4m and is located on a hall floor that can be supplemented with mats (floor contact exercises)

44.6 Number of judges - 2 judges & 1 main judge

The main referee decides together with the 2nd referee.

They take into account the correct execution and the time limits as well as who finishes first.

44.7 Judging - The winner is determined immediately after the end of the run by a show of hands. All referees judge equally and autonomously.

44.8 Rules

The two competitors greet each other by bowing and then go to the designated starting position. There the referee will announce the start of the race with the command = START. The first to cross the finish line and complete all the exercises as specified is the winner.

44.9 Warning (time is stopped)

The referee will issue a warning for touching or not following the rules (wrong exercise, wrong number etc.). The warning regulation applies as follows as a time penalty or as a return to the incorrectly completed exercise until it has been completed correctly.

Warning as a TIME PENALTY
for incorrect exercise 10 seconds plus
for incorrect number 5 seconds plus

Warning as a RETURN to the exercise - according to the result

44.10 Protective equipment & readiness

Knee and elbow pads, hand bandages and tape may be used as protective equipment in the event of injury. Otherwise there are NO specific requirements.

The coaches are RESPONSIBLE for ensuring that the children are at the area on time and correctly adjusted. After calling out 3 times = a delay of 1 minute after calling out, a warning must be given = time penalty of 5 seconds. Then a further time penalty of 5 seconds must be given. If the athlete does NOT appear at the competition area after a total of 3 minutes, he/she will be disqualified.

ABLAUF

- Slalom – zwischen den Hütchen hindurch
 - Unten durch / oben drüber
 - Balancieren auf Längsbank
 - Rolle vorwärts
 - Im Reifen 2 Fauststöße
 - Im nächsten Reifen 2 Frontkick mindestens Gürtelhöhe
 - Run in die Zielgerade
- Bei einem Fehler bzw. Auslassen an einer der Stationen, muss diese Station wiederholt werden: es wird nur ein Fußkick gemacht oder unter der Gürtellinie / schräge Rolle / untern durch – umwerfen der Stange / Balancieren – runter gehen / Slalom – Hütchen berühren oder umwerfen.....)

