



WORLD MARTIAL ARTS COMMITTEE

AMATEUR - TOURNAMENT RULES

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Part 3: Forms



Partner of:



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World Martial Arts Committee

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Introduction:

This Rulebook replaces all previously issued rules. It also reflects the official WMAC Amateur Competition Rules. These current rules are valid for all members. Consideration can be given to local legal requirements and obligations if required.

The official language of the IRC is English. This Rulebook can be translated in to other languages by the IRC. In case of any discrepancies, the official English version shall prevail.

Without the specific written consent of either WMAC or the IRC, this Rulebook shall not be copied, published or distributed. This includes electronic, digital, physical or any other duplication forms.

This Rulebook can be ordered free through the official website of the WMAC

WORLD MARTIAL ARTS COMMITTEE

Rules & Regulations



January, 2018

Dear Reader,

We are very pleased to release the 4.4 version of the Rules & Regulations governing the World Martial Arts Committee. This is definitely the most comprehensive Mixed Martial Arts Tournament Rule Book available today, and we are proud to make it available for your use. It was only made possible by the hard work and dedication of individuals from around the globe. In particular we would like to thank all individuals for their special contributions to this addition:

Yves Engel (GER) _-Forms

All rules and regulations contained within this document are intended for use at WMAC sanctioned events. In this case, they must not be deviated from, except in extraordinary circumstances and with the written permission of the IRC or Chief Referee (Supervisor) of the tournament. The Chief Referee's interpretation of these rules will be the only interpretation accepted in the event of a query/complaint regarding correct implementation of any rule (IRC).

The World Martial Arts Committee Rules and Regulations may also be used for non-sanctioned events. In this instance, we would ask that the promoter or user of these Rules & Regulations include the following line in their promotion "This tournament will be governed by the current Rules and Regulations of the World Martial Arts Committee."

The World Martial Arts Committee Movement is constantly evolving. And as we continue to grow our membership and expand our events, our need to revise the Rules and Regulations will continue. Please check back with us periodically to ensure that you have an up to date copy of our Tournament Rules and Regulations.

Yours truly,

A handwritten signature in blue ink, appearing to read 'Harald Folladori', written in a cursive style.

Harald Folladori
WMAC World President

PART 3 – FORMS

ARTICLE 14 - GENERAL FORM RULES

14.1 Gender - Every division will be divided into Male and Female categories.

14.2 Age Divisions – All Forms, except where otherwise indicated.

| Description | Age Grouping |
|-------------|--------------|
| Kids | U10 |
| Juniors | U14 |
| Cadets | U18 |
| Adults | - 35 |
| Veterans | +35 |
| Master | +45 |

14.3 Grade Divisions - Due to the diversification of a mixed martial arts event, the colour of belt, Japanese Kyu ranking or any other grouping may not apply to all. The following guide will serve as the basis for determining the appropriate grade division of an individual. Years of experience will be the common factor for determining a competitor's eligibility in an event:

| Description | Martial Arts Years Experience | WMAC Belt Colour |
|--------------|-------------------------------|------------------|
| Intermediate | 1 to 3 years | Yellow - Blue |
| Advanced | Over 3 years | Red - Brown |
| Black Belt | Varies | Black |

14.4 Scoring – Scores will be awarded for all categories from 8-10 points, decimals may be used.

Competitors will be scored on the following criteria:

1. Correct Entry & Exit Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Appropriate Mental Focus
6. Overall Performance/Energy of The Form

Scores will be awarded for all categories from 8-10 points, decimals may be used.

Notes :

- If a competitor must begin the Form new (mistakes !) the Referees must give him one point minus at the end.
- If there is a draw in the Advanced or Black Belt Division, they have to use a different Form for the 2nd Performance.
- In case of the little different Performance (clubs / nations) of the same Form , the Referees must be accept these and should not vote it down.

14.5 Definition:

14.5.1 Traditional Forms - Traditional Forms (Empty Hand & Weapon Forms) are those which are accepted to be from a recognised Traditional Martial Art, or Martial Arts Style.

14.5.2 Differences in Styles - Every Instructor will teach their own opinion of what the Traditional Form should be, however, provided that the Original Form is not changed dramatically, Instructor differences will be accepted and the Form performed with be recognised as being correct.

14.5.3 Form - For the sake of this document, the word Form will be taken to represent all Kata, Patterns, Forms and any other title which is given in the various Martial Arts.

14.6 Uniform – All uniforms should be of the representative country or style. The Country will decide what uniform they can wear. Country name should be embroidered or silk-screened on the back of uniform. Last name of athlete can be embroidered or silk-screened on right arm.

Competitors may wear appropriate footwear. Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which is not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

14.7 Performance – Competitors must perform a Form which is recognised as being from a 'Traditional' Chinese Martial Art i.e. Kung Fu, Wushu.

14.8 Performance Area - The Performance Area shall be conducted on a Blue matted area of Eight (8) metres x Eight (8) metres, surrounded by a Red safety area around the matt.

14.9 Number of Judges – The Form will be judged by 3-5 Referees not less than 3 Judges for all Forms, who will be seated in one of the following manners:

1. A single line at one side of the area.
2. The Main Judge to one side and the remaining judges seated at appropriate corners. When the judges are seated in this order, the competitor will address only the main judge.

Entering & Exiting the Performance Area – Competitors will be indicated as to the point which they are expected to enter, and may only enter or exit the area at this point.

Competitors are required to make two appropriate bows, or salutations, one to the preceding competitor, and one to the area before making their way on to the area. In the case where the competitor is the first person on to the area, they will make their bow or salutation only to the area itself.

Upon entering the area, competitors will make their way to the centre of the ring and will announce to the judges/main judge the following:

1. Name of Competitor
2. Country They Represent
3. Name of the Form

Before the Competitor begins their Form, the Main Referee of the area will check that all Judges and Score Keepers are ready and that the area is clear of obstruction. When satisfied that all is in order he/she will raise his/her hand to indicate to the competitor that they should begin when ready. At this point they should make their way to their starting position.

ARTICLE 15. CHINESE EMPTY HAND FORMS

Competitors need to perform a style, which can be recognized as traditional Chinese martial arts like Kung Fu or Wushu.

ARTICLE 16. KARATE-JAPANESE/OKINAWA EMPTY-HAND FORMS

Competitors need to perform a kata from a karate style like Karate Shotokan or Goshu- Ryu.

ARTICLE 17. TAEKWONDO- KOREAN EMPTY-HAND FORMS (HYONG,TOOLS,POOMSE)

Competitors need to perform a form from a taekwondo style. ITF, WTF or traditional

ARTICLE 18. HARD STYLE EMPTY-HAND FORMS

Competitors need to perform a hard style form that is confirmed as traditional martial arts

ARTICLE 19. WEAPONS FORMS DIVISION

19.1 CHINESE SHORT WEAPONS FORMS

Competitors need to perform a style that is recognized as traditional Chinese short weapon form. These weapons are confirmed as short weapons:

- Jian- traditional straight sword
- Dao- traditional wide sword

19.2 CHINESE LONG WEAPONS FORMS

Competitors need to perform a style that is recognized as traditional Chinese long weapon form. These weapons are confirmed as long weapons:

- Rope Dart
- Three Part Nunchaku
- Javelin
- Stick

19.3 TRADITIONAL HARD STYLE-JAPANESE/OKINAWA SHORT WEAPONS

Competitors need to perform a style that is recognized as hardstyle japanese/okinawa short weapon form. With Kama, Sai, Tonfa.

19.4 TRADITIONAL JAPANESE/OKINAWA SWORD FORM

Competitors need to perform a style that is recognized as hardstyle japanese/okinawa sword form.

19.5 TRADITIONAL HARD STYLE LONG WEAPONS FORMS

Competitors need to perform a style that is recognized as hardstyle long weapon form. With stick or javelin

ARTICLE 20. NON-TRADITIONAL FORMS (Creative Forms without Music)

20.1 NON-TRADITIONAL EMPTY HANDS - CREATIVE FORMS

Competitors need to perform a form without music, weapons, acrobatic moves and kicks that rotate more than 360 degrees. This form should last between 1 and 2 minutes. The form is performed solo. The used techniques have to appear in their shown martial arts.

20.2 NON-TRADITIONAL- CREATIVE WEAPONS FORMS

Competitors need to perform a form without music, weapons, acrobatic moves and kicks that rotate more than 360 degrees. This form should last between 1 and 2 minutes. The form is performed solo. The used techniques have to appear in their shown martial arts.

ARTICLE 21. FREESTYLE MUSIC FORMS

21.1 FREESTYLE FORMS WITHOUT ACROBATIC / EMPTY-HAND

Competitors need to perform a form without weapons but with music. It needs to be a self-creation. No acrobatic moves or kicks that rotate more than 360 degrees should be used. This form should last between 1 and 2 minutes. The form is performed solo. The used techniques have to appear in their shown martial arts.

21.2 FREESTYLE WEAPONS FORMS (without Acrobatic)

Competitors need to perform a form with weapons and music. It needs to be a self-creation. No acrobatic moves or kicks that rotate more than 360 degrees should be used. This form should last between 1 and 2 minutes. The form is performed solo. The used techniques have to appear in their shown martial arts.

ARTICLE 22. X – TREME MUSIC FORMS

22.1 X-TREME EMPTY-HAND FORMS

Competitors need to perform a self-creation without weapon but with music that should last from 1 to 2 minutes. The form needs to include acrobatic moves and min. 1 spinning kick that rotates more than 360 degrees. The form is a solo performance with martial arts techniques and music.

22.2 X-TREME WEAPONS FORMS

Competitors need to perform a self-creation with weapons and music that should last from 1 to 2 minutes. The form needs to include acrobatic moves and min. 1 spinning kick that rotates more than 360 degrees. The form is a solo performance with martial arts techniques and music.

ARTICLE 23. SYNCHRONISED FORMS

23.1 GENERAL SYNCHRONISED FORMS RULES

23.1.1 Gender Divisions – This is a mixed gender event.

23.1.2 Age Divisions - The age divisions for Team Forms is U10/ U14 / U18 and 18 years of age and above.

23.1.3 Grade Divisions - There are no grade divisions for synchronised Forms

23.1.4 Rating:

Traditional form: A same criterion as solo performances BUT it has to be shown synchronised. If not- 1 point minus

Music form: A same criterion as solo performances BUT it has to be shown synchronised. If not- 1 point minus

23.2 SYNCHRONISED EMPTY- HAND FORMS

Synchronised forms are Team Performances with a minimum of 3 persons from the same discipline, that present the same form as traditional, with music and without weapon synchronised. If the form contains music, it has to last from 1 to 2 minutes.

23.3 SYNCHRONISED WEAPONS FORMS

Synchronised forms are Team Performances with a minimum of 3 persons from the same discipline, that present the same form as traditional, with music, and with weapon synchronised. If the form contains music, it has to last from 1 to 2 minutes.

ARTICLE 24. TEAM FORMS

24.1 GENERAL TEAM FORMS RULES

24.1.1 Gender Divisions – This is a mixed gender event.

24.1.2 Age Divisions - The age divisions for Team Forms is U10/ U14 / U18 and 18 years of age and above.

24.1.3 Grade Divisions - There are no grade divisions for synchronised Forms

24.2 TEAM EMPTY-HAND AND WEAPONS FORMS RULES

Team Forms are Performances established with 2 to 6 persons. The form has to be shorter than 2.30 minutes and can contain weapons. The teams can perform creative aspects of their style.

Team forms need to have 50% traditional martial arts techniques (with or without weapons)
The other 50% can include freestyle or x-treme elements.