



WORLD MARTIAL ARTS COMMITTEE

AMATEUR - TOURNAMENT RULES

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Part 5: Grappling/ Ju Jutsu/ MMA Light



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:

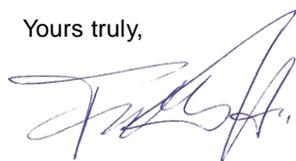
Gerold Bauer (GER) - Grappling / MMA

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,



Harald Folladori
WMAC World President

PART 5 – Grappling Divisions

ARTICLE 31 – GENERAL GRAPPLING RULES

31.1 **Officiating** - The grappling arts can only be altered or modified to become a safe competitive sport if one important element becomes part and parcel of the sport itself. This foremost element is well trained officials. He/she must be thoroughly knowledgeable in understanding, interpreting and administering all aspects of the rules. This can only be accomplished through diligent study of the rule book and actual physical training under competition conditions. Officiating shall be considered a prestigious position and only those who have diligently studied and trained are to be considered and accepted as experts in the field of rule etiquette.

31.2 **Divisions:**

31.2.1 **Gender** - Each division will be divided into Male and Female categories

31.2.2 **Age Divisions** – U14, U18, -35, +35 and +45 years
Note : Children Divisions are Optional like Kickboxing Division U10

31.2.3 **Grade Divisions** – Grade division will be as outlined in the individual event.

31.2.4 **Weight Divisions** – All grappling division weights are based on the following table:

Description	Age Grouping	Gender	Weight Category ¹
Junior Male All Belts ²	U14 /U18	Male	-40kg
			-45kg
			-50kg
			-55kg
			-60kg
			-65kg
			-70kg
Junior Female All Belts ²	U14/U18	Female	-40kg
			-45kg
			-50kg
			-55kg
			-60kg
			+60kg
			All Belts
-65kg			
-70kg			
-75kg			
-80kg			
-85kg			
-90kg			
			+90kg

¹ Weight categories may be altered due to number of competitors or other circumstances. The final decision rests with the Tournament Director.

² Juniors Under 14 – In the event that there are not enough competitors to form a competition, competitors may be grouped into under 10kg groupings at the Tournament Directors discretion i.e. Under 30kg, 40kg, etc

NOTE – The Tournament Supervisor has the option to change and alter all divisions depending on the number of competitors in each division with the prior approval of the WMAC.

31.3 Weighing-in:

- 31.3.1 Only contestants in keeping with the other qualifications shall be weighed in.
- 31.3.2 The contestant will bring his/her passport to the weighing-in.
- 31.3.3 The weighing-in of contestants is handled by the head registrar in collaboration with the arranging and recording group and under the supervision of the members from the Referees/Rules Commission.
- 31.3.4 Contests shall be weighed only once before the whole competition or once on each day of competition, at the designated time and place. And the weighing-in of each contestant shall be completed within an hour. Contestants shall be bare of any clothing or only have their undergarments on when being weighed.
- 31.3.5 The weighing-in on each day of competition shall be completed two hours before the start of the first unit of the day's competition.
- 31.3.6 The weighing-in will start from the lighter weight categories. A contestant, whose weight does not conform to the requirements of the category and cannot make weight within the time limit of the weighing-in, shall not be allowed to compete.

31.4 Scoring – Scoring will be as outlined under the individual event.

ARTICLE 32. GRAPPLING/SUBMISSION COMPETITION (GSC)

32.1 Competition Description – The Grappling/Submission Division was designed with an open set of rules that will allow many different grappling styles to compete in the same event. The sport brings out a competitive side where the athlete demonstrates his/her physical & psychological conditions, techniques, and abilities with the objective of rendering his/her opponent into submission or by securing positional dominance.

32.2 Divisions:

32.2.1 Age Divisions – Events will be divided by age as follows:

Description	Age Grouping
Junior	U14
Cadets	U18
Adults	- 35
Veterans	+35
Masters	+45

32.2.2 Grade Divisions – Due to the diversification of a mixed martial arts event, the colour of a 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
Intermediate	1 to 3 years	Yellow - Blue
Advanced	Over 3 years	Red - Brown
Black Belt	Varies	Black

32.2.3 **Weight Divisions** - Weight divisions are as outlined in Article 31.2.4

32.3 **Uniform** - Each player must – depending on the competition will be No-Gi-Grappling or Grappling with Gi - present him/herself suitably attired in clean fightshorts and T-Shirt/rashguard or in an traditional martial arts uniform (Gi or Kimono), constructed of cotton or similar material and in good condition. The material may not be excessively thick or hard to the point where it will obstruct the opponent. Colours may be black, white or blue. Other colours or combined colors will be allowed in keeping with the National Team Colours. A jujutsu or judo top is recommended. The jacket is to be of sufficient length down to the thighs, sleeves must reach the wrist with arms extended in front of the body. Belt width 4- 5cm, with colour corresponding to rank tied around the waist with a double knot, tight enough to secure the uniform closed. The uniform must be washed and dried with no unpleasant odours. Athletes are not permitted to compete with torn uniforms, sleeves or pants that are not of proper length or with t-shirts underneath the uniform (except in the female divisions). If a player's uniform becomes bloodied or torn in a manner that may affect the outcome of the match, he/she will be asked to replace it immediately or forfeit the match. Competitors with long hair must to use a plain hair tie. Toe and fingernails must be cut short and clean. All jewellery (rings, watches, necklaces, etc.) must be removed. Wearing of eye glasses during competition is prohibited. Competitors may be required to wear a coloured flag or belt during the actual match for identification purposes.

Wrestling shoes or any type of shoes, head gear, and any type of protectors that can alter the outcome of the match in any way are not allowed in competition.

32.4 **Competition Area** - The competition area will be as outlined in Article 3.3.

32.5 **Entering & Exiting the Contest 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. The Centre Referee will give the first athlete on the mat a green and yellow belt for identification and keep him on the right side, in case the athletes' uniforms are the same colours. The other athlete must remain on the left side, and after the compliments.

Before the Competitors begin their match, the Central Referee will oversee that everything is correct; for example: the ring, equipment, uniforms, hygiene, officials, etc., 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 competitors that they should begin when ready. At this point they should make their way to their starting positions.

Before the start of each round, the contestants will bow to each other. The referee will start the match by saying "Begin"!

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow to the referee, then the officials on the platform with the referee and officials returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

32.6 **Referees, Inspector, & Officials** – Each contest will have a Centre Referee, an Inspector of the match, one Scorekeeper, and one Timekeeper to time the duration of each round. The match will be overseen the Centre Referee who will enforce the rules of the match. Medical personnel shall be available at all times and easily recognizable. During the match, the referee or persons at the scoring table are not allowed to converse with the competitors, this will be strictly enforced.

32.6.1 **Duties of the Centre Referee:**

The Centre referee is the highest authority on the mat and has the authority to disqualify competitors during the match. No one can overturn his decision. In special cases the Chief Referee of the event can review and overturn a referee's decision if the decision is unjust. In cases where a referee shows himself incapable to continue refereeing because of obvious mistakes, the Chief Referee has the authority to replace him.

The Centre Referee does not keep score. The Centre Referee is charged with supervision

of the match. He/she administers and controls the tempo of the contest, enforces the rules, and ensures fair play. To this end, he/she starts and stops the match, counts the 10 second holds, awards points and calls and enforces all penalties

The referee shall communicate clearly with the scorekeeper and timekeeper, as well as announce the winner of each match. The referee shall announce in a loud clear voice all official decisions, and shall indicate with voice and gestures the player affected by his/her decisions.

The Centre Referee is encouraged to give verbal commands throughout the competition where a penalty has not been called, such as "*watch the contact, or, stay in bounds, etc.*"

Only the centre referee may call time out. He/she must do so for the following reasons:

- a) To allow equipment adjustments.
- b) To award points, assess penalties, administer warnings.
- c) To attend to an injured competitor.
- d) To hear a legal protest.

During the match the Centre Referee will continually be directing the competitors to the centre of the ring. In the event that the competitors move out of bounds during the match, the referee will call "OUTSIDE", and at the same time the referee will do the gesture according to the command, and the competitors must hold their position without movement. The same occurrence will happen when 2/3 of the competitor's body is outside the boundary. The referee may be assisted by another official in moving the athletes back to the centre of the ring. In case the referee and the other official are unable to move the athletes back to the centre of the ring, the athletes will be asked to walk back to the centre and continue from the same position.

The referee will not allow interference from outsiders during the match. Medical team or nurse will be allowed on the mat at the referee's discretion.

When the Timekeeper gives the signal that the match is over, the Centre Referee can give an advantage point to a competitor for attempting a submission or for attempting to establish a dominant position without maintaining for the required time, except for take-downs because athletes do not need to establish a dominant position to award points.

In the event of a draw, the Centre Referee will decide who the winner is and his/her decision is absolute.

Any and every situation that cannot be determined by the manual will be left up to the Centre Referee's discretion.

32.6.2 Duties of the Referee:

The Referee verifies before the match that the competitors' nails are trimmed, the uniform is correctly fitted, and assures that the colour and the state of the belt is appropriate for the competitor.

During the match the Referee will ensure that all official duties are executed according to the official rules of the Games. If the Referee believes that there is an infringement of the rules, they have the authority to request a timeout in which they can confer with the Centre Referee.

During the match the Centre Referee may seek the advice of the Referee regarding any clarification of the rules.

32.6.3 Duties of the Timekeeper:

Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee's signal to do so. If for some reason the centre referee fails to call time out, the timekeeper should automatically stop time, and then restart time with the referee's signal, or when the match resumes.

Timekeeper #1 is the official timekeeper. They shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the centre of the competition area, inform the referee when time has run out, or when he/she has received a formal protest. Time officially runs out only when the centre referee calls the signal to stop.

32.6.4 Duties of the Scorekeeper:

There will be a scoreboard situated horizontally on the Officials table, easily visible by the Centre Referee and spectators.

The Scorekeeper shall keep count of all points and penalties awarded to competitors, as instructed by the Centre Referee. He/she will maintain scores sheets and notes from the Centre Referee and call up each competitor, including those on deck.

All the required score sheets, hand counters, stopwatches and necessary flags must be at the Official's table.

32.6.5 Gestures:

The central referee will make gestures indicated below, according with the actions. For all gestures made, the central referee will raise his hand indicating the athlete receiving the score with his armband in accordance with the colour of the athlete's coloured uniform or indicating belt.

Take downs and sweeps: The referee will raise his hand indicating the scoring athlete's colour and the score of 1, 2 or 3 points – depending on the quality of the takedown or throw.

Passing the guard: The referee will raise his hand indicating the scoring athlete's colour and the score of 3 points.

Full Mount/Back mount hooks / grapevine: The referee will raise his arm above his head scoring athletes colour and the score of 3 points.

Pins/holds: The centre ref will call hold or pin and count the 10 second time when 75% of their opponents back has been pinned to the ground and award 2 points.

Submission: Wins the bout.

Penalties: The referee will stop the bout and inform the penalised competitor and table official of the infringement. An advantage will be given to the other competitor. (See 32.10)

Advantages: The referee signals advantages with arm extended sweeping outward on a horizontal plane level with the shoulder.

For the interruption of the match: The referee opens his arms together on a horizontal plane level with the shoulder.

For interruption of time during the match: The referee puts his hands one above the other forming a "T", signalling the timekeeper to stop the time.

For disqualification: The referee lifts his arms and crosses them, after that, he points to the disqualified athlete.

To take off a awarded point: The referee lifts the arm that he gave the point with and waves his hand.

32.7 **Safety of Competitors** - It will be the Centre Referee's responsibility to ensure safety at all times of competitors. In all categories, the Centre Referee has the authority to stop a match when either of

the competitors are in danger of serious bodily harm as a result of a submission and award the victory to the competitor applying the submission. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete.

32.8 Time of Matches:

- 32.8.1 – U18 and Under (All levels) – One, 2 Minute continuous action round.
- 32.8.2 - +18 and Over (All Levels) – One, 3 Minute, continuous action round.

32.9 Number of Rounds – There is only one round.

32.10 Time Outs - Only the centre referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the Centre Referee gives the command to match. He/She may also call time out at the request of one of the Officials, the coach, one of the competitors or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

In the event a competitor fails to present to the competition area with all proper uniform, they will be given one minute to prepare themselves after which they will be disqualified from the division.

32.11 Illegal Techniques – There will be no striking of any kind. No pressure points i.e. hands, knees or elbows on face area. No minor joint locks i.e. fingers and toes. No neck cranks or similar techniques that may injure the vertebrae and no clawing of the windpipe.

Illegal Technique	Illegal Technique for Division Marked By "X"			
	U14	U18	-35/+35/+45	
Striking	X	X	X	
Facial Contact	X	X	X	
Finger/Toe Locks	X	X	X	
Spine Locks	X	X	X	
Neck Cranks	X	X	X	
Frontal Neck Crank	X	X	X	
Heel Hook	X	X	X	
Slam from the guard	X	X	X	
Triangle Pulling the Head	X	X	X	
Knee Lock with twisting	X	X	X	
Cervical locks	X	X	X	
Scissors Takedown	X	X		
Chokes				
Submission techniques				
Wrist Lock	X	X		

32.11.1 Cervical locks or neck cranks are not allowed in any category except for chokes in the juveniles or adult divisions. Competitors attempting intentionally a cervical lock will be immediately disqualified with no prior warnings.

32.11.2 Ankle locks using the figure 4 method are allowed

32.11.3 Leg locks without any pressure or twisting are allowed

32.11.4 Applying any Lock or Choke in a manner that is not considered sportsmanlike, or is applied without control or with such force that could cause injury to the opponent is considered an illegal technique.

32.11.5 Strictly no dangerous submissions for competitors under the age of 16 , that means the Referee stop the fight if he see the begin of a perfect technic for a Submission and give out the points.

32.12 Match Conclusions – There is never a draw. Bouts will be decided by:

- 1) Submission
- 2) Disqualification
- 3) Unconsciousness (to be avoided by referee's intervention) or pull out due to injury.
- 4) Points
- 5) Advantages

32.13 **Submission** - Submission occurs when a technique forces an opponent into admitting defeat by:

- 1) Tapping with the palm against his opponent or the floor in a visible manner
- 2) Tapping with his feet on the ground (if he is unable to use his hands)
- 3) Requesting verbally to the referee that the match be stopped (if he can neither tap with his hands or his feet)
- 4) Requesting that the match be ended if the athlete gets injured or feel physically incapable or unprepared.
- 5) The referee may end the match giving victory to the one that applied the lock if he sees a lock being properly applied and is certain that the Athlete is exposed to serious physical damage.
- 6) A coach of one of the athletes may request that the match be ended either by directing himself to the referee or by throwing the towel into the ring for any reason.
- 7) When an athlete is under a submission position and he calls "Ai", will be the same as if he taps.

The referee may end the match when one of the athletes is injured or the doctor's examination proves he is incapable to continue. If this occurs, the victory will be given to the opponent as long as the injury was not caused intentionally by conduct worthy of disqualification.

32.14 **Disqualification** – The Centre Referee may disqualify an athlete due to the occurrence of a serious infraction. Serious infractions are defined as follows:

- 1) The use of foul language, cursing, or other immoral acts of disrespect towards the referee or any of the assisting public.
- 2) Biting, hair pulling, putting fingers into the eyes or nose of one's opponent, intentionally seeking to injure genitalia or the use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair advantage.
- 3) When the competitor has his/her uniform ripped during the match, the referee will give him a set time to change it. If the competitor does not change it in time he will be disqualified.
- 4) The competitor must wear shorts under the pants, keeping in mind the risk that the suit might get torn or unsowed, If this occurs, the athlete will be given a set time determined by the referee to find another pair of pants to wear. If the athlete can not change within the set time, he will be immediately disqualified.
- 5) When an athlete has been submitted to a lock and to avoid tapping out he runs out of the ring, he will be immediately disqualified. In such cases when it is considered a technical foul, not a disciplinary foul, the offender may return to the competition to continue the absolute division or in case of a bracket of three.
- 6) When the athlete breaks any rule of the article 32.11

32.14.1 **Escalation** - An act of disqualification against a competitor may eliminate the competitor from further participation in that tournament. All disqualifications should be classified as Minor or Major. Details are as follows:

32.14.1.1 **Minor Disqualification:** Will be for the existing contest only (providing there is double elimination or round robin).

32.14.1.2 **Major Disqualification:** Will be for the balance of the tournament or a designated

period of time, to be suggested by the involved ring referee and submitted to the tournament director and the governing body for that country or area.

32.15 **Unconsciousness** - One of the 2 opponents is defeated after losing consciousness by any of the valid moves: strangling, pressuring, or take downs, or accidents in which the adversary has not committed any foul worthy of disqualification. This would only occur if there was no attempt to tap-out prior to the opponent losing consciousness. In all instances the Centre Referee will make sure that the safety of athletes comes first by recognising and preventing potential loss of consciousness.

32.16 **Points** - The Centre Referee is empowered to award points, or penalize a competitor with a warning, loss of points or disqualification.

32.16.1 **Positive Points** - The competition makes the athletes use their technical abilities to finish or neutralize their opponents. Positions are achieved through proper technique. If there is no submission at the end of a match, the athlete gains victory by scoring more position points than his opponent.

Points	Technique	Description
2	Opponent's 3rd Penalty Warning	- On committing a third offence, the offender's opponent will be given two points. - See Article 33.16.2
	Sweeps	- Is defined when the athlete that is underneath has his opponent in his guard (in between his legs) or the half guard (having one of his adversary's legs between his) and is able to get on top of his adversary by inverting his position, 3 points will be awarded. - It will not be considered a sweep if the move does not begin from inside the guard or half guard.
	Take Downs Throws	- Any kind of take down or throw by legal means that renders the opponent on his back or side. A simple takedown without force and speed brings only one point. A normal takedown with medium force and speed scores with two points. A spectacular dynamic takedown/throw scores with three points. - The take down that lands outside of the competition area and on to the security area will be valid as long as the athlete that applied it stood with both feet in the competition area while making the take down. - When the athlete attempts the double leg and the opponent sits on the floor and executes a sweep, the athlete who attempted the takedown will not receive points, but the one who executed the sweep will.
	Pins/Holds	- Any kind of sidemount brings two points. The centre ref will count the 10 second time when 75% of their opponents back has been pinned to the ground. - Hold broken will be called when the opponent has managed to escape with either 75% of their body out of the hold or pin or if a half guard has been achieved.
	Mount	- The Mount is when the athlete sits on his opponent's torso with both knees down on either side. That scores with three points after ten seconds of controlling. - The opponent can be lying on his stomach, side or back. - The one mounted can be on top of one of his opponent's arms, but never on both. - It will also be considered a mount if he/she has one knee and one foot on the ground. - No points will be awarded if his/her feet or knees are on the opponent's leg. - If an athlete applies a triangle while in the guard and in so doing lands mounted on the opponent, it will be considered a sweep, not a mount.
3	Passing the Guard	- Is when the athlete that is above his adversary or in between his legs, moves to his Opponent's side, establishing a perpendicular or longitudinal position over his adversary's trunk, dominating him and leaving him no space to move or to escape the position. That brings three points. - If the controlling after passing the guard lasts minimum time ten seconds it brings two point more for a sidemount or three points if it is a fullmount.

	Back Grab /Hooks	<ul style="list-style-type: none"> - The Back grab is when the athlete grabs his adversary's back, taking hold of his neck and wrapping his legs around his opponent's waist, with his heels leaning on the inner side of his opponent's thighs, not allowing him to leave the position. - the points will not be awarded if both heels are not properly positioned on the inner part of the adversary's thighs. - It will also be considered a back grab, if the athlete has the leg over one arm of the opponent but never over both arms. In this case no points will be awarded.
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32.16.1.1 The athlete cannot score new points when he is in a position where he received points previously, changes position intentionally and returns to the same position.

32.16.1.2 No points will be marked for the athlete who is attaining a position while in a submission. Points will only be awarded after the submission is completely defended. Example: When one athlete is mounted on his opponent but is in a guillotine the points of the mount will be awarded only when the submission is defended.

32.16.2 **Penalties** – On the first offence the offender will be given a verbal warning. On the second offence the offender's opponent will be given an advantage. On the third offence the offender's opponent will be given two points. After the third offence the referee may disqualify the athlete for any further fouls.

Penalty	Offence	Description
Warnings	Avoiding Combat	- When either of the athletes run to one of the extremities of the ring to avoid engagement, or while on the ground, flee by crawling or rolling out of the ring or by standing up avoiding engaging or purposely stepping out of the ring to gain time.
	Avoiding Engagement	- When the athlete avoids engaging by taking off his uniform or by allowing it to be taken off with the intention of stopping the match to allow him or herself rest or to avoid the attacks of his/her opponent.
	Kneeling	- The athlete will only be allowed to kneel after having taken hold of his opponent's uniform.
	Stalling	- When the athlete stalls the match, holding his adversary and, not seeking to engage or gain submissions when in the guard, on top, or on the bottom - Holding the opponent, standing up, or any position designed to stall.
2 Points awarded to Opponent	3 rd Warning	- On the third offence the offender's opponent will be given two points.
Disqualification	After 3 Warning	- After the 3 rd offence, the Referee has the authority to disqualify the athlete who has incurred additional fouls.
	Excessive Force	- A call for excessive force indicates that a referee saw a competitor using strength or force in excess of the force necessary to score a point. - Any throw, takedown, or submission hold delivered with malicious intent will be considered excessive force and may result in immediate disqualification.
	Disrespect or Unsportsmanlike Conduct	- The Centre Referee has the authority to immediately disqualify an athlete who displays disrespect or unsportsmanlike conduct.

32.17 **Advantages** - It is considered an advantage when the athlete attempts but does not complete any of the fundamental moves of the match; i.e. sweep, take down, submission, etc:

32.17.1 **Advantages through takedowns** - When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.

32.17.2 **Advantages during closed guard** - When the athlete on the bottom has his legs wrapped around his opponent's waist:

1) The one on top will earn the advantage by being on the offensive, trying to dominate his adversary's guard (pass the guard). For the referee to consider it an advantage, the athlete that is on top must come close to passing the guard, forcing his adversary to exert energy to regain position e.g. half guard, almost immobilizing, etc.

2) The one underneath will earn the advantage if he almost sweeps his opponent, putting him in a dangerous position, as well as when he attempts a lock that forces his opponent to defend. NOTE: for the sweep attempt to be considered worthy of an advantage the athlete underneath must open his legs.

32.17.3 **Advantages from Submission Attempts:** The one who has managed to get his opponent in either a submission or choke position and attempted to submit his or her opponent will be considered as an advantage.

32.17.4 **Ties** - When there is a tie situation on the scoreboard, it is up to the referee to decide if he will award an advantage, using the following judgments:

1) **Advantages for initiative:** An advantage will be awarded during standing engagement or on the ground if the athlete attempts a technique with more aggressiveness and initiative, trying takedowns, other finalizing moves during the match. Or showing that he dominates the match most of the time by putting the opponent on the defensive.

2) **Advantages through takedowns:** When there is a visible loss of balance in which the adversary nearly completes the takedown. A visible loss of balance during an attempted throw will also result in an advantage.

3) **Advantages during ground engagement:** Advantages will be awarded during ground engagement if the athlete attempts a technique and puts his adversary on the defensive.

32.18 Description of Illegal Techniques

All Categories

- 1) No striking of any kind
- 2) No hands, knees, forehead or elbows on face area
- 3) No minor joint locks - i.e. Fingers or Toes
- 4) No spine locks or neck cranks
- 5) No frontal neck crank or similar technique which may injure the spine or vertebrae
- 6) No heel hooks (Ankle locks using the figure 4 method)
- 7) No slam from the guard
- 8) No triangle pulling the head
- 9) No knee locks (leg locks without any pressure or twisting of the knee are allowed)
- 10) No application of any Lock or Choke in a manner that is not considered sportsmanlike, or with such force that may cause injury to your opponent.

Under 14 Years of Age

- 1) No dangerous submission techniques

ARTICLE 33. SPORT JUJUTSU (SJJ)

33.1 **Competition Description** – The word Jujutsu was originally used to describe a complete system of martial arts used by the Samurai Class of Japan. Prior to, simultaneously, and afterwards, other nations developed similar systems for their warrior class. Since the early 1900's, the need for feudal hand to hand combat systems has decreased whereas the sport side has continued to evolve and grow. Today, the term Sport Jujutsu describes an activity that brings out the competitive side of the art where the athlete demonstrates his physical & psychological conditions, techniques, and abilities with the objective of rendering his opponent into submission.

33.2 Divisions:

33.2.1 **Age Divisions** – Events will be divided by age as follows:

Note : Children Divisions are Optional like Kickboxing Division U12

Description	Age Grouping
Juniors	U14
Cadets	U18
Adults	-35
Veterans	+35
Masters	+45

33.2.2 **Grade Categories** – Due to the diversification of a mixed martial arts event, the colour of a 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
Intermediate	1 to 3 years	Yellow - Blue
Advanced	Over 3 years	Red - Brown
Black Belt	Varies	Black

33.2.3 **Weight Categories** - Weight divisions are as outlined in Article 31.2.4

33.3 **Uniform** - Each player must present him/herself suitably attired in a clean, traditional Jujutsu or Judo style uniform (Gi) with sleeves no more than one fist distance up the arm from the wrist. If a player's uniform becomes bloodied or torn in a manner that may affect the outcome of the match, he/she will be asked to replace it immediately or forfeit the match. Competitors with long hair must use a plain hair tie. All jewellery (rings, watches, necklaces, etc.) must be removed. Wearing of eye glasses during competition is prohibited. Competitors may be required to wear a coloured flag or belt during the actual match for identification purposes. All competitors must be suitably attired with proper safety equipment, (see article 33.7)

33.4 **Competition Area** - The competition area will be as outlined in Article 3.3.

33.5 **Entering & Exiting the Contest 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.

Before the Competitors begin their match, 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 competitors that they should begin when ready. At this point they should make their way to their starting positions.

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

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow to the Centre Referee with the Centre Referee returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

- 33.6 **Referees, Judges, & Officials** – Each contest will have 2 Corner Judges and a Timekeeper. The match will be overseen by a Centre Referee who will enforce the rules of the match. Medical personnel shall be available at all times and easily recognizable.

33.6.1 **Duties of the Centre Referee:**

- 33.6.1.1 **Main Responsibility** - The Centre Referee is charged with supervision of the match. He/she starts and stops the match, administers and controls the tempo of the contest, enforces the rules, and ensures fair play. The Centre Referee's main responsibility is safety of the competitors.
- 33.6.1.2 **Scoring** – The Judges score all striking and throwing points. The centre referee will instruct the Judges when a successful hold down has been effected for the required time. The Centre Referee is the only person who can call for and administer a penalty.
- 33.6.1.3 **Communication** - The referee shall communicate clearly with the players, judges, scorekeeper and timekeepers. The referee shall announce in a loud clear voice all official decisions, and shall indicate with voice and gestures the player affected by his/her decisions. The Centre Referee is encouraged to give verbal commands throughout the competition where a penalty has not been called, such as "*watch the contact, or, stay in bounds, etc.*"
- 33.6.1.4 **Stand up grappling** - The Centre Referee is responsible for counting the ten (10) seconds allowed for stand up grappling.
- 33.6.1.5 **Ground time** – Each time both competitors engage in ground work, they will be allowed a 30 second time limit. When the competitors are on the ground and a hold down has started, the Centre Referee will extend his/her arm out over the competitors and shout "Hold", this is the signal to inform the competitors and table officials that a hold is in progress. The Centre Referee will count a 10 second pin when 75% of the opponent's back is pinned to the ground.
- 33.6.1.6 **Time-outs** - Only the centre referee may call time out. He/she must do so for the following reasons:
- a) To allow equipment adjustments.
 - b) To award points, assess penalties, administer warnings.
 - c) To attend to an injured competitor.
 - d) To hear a legal protest.
- 33.6.1.7 **Call for Winner** – At end of the second round the Centre Referee will "Call for Winner". At this point the judges will raise the flag of the winner to determine which competitor has won the match. In the event of identical scores on a Judge's counters, the Judge will cross their arms to indicate a tie. In the event of an overall tie score at the end of a match, the Centre Referee will announce an additional round.
- 33.6.1.8 **A Tie** – When the Centre Referee checks the scores and determines that it is a tie, he/she will indicate and call this a tie, and further rounds will be held to break the tie. (See Article 33.9 – Time of Matches)

33.6.2 Duties of the Judges:

- 33.6.2.1 **Main Responsibility** – Two Corner Judges will keep the score of the match. Each Judge will have 2 lap counter type devices, one with a White flag/ribbon attached to it, held in the right hand and the other with a Red flag/ribbon attached to it, held in the left hand. The colour of the counter will match the colour awarded to each player by the Centre Referee.
- 33.6.2.2 **Scoring** - The Judges will count all striking points for each competitor that are to a legal target area, using a legal technique, while standing and while on the ground.
- 33.6.2.3 **Communication** - Judges are required to limit their motions to their respective areas of the ring, and they must never interfere with the motions of the referee or competitors.
- 33.6.2.4 **Out of Bounds:** A competitor, whether throwing or striking, is considered in bounds and eligible to score if one foot is still in the competition area. However, a competitor may not be considered officially out of bounds until the centre referee stops the match. It should be noted that it is the centre referee's voice which signals an end to scoring opportunities for the competitors. A Judge should not base his/her scoring on the in bounds or out of bounds of a competitor, but only on the techniques that are happening, unless otherwise advised by the centre referee. If competitors go out of bounds, the centre referee will stop the match momentarily and immediately resume the match once the competitors are both in bounds. If a competitor runs out of bounds simply to avoid engaging his/her opponent he/she will be warned only once by the centre referee. The second time this occurs a penalty will be called. Further offenses of this infraction may be cause for disqualification.
- 33.6.2.5 **Call for Leader** – At the end of the first round the Centre Referee will “Call for Leader. At this point the judges will raise the flag of the current leader to determine which competitor is in the lead. In the event of identical scores on a Judge’s counters, the Judge will cross their arms to indicate a tie.
- 33.6.2.6 **Call for Winner** – At end of the second round the Centre Referee will “Call for Winner”. At this point the judges will raise the flag of the winner to determine which competitor has won the match. In the event of identical scores on a Judge’s counters, the Judge will cross their arms to indicate a tie. In the event of an overall tie score at the end of a match, the Centre Referee will announce an additional round.
- 33.6.2.7 **A Tie:** When the centre referee checks the scores and determines that it is a tie, he/she will indicate and call this a tie, and further rounds will be held to break the tie. (See Article 33.9 – Time of Matches)

33.6.3 Duties of the Timekeeper:

- 33.6.3.1 Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee's signal to do so. When the match has stopped for more than three seconds and if for some reason the centre referee fails to call time out the timekeeper should automatically stop time, and then restart time with the referee's signal, or when the match resumes.
- 33.6.3.2 **Timekeeper #1** - Shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the centre of the competition area, inform the referee when time has run out, or when he/she has received a formal protest. Time officially runs out only when the centre referee calls the signal to stop.

33.6.4 Duties of the Scorekeeper:

- 33.6.4.1 The scorekeeper must have at the table, all required score sheets, hand counters, stopwatches and necessary flags/ribbons.
- 33.6.4.2 The scorekeeper will call up each player before a match, including those already on deck.
- 33.6.4.3 The scorekeeper will record the Judge's winner by flag colour at the end of the match, and the scores on each Judge's counters at the end of the match.

33.7 Safety Equipment:

- 33.7.1 **General** - The use of safety equipment such as approved sparring gloves, sparring shoes, shin pads, mouth guards, and a groin protector is mandatory. No abrasive, rough, tattered, torn or loose equipment will be permitted. No protective equipment shall be allowed to contain any metal or hard plastic.
- 33.7.2 **Head Gear** - Head Gear is mandatory in all divisions below age 18. Although head gear is not mandatory in other divisions, it is recommended for personal safety.
- 33.7.3 **Sparring Gloves** - All gloves must have ALL striking areas covered with a minimum one half (1/2) inch of medium to soft foam. Must be suitable for sparring and grappling.
- 33.7.4 **Footwear** - All foot protection must cover the instep and lower shin area of the foot. ½ to 1" of medium soft density foam is acceptable. Any Velcro or fasteners must be secured properly.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

- 33.8 **Safety of Competitors** - It will be the Centre Referee's responsibility to ensure safety at all times of competitors. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete. Referees must not overturn any decision from a trained medical staff.

33.9 Time of Matches:

33.9.1 Black Belts – One, 3 Minute, continuous action round.

33.9.2 Under Belt – One, 2 Minute, continuous action round.

Continuous action refers to the fact that the competitors are scoring or have the opportunity to score without a break in the action for calling points.

- 33.10 **Time Outs** - Only the Centre Referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the competitors, the coach, or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.
- 33.11 **Legal Targets** – Sport Jujutsu is a controlled contact sport – Semi Contact. Semi-contact means that the blow would only touch the surface of the clothing or protective equipment with no penetration. Legal targets are the top front and side of the head, chest, solar plexus, ribs and abdomen are legal striking areas.
- 33.12 **Illegal Targets** - Facial area, top and back of head, neck, spine, kidneys, groin, and all joints are illegal striking areas. Punching below the belt is illegal. Low kicks are illegal unless they are a legal sweep. Any strike to a competitor while "stranding grappling" or "ground grappling" is illegal.

33.13 **Legal Techniques** - A boot to boot foot sweep, boot to calf (unless called as a low kick) and calf to calf sweeps are considered legal techniques. All controlled hand strikes, kicks, throws, and submission holds to legal target areas as well as chokes are acceptable legal techniques, except those listed as illegal. Arms, wrists, ankles and legs locks are allowed. Semi-Contact to the head is allowed, but it is imperative that judges and referees distinguish the difference between, Semi-Contact, and excessive contact. (See article 19 excessive force)

33.14 **Illegal Techniques** - Head butts, Hair pulling, Scratching, Biting, Elbow or knee strikes, Any finger strikes, Any blind techniques, Kicking a competitor on the ground, Striking to the head while on the ground, Kick to the legs, Any finger and neck locks. Heel hooks are not allowed due to the potential severity of the injury. No minor joint locks (fingers & toes)

Juniors – Positional dominance only. Chokes and locks are illegal.

33.15 **Scoring:**

Points	Technique	Description
1	Strikes	- Crisp, clean striking techniques delivered with either hand or foot to legal target areas. (To score a point to the body, maximum touch contact is mandatory) - Hand strikes to the head (to the head gear area) with touch contact only, will be awarded one point. (The head contact must indicate that the potential was there for a harder blow). - Each strike must be seen to be a potentially damaging or injurious blow and will be awarded one point.(except for head kick which scores 2 points) - Striking to the facial area is not allowed. - Once stand up grappling commences, striking is not allowed.
	Kicks to Body	All kicks above the waist, with the exception of the head.
	Flurry	- A flurry may be considered a repetitive number of doubtful strikes and only one point will be awarded. (At referees discretion).
2	Kicks to Head	- Will be awarded for a controlled kick to the head that makes no more than light or touch contact to head gear area.
	Throws	- To be awarded for any throw that ends up with the opponent's being in the guard position.
	Takedowns	- To be awarded for any takedown that ends up with the opponent's being in the guard position.
	Reversals	- To be awarded for any reversal that ends up with the opponent's being in the guard or half-guard position.
	10 Second Pin	- Will be awarded if one competitor is able to pin their opponent to the ground for a 10 Second Count.
3	Hold Downs	- Will be awarded for achieving any legitimate hold down position (like osae komi in judo) during the allotted ground time. - The time will be monitored and determined by the referee. The hold down time will start officially by a signal from the Centre Referee (his/her arm extended out over the competitors and calls "hold down"). *NOTE* A competitor cannot be saved by the bell (time limit of rounds) once a hold down has started, it will be allowed to continue to completion for 2 points. This will apply only if ground time has not run out.
	Throws	- To be awarded for any throw that <u>does not</u> ends up with the opponent's being in the guard position.
	Takedowns	- To be awarded for any takedown that <u>does not</u> ends up with the opponent's being in the guard position.
	Rear Hooks	- The Rear Hook is when a competitor has taken full control of their opponent's back by hooking both feet inside his hip or thigh area, thus exposing him/her to the possibility of being submitted by means of chokes or strangles (other definitions are the Back Grab or Grape vine)
Multiple	Reversals	- Reversals to a dominant position will score 3 points.
	Combination Flurry	- Any combination strikes will be considered on their own merit, they may be considered as multiple points or as a flurry, at judge's discretion.
Deductions	Penalties	- If there has been a penalty assessed to a competitor that deems he/she loses 2 points, which will be added to the opponent's score, since the counters cannot deduct points.
Win	Submission	- Will be awarded for a submission by referee intervention, (this is when, in the opinion of the centre referee there would be severe injury caused if the lock or choke continued).

33.15. 1 **Advantages** - Advantages should only be used in the event of a tie to determine a winner.

33.15.1.1 **Ground Advantages** – During closed guard, when one competitor has his legs around the opposing athlete's waist.

- 1) The one on top will earn the advantage by being on the offensive, trying to dominate his adversary's guard (pass the guard). For the referee to consider it an advantage, the athlete that is on top must come to passing the guard, forcing his adversary to exert energy to regain position i.e. half guard, almost immobilizing etc.
- 2) The one underneath will earn the advantage if he/she almost sweeps his opponent, putting him in a dangerous position, as well as when he/she attempts a lock that forces his/her opponent to defend.
Note: For the sweep attempt to be considered worthy of an advantage, the athlete underneath must open their legs.

33.15.1.2 **Submission Attempts** – The one who has managed to get his/her opponent in either a submission or choke position, and has attempted to submit his/her opponent will be considered as having the advantage.

33.15.2 Force required to Score:

33.15.2.1 **Semi Contact:** Indicates no target penetration as a result of a striking technique. This type of contact is legal to the head (sides and top front only. No facial contact). Touch contact to the head is permitted in all divisions, as specified in legal techniques, and legal striking areas.

33.15.2.2 **Excessive Contact:** A call for excessive contact indicates that a referee saw a competitor using strength or force in excess of the force necessary to score a point. Any strike, throw, takedown, or submission hold delivered with malicious intent will be considered excessive force and may result in immediate disqualification. Though it is largely a judgment call, indications that contact has been excessive are to be seen in the following reactions:

- 1) Negligent and reckless malicious intent by using techniques without control.
- 2) Visible severe movement of the head from the force of a blow.
- 3) The appearance of severe swelling or other obvious internal or external injury during the match, is of itself grounds to be called excessive contact. (A bleeding nose would be judged on the force of the blow, not by the blood alone, but would be an automatic penalty for illegal target).

33.15.3 Automatic Wins:

33.15.3.1 Any submission that causes a competitor to tap out is an automatic win.

33. 15.3.2 Highest total points at the end of the bout.

33.15.4 **Definition of a Submission** - A competitor tapping out, from a joint lock or choke, or a competitor who receives a strike to the body (without malicious intent), or a throw (without malicious intent) and who cannot continue after a 10 second count is given, will constitute a submission. Submission results in an automatic win.

33.15.5 **Definition of Grappling** - The criteria for grappling allows a competitor to hold his/her opponent in any legal manner for approximately ten (10) seconds while in a standing position, after which time if there has been no takedown or throw, the competitors must release the hold, (on a command by the Centre Referee). The Shadow Referee will start the 30 second ground time when one or both competitors have been taken to the ground by use of a legal technique. Competitors may be on the ground several times during the match.

Competitors may also score with counter throws, hold downs or submissions. At the end of the time limit they will be separated, brought to their feet and will resume in stand up position. If a hold down has started, or it looks like a submission is close, the referee can use his/her discretion as to calling out of bounds.

Absolutely no neck restraint techniques. No chokes or locks for juniors will be allowed, the primary objective for juniors on the ground is to achieve a hold down or dominant position. A competitor who ends up on the ground because of an illegal technique may not be scored upon.

If there is a penalty call while competitors are on the ground, depending on the position of the competitor, the referee may stop the match and assess the penalty, or he/she may let it continue, (if the penalty was against the competitor that was being held down), and assess the penalty after they stand up. During the ground time if in the opinion of the referee there is a stalemate and no action is happening, the referee can order the competitors to stand up without waiting for the ground time to run out.

33.16 **Cause for Penalization** - Warnings & Penalties will be issued to any competitor who:

- 1) Uses excessive contact, (a major penalty).
- 2) Attacks illegal target areas (kicks to knee area will be a major penalty and will be treated the same as excessive contact)
- 3) Uses illegal techniques.
- 4) Runs out of bounds to avoid engagement (engagement out of bounds does not apply).
- 5) Falls on the ground to avoid an attack (A competitor attempting a throw or takedown is exempt from this penalty).
- 6) Continues to engage after being ordered to stop.
- 7) Uses negligent or reckless attacks (regardless if contact is made).
- 8) Is disrespectful to officials or other competitors.
- 9) Displays unsportsmanlike conduct.

33.17 **Method of Penalization** - The Centre Referee is empowered to penalize a competitor at any time with - warning - loss of points – disqualification. Guidelines are as follows:

Offence	Description	Penalty
1 st	Minor Infractions	Warning
	Excessive contact , Knee Kicks (unintentional)	Loss of 2 Points
	Excessive contact , Knee Kicks (intentional)	Disqualification
	Disrespect, or Unsportsmanlike Conduct	Disqualification
2 nd (Same Infraction)	Minor Infractions	Loss of 2 Points
	Excessive contact, Knee Kicks	Disqualification
2 nd (Different Infraction)	Minor Infractions	Warning
	Excessive contact, Knee Kicks	Loss of 2 Points
	Excessive contact , Knee Kicks (intentional)	Disqualification
	Disrespect, or Unsportsmanlike Conduct	Disqualification
3	Any rule infractions minor or major	Disqualification

33.17.1 **Excessive Contact Warning** - When a penalty is issued for excessive contact the Centre Referee must be specific in his/her instructions, and within hearing of the referees and competitors. For example "The next time you use excessive force you will be disqualified, do you understand?" He/she should wait for the competitor to acknowledge his/her official warning and penalty, and the recording of same before allowing the match to continue.

33.17.2 **Definition of Loss of two points** - Because points cannot be deducted, the Centre Referee will instruct the Scorekeeper to add these penalty points to the opposing competitor's score.

33.18 **Disqualification** - An act of disqualification against a competitor may eliminate the competitor from further participation in that tournament. All disqualifications should be classified as Minor or Major. Details are as follows:

33.18.1 **Minor Disqualification:** Will be for the existing contest only (providing there is double elimination or round robin).

33.18.2 **Major Disqualification:** Will be for the balance of the tournament or a designated period of time, to be suggested by the involved ring referee and submitted to the tournament director and the governing body for that country or area.

Every penalty call should be taken as a very serious offence by competitors and officials, because it may be one of the calls that could lead to disqualification.

ARTICLE 34. MMA LIGHT (Grapple/Strike Competition)

34.1 **Competition Description** – The WMAC-MMA Light format allows a wide variety of combative techniques and skills, from a mixture of martial arts styles, traditions and non-traditions. The rules allow the use of both grappling and striking techniques, while standing and on the ground. It allows martial artists and combat sports competitors of different backgrounds to compete in a safe and well controlled environment. The priority of this event is to maintain the utmost safety of the athletes.

The MMA Light format is based on Light-Contact (see Article 34.16 for description). It is a combat sport which allows skills in both Striking and Grappling and therefore should not be biased to either one. It is judged by the amount of skill used and scored overall. A single submission will not end a match as this would be biased to grappling, as the Light-Contact rules do not allow a striker to win by a Knock-Out.

34.1.1 Example's of Amateur MMA Light bouts:

1. A competitor who is predominately a striker has been consistent and more effective with scoring with kicks and punches and preventing his opponent to engage in grappling etc, however in the last few seconds of the bout the grappler pulls of a submission. The striker will win the bout for out scoring the grappler consistently throughout the bout, the grappler who only managed one grappling skill did not deserve to win.
2. The Striker has been taken down time and again and unable to get clear striking points on target, the grappler has dominated top and bottom and has secured at least one submission in the bout. The Grappler wins due to overall domination.
3. Where two competitors are equally matched with skills then the winner will be the one who has scored the most points overall and in different ranges.

34.2 Divisions:

34.2.1 **Age Divisions** – Events will be divided by age as follows:

Note : *Children Divisions are Optional like Kickboxing Division U12*

Description	Age Grouping
Juniors	U14
Cadets	U18
Adults	-35
Veterans	+35
Masters	+45

34.2.2 **Grade Categories** – Due to the diversification of a mixed martial arts event, the colour of a 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:

Athletes who have engaged in any Professional Rule Combat Competition, regardless of style, may not enter this competition.

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

34.2.3 **Weight Categories-** Weight divisions are as outlined in Article 31.2.4

- 34.3 **Uniform** - Each player must present him/herself in clean fight shorts and T-Shirt/rashguard. Exceptionally the Centre ref can allow long trousers. Competitors with long hair must use a plain hair tie. All jewellery (rings, watches, necklaces, etc.) must be removed. Wearing of eye glasses during competition is prohibited. No foot wear other than insteps on shin and insteps and ankle straps (no wrestling boots or martial arts shoes). Competitors may be required to wear a coloured marker during the actual match for identification purposes. All competitors must be suitably attired with proper safety equipment, (see article 34.7)
- 34.4 **Competition Area** - The competition area will be as outlined in Article 3.3.
- 34.5 **Entering & Exiting the Contest 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. Before the Competitors begin their match, the Main Referee of the area will check that all officials 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 competitors that they should begin when ready. At this point they should make their way to their starting positions.

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

When the result of the match is announced, the contestants exchange their positions. After the announcement, they bow to each other, and bow to the Centre Referee with the Centre Referee returning the bow. Then the contestants bow to each other's coaches, and the coaches return the bow. The contestants will then exit at the point designated for existing.

- 34.6 **Referees, Judges, & Officials** – Each contest will have a Centre Referee, 2 Corner Judges and a Timekeeper. The match will be overseen by a Centre Referee who will enforce the rules of the match. Medical personnel shall be available at all times and easily recognizable.

34.6.1 **Duties of the Centre Referee:**

- 34.6.1.1 **Main Responsibility** - The Centre Referee is charged with supervision of the match. He/she starts and stops the match, administers and controls the tempo of the contest, enforces the rules, and ensures fair play. The Centre Referee's main responsibility is safety of the competitors. He score the 10sec Holds and give out the points with showing his fingers (Like Pointfight). These points will be added by Corner Judges with clickers.
- 34.6.1.2 **Scoring** – The Corner Judges score all striking and throwing points with clickers. The centre referee will instruct the Judges when a successful hold down has been affected for the required time. The Centre Referee is the only person who can call for and administer a penalty.
- 34.6.1.3 **Communication** - The referee shall communicate clearly with the players, judges, scorekeeper and timekeepers. The referee shall announce in a loud clear voice all official decisions, and shall indicate with voice and gestures the player affected by his/her decisions. The Centre Referee is encouraged to give verbal commands throughout the competition where a penalty has not been called, such as "*watch the contact, or, stay in bounds, etc.*"
- 34.6.1.4 **Stand up grappling** - The Centre Referee is responsible for counting the

ten (10) seconds allowed for stand up grappling.

- 34.6.1.5 **Ground time** - When the competitors are on the ground and a hold down has started, the referee will extend his/her arm out over the competitors, this is the signal for the timekeeper to start the ground time. (For Juniors and Underbelts the referee may count the time).
- 34.6.1.6 **Time-outs** - Only the centre referee may call time out. He/she must do so for the following reasons:
- a) To allow equipment adjustments.
 - b) To award points, assess penalties, administer warnings.
 - c) To attend to an injured competitor.
 - d) To hear a legal protest.
- 34.6.1.7 **Call for Winner** – At end of the second round the Centre Referee will “Call for Winner”. At this point the judges will raise the flag of the winner to determine which competitor has won the match. In the event of identical scores on a Judge’s counters, the Judge will cross their arms to indicate a tie. In the event of an overall tie score at the end of a match, the Centre Referee will announce an additional round.
- 34.6.1.8 **A Tie** – When the Centre Referee checks the scores and determines that it is a tie, he/she will indicate and call this a tie, and further rounds will be held to break the tie. (See Article 33.9 – Time of Matches)

34.6.2 Duties of the Judges:

- 34.6.2.1 **Main Responsibility** – Two Corner Judges will keep the score of the match. Each Judge will have 2 lap counter type devices, one with a White flag/ribbon attached to it, held in the right hand and the other with a Red flag/ribbon attached to it, held in the left hand. The colour of the counter will match the colour awarded to each player by the Centre Referee.
- 34.6.2.2 **Scoring** - The Judges will count all striking points for each competitor that are to a legal target area, using a legal technique, while standing and while on the ground.
- 34.6.2.3 **Communication** - Judges are required to limit their motions to their respective areas of the ring, and they must never interfere with the motions of the referee or competitors.
- 34.6.2.4 **Out of Bounds:** A competitor, whether throwing or striking, is considered in bounds and eligible to score if one foot is still in the competition area. However, a competitor may not be considered officially out of bounds until the centre referee stops the match. It should be noted that it is the centre referee's voice which signals an end to scoring opportunities for the competitors. A Judge should not base his/her scoring on the in bounds or out of bounds of a competitor, but only on the techniques that are happening, unless otherwise advised by the centre referee. If competitors go out of bounds, the centre referee will stop the match momentarily and immediately resume the match once the competitors are both in bounds. If a competitor runs out of bounds simply to avoid engaging his/her opponent he/she will be warned only once by the centre referee. The second time this occurs a penalty will be called. Further offences of this infraction may be cause for disqualification.
- 34.6.2.5 **Call for Leader** – At the end of the first round the Centre Referee will “Call for Leader. At this point the judges will raise the flag of the current leader to determine which competitor is in the lead. In the event of identical scores on a

Judge's counters, the Judge will cross their arms to indicate a tie.

34.6.2.6 **Call for Winner** – At end of the second round the Centre Referee will “Call for Winner”. At this point the judges will raise the flag of the winner to determine which competitor has won the match. In the event of identical scores on a Judge's counters, the Judge will cross their arms to indicate a tie. In the event of an overall tie score at the end of a match, the Centre Referee will announce an additional round.

34.6.2.7 **A Tie:** When the centre referee checks the scores and determines that it is a tie, he/she will indicate and call this a tie, and further rounds will be held to break the tie. (See Article 34.9 – Time of Matches)

34.6.3 **Duties of the Timekeeper:**

34.6.3.1 The Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee's signal to do so. When the match has stopped for more than three seconds and if for some reason the centre referee fails to call time out the timekeeper should automatically stop time, and then restart time with the referee's signal, or when the match resumes.

34.6.3.2 The Timekeeper shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the centre of the competition area, inform the referee when time has run out, or when he/she has received a formal protest. Time officially runs out only when the centre referee calls the signal to stop.

34.6.4 **Duties of the Scorekeeper:**

34.6.4.1 The scorekeeper must have at the table, all required score sheets, hand counters, stopwatches and necessary flags/ribbons.

34.6.4.2 The scorekeeper will call up each player before a match, including those already on deck.

34.6.4.3 The scorekeeper will record the Judge's winner by flag colour at the end of the match, and the scores on each Judge's counters at the end of the match.

34.7 **Safety Equipment:**

34.7.1 **General** - The use of safety equipment such as approved Grapple/Strike sparring gloves, dipped foam shin and instep guards or Thai shin and insteps, and knee pads. Shin & insteps with any metal fixings or hard areas are not allowed. No shoes or wrestling boots of any kind are allowed. Mouth guards and a groin protector is mandatory. No abrasive, rough, tattered, torn or loose equipment will be permitted. No protective equipment shall be allowed to contain any metal or hard plastic.

34.7.2 **Head Gear** - Head Gear is not mandatory but may be worn if the gear is not disturbing the flow of the bout (for example displacing or danger of strangulation).

34.7.3 **Sparring Gloves** - All gloves must have ALL striking areas covered with a minimum one half (1/2) inch of medium to soft foam. Must be suitable for sparring and grappling.

34.7.4 **Footwear** - All foot protection must cover the instep and lower shin area of the foot. ½ to 1” of medium soft density foam is acceptable. Any Velcro or fasteners must be secured properly.

In the event a competitor fails to present to the competition area with all required safety

equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

34.7.5 **Knee Pads** – Optional - Knee pads with sufficient padding to prevent injury can be worn at all times.

34.8 **Safety of Competitors** - It will be the Centre Referee's responsibility to ensure safety at all times of competitors. He/She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete. Referees must not overturn any decision from a trained medical staff.

34.9 **Time of Matches:**

34.9.1 U18 and lower – One, 2 Minute, continuous action round.

34.9.2 +18 and over – One, 3 Minute, continuous action round.

Continuous action refers to the fact that the competitors are scoring or have the opportunity to score without a break in the action for calling points.

34.10 **Time Outs** - Only the Centre Referee has the right to suspend a match once it has begun. He/She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He/She may also call time out at the request of one of the competitors, the coach, or another official. However, He/She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

34.11 **Striking Targets** – Grapple/Strike is a controlled contact sport – Semi Contact. Semi-contact means that the blow would only touch the surface of the clothing or protective equipment with no penetration.

34.11.1 **Legal Striking:**

Strike	Description	Technique Allowed (X)	
		Under 14 Years	14 Years and Over
Hand Strikes	- To head, front of torso, above the waist and well below the neck	X	X
	- To sides of upper body	X	X
	- To Legs	X	X
	- Standing competitor may hand strike to hands, legs and non-vital areas of body of down opponent		X
	- Grounded competitor may hand strike to standing opponent		X
Kicks	- To head, front of torso, above the waist and well below the neck	X	X
	- To sides of body	X	X
	- To inside and outside of legs, above the knee only while standing	X	X
	- Standing competitor may kick to outside legs only of down opponent		X
	- Grounded competitor may hand strike to standing opponent		X
Knees	- Grounded competitor may use heel kick to opponents legs and side of body from guard position		X
	- To inside and outside of legs	X	X
	- To sides of upper body	X	X

34.12.1 **Illegal Striking:**

- 1) No Striking with force!
- 2) No kneeling to the head
- 3) No elbows, hair-pulling, biting, eye gouging, head-butting, ear pulling or fish hooking
- 4) No holding of opponents gloves or safety equipment (competitor may grab their own)
- 5) No throat strikes of any kind, including grabbing the trachea or clavicle
- 6) No clawing, pinching or twisting the flesh

- 7) No kicking to kidney area
- 8) No groin shots or direct striking to the joints or spine
- 9) No straight line kicking from standing to grounded competitor
- 10) No kicking allowed when both competitors are on the ground
- 11) No slapping
- 12) No foot stomping

34.13 Grappling & Submission Techniques:

34.13.1 Legal Grappling & Submission Techniques:

- 1) All Jujutsu, Judo and Wrestling type takedowns & throws
- 2) All major submissions except those listed in Article 34.13.2

34.13.2 Illegal Grappling & Submission Techniques:

- 1) No throw or takedown that results in opponent landing on their heads or neck e.g. Suplexs.
- 2) No minor joint locks, e.g. fingers & toes, palm on hand wrist locks.
- 3) No neck cranks - Limited use of guillotine to be explained on the day.
- 4) No heal hooks or twisting of the knee or leg.
- 5) No throwing opponent out of the area.

34.14 Area Warnings & Restarts:

- 1) 3 warnings will be given for deliberately leaving the area - 4th occasion will result in disqualification
- 2) Deliberately leaving the area when in danger of being tapped out will result in disqualification

34.15 Scoring:

Points	Technique	Description
1	Hand Strikes	- Crisp, clean striking techniques delivered with either hand to legal target areas. (To score a point to the body, maximum touch contact is mandatory, to the head soft touch is enough) - Each Hand strike must be seen to be a potentially damaging or injurious blow and will be awarded one point. - Note: On the floor only strikes that are applied in a manner to hurt if the would be full contact can bring points For example: Short range blows on the floor to the body are no score!
	Knees	- All knee strikes to legal target areas other than Reverse Knee to open torso as below. - Each Knee strike must be seen to be a potentially damaging or injurious blow and will be awarded one point. - Striking to the head or facial area is not allowed
	Kicks	- All kicks to legal target other than Spinning or Jump Kicks to Torso as below. - Each Kick must be seen to be a potentially damaging or injurious blow and will be awarded one point. - Striking to the head or facial area is not allowed
2	Kicks	- All Spinning Back, Side or Hook Kicks to Open Torso (except jumping kicks) will score 2 points
	Knees	- All Reverse Knees to Open Torso will score 2 points
	Throws	- Any kind of take down or throw by legal means that renders the opponent on his back or side. A simple takedown without force and speed brings only one point. A normal takedown with medium force and speed scores with two points. A spectacular dynamic takedown/throw scores with three points...
	Takedowns	Same like throw
	10 Second Pin	- Will be awarded if one competitor is able to pin their opponent to the ground for a 10 Second Count. Knee on stomach scores three points.
	Hold Downs	- Will be awarded for achieving any legitimate hold down position (like osae komi in judo) during the allotted ground time. Any sidemount scores two points; full mount and knee on stomach scores three points. - The time will be monitored and determined by the referee. The hold down time will start officially by a signal from the Centre Referee (his/her arm extended out over the competitors and calls "hold down"). *NOTE* A competitor cannot be saved by the bell (time limit of rounds) once a hold down has

		started, it will be allowed to continue to completion for 2 points. This will apply only if ground time has not run out.
	Rear Hooks	- The Rear Hook is when a competitor has taken full control of their opponent's back by hooking both feet inside his hip or thigh area, thus exposing him/her to the possibility of being submitted by means of chokes or strangles (other definitions are the Back Grab or Grape vine)
	Reversals	- Reversals to a dominant position will score 2 points.
3	Kicks	- Jumping Kicks to Open Torso will score 3 points
5	Submission	- Will be awarded for a submission by referee intervention, (this is when, in the opinion of the centre referee there would be severe injury caused if the lock or choke continued).
Deductions	Penalties	- If there has been a penalty assessed to a competitor that deems he/she loses 2 points, which will be added to the opponent's score, since the counters cannot deduct points.

34.15.1 **Advantages** - Advantages should only be used in the event of a tie to determine a winner.

34.15.1.1 **Ground Advantages** – During closed guard, when one competitor has his legs around the opposing athlete's waist.

- 1) The one on top will earn the advantage by being on the offensive, trying to dominate his adversary's guard (pass the guard). For the referee to consider it an advantage, the athlete that is on top must come to passing the guard, forcing his adversary to exert energy to regain position i.e. half guard, almost immobilizing etc.
- 2) The one underneath will earn the advantage if he/she almost sweeps his opponent, putting him in a dangerous position, as well as when he/she attempts a lock that forces his/her opponent to defend.

Note: For the sweep attempt to be considered worthy of an advantage, the athlete underneath must open their legs.

34.15.1.2 **Submission Attempts** – The one who has managed to get his/her opponent in either a submission or choke position, and has attempted to submit his/her opponent will be considered as having the advantage.

34.16 **Force required to Score:**

34.16.1 **Light-Contact:** Indicates a strike my touch the target with no body penetration.

34.16.2 **Excessive Contact:** A call for excessive contact indicates that a referee saw a competitor using strength or force in excess of the force necessary to score a point. Any strike, throw, takedown, or submission hold delivered with malicious intent will be considered excessive force and may result in immediate disqualification. Though it is largely a judgment call, indications that contact has been excessive are to be seen in the following reactions:

- 1) Negligent and reckless malicious intent by using techniques without control.
- 2) Visible severe movement of the body from the force of a blow.
- 3) The appearance of severe swelling or other obvious internal or external injury during the match, is of itself grounds to be called excessive contact.

34.17 **Automatic Wins:**

34.17.1 Highest total points at the end of the bout.

34.18 **Cause for Penalization** - Warnings & Penalties will be issued to any competitor who:

- 1) Uses excessive contact, (a major penalty).
- 2) Attacks illegal target areas (kicks to knee area will be a major penalty and will be treated the same as excessive contact)
- 3) Uses illegal techniques.
- 4) Runs out of bounds to avoid engagement (engagement out of bounds does not apply).
- 5) Falls on the ground to avoid an attack (A competitor attempting a throw or takedown is exempt from this penalty).
- 6) Continues to engage after being ordered to stop.
- 7) Uses negligent or reckless attacks (regardless if contact is made).
- 8) Is disrespectful to officials or other competitors.
- 9) Displays unsportsmanlike conduct.

34.19 **Method of Penalization** - The Centre Referee is empowered to penalize a competitor at any time with - warning - loss of points – disqualification.

34.19.1 **Excessive Contact Warning** - When a penalty is issued for excessive contact the Centre Referee must be specific in his/her instructions, and within hearing of the referees and competitors. For example "The next time you use excessive force you will be disqualified, do you understand?" He/she should wait for the competitor to acknowledge his/her official warning and penalty, and the recording of same before allowing the match to continue.

34.19.2 **Disqualification** - An act of disqualification against a competitor may eliminate the competitor from further participation in that tournament. All disqualifications should be classified as Minor or Major. Details are as follows:

34.19.2.1 **Minor Disqualification:** Will be for the existing contest only (providing there is double elimination or round robin).

34.19.2.2 **Major Disqualification:** Will be for the balance of the tournament or a designated period of time, to be suggested by the involved Centre Referee and submitted to the Tournament Director and the governing body for that country or area.

Every penalty call should be taken as a very serious offence by competitors and officials, because it may be one of the calls that could lead to disqualification.