



# WORLD MARTIAL ARTS COMMITTEE

## AMATEUR - TOURNAMENT RULES

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### Part 6: Self Defense



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 2017

Dear Reader,

We are very pleased to release the 4.3 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:

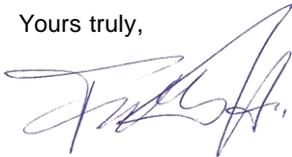
Peter WETZELSPERGER (GER) –Self Defence

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 6 – SELF DEFENCE

## ARTICLE 35. CREATIVE SELF DEFENCE

35.1 **Description** - The Self Defence Divisions are demonstrations of how Martial Arts Techniques may be applied in a violent encounter. The object of the Self Defence Division is not to glamorize violence, or to imply that it is the primary response of a Martial Artist to dangerous situations, but to demonstrate the ability of a trained Martial Artist in a situation which necessitates the use of force to overcome an attacker, or attackers.

### 35.2 Age Divisions

Descriptio	Ageclasses
Kids	U10
Juniors	U14
Cadets	U18
Adults	- 35
Veterens	+ 35
Masters	+ 45

**Attention:** For Kids in the U10/ U14 Category it is forbidden to use Knife or Gun for attacks !

### 35.3 Grade Divisions

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

**35.4 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 should be embroidered or silk-screened on right arm.

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.

If a weapon is used, it is considered a part of the uniform and must be free from any defects, or sharp edges.

35.5 **Performance** – Four different self defense techniques are shown by the competitor. The order of the attacks is regulated by them and will be not announced by the Referee's. Each technique has to be shown in real speed.

### 35.6. Order and Description of Techniques

1. Bear hug from behind
2. Choke on the neck from behind, side or front
3. Headlock
4. Fist attack
5. Kicking attack
6. Stick attack
7. Knife attack
8. Gun attack
9. Defense from bottom layer

## 10. Front holding

35.6.1 **Partners** – the competitor can use one or more partners for their act. The partner should not be injured after the performance.

35.6.2 **Props** - Competitors are permitted to use props during their demonstration, e.g. Rubber knives, Batons, etc. All Props must be presented to the judging panel for inspection before the division begins. The Judging panel may request the changing of any Prop which they feel would cause danger to the participants or spectators.

35.7 **Performance Area** - The Performance Area will be in accordance with Reality Based Self Defense and is listed in Article 3.3, with seating arrangements for the Judges either on one side, or at the corners of the area.

35.8 **Number of Judges** - There shall be minimum 3 to max. 5 referees. The referees award points from 8 to 10 (they use also decimal = 8,2 for example).

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

35.9 **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

They will then present their weapons for inspection by the Judges/Main Judge who may if not satisfied regarding the safety of performance with that weapon, request a change of weapon.

Before the Competitor starts his 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, 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.

35.9. **Scoring** - Competitors will be scored on the following criteria:

- 1) Technical quality of the self-defences shown
- 2) Difficulty of the attack (realism, more attackers, combined attacks, difficulty of the attacks)
- 3) Effectiveness of the self-defences shown
- 4) Performance
- 5) Dynamic

### 35.9.1 **Deduction of points**

At least **0,1 points** have to be deducted if any of the following occur:

- 1) A partner is injured by the Performer (active).
- 2) Non Realistic Performance ( Fantasy).

- 3) The Competitor must begin once again.
- 4) Bad quality of techniques
- 5) The offender does not attack properly
- 6) Non dynamic techniques

At least **0,5 points** have to be deducted if any of the following occur:

- 1) The defender is being injured by a stab or cut. ( The contact with the knife ensued no points deduction- it's realistic)
- 2) The defender is being stroked on the head with a stick
- 3) The gun barrel points at the competitor during his defense
- 4) Less than 4 different attacks are shown

**35.9.2 Draw** - In case of a draw, each competitor must perform two more techniques. The judges will then show their final decision via show of hand

## ARTICLE 36. REALISTIC SELF DEFENCE

**36.1** This regulatory was created to create a self defense scenario as realistic as possible. The starter has the opportunity to choose a partner but both do not have the chance to prepare themselves for the attacking techniques.

### 36.2 Age Division

Description	Ageclasses
Kids	U10
Juniors	U14
Cadets	U18
Adults	- 35
Veterens	+ 35
Masters	+ 45

**Attention :** in the U10 categories is it forbidden to use Knife and Guns for attacks.

### 36.3 Grade Divisions

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

**36.4 Uniform** – All Uniforms should present the athletes Country and style. The Country itself decides about the style of the uniform. The short form initials of the Country represented has to be displayed via patch or stitch on the back of the athlete's uniform.

It is prohibited to athletes to wear costumes or other theater equipment such as masks etc., including jewelry.

**36.5 Performance** – The Referee shows the attacker a card with pictures of various techniques before the attack starts. The Competitor has no chance to fix his Self defense because they stand Back to Back to each other. It has to be shown four attacks (only knife, stick or gun can be used as weapons) for a own self defense interpretation.

Procedure:

A leading referee at the Tatami will ask the athlete and the opponent to come onto the "Tatami". Both participants will have to bow upon command of the leading referee in the following order:

1. Leading Referees
2. Referees
3. Towards each other

After both athletes have bowed to each other they will turn around so that they are standing back to back. The distance is max.2m – so they have to react immediately. Now the attacks will be drawn by an Referee and shown to the attacker and referees.

With the main referee's command "Hajime" both athletes are turning around. Without intermission the offender has to attack the defender with realistic speed.

In case of an attack with weapons, the organizer is responsible for the weapons to be set aside at the "edge of the tatami". Please note that the weapons must be covered up until the very last moment (right before the official start of the fight).

**36.6 Performance Area** - The Performance Area will be in accordance with Article 3.3 with seating arrangements for the Judges either on one side, or at the corners of the area.(8 x 8 meters)

**36.7 Number of Judges** - The RSD will be judged by not less than 3 Judges up to 5 Judges seated in one of the following manners

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

**36.8 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 judges/main judge and will announce to the judges/main judge the following

1. Name Of Competitor
2. Country They Represent
3. Ask for permission to begin

Before the Competitor begins their Self Defense, 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.

**36.9 Scoring** - The referees scores with 8 – 10 points ( Decimal points should be using = 8,3 for example ) If there is a drawing – after the last Performance by hand signal towards the winners corner. There will be NO POINTS to be awarded!

Criteria to be followed, to find the best performed techniques:

- 1) Effectivity
- 2) Reality of the Performance
- 3) Speed of attacks
- 4)Speed and dynamics of defense
- 5)Speed and dynamics of defense
- 6) Variety and knowledge about the techniques used

**36.10 Protection of Athletes:** - The attacker has to use Mouth Guard, Groin Protection and Head Gear. The Defender needs to use light Fist Safety's (fingers open) and Elbow Protection

Contact: - The safety of all athletes has priority! The protection equipment serves for a better safety. For reality based strikes and kicks those need to be done with "SEMI CONTACT". Hard Strikes and Kicks to the head should be avoided. Locks and Levers are only recognized to not be pulled all the way through. No press throws (body falls onto another thrown body).

**Form:** Deadly techniques are prohibited. (Visitors). There has to be worn a traditional Karate, Self Defense or Taekwondo Uniform. No regular street cloth. Weapons, after they are taken from the attacker (solved danger situation) have to be taken and secured (shown to the referees)

## ARTICLE 36A. SHOW (TEAM) SELF DEFENCE

**36A.1 Description** - The Self Defence Divisions are demonstrations of how Martial Arts Techniques may be applied in a violent encounter. The object of the Self Defence Division is not to glamorize violence, or to imply that it is the primary response of a Martial Artist to dangerous situations, but to demonstrate the ability of a trained Martial Artist in a situation which necessitates the use of force to overcome an attacker, or attackers. In the Show Self Defence Division it is desired to present show and acrobatic performances.

### 36A.2 Age Divisions

Gender	Class	Attendance	Age
Male	Open Class	3-5	min. 14 years
Female	Open Class	3-5	min. 14 years
MIX	Open Class	3-5	min. 14 years

### 36A.3 Grade Divisions

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

**36A.4 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 should be embroidered or silk-screened on right arm.

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.

If a weapon is used, it is considered a part of the uniform and must be free from any defects, or sharp edges.

### 36A.5 Performance

- The Competitors are changing their position of offender and/ or defender constantly.
- At least five techniques have to be shown in the performance.
- All techniques have to be featured at maximum speed
- The type of attacks can be chosen freely. However they have to contain five attacks (mentioned below).
- Music can be used for the performance

### 36A.6 Order and rang of Techniques

1. Bear hug from behind
2. Choke on the neck from behind, side or front
3. Headlock
4. Fist attack
5. Kicking attack
6. Stick attack
7. Knife attack
8. Gun attack
9. Defense from bottom layer
10. Front holding

36A.6.1 **Partners** – The team consists of 3-5 athletes. The partners should not be injured after the performance.

36A.6.2 **Props** - Competitors are permitted to use props during their demonstration, e.g. Rubber knives, Batons, etc. All Props must be presented to the judging panel for inspection before the division begins. The Judging panel may request the changing of any Prop which they feel would cause danger to the participants or spectators.

36A.7 **Performance Area** - The Performance Area will be in accordance with Reality Based Self Defense and is listed in Article 3.3, with seating arrangements for the Judges either on one side, or at the corners of the area.

36A.8 **Number of Judges** - There shall be minimum 3 to max. 5 referees. The referees award points from 8 to 10 (they use also decimal = 8,2 for example).

1. A single line at one side of the area
2. With the Main Judge to one side and the remaining judges seated at appropriate corners.

When the judges are seated in the second order, the competitor will address only the main judge.

36A.9 **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

They will then present their weapons for inspection by the Judges/Main Judge who may if not satisfied regarding the safety of performance with that weapon, request a change of weapon.

Competitors will be deducted 1 point from their overall score if they must change their weapon.

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.

36A.10. **Scoring** - Competitors will be scored on the following criteria:

- 1) Technical quality of the self-defences shown
- 2) Difficulty of the attack
- 3) Effectiveness of the self-defences shown
- 4) Performance (Acrobatic/ Show)
- 5) Dynamic
- 6) Fluent techniques
- 7) Ensemble

36A.10.1 **Deduction of points** – 0,1 points must be deducted if any of the following occur:

- 2) Performer or partner leaves the Contest area of the mat.
- 3) A partner is injured by the Performer (active).
- 4) No Show / Acrobatic Performance
- 5) The Competitors have to begin once again.
- 6) No listed attacks are shown