



# WORLD MARTIAL ARTS COMMITTEE

## AMATEUR - TOURNAMENT RULES

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Version 4.0 - REVISED March 01, 2013  
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Version 4.3 - REVISED January 2017

### Part 7: Breaking



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:

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

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

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

Yours truly,

A handwritten signature in blue ink, appearing to read 'Harald Folladori'.

Harald Folladori  
WMAC World President

# PART 7 - Breaking Demonstration

## ARTICLE 37. TRADITIONAL BREAKING

37.1 **Description** - Breaking Demonstration is a controlled display of the destructive ability of an individual's Martial Arts Technique.

### 37.2 Age Divisions

Description	Age Grouping
Adults	+18
Veterans	+35

### 37.3 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

37.4 **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.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are 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.

Protective eyewear must be worn during the performance.

37.5 **Performance** – Techniques, Materials and Set-up will be chosen by the competitor. Each combination will be demonstrated first at slow speed, and then at full speed.

37.4.1 **Time Limit** - The time of the performance must not be more than 180 seconds.(preparing of the performance / Material - is not included in this time)

37.5.2 **Props** - Competitors are required to supply their own Breaking Material and Props. This must be submitted to the judging panel for investigation before the event begins.

37.5.3 **Stands** - Any stands used to support any break material must be of sufficient size so as support the material being placed in it, but cannot be of such size as to encourage the material to break. This will be determined by the Judges based on the Material begin broken and set on the day. It will remain the same during the event for all competitors in that category.

37.6 **Performance Area** - The performance area (mats) size will be not less than 5 meters by 5 meters. Each competitor/second will be expected to clean and make safe the Performance Area following the demonstration. The Judges will be seated on one side, or at the corners of the area.

37.7 **Number of Judges** - There shall be three referees. The referees award points from 8 to 10 (use also decimals = 8,4 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.

- 37.8 **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.

When the competitors name is called, they will enter the area to set up for the break.

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

The judges will then inspect the set up and make request changes. The judges must always explain to the competitor and his/her second the reasons for the change.

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.

- 37.9 **Scoring** - Points will be awarded for the following:

***The Break:***

Material Broken (Depth, Density, etc)  
Clean Break

***The Technique:***

Technicality of Techniques Used  
Variety of Techniques Used