



# WORLD MARTIAL ARTS COMMITTEE

## AMATEUR RULES FOR TOURNAMENTS

Version 4.7 - 2025

### Chapter 3: Moulds



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World Martial Arts Committee

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### Introduction:

*This rulebook replaces all previously issued rules and contains the official WMAC amateur competition rules.*

*These rules are valid for all members. However, local requirements and circumstances may be taken into consideration if necessary. The official language of the IRC is English. These rules may be translated into other languages by the IRC. However, in case of discrepancies, only the official English version shall prevail. This rulebook may not be copied, published or distributed without specific written authorisation from the WMAC or the IRC. This includes electronic, digital, physical and all other forms of reproduction. This rulebook can be downloaded free of charge as a PDF from the official WMAC website*

# **WORLD MARTIAL ARTS COMMITTEE**

## **International rules & guidelines**



Janner 2025

Dear readers,

We are very pleased to version 4.7 of our World Martial Arts Committee Rules and Guidelines. This is definitely the most comprehensive set of tournament rules available today and we are proud to publish it for your use. This has been made possible solely through the hard work and dedication of individuals from around the world. We would like to sincerely thank everyone for their contribution to this comprehensive rulebook.

All of these rules and guidelines in this document are to be applied at WMAC sanctioned events. In this case, they may not be deviated from except in unusual circumstances and then only with the written permission of the IRC in conjunction with the Chief Referee (Supervisor) of the event. The instructions and decisions of the IRC with regard to these rules are decisive and binding. In the event of complaints/protests, his decision is decisive and final.

This rulebook can also be used for non-sanctioned events. In this case, the organiser of the event must include the following statement in writing in the announcement: "This event is organised in accordance with the official WMAC rules and regulations".

The World Martial Arts Committee is constantly endeavouring to develop further. We are constantly working on the expansion of our rules and regulations and their dissemination at events and tournaments. This set of rules should be checked before the events in order discuss and incorporate any changes with us.

With best regards



Harald Folladori  
WMAC World President

## CHAPTER 3 - FORMS

### ARTICLE 15 - GENERAL RULES FOR FORMS

**15.1. Gender** - Each division is divided into men and women.

**15.2. Age divisions** - All forms, unless otherwise specified.

Description of the	Age groups
Children	U12 (7-11 years)
Juniors	U15 (12-14 years)
Cadets	U18 (15-17 years)
Adults	+18 (18-34 years)
Veterans	+40 (40-49 years)
Masters	+50 (50-99 years)

**15.3 Class Divisions** - Due to the diversification of the Mixed Martial Arts event, the colour of belt, Japanese Kyu ranking or other grouping may not apply to all.

The following guidelines **will as the basis** for determining the appropriate grade classification of a competitor. Years of experience will serve as the common factor in determining the grade specification of athletes.

Description of the	Martial arts experience in years	WMAC belt
Beginners	1 to 3 years	to green belt
Advanced	More than 3 years	From blue belt
Master craftsman	Various	Black

**15.4 Evaluation** - Mould runners are evaluated according to the following criteria.

1. Entering & exiting correctly
2. Movement theory in the right order
3. Perform the technique correctly
4. Appropriate balance, speed, strength and control of the body
5. Appropriate mental focus, direction of gaze and breathing
6. Overall performance / energy of the form
7. For weapon moulds, constant control and handling of the weapon
8. In freestyle forms, technique to the beat of the music.
9. With X-Treme Form, degree of difficulty of the acrobatic elements

**Points:** are awarded for all categories in the range 6.0 - 8.0. Decimal places should be used.

**Times:** all non-traditional and freestyle forms min 1min to max 2min performance time (without performance) Team forms min 1 to max 3 min also WITHOUT performance.

Traditional forms are without time limit, except Traditional Kodokan or Judo Kata (HS) up to max. 5min.

**Notes:**

1. If a fighter restarts a form, one point will be deducted from the final score by each judge. (Score would have been 7.8 therefore 6.8) But not below the MINIMUM score of 6.0 points.
2. If a fighter in a weapon form loses his weapon unannounced, one point will be deducted from the final score by each judge. (see point 1 as an example)
3. If a contestant performs a form from another discipline (wrong category), one point will be deducted from the final result by each judge. (see point 1 as an example)
4. If a fighter does not respect the time limit, one point will be deducted from the final result by each judge. (see point 1 as an example)
5. If a fighter shows a dance performance, one point will be deducted from the final score by each judge. (see point 1 as an example)
6. Losing a weapon or losing control of a weapon in a way that poses a danger to athletes, officials or spectators will result in immediate disqualification.
7. If the weapon, the athlete will be given 2 minutes to repair/replace it or he can run another form with another alternative weapon without receiving a point deduction.
8. In the event of a draw, a different form must be performed in each the Traditional Forms classes.
9. Due to the differences in different schools of the same system, obvious school differences are not understood as errors in form

**15.5 Definition:****15.5.1 Traditional forms** - Traditional forms (Empty Hands and weapons)

Can only be those that can be classified in a recognised traditional martial art.

**14.5.2 Differences in styles** - Each coach teaches what they believe should be the traditional form. Taking into account that the original form not dramatically changed, coaches or nations influences (differences) are accepted and the form performed is as correct.

The different interpretations of the participating countries / continents are to be included in the evaluation.

**14.5.3 Form** - The word form will be used below instead of kata, hyongs, forms and other terms given in the various martial arts.

**15.6 Uniform:** All uniforms should the style, club and country. The country of origin can/may be embroidered or printed on the back of the uniform. The athlete's surname may be embroidered or printed on the right arm.

Competitors "**may**" wear appropriate footwear if it is in keeping with the style. Competitors are not permitted to wear costumes/theatre dresses, masks or other items that NOTHING to do with the form. Including jewellery that is not in line with the practice traditional martial arts must be removed or taped off. Competitors with long hair are permitted to use a simple hair tie. Medically prescribed glasses are permitted. However, NO sunglasses of any kind.

For weapon forms, the weapon used by the participant is considered part of the uniform and must be free of defects or sharp edges. (Except for traditional weapons such as sword, kama or similar)  
Illegal or prohibited weapons may not used in any form of weaponry. Please check the martial arts weapons restrictions of the host country before the event.

**15.7 Performance area**

The performance area should be performed on a mat, 6x6 or 8x8m, surrounded by a red safety zone, 2m wide with judges' seats in line at the side or in the respective corners. For WUSHU forms, the mat must be extended to 10x10m or space must be created on the adjacent mat for this performance.

**15.8 Number of judges**

The forms will be judged by 3-5 judges, no less than 3 of each form, who will be seated as follows:

1. A single row on one side of the zone with a minimum distance of 1 metre between each other.
2. The main judge on one side and the other judges at the corresponding corners. If the judges are seated in this arrangement, the athlete will only address the main judge.

### **15.9 Entering & leaving the competition area**

Competitors are shown at which point they enter and may only enter and exit at this point. If this is NOT specified, the athlete always enters on the right, facing the centre of the competition area towards the main referee.

Competitors must make two traditional bows or salutes. One before entering the area and another in front of the judges.

After entering the competition area, the contestants will go to the centre of the area and announce the following to the Referee:

1. Name of the fighter
2. club or country they represent
3. Designation of the fighting form (mandatory)

In the case of weapon moulds, they will submit their weapons to an inspection by the judges. If they are not satisfied with the safety of the weapon, a change to the weapon can be requested.

Athletes will have 1 point deducted from their total score if they have to change their weapon because it is subject to a PROHIBITION (weapon law of the respective country, e.g. nunchaku in Germany). Unless he changes it BEFORE the performance and not during the performance! Here, too, NO rating below the minimum score of 6.0 applies!

Before the contestant begins their form, the Referee will check that all judges are ready and that the area is clear of obstructions.

If everything is to his satisfaction, he holds up his hand to show that the fighters can start as soon as they are ready. They should now into the starting position.

## **ARTICLE 15.A. CATEGORISATION GENERAL**

### **INCLUSION (INC)**

All FORM CATEGORIES MAY ALSO compete the INCLUSION CLASS (HANDICAPT CLASS) regardless of age group. The degree of disability must be at least 30% and must be documented with an official ID (disability card) at REGISTRATION. NEW is the sub-grouping in pairs (1 handicapped athlete & 1 non-handicapped athlete = TEAM FORM as both are judged) according to IDOKAI regulations.

### **BLACK BELT CLASSES (BB)**

If more than 3 black belts are registered in the e.g. +18 class, a separate black belt= black belt class can generated. Otherwise the category remains from blue belt. However, black belts may NEVER be registered under the blue belt or higher class. (not allowed!= Exception OPEN class)

### **CLASS CONSOLIDATION**

May take place in ALL categories if fewer than 3 participants are entered, but this must be a maximum of 1 class and genders combined. Otherwise an "open class" must generated, e.g. +18 and +40 years or +40 and +50 years. Or U12 & U15 as well as U18 & +18 years and all classes in the MIXED disciplines. Styles that cannot categorised will run the group, but will be judged INDIVIDUALLY. Belt class see 15.c BB classes, up to green and from blue can be merged into an ALL BELTS category but not the black belt class = maximum 1 class higher.

## ARTICLE 16. CHINESE EMPTY HAND MOULDS CLASSES / SOFTSTYLE (SS)

**16.1 Performance** - Competitors must perform a style that is recognised as a 'Traditional' Chinese Martial Art. i.e. Kung Fu / Gong fu with the outer styles= Shaolin, Chang - Ying Zhao - Tang Lang Quan, Wing Tsun & Wushu or the inner styles= Qigong, Tai chi chuan or Wudang Quanfa or similar soft styles from South East Asia.

## ARTICLE 17. KARATE KATA JAPANESE/OKINAWA EMPTY-HAND FORMS (KAKA)

**17.1 Performance** - Competitors must a kata from one of the following major karate styles, e.g. Shotokan, Goju-Ryu, Shito-Ryu, Wado-Ryu etc. This class is based on the guidelines of the major karate styles and their katas as they are also reflected in the World Karate Federation.

## ARTICLE 18. TAEKWON-DO - KOREAN STYLE EMPTY-HAND FORMS - HYONGS / TOOLS / POOMSE (TS)

**18.1 Performance** - Competitors must a form from one of the Korean Taekwondo styles. ITF, WTF or other major traditional Taekwondo styles such as ATA (America Taekwondo Association). This class is based on the guidelines of the major Taekwondo styles and must also be performed authentically.

## ARTICLE 19. HARD STYLE EMPTY - HAND MOULDS (HS)

**19.1 Performance** - Competitors must compete in a traditional form involving hard techniques and NOT a Traditional Karate Style (see Article 17.1) or Traditional Taekwondo Style (see Article 18.1) e.g. Jiu- Jitsu, Allkampf", Judo, Kyokushin, Tang Soo Do, or smaller Karate styles etc. This also includes all forms that are not affiliated to the major karate or taekwondo federations and perform their katas according to style criteria and not according to the competition criteria, e.g. of the World Karate Federation. As many karate styles are similar in their basic features, the focus here is on the differences in style.

## ARTICLE 20. WEAPONS FORMS

*CLASSES (MAY SEPARATED IF THERE ARE MORE THAN 3 PARTICIPANTS: TCWS / TJWS = SHORT WEAPONS OR TCWL/TJWL = LONG WEAPONS)*

### 20.1 CHINESE HANDGUN MOULDS (TCW)

**20.1.1 Performance** - Competitors must compete in a form that is recognised as a Traditional Chinese Short Weapons form. The following are recognised as short weapons:  
Jian - Traditional straight sword, Dao - Traditional broad sword

### 20.2 CHINESE LONG GUN MOULDS (TCW)

**20.2.1 Performance** - Competitors must compete in a form that is recognised as a Traditional Chinese Long Weapon form. The following are recognised as long weapons  
Rope dart (tip on rope or chain) Multi-section sticks (three nunchaku) as well as spear & stick and the like

### 20.3 TRADITIONAL HARD STYLE HANDGUN MOULDS (TJW)

**20.3.1 Performance** - competitors must compete in a form that is recognised as a Traditional HARD STYLE handgun form  
- Kama, Sai, Tonfa etc.

#### **20.4 TRADITIONAL JAPANESE / OKINAWAN SWORD FORMS (TJW)**

**20.4.1 Performance** - competitors must compete in a form recognised as a Traditional Jap/Okinawa Sword Form  
e.g. Ken jutsu, laido etc.

#### **20.5 TRADITIONAL HARD STYLE LONG GUN MOULDS (TJW)**

**20.5.1 Performance** - Competitors must compete in a form that recognised as a Traditional HARD STYLE long weapon form.  
With bo, spear etc.

### **ARTICLE 21. NON-TRADITIONAL FORMS, CREATIVE FORMS WITHOUT MUSIC**

#### **21.1 NON-TRADITIONAL - EMPTY-HAND CREATIVE FORMS (NT)**

**21.2.1 Performance** - Competitors must perform a form with weapons, without music, without gymnastic movements and without rotating kicks that are more than 360 degrees. These should last no less than 1 minute and no longer than 2 as individual creations. The forms are individual demonstrations of the respective athletes. The techniques used may predominantly occur in the martial art that the demonstrator trains.

#### **21.2 NON-TRADITIONAL CREATIVE WEAPONS MOULDS (NTW)**

**21.1.2 Performance** - Competitors must perform a form without weapons, without music, without gymnastic movements, without rotating kicks that are more than 360 degrees. These should last no less than 1 minute and no longer than 2 minutes. The forms are individual demonstrations of the respective athletes. The techniques used may predominantly occur in the martial art that the demonstrator trains.

### **ARTICLE 22. FREESTYLE MUSIC FORMS**

#### **22.1 FREESTYLE EMPTY-HAND WITH MUSIC (FSM)**

**22.1.1 Performance** - Competitors must a non-weaponised, traditional or self-created form with music that lasts no less than 1 minute and no longer than 2 minutes. The form may include gymnastic movements or spinning kicks greater than 360 degrees. The forms are individual demonstrations of martial arts techniques to music. They include techniques of the style that the athlete predominantly trains. Musical forms are not dance and are judged accordingly.

#### **22.2 WEAPONS FREESTYLE WITH MUSIC (FWM)**

**22.2.2 Performance** - Competitors must a form with weapon, traditional or own creation with music that lasts no less than 1 minute and no longer than 2 minutes. The form may include gymnastic movements or spinning kicks greater than 360 degrees. The forms are individual demonstrations of martial arts techniques to music. They include techniques of the style that the athlete predominantly trains. Musical forms are not dance and are judged accordingly



## ARTICLE 23. X-TREME MUSIC FORMS

### 23.1 X-TREME EMPTY-HAND FORMS / EXTREME FREESTYLE FORM without WEAPON

**23.1.1 Performance** - Competitors must a form without a weapon, as their own creation with music, lasting no less than 1 minute and no longer than 2 minutes. The form must include gymnastic movements and at least 1 spin kick greater than 360 degrees. The forms are individual demonstrations of martial arts techniques to music. They include techniques of the style that the athlete predominantly trains. Extreme forms are not dance and are judged accordingly.

### 23.2 X-TREME WEAPON SHAPES / EXTREME FREESTYLE SHAPE with WEAPON

**23.2.1 Performance** - Competitors must a form with a weapon, as their own creation with music, lasting no less than 1 minute and no longer than 2 minutes. The form must include gymnastic movements and at least 1 spin kick greater than 360 degrees. The forms are individual demonstrations of martial arts techniques to music. They include techniques of the style that the athlete predominantly trains. Extreme weapon forms are not dance and will be judged accordingly.

## ARTICLE 24. SYNCHRONISED TEAM FORMS

### 24.1 GENERAL RULES FOR SYNCHRONISED MOULDS

**24.1.1 Gender** - This is a mixed discipline.

**24.1.2 Age** - The divisions for the synchronised forms are U12, U15, U18 and over 18s

**24.1.3 Graduation** - there is no graduation subdivision (open)

**24.1.4 Evaluation** - Athletes are evaluated according to the following criteria:

**24.1.5 Number of participants** - all synchronised forms start with 3 - 6 people (more people are not possible due to space restrictions)

If the team performs a traditional form, the same criteria apply as for traditional forms, except that if the team out of synchronisation, 1 point will be deducted from the final score.

If the team performs a synchronised musical form, the same criteria apply as for the musical forms, with the exception that if the team no longer synchronised, 1 point will be deducted from the final score.

### 24.2 SYNCHRONISED FORMS - EMPTY- HAND (SY)

**24.2.1 Performance** - Synchronised forms are team demonstrations of at least 3 - 6 people from the same discipline performing the same form of a traditional or musical form, without weapon synchronised. If it is a musical form, the form will be allowed no less than 1 minute and no longer than 2 minutes.

### 24.3 SYNCHRONISED FORMS - WEAPON FORMS (SYW)

**24.3.1 Performance** - Synchronised forms are team demonstrations of at least 3 - 6 people from the same discipline the same form of a traditional or musical form, with weapon synchronised. If it is a musical form, the form will be allowed no less than 1 minute and no longer than 2 minutes.

## **ARTICLE 25. TEAM FORMS - DEMONSTRATION**

### **25.1 GENERAL RULES TEAM FORMS**

**25.1.1 Gender** - This is a mixed discipline.

**25.1.2 Age** - The subdivisions for the team forms are U12, U15, U18 and over 18.

**25.1.3 Graduation** - there is no graduation subdivision (open)

**25.1.4 Number of participants** - all team forms start with 2-6 people (more people are not possible due to space restrictions)

### **25.2 TEAM EMTY HAND MOULDS & WEAPON MOULDS (TF)**

**25.2.21 Performance** - Team forms shall consist of at least 2 to 6 persons. The form must be no less than 1 minute and no longer than 3 minutes and may include weapons. Teams may use any aspect of their own style and creativity. Team forms do NOT have to be performed SYNCHRONOUSLY.

Team forms must contain at least 50% traditional martial arts techniques with or without weapons. Freestyle or X-treme elements may be shown in the other 50%. Under no circumstances is the team event a dance performance.