



WORLD MARTIAL ARTS COMMITTEE

AMATEUR RULES FOR TOURNAMENTS

Version 4.7 - 2025

Chapter 8: Rumble

Chapter 9: No Contact



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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 account if necessary. The official language of the IRC is English. These rules may translated into other languages by IRC. However, in case of discrepancies only the official English version. Without special written authorisation from the WMAC or the IRC, this rulebook may not be copied, published or distributed. 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

NATIONAL MARTIAL ARTS COMMITTEE

International rules & guidelines



January 2025

Dear reader,

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

All of these rules and guidelines contained in this document are to be applied at WMAC sanctioned events. In this case, no deviation is permitted except in exceptional 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 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 to discuss and incorporate any changes with us.

Mit besten Grüßen



Harald Folladori

WMAC World President

PART 8 - Rumble

ARTICLE 38 Rumble (RU)

38.1 Description - Rumble is and sees itself as a preliminary stage to traditional martial arts (Kumite & Pointfight) in which children are taught in a playful way what skills they need for fighting. Speed, reaction, fairness, agility and fine motor skills are specifically trained. It's all about speed = time limit, and correct extraction = technique and presentation, the belt (predetermined bands - standardised) For this you get a score which leads to a decision at the end.

38.2 Age groups (subdivided according to body size - minimum age is 3 years)

Description of the	Age	Category	Size in cm				
TIGERS	3-6 J	U7	-90	-110	-130	+130	
DRAGONS	7-8 J	U9	-100	-120	-140	+140	
NINJAS	9-12 J	U13	-110	-130	-150	+150	
INCLUSION	Open	Open	-110	-130	-150	+150	

38.3.1 Uniform -

All uniforms should show the country to be represented or the style or club. It is up to the athletes what they wear. Traditional (Gi) or other martial arts clothing. IMPORTANT no unsportsmanlike prints or patches!

38.3.2 Performance -

Both children are each equipped with 3 predetermined ribbons.

These straps are inserted into the existing belt so that both ends protrude to the same length.

The second option would be to attach the bands to a BELT BAND (depending on the equipment at the event) issued by the referee. One band over the right thigh, one band over the left thigh and one band fixed in the centre of the body.

The fighter who is the first to pull out and present the most belts from his opponent (holding up the belt) after the time has elapsed wins the competition. After the time has elapsed, if both fighters won the same number of belts, the fighter who first pulls out the NEW belt (1 each for both athletes) wins = extension. It is always important that the fighter immediately raises the belt with his hand. If he does not do this, he does not get a point.

38.3.3 Time limit -

The performance must not last longer than 60 seconds. In the event of a draw - 30 seconds extra time.

38.4 Performance area - The area must not be less than 5 x 5 metres and must be on Budo mats with a thickness of 25 mm (kickboxing) or directly on a sports hall floor that is demarcated.

38.5 Number of judges -

2 judges. They **award** points by scoring each of the following

1 point for the correct removal of the belt. The judges award the point independently and the MRef involves the side judge in the event of unclear scores. Otherwise, the side judge is also responsible for checking the competitors and receiving the drawn belts.

38.6. Rating -

Points are awarded as follows: see 38.3.2

The referee awards 1 point for the correct removal and presentation of a strap. The points are awarded directly by means of hand signals, as in kickboxing (pointfight).

38.7. Rules

The two competitors greet each other and the referee with a traditional bow. They then step about 1 metre apart or to marked starting positions. The referee gives the command "FIGHT". Then they may only pull out the opponent's ligaments with their hands. They may not hold the opponent's hand or pinch their own ligaments with their arm. No punching techniques may be used (punch blocks). It is only permitted to dodge or deflect the holds.

The ribbons must be freely accessible to both players. It is also not permitted to touch the mat with anything other than the soles of the feet, somersaults, kneeling or rolling is prohibited and will be penalised with a warning. Attention "should" be paid to a reasonably upright posture as in later fights (pointfight or kumite). The top priority is the child-orientated introduction to a tournament scene - the children's nervousness should be suppressed and the FUN of the movement should take centre stage.

ATTENTION: The straps are standardised and are positioned in the belt provided. If for any reason the standardised belt is not available or defective, belt straps can be used (provided by the association); these must only be inserted loosely into the belt (same length) and must not be knotted to it.

38.7.1 Warning (time is stopped)

The referee will issue a warning for holding or non-compliant ground contact. The warning rules are similar to those in kickboxing.

1. Verbal admonition (no punishment is given for advice)

1. Warning = (NO PENALTY = ATTENTION last warning)

2. Warning = 1 point MINUS (one belt less for the offender)

3. Warning = 1 point MINUS (one belt less for the offender)

4. DISQUALIFICATION should only be pronounced in this sport with regard child-orientated practice under massive REASONS.

38.8 Protective equipment

Protective equipment includes head protection (head bumpers). Dental protection is also recommended, but is not mandatory.

The coaches are RESPONSIBLE for ensuring that the children are at the area on time and correctly adjusted. After calling out 3 times = a delay of 1 minute after calling out, a minus point can be awarded. Then another point must be given after a further minute. If the athlete does NOT appear at the competition area after a total of 3 minutes, he/she will be disqualified.

38.9 Team Rumble (3 children per team with 3 ribbons each - time limit is 2 minutes)

Team Rumble is a group dynamic game that serves as a preliminary stage for team fights in kickboxing and kumite. The aim is to teach the children team spirit and to have fun together

In the Team Rumble, 3 people per team are allowed to start, each belonging to an age category or higher - the size does not matter (e.g. three Dragons against 3 Ninjas or three Dragons against three Dragons - but NOT three Ninjas against 3 Tigers!) The team category is cross-gender, i.e. mixed and WITHOUT gender assignment.

2 children with red belts and 2 children with blue belts stand opposite each other in the respective starting positions. One child per team stands outside the area in the diagonal (corner) and is the so-called "JOKER". This child may enter the competition area at the latest when their team no longer has a belt or athlete. However, he may enter the competition area as soon as the first athlete of his team has been eliminated. However, only a maximum of 2 fighters per team may on the area at any one time. All athletes have belts with 3 straps attached to their stomachs or belts, and the inspection is carried out in exactly the same way as in the individual competition. The winning team is the first team to have drawn the most belts at the end of the time limit.

ARTICLE 39 No- Contact (NC)

39.1 Description - No-Contact is and sees itself as a preliminary stage to the mat sports of kickboxing light contact & kicklight, in which children are taught in a playful way what skills they need for fighting. Speed, reaction, fairness, agility and fine motor skills and technique through punching and kicking are specifically trained. All techniques are to be used according to these rules but WITHOUT contact. Children who do not use clean techniques (trainer responsibility) will not be able to win the fights as this "flailing around & jumping" does not correspond to martial arts techniques. The referee is NOT the coach but evaluates so-called possible hits, sense of distance and execution.

39.2 Age groups (the subdivision takes place according to body sizes, see announcement Attention - MINIMUM AGE is 3 years)

Description of the	Age	Category	Size in cm				
TIGERS	3-6 J	U6	-90	-110	-130	+130	
DRAGONS	7-8 J	U9	-100	-120	-140	+140	
NINJAS	9-12 J	U13	-110	-130	-150	+150	
INCLUSION	Open	Open	-110	-130	-150	+150	

39.3 Uniform - All uniforms should show the country to be represented or the style or style of the country to be represented.
your club. It is up to the athletes to decide what they wear. Traditional (Gi) or other martial arts clothing. IMPORTANT no unsportsmanlike prints or patches!

39.4 Performance - Both children fight each other without being allowed to touch each other. Targeted punches and kicks that would hit and have been executed correctly are assessed by the judges. It is forbidden to touch or hit each other. ALL KICKBOX TECHNIQUES ARE ALLOWED. It is therefore about DISTANCE FEEL, cleanly executed techniques and also possible tactical refinements of a fight.

ATTENTION: Since we are talking about children and young people of different grades and styles, not only quality and execution, but also the number of effective techniques is decisive. This refers to hand and foot techniques. An attack and defence technique must be visible. The DISTANCE is at least 0.5m approx. 1 arm's length of the athletes and limited to a maximum of 1m approx. 2 arm's lengths. Techniques that are too far apart will NOT be scored. The referee will of course also take into account the age of the children and may grant EXCEPTIONS.

39.4.1 Time limit - The performance must not last longer than 60 seconds. In the event of a draw - 30 seconds overtime - then a decision must be made.

39.5 Performance area - The area must be no smaller than 5 x 5 metres and be on Budo mats with a thickness of approx. 25mm (as in kickboxing) or on a special sports hall floor that is elastic.

39.6 Number of judges - 2 judges.

The main referee decides together with the 2nd referee.

They award 1 point each for the correct execution of a technique. The main referee awards the point independently and refers to the side judge the event of unclear scores. Otherwise, the side judge is also responsible for checking the competitors. Clickers may of course be used to make decisions.

39.7 Evaluation - Points are awarded as follows:

The referee awards one point for the correct execution of techniques in the area of a foot kick or fist strike. It is completely irrelevant which style the athlete comes from. Judges one each

The hits he scores are decisive

if he really hit. The defence techniques are only to be assessed as to whether they would have protected or not. As in light contact, the winner is awarded at the end of the fighting time by means of a hand signal (in the winner's corner) by the HK judge.

39.7.1 Rules

The two competitors greet each other with shake hands, then the referee and start the competition after the command "FIGHT". No parts of the body other than the soles of the feet may touch the ground. All techniques must be performed cleanly according to age and must NOT touch the floor.

39.7.2 Warning (time is stopped)

The referee will issue a warning for touching or contact with the ground that does not comply with the rules. The warning rules are similar to those in kickboxing. If clickers are used, the minus rule is similar to that in KB mat sports (minus point results in 3 clickers for the other fighter).

1. Admonition
2. Warning= (NO PENALTY= ATTENTION)
3. Warning = 1 point MINUS (one point less)
4. Warning = 1 point MINUS (one point less)
5. DISQUALIFICATION should only be pronounced in this sport with regard child-orientated practice under massive REASONS.

39.8 Protective equipment

Protective equipment includes head protection (headbutts) and suitable child-friendly boxing gloves approx. 8 to a maximum of 10 OZ. Tooth and foot protection is also recommended, but not mandatory.

The coaches are RESPONSIBLE for ensuring that the children are at the area on time and correctly adjusted. After 3 calls = a delay of 1 minute after calling out, a minus point must be awarded. Then another point must be given after a further minute. If the athlete does NOT appear at the competition area after a total of 3 minutes, he/she will be disqualified.

Technology versions:

All techniques must be executed in an age-specific manner and must NOT touch. NO style-specific differentiation, but it is about legal hit areas and legal techniques that occur in the general mat sport of kickboxing (pointfight, kicklight and light contact). Confusion "Waving at too great a distance", strange jumping around, blows to the knee or genital area are NOT subject to assessment. It is up to the schools to teach this.

PART 10 KIDS - RUN

ARTICLE 40. KIDS RUN (KR)

40.1 Kids Run is a pure children's discipline and is based on the traditional WMAC sports combined with elements of dexterity, agility, coordination and speed exercises. Kids Run sees itself as a preliminary stage to the mat sports of Kickboxing Light Contact & Kicklight, in which children are taught in a playful way which skills they also need for fighting. Speed, reaction, fairness, agility and fine motor skills and technique through punching and kicking are specifically trained. All techniques are completed in pairs or timed.

40.2 Age groups (subdivision according to body size, see announcement Attention - MINIMUM AGE is 3 years)

Description of the	Age	Category	Size in cm				
TIGERS	3-6 J	U6	-90	-110	-130	+130	
DRAGONS	7-8 J	U9	-100	-120	-140	+140	
NINJAS	9-12 J	U13	-110	-130	-150	+150	
INCLUSION	Open	Open	-110	-130	-150	+150	

40.3 Uniform - All uniforms should show the country being represented or the style of your club and it is up to the athletes what they wear. Traditional (Gi) or other martial arts clothing. IMPORTANT no unsportsmanlike prints or patches!

40.4 Performance - Both children run and perform exercises against each other without being allowed to touch each other. Targeted exercises must contain the following 5 elements= 1.running, overcoming obstacles (age-appropriate) 2.dexterity such as balancing, 3.agility such as crawling under an obstacle, hopping / jumping. 4. coordination elements such as jumping in a circle with different colours etc. Punches and kicks, which are completed at specific positions with a predetermined number and then so-called 5.speed & sprint units for the finish. The referees run along and check completion. If an exercise is NOT performed correctly, it must be repeated immediately or a time penalty of at least 5 - maximum 10 seconds must be imposed.

40.4.1 Time - The performance must not last longer than 60 seconds. In the event of a tie, a new run is started - if the score is tied again, a decision must be made by the referees. E.g. beautiful execution of the exercises.

40.5 Performance area - The area must be no smaller than 10 x 4 metres and is located on a hall floor that can be supplemented with mats (floor contact exercises)

40.6 Number of judges - 3 judges

The main judge decides together with the 2nd judge.

They take into account the correct execution and the time allowed as well as who finishes first.

40.7 Judging - The winner is determined immediately after the end of the run by a hand signal Both referees judge the respective execution of their athlete equally and autonomously to determine whether the athlete has made any . Special attention is also paid to the execution of the techniques.

40.8 Rules

The two competitors greet each other by bowing and then go to the designated starting position. There the referee will announce the start of the race with the command = START. The first person to cross the finish line and complete all the exercises as specified is the winner.

40.9 Warning (time is stopped)

The referee will issue a warning for touching or not following the rules (incorrect exercise, incorrect number etc.). The warning regulation applies as follows as a time penalty or as a return to the incorrectly completed exercise until it has been completed correctly.

Warning as a TIME PENALTY
for wrong exercise 10 seconds plus
for wrong number 5 seconds plus

Warning as a RETURN to the exercise - according to the result

40.10 Protective equipment & readiness

Knee and elbow pads, hand bandages and tape may be used as protective equipment in the event of injury. Otherwise NO specific requirements are to be made.

The coaches are RESPONSIBLE for ensuring that the children are at the area on time and correctly adjusted. After calling out 3 times = a delay of 1 minute after calling out, a warning must be given = time penalty of 5 seconds. Then a further time penalty of 5 seconds must be given. If the athlete does NOT appear at the competition area after a total of 3 minutes, he/she will be disqualified.

ABLAUF

- Slalom – zwischen den Hütchen hindurch
- Unten durch / oben drüber
- Balancieren auf Längsbank
- Rolle vorwärts
- Im Reifen 2 Fauststöße
- Im nächsten Reifen 2 Frontkick mindestens Gürtelhöhe
- Run in die Zielgerade
- Bei einem Fehler bzw. Auslassen an einer der Stationen, muss diese Station wiederholt werden: es wird nur ein Fußkick gemacht oder unter der Gürtellinie / schräge Rolle / untern durch – umwerfen der Stange / Balancieren – runter gehen / Slalom – Hütchen berühren oder umwerfen.....)

