



World Sport Martial Arts Organisation (WSMA)

Light Contact & Kick Light Rules

The Eight Pillars of WSMA

- Focus – Always be present in the moment and committed to your training.
- Discipline – Stay consistent, keep to the rules, and respect the process.
- Courage – Face challenges without fear, both in and out of competition.
- Loyalty – Honour your club, your coaches, and your fellow athletes.
- Self-Mastery – Maintain control over your emotions, actions, and mindset.
- Fighting Spirit – Show determination, even when the odds are against you.
- Strength – Build both physical and mental resilience.
- Respect – Treat everyone, including opponents and officials, with dignity.

1. General

WSMA stands for the World Sport Martial Arts Organisation, headquartered in Birmingham, England, UK.

The affiliated National Federations are members of WSMA. WSMA CEO is Del Sampson.

This rulebook replaces all previous editions. English is the official language, but translations may be provided. Without written consent from WSMA HQ, this rulebook may not be used for commercial purposes.

Members are responsible for staying updated with the latest rules at: www.wsma.website

2. Amateur Status

An amateur competitor is any participant who is not contracted professionally and earns less than £100,000 per year from professional fights.

Professional competitors cannot compete in amateur events, including the WSMA World Championships.

If discovered, penalties may include:

- Disqualification
- Competition bans
- Fines up to £250
- Revocation of titles

3. Anti-Doping Policy

The use of banned substances is strictly prohibited.

Testing may be conducted by WSMA officials or authorised agencies.

Refusal to comply may result in suspension.

Privacy will be respected, and tests will be supervised by qualified personnel of the same gender where possible.

4. Registration and Weigh-In

- Competitors must pre-register through their coach, providing name, country, and WSMA licence number.
- A valid WSMA licence book with annual stamp and proof of medical fitness (within the last 12 months) is required.
- Female competitors must confirm they are not pregnant.
- Weight checks must match registered categories; a tolerance of 500g is allowed only for under-12 competitors.



WWW.WSMA.WEBSITE



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5. Age Categories & Weight Classes

Categories:

- Kids (8–12)
- Teens (13–14)
- Juniors (15–17)
- Adults (18–34)
- Veterans (35–44)
- Executives (45–55)
- Seniors (55+)

Veterans and Executives may drop one category; no one may move up.

Minimum three competitors per class — otherwise, athletes may be moved up to the next class.

Kids Female

-25kg, -30kg, -35kg, -40kg, -45kg, -50kg, 50kg+

Kids Male

-25kg, -30kg, -35kg, -40kg, -45kg, -50kg, 50kg+

Teens Female

-45kg, -50kg, -55kg, -60kg, 60kg+

Teens Male

-45kg, -50kg, -55kg, -60kg, -65kg, 65kg+

Juniors Female

-50kg, -55kg, -60kg, -65kg, 65kg+

Juniors Male

-55kg, -60kg, -65kg, -70kg, -75kg, 75kg+

Adults Female

-50kg, -55kg, -60kg, -65kg, 65kg+

Adults Male

-60kg, -65kg, -70kg, -75kg, -80kg, -85kg, -90kg, -95kg, 95kg+

Veterans Female

-65kg, 65kg+

Veterans Male

-75kg, 85kg+



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Executives Female

-70kg, 70kg+

Executives Male

-75kg, 85kg+

6. Safety Equipment

All competitors must wear approved safety gear:

- Headgear
- Mouthguard
- Gloves (10oz in all styles)
- Shin and foot protectors
- Groin and chest protectors where applicable

Optional gear: soft elbow/forearm/knee guards, light sport shoes for point/light contact, face guards for kids.

7. Competition Area

Mat sports: 6x6m to 8x8m square, with 1m safety zone.

Ring sports: standard boxing ring, 7x7m to 8x8m, with four ropes and appropriate padding.

8. Medical Examination

A registered doctor must be present at all events; two doctors for World Championships.

The doctor has authority to stop matches for safety.

No aid may be given to a competitor until examined by the doctor.

9. Competitor Responsibilities

Competitors must be in good health, clean, with nails trimmed.

Hair must be neat and secure if long.

No excessive use of substances like Vaseline.

Competitors must bring their own approved equipment.

10. Coach Responsibilities

Coaches must wear clean tracksuits and sport shoes.

Each competitor may have two coaches; only one may enter the ring.

Coaches must follow referee instructions, may throw a towel to stop a fight, and must keep the area clear between rounds.

11. Protests

Only coaches may file protests, with a £100 fee refundable if upheld.

Protests must be about rule misapplication, not referee scoring opinions.

The Head Referee's decision is final unless a second authorised doctor is involved in medical decisions.



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12. Rules of Conduct

Competitors must show respect and sportsmanship at all times.

When stopped, fighters must return to a neutral position.

After matches, competitors must bow to the referee, opponents, and coaches.

13. Match Rules – Light Contact & Kick Light

Duration

- Kids & Juniors:
 - Eliminations – 1 round of 2 minutes
 - Finals – 2 rounds of 2 minutes
- Adults:
 - Eliminations & Finals – 2 rounds of 2 minutes
- Veterans:
 - Eliminations – 1 round of 2 minutes
 - Finals – 2 rounds of 2 minutes
- Executives:
 - Eliminations & Finals – 1 round of 2 minutes
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Scoring

Points are awarded for controlled, accurate, and legal techniques, delivered with proper form and focus:

- 1 Point – Any legal punch, kick to the body, or foot sweep (boot-to-boot, below the ankle).
- 2 Points – Kick to the head, jump kick to the body.
- 3 Points – Jump kick to the head.

Techniques must be delivered with control and appropriate power for the division.

Knockouts are not permitted — excessive contact may result in penalties.

Legal Techniques

Jab, cross, hook, uppercut, back fist, front kick, side kick, roundhouse kick, hook kick, axe kick, crescent kick, spinning kicks, spinning back kick, sweeps (boot-to-boot, below ankle).

Kick Light Only: Low roundhouse kick to the thigh (controlled).

Illegal Techniques

Elbows, knees, headbutts, palm strikes, ridge hands, knife hands, throws, clinching, striking with the shin, sweeps above the ankle, pushing, excessive force, attacks to the back or below the belt, verbal abuse, biting, spitting.



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