



World Sport Martial Arts Organisation (WSMA)

Karate

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 & Medical Requirements

- Competitors must pre-register via their coach with full details (name, country, WSMA licence number).
- A valid WSMA licence book with annual stamp and proof of medical fitness (within last 12 months) is required.
- Female competitors must confirm they are not pregnant.



WWW.WSMA.WEBSITE



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PENSNETT ESTATE, KINGSWINFORD. DY6 7XZ



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5. Safety Equipment

- Approved safety gear must be worn at all times.
- For Karate Kumite: hand protectors, foot protectors, shin protectors (covering shin only), gum shield, groin protection (male), and breast protector (female) are compulsory.
- Optional: head protector with plexiglass face shield, body protector.
- All protectors must be made of soft material inside and covered with white, blue, or red cloth (max thickness 2cm).
- Hard plastic is prohibited.

6. Competition Area

Karate Kumite matches take place on tatami mats of regulation size, with a clear boundary line.

7. Medical Cover

A registered doctor must be present at all events (two for World Championships).

The doctor has the authority to stop matches for safety. No treatment can be given until cleared by the doctor.

8. Competitor Conduct

- Competitors must be clean, nails trimmed, hair tied back, no excessive grease.
- Respect must be shown to referees, opponents, and officials at all times.
- After each bout, fighters must bow to referee, opponent, and coaches.

9. Coach Conduct

- Coaches must wear clean tracksuits and sport shoes.
- Max two coaches per fighter; only one allowed in the ring/match area between rounds.
- Coaches must follow referee instructions and keep the area clear.

10. Protests

- Only coaches may file protests, with a £100 fee (refunded if upheld).
- Protests must relate to rule misapplication, not scoring opinion.
- The Head Referee's decision is final.

11. Final Authority

The WSMA CEO and designated officials have the final say in all matters.

Rules are subject to change; updates will be posted on www.wsma.website.



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Karate Kumite – Shobu Nihon Rules

Article 1 – Types of Match

- Individual Match: Decided by “Shobu Nihon” – a two-point match where the first competitor to score 2 Ippon or 4 Waza-ari wins.
- Matches are timed:
 - Adults Male/Female: 2 mins (effective time)
 - Kids/Juniors: 2 mins (effective time)
 - Duration can be modified by WSMA Executive Board before the event.

Victory or Defeat

Awarded by:

- 2 Ippon or 4 Waza-ari
- Decision (Hantei)
- Disqualification (Hansoku)
- Retirement (Kiken)
- Foul by opponent

Scoring Areas

- Head
- Face
- Neck
- Abdomen
- Chest
- Side
- Back (excluding shoulders)

Equipment (See General Rules Section 5 for safety details)

Criteria for Ippon

An Ippon is awarded for a decisive, controlled technique delivered with:

- Good form
- Good attitude
- Strong vigour



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- Zanshin (mental alertness)
- Proper timing
- Correct distancing

Examples:

- a) Perfectly timed attack as opponent moves in.
- b) Attack delivered immediately after unbalancing opponent.

Criteria for Waza-ari

Awarded for techniques close to Ippon level but slightly lacking in one of the above qualities.
Referees look for Ippon first, Waza-ari second.

Decision (Hantei) – When no Ippon or disqualification occurs:

Judges consider:

- Number of Waza-ari
- Warnings given
- Escapes outside match area
- Fighting attitude
- Technical skill
- Vigour and spirit
- Number of attacks
- Strategic excellence
- Fair play

Prohibited Acts & Techniques

1. Uncontrolled attacks
2. Excessive contact
3. Attacks to limbs
4. Open hand strikes to face, elbow strikes, knee strikes, headbutts
5. Groin attacks
6. Attacks to joints, insteps, shins
7. Grabbing without immediate follow-up, prolonged clinching
8. Dangerous throws
9. Time wasting
10. Unsporting behaviour (including by coaches)
11. Conduct bringing karate into disrepute
12. Mubobi (self-endangerment)
13. Disrespectful actions
14. Exaggerated or faked injury



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Penalties

- Atenai – Private warning
- Chui – Official warning
- Hansoku – Disqualification

Terminology & Referee Signals

- Hajime – Start match
- Yame – Stop match
- Torimasen – No score
- Atenai – Private warning
- Chui – Official warning
- Hansoku – Disqualification
- Jogai – Out of area
- Mubobi – Self-endangerment warning
- Shikkaku – Tournament disqualification



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