



## 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](http://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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# World Sport Martial Arts Organisation (WSMA)

## Official Point Fighting Rules

Veterans Female

-65kg, 65kg+

Veterans Male

-75kg, 85kg+

Executives Female

-70kg, 70kg+

Executives Male

-75kg, 85kg+

### 6. Safety Equipment

All competitors must wear approved safety gear:

- Headgear
- Mouthguard
- Gloves (open hand for Point Fighting)
- Shin and foot protectors
- Groin protectors (mandatory for all)
- Chest protectors (mandatory for females)

Optional:

- Soft elbow, forearm, or knee guards
- Sport shoes for Point Fighting
- Face guards for kids

### 7. Competition Area

- Minimum size: 6m x 6m
- Maximum size: 8m x 8m
- Surface: Approved jigsaw or roll mats (min. 1-inch thickness)
- Safety zone: 1m around the area where possible

### 8. Medical Examination

- A registered doctor must be present at all events (two for World Championships).
- The doctor has full authority to stop matches for safety.
- No aid may be given to a competitor until examined by the doctor.

### 9. Competitor Responsibilities

- Must be in good health, clean, with nails trimmed.
- Hair must be neat and tied back if long.
- No excessive Vaseline or foreign substances.
- Must bring their own approved equipment.



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### 10. Coach Responsibilities

- Must wear clean tracksuits and sports shoes.
- Each competitor may have two coaches; only one may enter the mat area.
- Coaches must follow referee instructions and may throw in the towel to stop a fight.
- Must keep the corner area clear between rounds.

### 11. Protests

- Only coaches may file protests.
- Fee: £100 (refunded if upheld).
- Protests must relate to rule misapplication, not referee scoring opinions.
- Head Referee's decision is final unless a second authorised doctor is involved.

### 12. Rules of Conduct

- Competitors must display respect and sportsmanship at all times.
- When stopped, fighters must return to a neutral position.
- After matches, competitors must bow to the referee, opponent, and coaches.

### 13. Match Rules

- Match Duration: Typically 2 rounds of 2 minutes (finals may vary).
- Start/Stop: The referee starts and stops the match with the command "Fight" and "Stop".
- Scoring Area: Head (front/sides) and torso (above the belt).
- Prohibited Actions: Strikes to the back of the head, throat, spine, or below the belt; uncontrolled contact; sweeps above the ankle; grabbing.
- Out of Bounds: No scoring is allowed if a competitor is fully outside the fighting area.

### 14. Scoring System

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

- 1 Point – Any punch technique (straight punch, backfist, ridge hand) to a legal target area.
- Kicks to the body (front, side, roundhouse, hook).
- Legal boot-to-boot sweep with no follow-up.
- 2 Points – Kicks to the head.
- Jumping kicks to the body.
- Legal boot-to-boot sweep immediately followed by a punch.
- 3 Points – Jumping kick to the head.

### 15. Winning the Match

A match can be won by:

- Highest points at the end of the match.
- Point gap (usually 10 points ahead).
- Referee stoppage (injury or technical superiority).
- Disqualification of the opponent.



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### 16. Penalties

- Warning – For minor rule breaches.
- Point Deduction – For repeated or serious infractions.
- Disqualification – For dangerous or unsportsmanlike conduct.

### 17. Final Authority

In all matters of interpretation and enforcement of these rules, the WSMA CEO and designated officials have the final say.



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