



World Sport Martial Arts Organisation (WSMA)

Forms & Weapons 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

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

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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.



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Forms & Weapons Rules

5. Safety & Equipment

- Competitors must wear a clean, correct uniform suitable for their style and division.
- No loose jewellery allowed.
- Weapons must be safe, clean, and recognised within martial arts. Judges may inspect weapons before competition.
- Damaged or unsafe weapons must be replaced.
- Magnetic or unsafe ultra-light weapons are prohibited in traditional divisions.

6. Medical Cover

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

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

7. Competitor Conduct

- Competitors must know the rules and be ready to compete when called.
- Three calls will be made — failure to appear results in disqualification.
- Respect must be shown to referees, opponents, and officials at all times.

8. Coach Conduct

- Coaches must wear clean tracksuits and sport shoes.
- Coaches must follow official instructions and keep the area clear.

9. Protests

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

10. 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.

Forms & Weapons – Competition Rules

1. Competitor Responsibilities

- Know the rules and be prepared to compete when called.
- Must carry WSMA ID badge/lanyard to access venue and competition area.
- No loose jewellery.
- Three calls will be made; failure to appear results in disqualification.
- Requests to remove a judge must be made before the division starts in a respectful manner.
- A referee cannot judge a family member.



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2. Time Limit

- Each routine must be 3 minutes or less.
- Time starts when the competitor enters the ring, ends at completion of form.
- Exceeding time limit = disqualification.

3. Weapons & Safety

- Careless misuse = penalty or disqualification.
- Dropped weapon = disqualification.
- Broken/damaged weapon = disqualification.
- Dropping a weapon in eliminations = cannot advance to finals.
- Dropping in finals = lowest score/bronze medal.

4. Music Rules

- No lyrics (words). Profanity or racial content = disqualification.
- Music must be MP3 or phone playback only.
- Assistant will set volume to high and press play.

5. Starting Over / Mistakes

- Eliminations: memory lapse = restart allowed, but lowest score (1) and cannot advance.
- Finals: memory lapse = lowest score (6).
- Music malfunction or external interference = restart without penalty.

6. Scoring

- Judges assess: stances, punches, blocks, kicks, balance, strength, focus, showmanship.
- 5 judges per division.
- Eliminations scored 1–9. Finals scored 1–10.
- Highest and lowest scores dropped; remaining three added.
- Tie-break: competitors perform again (different form for traditional styles).

7. Age Criteria

- Age is taken as of June 30th competition year.
- Male/female separate except team forms.
- Veterans/Executives/Seniors may drop into lower age once; no one may move up.

8. Age Divisions

- Kids: up to 12
- Juniors: 13–14
- Teens: 15–17
- Adults: 18–34
- Veterans: 35–44
- Executives: 45–54
- Seniors: 55+



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Forms & Weapons Rules

9. Division Categories

Kids/Juniors/Adults:

- Hard Style
- Korean Style
- Karate Traditional
- Soft Style
- Free Style
- Weapons with Music
- Weapons No Music
- Karate Weapons
- Hard Style & Traditional Team Forms
- Free Style Team Forms

Veterans:

- Karate Traditional
- Hard/Soft Style
- Karate Weapons
- Weapons No Music
- Veterans with Music

Executives & Seniors:

- Executive Traditional
- Executive Hard/Soft Style
- Traditional Karate Weapons
- Weapons No Music

10. Style-Specific Rules

- Hard Style: Traditional moves only, no music, no weapons.
- Korean Style: TKD/Tang Soo Do traditional forms only, no music, no weapons.
- Karate Traditional: Japanese/Okinawan kata only, no alteration, max 4 kiais, no music/weapons.
- Soft Style: Chinese Kung Fu/Wushu traditional forms only, no music/weapons.
- Free Style: Must use music (no lyrics), martial arts & tricking skills allowed, limited tumbling (max 5 skills).
- Weapons with Music: Mandatory weapon use, no lyrics, max 5 tumbling/tricking skills.
- Weapons No Music: Mandatory weapon use, no tumbling.
- Karate Weapons: Traditional Japanese/Okinawan weapons only, no modern tricking skills, no music.
- Veterans/Executives Traditional: As per hard/korean/karate traditional — no music, no weapons, no free style skills.
- Team Forms: Must follow the rules of the entered style category.



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World Sport Martial Arts Organisation (WSMA)

Karate

The Eight Pillars of WSMA

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

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- 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.

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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.
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World Sport Martial Arts Organisation (WSMA)

Karate

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.

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World Sport Martial Arts Organisation (WSMA)

Karate

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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Karate

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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World Sport Martial Arts Organisation (WSMA)

Light Contact & Kick Light Rules

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- 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.



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World Sport Martial Arts Organisation (WSMA)

Light Contact & Kick Light Rules

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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Light Contact & Kick Light Rules

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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Light Contact & Kick Light Rules

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
 -

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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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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Official Point Fighting Rules

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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Official Point Fighting Rules

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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