



World Sport Martial Arts Organisation (WSMA)

Ring Sports - Full Contact – Low Kick – K-1 – Thai Boxing

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 & Governing Body

- WSMA = World Sport Martial Arts Organisation, HQ in Birmingham, England (UK).
- This rulebook replaces all previous versions.
- English is the official language of WSMA rules.
- National federations must follow WSMA rules (local legal adjustments permitted).
- Rules may not be copied/published without permission from WSMA HQ.
- All members are responsible for keeping up to date with current rules via www.wsma.website.

2. Competitor Uniform

Discipline Male Uniform Female Uniform

Full Contact

Long trousers, no top

Long trousers + T-shirt/sports bra

Low Kick

Shorts, no top

Shorts + T-shirt/sports bra

K-1 / Thai Boxing

Shorts, no top

Shorts + T-shirt/sports bra

3. Match Duration

- Eliminations & Finals: Max 3 x 2-minute rounds (1-minute break).
- Gala bouts (amateur): Usually 5 x 2-min or 3 x 3-min (as matched).
- Four-minute rule for late entry to ring:
 - a. 1 min – 1st warning
 - b. 2 min – 2nd warning
 - c. 3 min – minus point
 - d. 4 min – disqualification

4. Hand Wrapping

- Gauze + tape wrap: Max 12 m gauze / 5 m tape per hand – no tape over knuckles.
- Elastic wraps: Max 4.5 m wrap / 2 m tape per hand – no padding beyond approved.
- Referee/supervisor may check wraps at any time.



WWW.WSMA.WEBSITE



INFO@WSMA.WEBSITE



07836 555 394

CHURCHILL HOUSE, BUILDING 66, THIRD AVENUE,
PENSNETT ESTATE, KINGSWINFORD. DY6 7XZ



World Sport Martial Arts Organisation (WSMA) Official Rules

5. Legal Techniques

Full Contact:

- All boxing punches + kicks above the waist only
- Allowed: sweeps/spinning sweeps to ankle (as per point-fighting rules)

Low Kick:

- All Full Contact techniques PLUS:
- Kicks to thighs (inside/outside), shin-kicks to body/head
- Straight leg-grab + one counter strike permitted
- Flat throws below waist allowed from clinch

K-1:

- All Low Kick techniques PLUS:
- Knee strikes to thighs & body (head knees adults only)
- 1 knee from clinch then release

Thai Boxing:

- As per K-1 PLUS:
- 5-second clinch allowed with knees and elbows to body
- Elbows to head NOT allowed in amateur

6. Illegal Techniques (summary)

- Spinning backfist (Full Contact only)
- Any throws above waist
- Multiple strikes while holding/clinch (K-1 only allows one)
- Elbow to head (Thai Boxing amateur)
- Kicks/punches to spine/back of head
- Strikes with palm
- Sucker punches after break
- Attacking grounded opponent
- Excessive holding/running out of ring

7. Warnings & Minus Points

- 1st & 2nd warning → recorded = no points lost
- 3rd warning → minus point
- 2 minus points → disqualification
- Referees may issue immediate minus point for serious fouls.



WWW.WSMA.WEBSITE



INFO@WSMA.WEBSITE



07836 555 394

CHURCHILL HOUSE, BUILDING 66, THIRD AVENUE,
PENSNETT ESTATE, KINGSWINFORD. DY6 7XZ



World Sport Martial Arts Organisation (WSMA) Official Rules

8. Scoring (10-Point Must System)

Judges score based on:

- Technique landing (legal punches/kicks)
- Knockdowns
- Ring-control, aggression, clean scoring

Typical round scores:

- 10-9 = close round
- 10-8 = clear dominance
- 10-7 or less only after deductions

9. Victory Conditions

- Points decision
- RSC – Referee Stopping Contest (outclassed/injury)
- KO/TKO (counts: 2 in 1 round or 3 in fight = TKO elimination; finals 3 in 1 or 4 in fight)
- DOD – Doctor's decision
- NC – No contest (ring unsafe)
- WO – Walk-over (opponent absent after 4 mins)

10. Weight Categories (WSMA Ring Sports)

Teens Female (12–14):

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

Teens Male (12–14):

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

Juniors Female (15–17):

-50kg, -55kg, -60kg, -65kg, -70kg, +70kg

Juniors Male (15–17):

-50kg, -55kg, -60kg, -65kg, -70kg, -75kg, -80kg, +80kg

Adults Female (18–34):

-50kg, -55kg, -60kg, -65kg, -70kg, -75kg, +75kg

Adults Male (18–34):

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

Veterans Female (35–44):

-65kg, +65kg



WWW.WSMA.WEBSITE



INFO@WSMA.WEBSITE



07836 555 394

CHURCHILL HOUSE, BUILDING 66, THIRD AVENUE,
PENSNETT ESTATE, KINGSWINFORD. DY6 7XZ



World Sport Martial Arts Organisation (WSMA) Official Rules

Veterans Male (35–44):

-75kg, +75kg

Executives Female (45–54):

-70kg, +70kg

Executives Male (45–54):

-85kg, +85kg

Seniors Female (55+):

-70kg, +70kg

Seniors Male (55+):

-85kg, +85kg



WWW.WSMA.WEBSITE



INFO@WSMA.WEBSITE



07836 555 394

CHURCHILL HOUSE, BUILDING 66, THIRD AVENUE,
PENSNETT ESTATE, KINGSWINFORD. DY6 7XZ