

WFMC

World Fightsport & Martial Arts Council



OFFICIAL RULEBOOK

2024

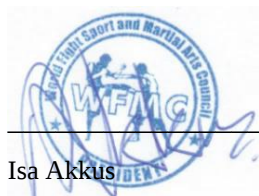
Preamble

This rulebook serves as the binding regulation for competitions and events under the framework of the **World Fight Martial Arts Council (WFMC)**, establishing the legal framework for both professional and amateur sports. It ensures that all sporting competitions are conducted under uniform and fair conditions and guarantees the protection and safety of participants. The provisions contained in this rulebook are binding for all WFMC events and obligate both organizers and participants to comply. Deviations from or changes to the rules are only permitted with prior written approval from the responsible authorities within the WFMC. Rule changes during an event are expressly prohibited and will render the respective decisions invalid.

In the event of a conflict, the provisions established in this rulebook are decisive and must be given priority in decision-making. Regional or country-specific requirements can be considered if they are absolutely necessary and compatible with the principles of the rulebook. The reproduction, publication, or distribution of this rulebook, whether in physical or digital form, is only permitted with prior express approval from the WFMC. Free access to this rulebook is available through the official WFMC channels.

This rulebook has been written in a uniform form for better readability; however, this implies no judgment regarding the gender, position, or role of the parties involved.

The rulebook was created by the founder and world president of the WFMC, who enforces its implementation and monitors compliance with his signature.

The image shows a blue circular logo for the World Fight Martial Arts Council (WFMC). The logo features a stylized figure in a fighting stance, surrounded by the text "World Fight Martial Arts Council" and "WFMC". A handwritten signature in blue ink is written over the logo.

Isa Akkus
Founder & Worldpresident

1. Organiser's Right of Venue Control

The organiser has full and unrestricted control over the venue where the competitions are held. They have the authority to immediately exclude any persons, including participants, spectators, or other attendees, who violate this rulebook, the principles of fairness, or mutual respect, from the event. This applies particularly to actions that endanger the physical well-being of fighters or other participants. The organiser is required to take measures to ensure the safety and smooth running of the event at all times.

2. Mutual Respect and Protection of Physical Well-being

All individuals involved in the event, including fighters, trainers, and spectators, are obligated to observe mutual respect. The physical well-being of the fighters must always be the highest priority. It must be ensured that all techniques are performed in a controlled and careful manner within the applicable regulations to avoid injuries. The principles of fair competition and respectful behaviour must be upheld at all times. Violations may lead to sanctions.

3. Obligation to Adhere to the Rulebook

By participating in a WFMC event, each fighter and trainer agrees to have fully understood this rulebook and to strictly comply with it. All techniques must be executed with the utmost care and responsibility. Violations of the rulebook can result in the disqualification of the fighter or the entire team. Specifically, actions that contradict the principles of human dignity or breach combat sport regulations will result in immediate exclusion from the event. Repeated or serious violations may result in the permanent exclusion of the relevant club or gym.

4. Legal Consequences of Rule Violations

Violations of the rulebook, particularly those affecting physical well-being or human dignity, will be met with legal consequences, including the possibility of filing criminal charges, which may result in further sanctions both.

5. Anti-Discrimination and Equal Treatment

Any form of discrimination, whether based on race, religion, political beliefs, gender, or for any other reason, is strictly prohibited. Radical or extremist statements and behaviours will not be tolerated. Participants who violate these principles will be excluded from the competitions.

Combat sports are committed to the values of respect, fairness, and equal treatment, and all participants must uphold these principles.

6. Participation Requirements for Competition Events

a) Required Medical Documents and Health Checks

1. Medical Certificate:

Every participant is required to submit a medical certificate confirming their full fitness to compete no later than at registration on the day of the event. This certificate must not be older than six months at the time of the competition and must be issued and signed by a licensed medical doctor.

2. Vital Check on the Day of Competition:

In addition to the medical certificate, participants will undergo a physical examination on the day of the competition, conducted by a doctor appointed by the WFMC. This "vital check" will assess key vital functions, including blood pressure, pulse, and the participant's overall physical condition, to ensure they are fit to safely compete under the specified conditions.

3. Exclusion Due to Health Concerns:

If a participant fails the vital check, the doctor has the authority to declare the participant unfit to compete at their own discretion. In such a case, the participant will be immediately excluded from the competition without further review. No appeal against this decision is allowed.

b) Obligation to Report Health Impairments

1. Obligation to Inform

The participant is required to immediately inform the organiser and their coach of any known health issues or impairments that could affect their performance in the competition. This also applies to psychological impairments or injuries that occurred within four weeks prior to the competition.

2. Liability Waiver for Non-Compliance

If the participant fails to comply with this obligation and competes despite a health impairment, they do so at their own risk. By participating, the participant expressly agrees that the WFMC, the organiser, and their appointed agents are exempt from any liability for health damages resulting from the failure to disclose.

c) Weight Classes and Weight Control

1. Weight Classes

Each participant will be assigned to a weight class based on their body weight. The weight classes are defined by the WFMC in 5-kilogram intervals. Adjustments to these categories are not permitted.

2. Weight Control

On the day of the competition, an official weight check will be conducted by the organiser. This will be overseen by a WFMC official, and calibrated scales must be used. The participant must be within the allowed weight class. A tolerance limit of +/- 200 grams for tournament events and +/- 1 kg for gala events is permissible.

3. Exclusion for Non-Compliance

If a participant's weight falls outside the specified tolerance range, they will be immediately excluded from the competition event. Re-weighing or attempts to adjust the weight afterwards are not allowed and will result in immediate disqualification.

4. Obligation to Provide Accurate Weight

The participant is required to provide the correct weight during registration. False information may be considered an attempt to deceive and will lead to disqualification from the competition, as well as possible further sanctions by the WFMC.

d) Registration and Eligibility to Participate

1. Timely Registration

Registration for participation in the competition event must be completed within the specified deadline. Participation is only guaranteed if the registration is fully and timely submitted.

2. Required Information

The participant must provide the following information fully and accurately during registration:

- Full name (first and last name),
- Nationality,
- Weight (according to the relevant weight class),
- Age category (e.g., Bambini, Children, Cadets, Juniors, Adults, Veterans, Masters),
- Federation (e.g., national or international martial arts federation),
- Club/Gym where the participant trains,
- Name of the coach/trainer accompanying the participant,
- Photo of the fighter (passport photo).

3. Accuracy of Information

All information provided by the participant must be truthful and binding. False information, particularly regarding weight and age category, may be considered an attempt to deceive and will result in the immediate disqualification of the participant from the competition. Further sanctions by the organiser, such as exclusion from future competitions, may follow.

2. Presentation of Sports Pass and Annual Marks

a) Sports Pass

The participant is required to present their valid sports pass during registration. This must be issued by a recognised national or international martial arts federation and include the participant's essential information (name, date of birth, weight class, previous competitions, and achievements).

b) Annual Mark

The sports pass must also include a valid annual mark, which confirms that the participant has paid the required fees and contributions to the federation for the calendar year. Without a valid annual mark, the participant is not eligible to compete.

c) Verification

The WFMC will verify the sports pass and annual mark during registration. If it is found that the sports pass is invalid or the annual mark has expired, the participant will be immediately excluded from the competition.

d) Submission of Documents

The subsequent submission of missing or incomplete documents (sports pass, annual mark) is not permitted. All required documents must be fully submitted at registration on the day of the competition; otherwise, participation will be refused.

3. Special Participation Requirements

a) Age and Weight Categories

Participation in a tournament is based on the age and weight categories specified by the federation. Fighters are only allowed to compete in their registered category unless the following situations arise:

- **Procedure for Odd Number of Participants:** If there is an odd number of participants in a weight class, a draw will be conducted to determine which fighter will advance directly to the final or next round. This will be the first step.
- **Automatic Advancement to a Higher Weight Class:** If no opponent is available in a weight class or if odd numbers remain after the draw, the fighter will automatically be advanced to the next higher weight class. The fighter may choose to decline this advancement. If the fighter chooses not to compete in the higher weight class, the registration fee will be fully refunded.
- **Fighter's Option:** However, if the fighter voluntarily chooses to compete in the higher weight class, the victory or defeat will apply to the weight class in which they actually competed, and not the originally registered class. In this case, the registration fee will not be refunded.

b) Coach/Trainer Requirements

The participant may only be accompanied by a licensed coach or trainer who has completed the appropriate coaching training and is registered with the federation or club. The coach is responsible for ensuring the participant's proper preparation in accordance with the rules.

4. Behaviour Rules on the Competition Area

a) Respect and Fairness

All participants, coaches, and fighters must behave respectfully and fairly at all times on the competition area. Any form of unsportsmanlike conduct, insults, discrimination, or disregard of the instructions of event officials may result in sanctions, up to and including exclusion from the competition event.

b) Restricted Access

Relatives, friends, or other unauthorised persons are not allowed on the competition area. This is to protect the participants and maintain focus during the competition.

7. Protests Against Decisions by the Referee and the Fight Jury

Fighters and coaches have the right to file a verbal protest against the fight evaluation within 30 minutes after the fight has ended. The protest must be submitted directly to the WPMC President and must be justified. The coach and the fighter have the right to review the scorecards and have the judges' reasons for their decisions explained.

A protest fee of 250.00 EUR must be paid immediately upon filing the protest. If the protest is upheld and results in a subsequent change of the judging panel's decision, the fee will be refunded. If the decision remains unchanged, no refund will be made. The protest will be discussed in the presence of the President and the involved judges. If it is determined that the scoring was incorrect, the decision will be amended, and the correct winner will be announced and honored in the ring. The judges act to the best of their knowledge and belief and have discretion in awarding points.

Protests against medical decisions are generally inadmissible. Medical decisions, particularly regarding the health of the fighters, are final and cannot be challenged.

All protests must be presented factually and without offensive or emotional expressions. Otherwise, this may result in the fighter's disqualification, and the incident will be noted in the WFMC protocol.

Once the 30-minute period has expired, the competition's decision is final, and a protest is no longer permitted.

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1. Traditional Forms

a) Definition of Terms

FHS – Forms Hard Style Japanese

FKO – Forms Korean

FKE – Forms Kempo

FSS – Forms Soft Style

FVT – Forms Master-Class Traditional (Veterans Traditional Forms)

b) Participation Requirements

Participants must demonstrate their ability to present realistic mental and physical self-defense scenarios in a form. The performed movements must reflect the characteristics of the respective martial art style. All techniques must be executed with maximum power, concentration, and explosiveness. The basic techniques used must be logically integrated into the form and align with the chosen structure of the style. Prior to the competition, the name of the participant, the title of the form, and the school or country of origin must be provided to the judges.

c) Judges' Qualifications

Judges appointed to evaluate forms competitions must have a strong knowledge of traditional martial arts. They must hold at least a 1st Dan or an equivalent master rank to ensure the required level of expertise.

d) Competition Execution

The organiser will decide whether mats will be used in the competition areas. This decision must be communicated to participants in advance of the competition. In all categories, only the top four participants qualify for the finals. Fighters ranked in the world standings will be seeded. The first-ranked competitor in the world standings will compete as the last participant in the competition. In the finals, participants are arranged in the order of their scores from the preliminary rounds. In national competitions, the organiser may decide that the winner is determined after only one round.

In international competitions, especially world championships, preliminary rounds are mandatory where rankings exist.

e) Scoring

1. Judges and Scoring System

Five judges score the performance of the competitors. Once all judges have submitted their scores, the highest and lowest scores are disregarded. The remaining three scores are added together to determine the final score. This ensures fair scoring without the influence of extreme ratings.

2. Scoring Criteria

Scoring is done with an accuracy of one decimal point. The scoring scale ranges from 7.0 to 9.0 points, with 8.0 considered the average score for a technically correct form. Scores above or below this reflect special achievements or mistakes.

3. Tiebreaker Procedure (Hard Style and Soft Style)

In the event of a tie, the competitors involved must perform an additional, different form to determine the winner. At both national and international levels, it must be ensured in advance that each competitor is capable of performing at least two different forms. If a competitor is unable to perform a different form, the original form may be repeated, but a **deduction of 0.5 points** per judge will be applied.

4. Rules for Freestyle Categories

In freestyle categories, it is permitted to perform the same form or kata multiple times without incurring any point deductions.

5. Rules for Handling Weapons

If a competitor drops a weapon during the performance, it will be considered a sign of lack of control, leading to a **0.5 point** deduction per judge. If a competitor uses two weapons (e.g., **Kama or Sai**), it must be ensured that the weapons do not collide uncontrollably. Should this occur, a 0.5

point deduction per judge will also be applied. This rule applies to both traditional and freestyle forms.

6. Additional Rules

Judges must not be influenced by loud shouts or noises made by competitors during the performance. Such vocalisations are not indicators of the quality of technique execution or physical strength and should not be taken into account during scoring.

If necessary, a timekeeper will be appointed to monitor the duration of performances.

f) Presentation and Attire

1. Martial Arts Attire

The competitor must wear appropriate martial arts attire. T-shirts, including club T-shirts, are not allowed. The clothing must be clean and ironed.

2. Belt

The appropriate belt indicating the competitor's rank must be worn.

3. Jewellery and Masks

Wearing jewellery is prohibited. Additionally, costume masks are not allowed.

4. Special Effects

The use of special effects such as dry ice, laser lights, smoke, or similar effects is forbidden.

5. Dance Elements

The form must not contain any dance elements.

6. Respect and Discipline

The competitor must always demonstrate respect and discipline, both on and off the competition area. This is particularly important in relation to other competitors and the judges.

7. Mat Etiquette

When entering the competition area, the competitor must bow to show respect to the judges. After the bow, the presentation is initiated according to general guidelines. The competitor should ask the judges for permission to begin the form, bow again, and then assume the starting position.

8. Focus and Discipline During the Form

Martial arts discipline must be maintained throughout the entire performance. The competitor must stay focused on the execution of the form and avoid distractions.

9. Completion of the Form

After completing the performance, the competitor waits for permission from the judges to leave the competition area.

g) Traditional Japanese Hardstyle - Kata

1. Movements

Karate forms must only contain traditional techniques and movements. The performed kata must resemble an original traditional form. Variations are allowed, provided the added movements are also of a traditional nature.

2. Kick Height

High kicks must not exceed the height of the competitor's head.

3. Freestyle

Freestyle forms, such as "machine-gun kicks" or similar non-traditional techniques, are not allowed.

4. Attire

A traditional gi or dobok must be worn.

5. Prohibited Elements

- Weapons are not allowed.
- Music is not permitted.
- There is no time limit for the performance.

6. Judging Criteria

Judges must consider the following aspects when evaluating:

- **Clean Basic Techniques**

Techniques must be executed precisely and in accordance with the rules of the respective style.

- **Stable Stances**

Body stances must be stable and provide a solid base for the techniques.

- **Precise Punches**

Punches must be powerful and controlled, with proper alignment and technique.

- **Controlled, Balanced Kicks**

All kicks must maintain the competitor's balance and be executed with control and power.

- **Effective Blocks**

Blocks should be performed effectively and correctly to defend against attacks.

- **Balance of Stability, Power, and Focus**

The competitor must demonstrate a high level of physical stability, power, and mental focus throughout the performance.

- **Smooth Transitions Between Techniques**

Movements should flow seamlessly from one technique to the next without interruption.

b) Traditional Korean Hardstyle Forms

1. Movements

Korean forms (Poomse or Tul) must consist solely of traditional movements. Variations are allowed if the added movements are also traditional and align with the Korean style.

2. Kick Height

High kicks must not exceed the height of the competitor's head.

3. Freestyle

Freestyle forms, such as "machine-gun kicks" or other non-traditional techniques, are not permitted.

4. Attire

A traditional gi or dobok must be worn.

5. Prohibited Elements

- Weapons are not allowed.
- Music is not permitted.
- There is no time limit for the performance.

6. Judging Criteria

Judges evaluate the following aspects:

- **Clean Basic Techniques**

Techniques must be executed precisely and in accordance with the rules of the respective style.

- **Stable Stances**

Body stances must be stable and provide a solid base for the techniques.

- **Precise Punches**

Punches must be powerful and controlled, with proper alignment and technique.

- **Controlled, Balanced Kicks**

All kicks must maintain the competitor's balance and be executed with control and power.

- **Effective Blocks**

Blocks should be performed effectively and correctly to defend against attacks.

- **Balance of Stability, Power, and Focus**

The competitor must demonstrate a high level of physical stability, power, and mental focus throughout the performance.

- **Smooth Transitions Between Techniques**

Movements should flow seamlessly from one technique to the next without interruption.

I) Traditional Master-Class Forms

1. Movements

Master-Class forms must only consist of traditional and recognised movements. The performed form (Poomse or Hyong) must adhere to traditional standards. Variations are permitted only if the added movements are also traditional.

2. Kick Height

Kicks must not exceed the height of the performer's head.

3. Freestyle

Freestyle forms, such as "machine-gun kicks," are not allowed in this category.

4. Attire

A traditional gi, dobok, or Wushu robe must be worn.

5. Prohibited Elements

- Weapons are not allowed.
- Music is not permitted.
- There is no time limit for the performance.

6. Judging Criteria

Judges must consider the following aspects:

- **Clean Basic Techniques**

Techniques must be executed precisely and in accordance with the rules of the respective style.

- **Stable Stances**

Body stances must be stable and provide a solid base for the techniques.

- **Precise Punches**

Punches must be delivered powerfully and with control, demonstrating proper alignment and technique.

- **Kicks with Controlled Balance**

All kicks must maintain the competitor's balance and be executed with both control and power.

- **Effective Blocks**

Blocks should be executed effectively and correctly to defend against attacks.

- **Balance of Stability, Power, and Focus**

The competitor must demonstrate a high level of physical stability, strength, and mental focus throughout the performance.

- **Smooth Transitions Between Techniques**

Movements should flow without interruption, with seamless transitions from one technique to the next.

J) Wu-Shu Softstyle Forms

1. Movements

Gymnastic elements are allowed in Softstyle forms, provided they match the Wu-Shu style and are applicable components of the combat style. Variations are allowed if the added movements are also traditional and align with the Softstyle.

2. Attire

A traditional Wu-Shu robe must be worn.

3. Prohibited Elements

- Weapons are not allowed.

- Music is not permitted.

4. Time Limit

For Wu-Shu Softstyle forms, there is a time limit of 3 minutes. A timekeeper must be appointed.

5. Freestyle

Freestyle forms, such as "machine-gun kicks" or other non-traditional techniques, are not permitted in this category.

6. Judging Criteria

Judges will evaluate based on the following aspects:

- **Clean Basic Techniques**

Techniques must be executed precisely and according to the rules of the respective style.

- **Stable Stances**

Body stances must be stable and provide a solid base for the techniques.

- **Precise Punches**

Punches must be delivered powerfully and with control, demonstrating proper alignment and technique.

- **Kicks with Controlled Balance**

All kicks must maintain the competitor's balance and be executed with both control and power.

- **Effective Blocks**

Blocks should be executed effectively and correctly to defend against attacks.

- **Balance of Stability, Power, and Focus**

The competitor must demonstrate a high level of physical stability, strength, and mental focus throughout the performance.

- **Smooth Transitions Between Techniques**

Movements should flow without interruption, with seamless transitions from one technique to the next.

2. Creative and Extreme Forms

a) Definition of Terms

FFS – Forms Freestyle

FWN – Forms Weapons No Music

FWM – Forms Weapons with Music

FEX – Extreme Forms

FTM – Team Forms

b) General Requirements for Creative and Extreme Forms

1. Form Execution and Scoring

Each participant performs their form once, after which the scoring takes place. The highest score wins. In the event of a tie between the top three places, the tied participants must perform their form again, and the higher score will determine the winner. If a tie persists, the judges will indicate their decision by a show of hands.

2. Technical Execution

The performance of the form must reflect a realistic mental and physical approach. Techniques must be executed with full power, concentration, and explosiveness where necessary. Basic techniques should be applied logically and effectively. Battle cries can be included in the form but should not accompany every movement.

3. Scoring Criteria

Judges focus on the following aspects:

- Clean basic techniques
- Stable stances
- Speed of techniques
- Precise execution
- Difficult tricks and gymnastics with a high degree of difficulty, which must be performed with precision
- Smooth flow of the form with minimal pauses
- Flexibility, strength, speed, endurance, and the competitor's attitude

4. Creativity and Risk

Creative movements and combinations that pose a high level of risk are rated highly, provided they are successfully executed. In weapons forms, emphasis is placed on weapon handling. The use and creative application of the weapon must be consistent throughout; the weapon must not remain unused after the form begins.

5. Music

The music used during the performance must be appropriate to the form presented. Full synchronization between the music and the movements is not mandatory but is considered a sign of higher preparation and professionalism. Music with offensive or inappropriate content is strictly prohibited, and violations of this rule will result in immediate disqualification.

Music-related rules:

- **Intro Sequence:**

The introduction, or the time before the actual form begins, must not exceed 30 seconds.

- **Duration of the Form:**

The duration of the actual performance must be between 1 and 2 minutes. Timing begins with the first movement after receiving the judges' approval.

- **Time Overrun or Underrun:**

If the prescribed time is exceeded or falls short, a deduction of 0.5 points per judge is applied.

6. Weapons

1. Definition of the Weapon

A weapon in the context of martial arts forms is a traditional martial arts tool designed for use in various disciplines. Such weapons must be safe, clean, and functional.

Permitted weapons include:

- Bo staff
- Sai
- Kama
- Nunchaku
- Tonfa
- Sword (Katana or Bokken)
- Escrima sticks
- Jo staff

Other weapons may be used only if they are declared permissible before the event and meet safety standards. All weapons must be inspected for safety and suitability by the judges before the performance begins.

2. Weapon Release

Weapon release refers to the intentional loss of contact between the competitor and the weapon, such as throwing it into the air or balancing it briefly on the ground. There are two types:

- **Throw Release:** The weapon is intentionally thrown into the air and must then be controlled and caught.

- **Balance Release:** The weapon is balanced on the ground, such as a Bo staff being stood upright.

3. Mistakes and Deductions

- **Point Deduction for Ground Contact:** If the weapon touches the ground during the performance, a 0.5-point deduction is applied by each judge.
- **Disqualification for Exiting the Competition Area:** If the weapon leaves the defined competition area, the competitor is disqualified.
- **Balancing Errors:** If a weapon, such as a Bo staff, falls over during a balance release, this is considered a mistake and results in a 0.5-point deduction.

c) Music Forms - Freestyle Empty/Open Hand

1. Creative Form (Empty Hand)

This category includes a self-assembled Hardstyle form performed to music. Gymnastic elements or rotations exceeding 360 degrees are not allowed. The form should consist of a combination of martial arts standard techniques and creative variations by the participant.

2. Extreme Form (Empty Hand)

In this category, an unlimited number of gymnastic and acrobatic elements, as well as trick techniques, are allowed. Nevertheless, martial arts standard techniques must still be shown and creatively varied. The focus of this category is on the music and choreography, which must be carefully coordinated.

3. Rules

- Weapons are not allowed.

- Dance moves, costumes, or stage effects such as lasers, smoke, or fire are not permitted.
- The performance must last between 1 and 2 minutes, with timing starting from the first movement.
- A timekeeper will monitor compliance with the time limit.
- The absence of fundamental martial arts techniques will result in a lower score.

4. Scoring Criteria

Judges place special emphasis on the following criteria:

- **Synchronization with the Music:** Movements should ideally harmonize with the music, signalling higher preparation and professionalism.
- **Showmanship:** How well the participant captivates and impresses the audience and judges with their performance.
- **Speed and Difficulty of Techniques:** Faster and more difficult techniques that are executed with precision will receive higher scores.
- **Clean Hand and Foot Techniques:** Techniques must be performed correctly and with precision.
- **Stable Stances:** Throughout the performance, stances must be stable and controlled.
- **Power and Focus:** Techniques must be executed with the proper balance of physical power and mental concentration.

d) Music Forms – Freestyle with Weapons

1. Creative Weapons Form

This category includes a self-assembled Hardstyle weapons form performed with music. It may not contain gymnastic elements or rotations exceeding 360 degrees. The weapon may be deliberately released up to three times but must remain under control throughout the performance. Creative variations in weapon handling are central to this category.

2. Extreme Weapons Form

This form allows for an unlimited number of acrobatic elements and tricks. The weapon may be released as often as desired, but it must always remain under control. The focus of this category is on the music and weapon handling.

3. Rules

- Weapon handling and synchronization with the music are the key scoring criteria.
- Dance moves, stage effects, and costumes are not allowed.
- The performance must last between 1 and 2 minutes, with timing starting from the first movement.
- Weapons must be inspected by the judges for safety and suitability before the performance begins.

4. Scoring Criteria

Judges focus on the following aspects:

- **Synchronization with the Music:** Movements and weapon handling should ideally harmonize with the music.
- **Weapon Mastery:** The ability to handle the weapon safely, precisely, and creatively.
- **Difficulty of Techniques:** Complex techniques performed with precision and control are rated highly.
- **Showmanship:** The participant's ability to captivate and impress the audience and judges with their performance.
- **Stable Balance and Clean Stances:** The participant must maintain control over their body and weapon throughout the performance.
- **Power and Focus:** Techniques must be executed with the correct combination of physical strength and mental focus.

e) Additional Categories ("Fun Categories")

1. Team Forms (Empty Hand)

In this category, two participants perform a self-assembled Hardstyle form with music together. **At least 75% of** the form must be synchronized between the two partners, requiring close coordination.

2. Team Forms (With Weapons)

Two participants perform a self-assembled weapons form with music. Various weapon combinations may be chosen, such as one participant with a weapon and the other without, or both with different weapons. Again, at **least 75%** of the form must be synchronized between both partners. The general Extreme Rules apply, especially regarding weapon handling and scoring criteria.

3. Trick Battle

In this category, two participants compete in a pure trick battle. Each participant has 30 seconds to present their best tricks. The trick battle is designed to showcase acrobatic skills and the precision of trick techniques. Judges will decide the winner by a show of hands, paying particular attention to technique execution, difficulty of tricks, and creativity.

3. Mat and Ring Sports

Mat sports and **ring sports** differ based on the respective competition surface.

Mat sports take place on soft mats (5x5 or 8x8 meters) and are mainly used in disciplines like light contact or semi-contact to cushion falls and minimize injuries. Control and technique are the primary focus here.

In **ring sports**, participants fight in a roped boxing ring (**5x5 to 7x7 meters**), used in harder disciplines like full contact or kickboxing. The ring allows for intense confrontations, where striking power and tactical use of the ropes play an important role.

Grappling, as part of mat sports, involves ground fighting disciplines where throws, joint locks, and choke techniques are emphasized. It requires a soft mat surface to allow fighters to safely execute throws and ground techniques.

In **MMA (Mixed Martial Arts)**, both strikes and kicks in the stand-up position and ground fighting are combined. MMA fights take place in a special octagon or cage to allow both stand-up and ground combat under safe conditions. Techniques from various disciplines such as boxing, wrestling, Jiu-Jitsu, and kickboxing come together. The size of the octagon must comply with the prescribed dimensions, with a minimum diameter of 6 meters and a maximum of 9 meters.

a) Preparation of the Competition Area

Proper preparation of the competition area is an essential requirement to ensure a safe and fair competition. The setup and inspection of the competition area—whether for mat sports or ring fights—must follow established standards, which are explained below:

1. Mat Area

1.1 Setup and Inspection of the Mat Area

The correct positioning of the mat area is essential for a safe and rule-compliant competition. The minimum dimensions of the mat area must be between 5x5 meters and 8x8 meters. The mat area must not be less than 36 square meters and must not exceed 81 square meters. For national events, a mat area with a minimum size of 36 square meters is required. Additionally, if possible, a safety zone of at least one meter around the competition area should be covered with safety mats. The mats must be laid out to provide a flat, non-slip, seamless surface to ensure the fighters' safety. The mats must be firmly connected to prevent tripping hazards or the fighters from slipping. The competition area should be marked with clear lines or boundaries that the fighters must not cross.

1.2 Safety Inspection of the Mat Area

Before the competition begins, the entire mat area must be rechecked for safety.

This includes:

- Ensuring that no mats have shifted or are damaged.
- There must be no objects in the immediate vicinity of the mat area that could pose an injury risk.
- The edges of the mat area must be designed so that fighters do not suffer injuries when unintentionally leaving the area.

1.3 Hygiene and Cleanliness of the Mat Area

- **Mat Cleanliness:** The mat area must be thoroughly cleaned before each fight to ensure a hygienic environment for the fighters. Sweat, blood, and other contaminants must be completely removed.

- **Disinfection:** It must be ensured that the mats are regularly disinfected, especially after injuries or heavy contamination with body fluids, to minimize the risk of infection.
- **Mat Maintenance:** The mats must be regularly inspected for damage. Damaged or worn mats must be replaced as needed to maintain both safety and hygiene on the competition surface.

2. Boxing Ring Area

a) Boxing Ring Construction

- **Size and Stability:**

The boxing ring must meet the prescribed dimensions and consist of a stable construction. The minimum size is 5x5 meters, and the maximum is 7x7 meters. The ring must offer sufficient movement space for the fighters and must not have dangerous edges or corners.

- **Ropes and Posts:**

The ropes must be tightly tensioned to avoid injuries caused by sagging but must not be too tight to avoid injuries. The ring posts must be securely anchored in the ground to ensure the ring's stability.

- **Access Stairs**

A stable set of stairs must be installed at the boxing ring, providing safe access for fighters, officials, and medical personnel. The stairs must be positioned on one side of the ring and remain accessible at all times during the fight.

- **Ring Padding:**

The ring floor must be padded appropriately to ensure that falls are well-cushioned. The posts and ropes must also be adequately padded to absorb collisions safely.

- **Ring Safety:**

All other areas around the ring, such as the areas for participants and medical staff, must be safely accessible. Additional measures, such as foam padding or covers for corners and ropes, can be used to further secure the competition area.

6. Safety Inspection of the Boxing Ring

Before the competition begins, the boxing ring must be inspected for safety. This includes:

- Tightly tensioned ropes and securely anchored posts.
- Sufficient padding on the ring floor, posts, and ropes.
- Clear access routes without dangerous objects.
- Stable and non-slip stairs.
- A level and non-slip ring floor without uneven areas or tripping hazards.

7. Hygiene and Cleanliness of the Boxing Ring

- **Cleanliness of the Ring:**

The boxing ring must be thoroughly cleaned before each fight to provide a hygienic environment for the fighters. This includes removing sweat, blood, and other dirt from the ring surface and padding.

- **Disinfection:**

The ring floor, ropes, and padding must be regularly disinfected, especially after injuries or heavy contamination with body fluids, to minimize infection risks.

- **Equipment Maintenance:**

All elements of the ring, including the padding and ropes, must be regularly checked for damage and, if necessary, repaired or replaced to ensure both safety and hygiene.

3. Octagon

3.1 Construction of the Octagon

The octagon must meet the prescribed dimensions, with a minimum size of 6 meters in diameter and a maximum size of 9 meters. The structure must be stable and secure to provide sufficient movement space for the fighters.

3.2 Mesh Walls and Posts

The mesh walls of the octagon must be tightly secured and firmly anchored. They must not be too flexible or too rigid to avoid injuries. The posts supporting the mesh must be securely anchored to the ground to ensure the structure's stability.

3.3 Access Stairs

A stable and non-slip set of stairs must be installed at the octagon to allow fighters, officials, and medical staff to enter safely. These stairs must be installed on one side of the octagon and remain accessible throughout the fight.

3.4 Padding of Posts and Walls

The posts and mesh walls of the octagon must be adequately padded to safely absorb collisions. The floor of the octagon must also be well-padded to prevent injuries from falls.

3.5 Safety of the Surrounding Area

The area around the octagon must be free of obstacles and dangerous objects, ensuring safe access for fighters, officials, and medical staff.

3.6 Safety Inspection of the Octagon

Before each competition, the octagon must be inspected for safety:

- Mesh walls and posts must be securely anchored.
- The floor, posts, and mesh must be adequately padded.
- Access routes around the octagon must be clear of objects or obstacles.
- The stairs must be stable and non-slip.
- The octagon floor must be level and non-slip, free of uneven areas or tripping hazards.

3.7 Hygiene and Cleanliness of the Octagon

- **Cleanliness of the Octagon:** Before each fight, the octagon must be thoroughly cleaned to ensure a hygienic environment. This includes removing sweat, blood, and other contaminants from the floor and padding.

- **Disinfection:** The floor, posts, and walls must be regularly disinfected, especially after injuries or heavy contamination, to minimize infection risks.
- **Equipment Maintenance:** The padding, mesh, and posts must be regularly inspected for damage and repaired or replaced if necessary, ensuring safety and hygiene.

4. Judges

4.1 Number of Judges and Referees

Each competition area requires multiple judges and referees to ensure an objective and rule-compliant evaluation of the fight.

The following guidelines apply:

- **Center Referee:** The center referee directs the fight in the middle of the competition area or ring. They are responsible for controlling the fight, enforcing the rules, and can interrupt or end the fight. They also coordinate the points, warnings, and decisions from the side judges.
- **Two Side Judges:** The side judges are also part of the judging panel. They move around the competition area and observe the fight from various angles to ensure a precise and fair evaluation. They do not give instructions to the fighters but only record points and fouls.

4.2 Training of Judges

Judges must undergo comprehensive and systematic training to perform their duties correctly.

This training includes both theoretical and practical aspects:

- **Rulebook:** Judges must fully understand the official rules of the respective martial art, including permissible techniques, target zones, penalty points, and specific regulations for the fight (K.O., T.K.O., disqualifications).
- **Practical Experience:** During training, judges must participate in workshops and practical exercises, observing real fight scenarios and making decisions. This helps improve decision-making skills under pressure and simulate realistic conditions.
- **Regular Continuing Education:** Even after completing their initial training, judges are required to undergo regular continuing education. This can be through seminars, workshops,

and participation in competitions, ensuring that judges stay updated on rule changes and developments in martial arts.

- **Licensing and Certification:** At the end of the training, judges must pass an examination to receive an official license. This license is typically valid for a limited period and must be renewed through regular continuing education and exams.

5. Scoring System

5.1 Scoring and Evaluation in the Fight

1. Recording Scores on Forms:

- **Individual Evaluation:** Each judge records the points scored by the fighters on a personal scorecard during the fight.
- **Collection of Scorecards:** After the fight, the scorecards are collected by an official and combined to determine the final winner.
- **Majority Decisions:** A score is only valid if at least two of the three judges (including the center referee) consider the same technique worthy of scoring. If there is no consensus, no point is awarded ("No Score").

2. Point Allocation (Scale):

- Punch to the head or body: 1 point
- Kick to the body: 1 point
- Foot sweep (below the ankle): 1 point
- Kick to the head: 2 points
- Jumping kick to the body: 2 points
- Jumping kick to the head: 3 points *Note: Point allocation may vary depending on the discipline.*

3. Tie and Extra Rounds:

- **Final Round:** In case of a tie in the final, an additional round is fought.
- **Preliminary Rounds:** In case of a tie, the match is considered a draw unless a majority decision is reached. In this case, the fighter with the majority of points wins.

4. Scoring in the Fight:

The following scoring scale is used as a guideline:

- The winner of a round receives 10 points, while the loser receives 9, 8, or 7 points depending on performance.
- If a fighter is knocked down once during the round, they receive 8 points, while their opponent receives 10 points.
- Two knockdowns result in a 10:7 score in favor of the opponent.

5. Evaluation Criteria of the Judges:

The judges evaluate based on the following criteria:

- **Best Defensive Performance:**
Example: A fighter avoids several attacks from their opponent through clever head movement and footwork without getting hit.
- **Best Offensive Performance:**
Example: A fighter lands clean combinations of punches and kicks on their opponent without allowing them to block or evade.
- **Effective Counterattacks:**
Example: A fighter dodges a jab and immediately counters with a precise reverse punch to the opponent's head.
- **Optimal Ring Usage:**
Example: A fighter effectively uses the ring space, keeping their opponent in the center without being forced into the ropes or corners.
- **Technical Variety:**
Example: A fighter mixes punches to the body, kicks to the head, and foot sweeps to keep their opponent on the defensive.
- **Fitness and Endurance at Round's End:**
Example: A fighter maintains high intensity and effectiveness up to the last second of the round, while their opponent appears fatigued.
- **Accurate and Legal Hits to Approved Target Areas:**
Example: A fighter lands a clean head kick with appropriate force without exceeding the allowed intensity.

- **Frequency of Successful Kicks:**

Example: A fighter repeatedly lands effective side kicks to the opponent's body without allowing them to evade.

6. Round Scoring:

- The winner of a round receives 10 points.
- The loser receives 9 points. If no significant actions were taken, they can receive only 8 points.
- In the case of a tie, both fighters receive 10 points.

7. Special Regulations:

- **Knockdown Counting:** A knockdown usually results in a 9:9 score, even if the opponent dominated the round.
- **Warnings:** Three warnings result in a point deduction, which must be clearly noted on the scorecard.

8. Deductions and Warnings:

- **Point Deduction:** If the center referee deducts points, it is recorded as a three-point penalty for the opponent.
- **Warnings:** Three warnings automatically lead to a point deduction. A judge can issue a "Judicial Penalty" if they spot a significant rule violation unnoticed by the center referee.

9. Fight Stoppage Due to Injury:

- **Rule Violation:** If the fight is stopped due to a rule violation, the injured fighter wins.
- **Accident:** If the fight is stopped due to an accident, the fighter with the higher score wins. At least one full round must be completed for the points to count. If the score is tied, the fight is declared a draw.

10. Special Rule in Knockout Tournaments:

In a knockout-style tournament, if a fight is stopped due to an accident and neither fighter can continue, the uninjured fighter is declared the winner.

11. Decision for "No Contest":

- **Accident in the First Round:** If an accident occurs before the end of the first round, the fight is declared a "No Contest."
- **Accident for Both Fighters:** If both fighters are injured and the fight must be stopped, the fighter with the higher score wins. In case of a tie, the fight is declared a "No Contest."

12. Additional Regulations:

- **Condition Issues:** The referee may stop the fight if one of the fighters is unable to continue due to fatigue. This is marked as an RSC (Referee Stop Contest) and can be applied instead of a "Standing 8 Count."

6. Timing Device

A precise and functioning timing device is essential for accurately measuring the duration of rounds and breaks. It must work correctly throughout the competition to prevent delays or timing errors.

7. Signal Systems

A clear signal for the start and end of a round is usually provided by a bell, sound signal, or other mechanism. The referee is responsible for ensuring that both fighters stop fighting immediately after the signal. Prompt reactions to the signal are essential to prevent unnecessary injuries or rule violations.

8. Preparation Procedures for the Fight Start

Before the start of each fight, the referee conducts a thorough inspection of the fighters' protective gear, clothing, and hygiene. This inspection includes:

- **Visual Inspection of Protective Gear:** Checking gloves, mouthguard, groin protector, and any additional required equipment to ensure they comply with the rules and are worn correctly.
- **Clothing:** Ensuring that the fighters are dressed in regulation-compliant and undamaged sports attire.

- **Personal Hygiene:** Attention is paid to cleanliness, including the trimming and cleanliness of fingernails and toenails, to minimize the risk of injury from scratches or poor hygiene.
- **Hair:** Long hair must be securely tied to ensure freedom of movement and reduce the risk of injury.

a) Inspection of Protective Gear

The inspection ensures that all of the fighter's protective gear meets the required technical and safety standards. This inspection **includes checking the integrity** and functionality of:

- **Headgear:** It must fit correctly and be free from defects.
- **Gloves:** They must be intact, without tears or holes.
- **Mouthguard:** Must be present and properly fitted.
- **Groin Protector and Other Protective Equipment:** All required protective gear must be properly worn and functional.

In the context of martial arts rules, "proper" means that the protective gear is:

- **Clean** and meets hygienic standards (especially clean feet and toenails, to minimize injury risk).
- **Undamaged**, without defects, wear, or other impairments that could affect its protective function.
- **Complete**, meaning all necessary gear is present as required by the regulations.

b) Procedure for Deficiencies

If irregularities are found during the inspection, such as damaged or incomplete equipment, the fighter is required to correct these deficiencies immediately. The fighter is given a maximum of 2 minutes to make the necessary adjustments. This can involve replacing or repairing the defective equipment. If the time limit is exceeded, or the fighter cannot bring the gear into compliance, they may be warned or disqualified, at the discretion of the judging panel.

c) Mandatory Protective Gear by Discipline

Semi-Contact (Point Fighting):

- **Headgear:** Must protect the crown and back of the head.
- **Mouthguard:** Mandatory and custom-fitted.
- **Semi-contact gloves:** Gloves that cover the fingers and thumb up to the second knuckle.
- **Foot protectors:** Must cover the entire foot, including heel and instep.
- **Groin protector:** Mandatory for both men and women.
- **Shin guards:** Optional, worn under clothing.
- **Chest guard:** Mandatory for women.

Light-Contact:

- **Headgear:** Must protect the crown and back of the head.
- **Mouthguard:** Mandatory and custom-fitted.
- **Boxing gloves:** 10-12 oz, depending on weight class.
- **Foot protectors:** Must cover the heel, instep, and toes.
- **Groin protector:** Mandatory for both genders.
- **Shin guards:** Mandatory, worn under clothing.
- **Chest guard:** Must be worn under clothing, mandatory for junior women and women.

Kick-Light / K-1 (Light Sparring – K-1 Rules):

- **Headgear:** Must protect the crown and back of the head.
- **Mouthguard:** Mandatory and custom-fitted.
- **Boxing gloves:** 10-12 oz, depending on weight class.
- **Shin guards:** Must cover the entire shin.
- **Foot protectors:** Must cover the instep, heel, and toes.
- **Groin protector:** Mandatory for both men and women.
- **Chest guard:** Mandatory for women.

Full-Contact (Full Contact):

- **Headgear:** Must protect the crown and back of the head.
- **Mouthguard:** Mandatory and custom-fitted.
- **Boxing gloves:** 10-12 oz, depending on weight class.
- **Groin protector:** Mandatory for both men and women.
- **Shin guards:** Required in amateur competitions.

- **Chest guard:** Women must wear a chest protector.

Kickboxing with Low Kick (Freestyle):

- **Headgear:** Must protect the crown and back of the head.
- **Mouthguard:** Mandatory and custom-fitted.
- **Kickboxing gloves:** 10-12 oz, depending on weight class.
- **Groin protector:** Mandatory for both men and women.
- **Shin guards:** Required in amateur competitions.
- **Chest guard:** Mandatory for women.

Muay Thai (Thai Boxing):

- **Headgear:** Must protect the crown and back of the head.
- **Mouthguard:** Mandatory and custom-fitted.
- **Muay Thai gloves:** 10-12 oz, depending on weight class.
- **Elbow pads:** Optional in amateur competitions to minimize injuries.
- **Shin guards:** Required in amateur competitions.
- **Groin protector:** Mandatory for both men and women.
- **Chest guard:** Mandatory for women in amateur competitions.

Oriental Rules:

- **Headgear:** Must protect the crown and back of the head.
- **Mouthguard:** Must protect the jaw and teeth.
- **Oriental Rules gloves:** Gloves that protect the fingers and thumb.
- **Groin protector:** Mandatory for both men and women.
- **Shin guards:** Required in amateur competitions.
- **Chest guard:** Mandatory for women.

K-1 Rules:

- **Headgear:** Only required in amateur competitions.
- **Mouthguard:** Mandatory and custom-fitted.
- **K-1 gloves:** 10-12 oz gloves, depending on weight class.

- **Groin protector:** Mandatory for both men and women.
- **Shin guards:** Required in amateur competitions.
- **Chest guard:** Women must wear a chest protector.

MMA (Mixed Martial Arts):

- **Headgear:** Must protect the crown and back of the head.
- **MMA gloves:** Fingerless gloves that protect the hand but allow grappling.
- **Groin protector:** Mandatory for both men and women.
- **Shin guards:** Optional, depending on competition rules.
- **Mouthguard:** Mandatory and custom-fitted.
- **Chest guard:** Mandatory for women in amateur competitions.

Grappling:

- **Mouthguard:** Mandatory and custom-fitted.
- **Groin protector:** Mandatory for both genders.
- **Ear/Head protection:** Optional to prevent injuries during grappling.
- **Rashguards:** Required to protect the skin and prevent infections.
- **Chest guard:** Optional for women, but recommended.

d) Clothing Requirements for Specific Disciplines

1. Light Contact (Semi-Contact) and Point Fighting:

- **T-shirts:** A clean T-shirt is mandatory. It must cover half the upper arm with sleeves and must not feature offensive or inappropriate prints. Sponsor logos are allowed as long as they are tasteful.
- **Martial Arts Pants:** Fighters must wear special martial arts pants that fully cover the foot protectors' Velcro, are long, and do not have pockets, zippers, or buttons. Track pants are not allowed.

2. Traditional Disciplines (e.g., Karate, Taekwondo):

- **Gi/Dobok:** Fighters may wear traditional clothing like the Gi (Karate) or Dobok (Taekwondo), as long as it is in good condition and meets safety requirements. The clothing must not have any damage.

3. Full-Contact and Kickboxing:

- **T-shirts in Full Contact:** In full-contact disciplines, a T-shirt is often worn during fights, but it must meet safety requirements. In kickboxing without low kicks, a bare upper body is also allowed.
- **Kickboxing and Muay Thai:** Fighters compete without a T-shirt and wear specially made kickboxing or Thai shorts. The shorts must not have pockets, zippers, or metal parts.
- **Hand Wraps:** Hand wraps are allowed, but they must not exceed 5 meters per wrap. Tape can be used, but it must be inspected by the referee to ensure compliance with the rules and to prevent unfair advantages.

4. MMA and Grappling:

Upper Body:

- **MMA:** Fighters typically compete with a bare upper body. Female fighters wear a tight-fitting sports top.
- **Grappling:** Rashguards or tight-fitting T-shirts are commonly worn in grappling competitions to prevent grips on clothing.

Pants

- **MMA:** MMA shorts without pockets, zippers, or metal parts are mandatory. These shorts must be elastic and tear-resistant to ensure maximum freedom of movement.
- **Grappling:** Similarly, durable grappling or MMA shorts are worn, which are free from dangerous components like zippers.

Hand wraps and Tape:

- **MMA:** Hand wraps are optional but often allowed. They must comply with the rules and will be checked by the referee before the fight.
- **Grappling:** Since strikes are not permitted, hand wraps are generally unnecessary. In some cases, tape may be used for support.

4. Footwear

- Shoes are not permitted in any of the disciplines. All fighters compete barefoot to maximize mobility and minimize injury risks.

3. Coach's Attire:

- **Sportswear:** The coach must wear appropriate, clean sportswear and sports shoes. Coaches are prohibited from wearing attire that resembles a referee's uniform to avoid confusion. Official uniforms should not be used for this purpose.
- **Formal Clothing:** Suits or shirts must be covered during coaching if they do not meet athletic standards.

e) Responsibilities of Participants

All participants are required to familiarize themselves with the applicable rules beforehand to ensure the fight proceeds according to these regulations. Unlawful techniques, unsportsmanlike behavior, or disobedience to the referee's or judges' instructions not only violate the rules but can also endanger the fighters' health. Protecting the physical integrity of all participants is the highest priority.

1. Coach's Responsibilities

The coach plays a crucial role in the fighter's care but must strictly adhere to the specified rules:

- **Position at the edge of the ring:** The coach must remain seated at the designated area at the edge of the fighting area throughout the fight. Standing during the fight is prohibited except during breaks or if allowed by the referee. During breaks, the coach is allowed to enter the

fighting area to assist their fighter. The coach must ensure that the fighting area is kept clean. If water or other liquids are used to refresh the fighter, care must be taken that none spill onto the mat to avoid slipping or other hazards. If water or other liquids reach the mat, the coach is responsible for promptly cleaning it to ensure the fighters' safety.

- **Passive role:** Any disturbances or unauthorized assistance through verbal or physical intervention are prohibited and may lead to a warning by the referee.
- **Interference in the fight:** Active interference by the coach, such as stepping into the fighting area or throwing in a towel, is only allowed in case of surrender. Throwing in the towel signals the fighter's surrender and leads to the immediate cessation of the fight. Misuse of interference can lead to sanctions, including disqualification of the fighter.
- **Responsibility for the fighter's health:** The coach is responsible for protecting the fighter's physical well-being. If the coach notices that their fighter is no longer able to continue the fight safely due to injury, they must immediately throw in the towel to stop the fight.
- **Number of coaches:** Only one coach per fighter is allowed in the corner.

2. Fighter's Responsibilities:

- **Compliance with the rules:** The fighter must strictly adhere to the rules of the fight, including the use of permitted techniques only. Unlawful techniques, such as attacks on sensitive body parts like the neck, spine, or groin, or hitting after the "stop" signal, are prohibited and can lead to warnings, point deductions, or even disqualification.
- **Respect and fairness:** The fighter must show respect to their opponent. This begins with the traditional glove touch before the fight and ends with the same gesture at the end of the fight.
- **Self-protection and responsibility:** The fighter has the right to signal a timeout if injury threatens. They must protect their physical integrity and should not continue fighting if injured or unable to continue safely.

3. Referee's Responsibilities:

The referee is the central figure for ensuring rule compliance and the fighters' safety:

- **Supervision of the fight:** The referee must ensure that the fighters follow the rules and use only permitted techniques. The referee has the duty to intervene immediately in case of rule violations, issue warnings, or in repeated violations, impose point deductions or disqualifications.

- **Protection of physical integrity:** The referee must stop the fight immediately if they determine that a fighter's health is at risk. They may call for medical assistance or end the fight if a fighter can no longer continue safely.
- **Enforcing commands:** The referee gives the command to start ("Fight") and stop the fight. All participants must immediately follow their commands.
- **Impartiality:** The referee must act impartially throughout the entire fight, showing no bias or preference toward either fighter. All decisions must be neutral and in accordance with the rules to ensure a fair competition.

4. Responsibilities of the Judges:

- **Monitoring the rules:** The judges are responsible for ensuring that the fight follows the established rules. They check that all fighters, as well as the trainers and staff involved, respect the rules.
- **Scoring and decisions:** The judges are responsible for fair and objective scoring. They must assess each fighter's actions and record the results impartially. All members of the judging panel must make decisions based on their best judgment, following official guidelines.
- **Ensuring fairness:** If irregularities or rule violations occur, the judges must act swiftly and appropriately. They may issue warnings, deduct points, or order disqualifications if necessary to maintain fairness.
- **Judges' orders:** All participants must respect the judges' decisions and comply with them immediately. The judges hold the highest authority over the outcome of the fight and any sanctions imposed.
- **Impartiality:** The judges must remain impartial at all times. There must be no favoritism or bias toward any fighter or team. All decisions must be neutral, transparent, and in line with the rules to ensure a fair competition.

f) Start of the Fight:

1. **Positioning of the Fighters:** Before the fight begins, fighters must position themselves in the center of the fighting area, parallel to the sidelines. A minimum distance of one meter between the fighters is mandatory. Both fighters must stand upright to ensure a fair and equal start to the fight. It is not allowed to position oneself in the corners of the fighting area.
2. **Starting the Fight:** The referee will give the clear and explicit command "Fight" to officially start the match. From this point, the timekeeping begins, and the fight commences.

3. **Respectful encounter:** Both fighters must greet each other respectfully at the beginning and end of the fight, maintaining the spirit of sportsmanship and honor throughout the competition. Before the official start of the fight, the fighters must signal their mutual readiness and fairness by touching gloves with their opponent ("Touch Gloves"). This gesture symbolizes respect for the opponent and recognition of the martial arts rules. If a fighter refuses to perform this gesture, it may be penalized as unsportsmanlike conduct.

1. Timeout Regulations

A timeout is an official interruption of the match, imposed for various reasons. It serves to temporarily halt the match to address issues that may disrupt the smooth progression of the competition.

a) Reasons for a Timeout:

- **Injury:** A fighter's injury requires medical inspection or treatment.
- **Equipment Issues:** Damaged or misplaced equipment, such as gloves or a mouthguard, must be adjusted or replaced.
- **External Disturbances:** External factors, such as technical problems in the arena, that disrupt the match flow.

b) Requesting a Timeout:

- **Fighter:** The fighter signals a timeout by forming a "T" with their hands and immediately moving away from the opponent.
- **Coach:** The coach may request a timeout if they notice any impairment of their fighter.
- **Referee:** The referee can impose a timeout at any time if deemed necessary.

c) Evaluation and Process:

The referee immediately examines the reason for the timeout. If valid (e.g., injury, equipment malfunction), the fighter has up to two minutes to resolve the issue. If no valid reason is found, the match resumes without delay.

d) Match Stoppage:

If the issue cannot be resolved within the allotted time, the referee may stop the match. In the case of medical incapacity, the opponent is declared the winner by technical knockout (TKO).

2. The Warning System

To issue a warning or deduct points, the referee stops the time by signaling the timekeeper with the "T" sign. The fighter is called to the center of the ring, and the referee explains the reason for the penalty, gesturing with a wagging finger and saying "No!" The number of warnings is displayed by the referee with their fingers before signaling the scorer. A point deduction is indicated by the referee gripping their own elbow and making a rapid turning motion with their index finger from ceiling to floor. Warnings, point deductions, and disqualifications can apply to both the fighter and the coach, as the fighter is responsible for their team's behavior. Simultaneous warnings and points cannot be given.

a) Warning System for a 2-Round Match:

1. First Warning:

No point penalty, serves as a formal warning to the fighter.

2. Second Warning:

The first minus point is deducted from the fighter.

3. Third Warning:

A second minus point is deducted.

4. Fourth Warning:

Disqualification of the fighter, and the match is stopped.

b) Warning System for a 1-Round Match:

1. First Warning:

No point penalty, but also serves as a formal warning.

2. Second Warning:

One minus point is deducted from the fighter.

3. Third Warning:

Disqualification of the fighter, and the match is stopped.

c) Target Zones

The scoring of techniques requires that the hit lands on an approved target zone.

1. Approved Target Zones:

- **Head:** Hits to the sides of the head and chin are allowed.
- **Front and side of the upper body:** Hits to the chest, stomach, and sides of the torso are permitted.
- **Arms and legs:** Depending on the discipline, strikes to arms and legs may be allowed or restricted. These regulations vary according to the specific sport's rulebook.

2. Forbidden Target Zones:

- **Top of the skull:** Strikes to the top of the skull are strictly prohibited to avoid serious head injuries.
- **Back:** Blows or kicks to the back, particularly to the spine, are forbidden.
- **Kidney area:** Attacks to the kidneys are prohibited to prevent long-term health damage.
- **Genitals:** Strikes to the genitals are strictly forbidden. All other strikes below the waist are generally prohibited, with the exception of sweeps below the ankle.

3. Additional Prohibited Actions

- **Scratching, biting, spitting:** Any form of scratching, biting, or spitting is strictly forbidden.
- **Hitting or kicking after the “Stop!” command:** No further strikes or kicks may be delivered after the referee’s “Stop!” command.
- **Leaving the ring or mat:** Deliberately leaving the competition area during the match is not permitted.
- **Dropping oneself:** Intentionally falling or throwing oneself to the ground to avoid the fight or delay the match is forbidden.
- **Running away or avoiding combat:** Deliberately running away or constant evasion to avoid engaging in the fight is not allowed.
- **Faulty or inappropriate protective gear:** Using faulty, damaged, or ill-fitting protective equipment is forbidden.
- **Time-wasting:** Any form of deliberate delay to the fight or “time-wasting” is prohibited.

- **Talking during the match:** Any unnecessary talking or shouting during the match is not permitted, except for communication with the referee in critical situations.

e) Scoring Requirements

To ensure a technique is scored, certain conditions must be met:

- **Proper execution of the technique:** The technique must be carried out according to the rules and without violating the rulebook. Improper use of a technique, such as excessive force or unsportsmanlike contact, results in point deductions or warnings.
- **Balance and stability:** The fighter must maintain balance after executing the technique. If the fighter falls or loses balance, the strike is considered invalid, even if it lands in a legal target zone.
- **Hits to legal target zones:** Only hits to the aforementioned legal target zones will be scored. Hits to prohibited zones will result in point deductions or possible disqualification for repeated violations.
- **Lack of balance or improper posture after a technique:** Techniques that are poorly executed or uncontrolled, leading to a loss of balance, are excluded from scoring.
- **Unsportsmanlike or overly harsh contact:** Techniques delivered with excessive force or aimed at a forbidden target zone lead to point deductions. The referee decides at their discretion the severity of the rule violation and the resulting penalty.

f) Knockout (K.O.)

A knockout (K.O.) occurs when a fighter is rendered incapable of continuing the match after a legal strike and cannot get back on their feet within the referee's count, typically 10 seconds. The fighter who delivered the K.O. is automatically declared the winner, regardless of the score at that point. A knockout is the most definitive form of victory and requires no further point allocation.

1. T.K.O. (Technical Knockout)

A technical knockout (T.K.O.) occurs when the referee or ringside doctor decides that a fighter is no longer able to safely continue the fight, either due to injury or inability to defend themselves. Additionally, the fighter's coach throwing in the towel is counted as a T.K.O. Just like with a K.O., the opponent of the incapacitated fighter is declared the winner, and the current score is irrelevant since the T.K.O. results in an immediate fight stoppage and victory.

2. Reasons for a T.K.O.

- The fighter can no longer defend themselves adequately.
- The fighter has sustained an injury that makes it impossible or unsafe to continue the match.
- The fighter's coach throws in the towel to stop the fight.

g) Standing 8 Count

1. Ablauf (Procedure)

The Standing 8 Count is a rule that allows the referee to temporarily stop the fight and give a fighter up to 8 seconds to recover.

The referee halts the fight and starts counting to 8 if they believe that a fighter has been hit hard and may no longer be able to defend themselves safely, even though they remain standing. The fighter who is not being counted must immediately go to a neutral corner. During this time, the round clock is not stopped.

The count must continue even if the round ends while the count is in progress. The bell signaling the end of the round does not interrupt the count. Once the referee completes the count, the bell will sound if the round has ended. The count is carried to completion regardless of the bell.

2. Counting and End of Fight

- Being **counted twice** in one round or four times overall results in an automatic end to the fight in favor of the other fighter.
- If a **third count is necessary** in a single round, the fight automatically ends, and the other fighter is declared the winner.

When a Fighter is Dazed by a Strike

If a fighter is dazed by a blow and may no longer be able to fight safely, the referee must immediately stop the fight and **stop the time**. The referee then consults with the fight commission, made up of the present judges, to decide if the incident was caused by a **foul** or by an **accident**.

- **Foul:** A foul occurs when the strike violates the rules, such as landing on a prohibited zone or using an illegal technique. In this case, the responsible fighter is penalized, which could include a warning or a point deduction.
- **Accident:** An accident is determined when the fighter is dazed by a legal, but unfortunate, hit. No penalty is given in this case.

The decision on whether a foul or an accident occurred is made by the majority of the fight commission, which typically consists of three judges. At least two judges must agree to make a ruling.

3. End of Fight

a) Ending

The fight is concluded with a clear signal from the timekeeper, which could be a bell, whistle, or another distinct sound or visual signal, making it unmistakable for both fighters and the referee. At this point, both fighters must immediately cease any combat actions. The referee is responsible for giving a clear "Stop" command to officially end the fight. Any points scored between the signal from the timekeeper and the referee's "Stop" command are still counted.

b) Announcement of the Winner

After the fight has ended, the referee announces the winner by raising the victorious fighter's hand and officially declaring the final point tally. The winner is determined based on the points collected by the fight commission or through alternative rulings, such as a knockout, technical knockout, or disqualification. This official declaration signifies the end of the match, and the referee assumes full responsibility for confirming the result.

c) Respectful End

Following the winner's announcement, both fighters are required to show mutual respect by touching gloves ("Touch Gloves") in the center of the competition area. This gesture marks the end of the match in a respectful manner and acknowledges the opponent's performance. Refusing to perform this gesture is considered unsportsmanlike behavior and can result in a post-fight warning from the referee. This gesture is a mandatory part of the competition, emphasizing the fair and sportsmanlike nature of the fight.

4. Disqualification

A fighter may be disqualified due to significant rule violations.

The following are key reasons for disqualification:

- **Non-compliant Equipment:** If a fighter uses protective equipment that does not meet the required standards, and this deficiency is not corrected within two minutes of the referee's request, the fighter is immediately disqualified. The referee has the authority to remove the fighter from the competition after this period to ensure the safety of all participants.
- **Unsportliches Verhalten (Unsportsmanlike Behavior):** Any form of unsportsmanlike conduct is strictly punished and may result in a warning or immediate disqualification, depending on the severity of the violation.

Examples include:

- **Insults and Swearing:** Verbal misconduct, such as insults or swearing directed at the opponent, officials, or the audience, may initially result in a warning. Repeated offenses or serious incidents lead to disqualification.
- **Illegal Assistance from the Coach:** Any illegal intervention or prohibited instructions from the coach, such as physically interfering in the fight, are attributed to the fighter. After repeated violations, the fighter may be disqualified.
- **Excessive Force:** Fighters who repeatedly exhibit excessive contact that goes beyond the acceptable level of force and endangers the opponent's safety may be disqualified after a majority decision by the fight commission. The primary concern is the opponent's physical safety.
- **Use of Prohibited Techniques:** Depending on the severity of the rule violation, the use of illegal techniques can result in either a warning or immediate disqualification.
- **Leaving the Competition Area:** If a fighter leaves the ring or mat without external influence from the opponent, this may lead to a point deduction. Intentional or repeated instances may result in disqualification.
- **Aggressive Behavior Toward Officials:** Any form of aggression toward officials or other participants will not be tolerated and results in immediate and severe consequences.

Examples include:

- **Verbal or Physical Aggression Toward Referees, Organizers, or Participants:** This leads to immediate disqualification and expulsion from the tournament. Physical attacks on officials, organizers, or guests not only result in expulsion from the event but may also have legal consequences.

5. Reporting Violations and Legal Consequences

a) Reporting Process for Rule Violations:

WFMC event organizers are required to promptly report serious rule violations, particularly physical assaults or unsportsmanlike behavior, by participants to the WFMC-IRC Board in Germany. This report must be submitted in writing within seven days of the incident. Typically, such violations lead to the permanent expulsion of the offending fighter from the WFMC.

b) Legal Consequences for Severe Violations:

In cases of particularly serious rule violations, legal consequences may follow:

- **Criminal Prosecution:** Physical assaults that go beyond the permitted techniques in the fight can be prosecuted as bodily harm. This can result in fines or imprisonment.
- **Civil Claims:** In the event of serious injuries caused by illegal techniques or intentional aggressive behavior, victims may file civil claims. This includes demands for compensation and damages, which can be directed against the responsible fighter.

6. Medical Requirements and Obligations

a) Presence of Medical Personnel

The event organizer must ensure that qualified medical personnel, including at least one licensed physician, are present throughout the duration of the competition. The physician must hold a valid medical license and ideally have experience in sports medicine or emergency care. The presence of one or more doctors throughout the entire competition is mandatory to ensure the health and safety of the fighters at all times.

b) Obligation to Interrupt the Fight in the Absence of Medical Personnel

If medical personnel leave the combat area or are temporarily unavailable for any reason, all fights must be immediately halted. No fight can continue or begin without the presence of medical staff. In such a case, the referee is required to pause the fight and send the fighters back to their respective corners. The match can only resume once medical personnel have returned. The event organizer is responsible for ensuring that this rule is strictly followed.

c) Prohibited Medical Procedures and Aids

It is strictly prohibited to use local anesthetics, plaster casts, stabilizing tape, or other medical aids that may conceal an injury or reduce pain perception during or immediately before a fight. Consequences: If it is discovered that a fighter has used such means, they will be immediately disqualified. Violations discovered after the fact will result in the revocation of victories or other titles.

Medical treatment during breaks in the fight may only be provided by the attending medical staff. The use of painkillers that could affect the match is prohibited and will lead to disqualification.

d) Treatment During the Fight

Medical personnel may only administer treatments during the fight that will temporarily restore the fighter's ability to compete (e.g., stopping bleeding, disinfecting wounds). These treatments must be completed within two minutes. If the fighter is unable to continue after this time, they will be declared unfit to compete and lose the fight. Prohibited treatments: The administration of painkillers or anti-inflammatory drugs during the fight is strictly forbidden. These may only be administered after the official conclusion of the fight.

e) Injury and Fight Termination Rules

If a fighter is injured during the fight and cannot continue, a clear decision-making process must be followed. The referee is obligated to consult the side judges to determine whether the injury resulted from a rule violation or an accident. A majority decision must be reached to declare the incident as either an **accident or a foul**. The center referee can only declare a rule violation if at least one side judge confirms it. If a foul is determined, the injured fighter will automatically be declared the winner.

If the fight is terminated due to an accident, the fighter with the higher score at the time of the stoppage will be declared the winner. If the score is tied, the uninjured fighter will be declared the

winner. If both fighters are unable to continue and the score is tied, the fight will be declared a **"No Contest,"** meaning there is no official result.

In team fights, if both fighters are forced to withdraw due to injury, the reserve fighters will come into play. The referee, in consultation with the judges, may also end the fight if a fighter is physically unable to continue due to exhaustion. There is no "Standing 8 Count" in semi-contact. In this case, the fight will be declared RSC (**Referee Stopped Contest**). If a blow renders a fighter dazed, the referee is required to stop the fight and consult the side judges. If the majority rules it a foul, the offending fighter **will be penalized**. If it is deemed an accident, no penalty will be applied.

Medical personnel, such as doctors or first responders, have the final say in determining whether a fighter is fit to continue. Medical decisions are binding, and neither the referee nor the judges may override them. Protests against such decisions are not permitted, as the fighter's health always takes precedence.

f) Injuries Leading to Immediate Fight Termination:

- Severe head injuries, such as concussions or unconsciousness.
- Heavy bleeding that cannot be stopped within the allowed treatment time.
- Fractures or similarly serious injuries.
- Eye injuries that significantly impair vision.
- Injuries to vital organs, e.g., rib fractures with suspected organ damage.
- Joint injuries, such as dislocations or ligament tears, requiring immediate cessation of the fight. In such cases, the safety of the fighter takes top priority.

7. Doping Controls and Sanctions

a) Prohibited Substances and Methods:

The use of doping agents listed on the **WADA (World Anti-Doping Agency)** list of prohibited substances is strictly forbidden. These include, but are not limited to:

- Stimulants (e.g., amphetamines, ephedrine)
- Anabolic steroids (e.g., testosterone, nandrolone)
- Peptide hormones (e.g., erythropoietin, HGH)

- Beta-blockers and other substances affecting the cardiovascular system
- Diuretics and substances used to manipulate doping tests

Prohibited methods include blood doping and tampering with samples during the doping test.

b) Doping Controls:

Event organizers must ensure that regular doping controls are conducted at national and international competitions. Tests are typically performed before or after a match. Samples are sent to accredited laboratories for analysis.

Fighters must comply with requests for doping tests. Refusing a test is treated as a positive result, leading to disqualification and further penalties. Doping samples typically include urine and blood tests. The fighter has the right to be accompanied by a trusted person during the sample collection but must not obstruct the test.

c) Sanctions for Doping Violations:

If a doping test is positive, the affected fighter will be immediately excluded from the competition.

Additional sanctions include:

- **Disqualification** from the current tournament and the revocation of all titles won.
- A **lifetime ban** for repeated violations of doping regulations.
- The event **organizer must report** positive doping tests to the national anti-doping agency and WADA.

d) Appeal Process:

The fighter has the right to request a second B-sample test if the first test result is positive. If the B-sample also tests positive, the sanctions will remain in effect. Appeals against the decision of the doping commission must be filed within 30 days of the

notification of the positive result. The fighter may request a review by an independent arbitration tribunal.

a) Semi-Contact / Point-Fighting

Semi-Contact: In semi-contact fighting, the goal is to perform techniques with minimal force. The techniques should be fast and precise, without inflicting serious injury on the opponent. The objective is to score points using allowed techniques without knocking out the opponent. Punches and kicks must be controlled, and the match is closely monitored by the referee.

Pointfighting: Pointfighting is a form of semi-contact where fighters earn points for each clean and correct technique. After each point is awarded, the match is briefly paused and then resumed. The aim is to achieve a high score through the proper execution of techniques.

1. Competition Area

- Matches can be held either in the ring or on a mat.
- The competition area should be at least 5 x 5 meters.

2. Number of Rounds and Overtime

- The number and length of rounds are agreed upon with the promoter.
- Number of rounds: 1, 2, or 3 rounds (plus overtime).
- Each round lasts a maximum of 2 minutes.

3. Draw and Overtime

- In the event of a tie after the last round, a 30-second break is followed by an overtime round of 30–60 seconds.
- If there is still no decision, sudden death will follow, where the first fighter to score a point wins.

4. Gala/Fight Night Matches (Title Fights)

- **National:** 5 rounds of 2 minutes each
- **European:** 5 rounds of 2 minutes each
- **World:** 5 rounds of 2 minutes each

5. Weight Categories

The weight classes are divided into 5-kilogram increments. These categories serve as guidelines and can be adjusted based on the promoter's requirements.

- Adult Female/Male (18 years and older)
- Junior Female/Male (15–17 years)
- Cadets Female/Male (12–14 years)
- Children Female/Male (8–12 years)
- Bambini Female/Male (4–7 years)

6. Scoring

- Punch to the head: 1 point
- Punch to the body: 1 point
- Kick to the body: 1 point
- Inner/outer foot sweep: 1 point
- Exiting the competition area: 1 point
- Kick to the head: 2 points
- Jump kick to the body: 2 points
- Jump kick to the head: 3 points

Note: Points are awarded only for the first technique; follow-up techniques are not allowed.

7. Target Areas

a) Allowed Target Areas:

- Back of the head
- Side of the head

- Face, chin (from below)
- Front torso
- Side torso

b) Prohibited Target Areas:

- Top of the head
- Neck
- Arm
- Hand
- Back
- Kidney area
- Below the waist (except for foot sweeps below the ankle)

All sweeps must be performed with foot protection below the ankle. A hit is successful when the opponent touches the ground with a body part other than the soles of their feet.

8. Early Point Victory

- 1-round match: 10-point difference
- 2-round match: 15-point difference

9. Allowed Techniques

- Front punch (Jab)
- Rear punch (Reverse Punch)
- Backfist (only to the head)
- Inside knife-hand strike (only to the head)
- Straight kicks (Front Kick, Side Kick, Curving Front Kick)
- Hook kicks (including Spinning Hook Kick, Jump Spinning Hook Kick)
- Back kicks (Back Kick, Jump Back Kick)
- Half-circle kicks (Roundhouse Kick, Jump Round Kick)
- Spinning back kicks (Spinning Back Kick, Jump Spinning Back Kick)
- Crescent kicks (Inside/Outside Crescent Kick)

- Axe kicks (Inside/Outside Axe Kick, Jump Axe Kick)
- Spinning backfist (Turning Backfist, no Spinning Backfist)
- Foot sweeps (Front Sweep, Drop Foot Sweep, Drop Reverse Foot Sweep)
- Uppercut (only to the body)

10. Prohibited Techniques

- Open hand strikes (palm strikes)
- Spinning backfist
- Knife-hand strikes (including spinning knife-hand strikes)
- Palm strikes
- Elbow strikes
- Throws or takedowns
- Kicks to the legs
- Knee strikes
- Headbutts
- Pushing with the arms
- Touching the ground with body parts other than the soles of the feet (except in sweeps)
- Rolling, handstands, cartwheels
- Blind techniques

11. Team Fighters

- A team consists of 3 to 5 fighters.
- One reserve fighter is allowed.
- There are no fixed weight categories, but for children, the weight difference between fighters must not exceed 5 kg.
- Each individual match consists of a 2-minute round.

12. Scoring

- Scoring is based on the number of wins.
- Warnings and penalties are not carried over to the next match. Each match starts with zero warnings and points.

- In the event of a tie, the points from the individual matches are added together. The team with the most points wins.
- If the points are equal, the overtime and sudden death rule is applied.

b) LEICHT-KONTAKT

Light Contact is a martial arts discipline where punches and kicks are executed with controlled force (approximately 30% of full power). The aim is to demonstrate clean techniques without seriously injuring the opponent. Scoring is based on precision and technique rather than force. The fight proceeds through set rounds without stopping after each strike. Excessive force or rule violations are penalized by the referee (warnings, point deductions, or disqualification). Light Contact emphasizes technique and safety, and is often used in kickboxing, karate, or taekwondo.

1. The Competition Area

- Fights can take place either in the ring or on a mat.
- The competition area must be at least 5 x 5 meters.

2. Basis of the Fight

- The fighting style is a combination of punches and kicks.
- The impact power in Light Contact is around 30% of full strength.
- Violations of this rule through excessive contact can result in disqualification by the center referee after a single warning.

3. Age Categories

- **Bambini:** Under 8 years (up to 7 years)
- **Children:** Under 12 years (8–11 years)
- **Cadets:** Under 15 years (12–14 years)
- **Juniors:** Under 18 years (15–17 years)
- **Adults:** 18 to under 36 years

- **Veterans:** 36 to under 40 years
- **Masters:** 40 years and above

4. Rounds

- The number and length of rounds are agreed upon with the promoter.
- Typically, 1 to 3 rounds are fought, with a maximum round length of 2 minutes.
- For title fights at galas or fight nights, the number of rounds may be increased to 5.

5. Title Fights

- **National:** 5 rounds of 2 minutes
- **European:** 5 rounds of 2 minutes
- **World:** 5 rounds of 2 minutes

6. Scoring

- Punch to the head: 1 point
- Punch to the body: 1 point
- Kick to the body: 1 point
- Foot sweep (inside/outside): 1 point
- Exiting the competition area: 1 point
- Kick to the head: 2 points
- Jump kick to the body: 2 points
- Jump kick to the head: 3 points

7. Target Areas

a) Allowed Target Areas

- Side of the head
- Face, chin (from below)
- Front and side of the upper body

b) Prohibited Areas

- Back of the head
- Top of the skull
- Neck
- Arms
- Hands
- Back
- Kidney area
- Area below the waist (except sweeps below the ankle)

c) Special Rules for Foot Sweeps:

All sweeps must be executed with foot protection and not go above ankle height. A sweep is only scored if the opponent loses balance or touches the floor with a part of the body than the soles of their feet.

8. Allowed Techniques

- **Front punch (Jab):** Must hit with the knuckle part of the glove.
- **Rear punch (Reverse Punch)**
- **Hook Punch:** To the body and face.
- **Front Kick:** To the body and head.
- **Side Kick:** To the body and head.
- **Hook Kick:** To the body and head (including spinning hook kicks).
- **Back Kick:** To the body and head (including jump back kicks).
- **Roundhouse Kick:** To the body and head (including jump roundhouse kicks).
- **Crescent Kick:** Inside and outside, to the body and head.
- **Axe Kick:** Inside and outside, to the body and head.
- **Foot sweep (Front Sweep):** Using the inside of the foot below the ankle.
- **Uppercut:** To the body and head, with control.

9. Prohibited Techniques

- Open-hand strikes (palm strikes)
- Spinning backfist
- Knife-hand strikes (including spinning knife-hand strikes)

- Palm-heel strikes
- Elbow strikes
- Knee strikes
- Headbutts
- Pushing with the arms
- Kicks to the legs
- Contacting the floor with any body part other than the soles of the feet
- Blind techniques

10. Kick Rule in Light Contact

- There is no minimum number of kicks per round. However, a reasonable balance between kicks and punches must be maintained.
- **Continuous Kick Rule:** Each fighter must consistently use kicks throughout the round. If a fighter throws **10 kicks in the first 30 seconds** but none in the remaining **90 seconds**, this is a violation of the continuous kick rule.

c) Kick Light

Kick-Light is a controlled martial arts discipline where punches and kicks are performed in a light-contact manner, using about **30% of full power**. Hard strikes and knockout techniques are not allowed. Fighters use kickboxing techniques, including low kicks, which must be controlled and targeted at allowed zones such as the torso and legs. Equal emphasis is placed on hand and foot techniques.

Goal: Kick-Light serves as an introduction to kickboxing with low kicks (K1), with a strong focus on technique, control, and clean execution.

1. Competition Area

- Fights can be held either in the ring or on a mat.
- The competition area should be at least 5 x 5 meters in size.

2. Scoring

Clean, allowed, and controlled techniques that strike a valid target with light contact are scored based on their difficulty. Scoring is done either with scorecards or mechanical clickers. Points are awarded as follows:

- **1 point** for any type of hand technique to the head or body.
- **1 point** for any type of foot technique to the body or legs.
- **1 point** for an excellent sweep.
- **2 points** for any type of foot technique to the head.
- **2 points** for a sweep followed immediately by another technique.
- **2 points** for jumping foot techniques to the body.
- **3 points** for jumping foot techniques to the head.

3. Additional Rules:

- **Control of strikes:** All techniques must be executed with controlled force to avoid injuries. Fighters must not strike with full force, and they need to control their techniques, especially to the head or when performing jumping techniques.
- **Scoring sweeps:** To earn points for a sweep, the opponent must either fall completely to the ground or be unbalanced to the point where a body part other than their feet touches the ground.

4. Allowed Techniques

- **Jab:** Performed with the knuckle part of the glove, to the head or body.
- **Reverse punch:** To the head or body.
- **Hook punch:** To the head or body.
- **Front kick:** To the head or body.
- **Side kick:** To the head or body.
- **Hook kick:** To the head or body, including jumping hook kicks.
- **Back kick:** To the head or body, including jumping back kicks.
- **Roundhouse kick:** To the head or body, including jumping roundhouse kicks.
- **Crescent kick:** Inside and outside, to the head or body.
- **Axe kick:** Inside and outside, to the head or body.

- **Front sweep:** Performed with the inside of the foot below the ankle, to unbalance the opponent.
- **Uppercut:** To the head or body, performed with control.

5. Forbidden Techniques

- Strikes with the open hand (slaps).
- Backfist strikes (including spinning backfist).
- Hand edge strikes (including spinning hand edge strikes).
- Knee strikes.
- Elbow strikes.

d) Fullcontact-Kickboxing

Full-Contact Kickboxing is a combat sport where punches and kicks are executed with full force. The goal is to defeat the **opponent either by points or knockout (K.O.)**. Hard hits and knockout techniques are allowed, but only to permitted target areas. Kicks and punches below the waist are not allowed, except for sweeps.

1. Competition Area

- Fights can be held either in a ring or on a mat.
- The competition area should be at least 5 x 5 meters in size.

2. Weight Classes

Men

- **Flyweight:** up to 51.0 kg
- **Bantamweight:** up to 54.0 kg
- **Featherweight:** up to 57.0 kg
- **Lightweight:** up to 60.0 kg
- **Light Welterweight:** up to 63.5 kg
- **Welterweight:** up to 67.0 kg
- **Light Middleweight:** up to 71.0 kg
- **Middleweight:** up to 75.0 kg

- **Light Heavyweight:** up to 81.0 kg
- **Cruiserweight:** up to 86.0 kg
- **Heavyweight:** up to 91.0 kg
- **Super Heavyweight:** over 91.0 kg

Women

- **Bantamweight:** up to 48.0 kg
- **Featherweight:** up to 52.0 kg
- **Lightweight:** up to 56.0 kg
- **Middleweight:** up to 60.0 kg
- **Light Heavyweight:** up to 65.0 kg
- **Heavyweight:** up to 70.0 kg
- **Super Heavyweight:** over 70.0 kg

3. Number and Length of Rounds

- **Amateur Fights:** 2 or 3 rounds of 2 minutes each, with a 1-minute break between rounds.
- **Title Fights:** In national, European, and world championships, the number of rounds may be extended to 5 rounds of 3 minutes each.
- **Maximum Duration:** No amateur fight may last more than 5 rounds.

4. Fighter Classes

Fighters are classified based on the number of fights won:

- **D-Class:** Up to 3 victories
- **C-Class:** More than 3 victories
- **B-Class:** More than 6 victories
- **A-Class:** More than 12 victories

Once a fighter signs a professional contract or competes as a professional, they cannot return to amateur status.

5. Clothing

- **Full Contact:** Long pants and bare torso.

- **Kickboxing with Low Kicks:** Thai shorts and bare torso.
- **Muay Thai/K-1:** Thai shorts and bare torso.

6. Allowed Techniques

The following techniques are allowed in full-contact kickboxing:

1. **Boxing Techniques:** All punches, including jabs, hooks, and uppercuts.
2. **Kicks Above the waist:** Kicks to the body and head.
3. **Spinning Back Kick:** Spinning back kicks to the body and head with full contact.
4. **Sweeps:** Properly executed sweeps that result in the opponent being taken down.

7. Prohibited Techniques (Fouls)

The following actions are prohibited in full-contact kickboxing:

1. Grabbing the ropes while attacking
2. Clinching or holding the opponent
3. Elbow strikes
4. Knee strikes
5. Spinning back fist (except in A-Class)
6. Kicks to the thighs or below the waist (except for sweeps)

8. Scoring

Points are awarded for permitted techniques executed to allowed target zones, provided they are not blocked or defended.

- **1 point** for a permitted punch to the body or head
- **1 point** for a sweep if the opponent is taken down
- **1 point** for a permitted kick to the body
- **2 points** for a permitted kick to the head
- **2 points** for a jumping kick to the body
- **3 points** for a jumping kick to the head

e) Kickboxing with Lowkicks

The rules for Kickboxing with Low Kicks generally follow the regulations of Full-Contact Kickboxing, with the following exceptions:

1. Prohibition of the "Spinning Back Fist"

The use of the "Spinning Back Fist" technique is prohibited in Low Kick Kickboxing. If this technique is used, the referee will impose penalties accordingly.

2. Permitted Low Kicks

- **Low Kicks to the thighs:** Kicks to the inner and outer thigh are allowed.
- **Shin Kicks:** These are permitted only if they are executed at least 10.16 cm (4 inches) above the opponent's knee. Kicks below this threshold are considered a foul and will be penalized.

3. Shin Guards (Protective Gear)

Wearing shin guards in Low Kick Kickboxing is optional, but it is recommended for safety reasons. The decision to wear shin guards is left to the fighter.

4. Clothing Requirements

Fighters are required to wear Thai shorts and a T-shirt during the match.

5. Leg Blocks and Freestyle Rules

Leg blocks ("Leg Checking") are allowed in accordance with Freestyle rules, as long as they meet the specified parameters for leg kicks and blocks. The use of these techniques must adhere to the general rule guidelines.

6. Sweeps and Follow-up Techniques

- After a successful leg sweep, the fighter is allowed to execute a follow-up technique. However, this follow-up must occur before the opponent places any part of their body other than their soles on the ground.
- Attacking an opponent who is already on the ground is considered a foul and will be penalized accordingly.
- A successful sweep does not count as a knockdown and has no impact on the course of the fight unless complemented by a direct follow-up technique.

f) Thaiboxen / Muay Thai

Muay Thai, or Thai Boxing, differs significantly from Full-Contact Kickboxing due to the wider range of permitted techniques and the use of clinching and elbow strikes. The following techniques are allowed and are judged based on specific criteria.

a) Permitted Techniques in Muay Thai

1. **Knee Attacks:** Knee strikes to the body and head, as well as shin kicks to the legs, body, and head, are allowed. Kicks to the arms are considered valid if executed with force.
2. **Clinching and Attacks:** Fighters are allowed to hold their opponent in a clinch for up to 5 seconds, during which they can simultaneously use knees, elbows, or punches.
3. **Elbow Strikes:** Elbow strikes to the body and head are permitted.
4. **Frontal Rolling Kicks:** Kicks with the heel to the head, performed in a forward rolling motion, are allowed.
5. **Flat Throws:** Flat throws below the waist are permitted, as long as they are performed from a clinching position.

6. **Spinning Back Fist:** This technique is allowed but only if the fighter maintains eye contact with the opponent.
7. **Leg Kicks:** Kicks to the legs are allowed, as long as they are aimed either above or below the knee, within a 2-inch (5.08 cm) margin.

b) Special Regulations

- **Holding the Opponent's Leg:** It is allowed to hold one of the opponent's legs to execute a kick against the other leg. This must be done within 5 seconds and outside of the prohibited zones around the knee.
- **Leg Blocks (Leg Checking):** Fighters may use leg blocks to defend against leg kicks.
- **Follow-up After a Successful Sweep:** After executing a successful sweep, the fighter may perform a follow-up technique, but it must be executed before the opponent falls completely to the ground.

g) Oriental Rules

The rules for fights under **Oriental Rules** are generally similar to those of Muay Thai, but with the following exceptions and additions:

1. Permitted Techniques and Restrictions

- **Elbow Strikes:** Elbow strikes are **not allowed** in fights under Oriental Rules.
- **Knee Attacks:**
 - Knee strikes to the **body** are allowed in all classes.
 - Knee strikes to the **head** are only allowed starting from the **B-class**.
- **Shin Kicks:**
 - Shin kicks can be aimed at the **legs, body, and head** of the opponent.
 - Kicks must be placed approximately **5 cm above or below the knee** to ensure compliance with the rules.

2. Clinching and Sweeps

- **Clinching:**

- Clinching is allowed for a **maximum of 5 seconds**, during which the fighter can execute knee strikes or punches.
 - If no technique is executed within this time, the referee will separate the fighters.
- **Neck Wrestling (Limited Neck Grabbing):** Grabbing the neck to prepare for knee strikes is permitted as long as the strikes target allowed zones (below the collarbone and above the hips).
- **Leg Sweeps:**
 - It is permitted to hold one of the opponent's legs to execute a single attack on the other leg. This technique must be performed within **5 seconds** and must not target the knee joint.
 - A successful leg sweep that brings the opponent down does not count as a knockdown. Any further attack on an opponent who has fallen is prohibited.

3. Prohibited Techniques

- **Spinning Back Fist:** This technique is only allowed if the fighter maintains **eye contact** with the opponent. Blindly executed strikes are **not permitted**.

4. Full-Contact Kicks

- **Guard:** Kicks that land **with full force on the opponent's guard** are counted, as they can still have a significant impact on the opponent.

5. Leg Blocks and Blocks Against Kicks

- **Leg Checking (Leg Block):** Leg blocks are permitted under Oriental Rules. Fighters must ensure that the blocks are within the allowed target zones (body and legs).

6. Follow-up Techniques After Sweeps

- **Follow-up Techniques After a Leg Sweep:** After a successful leg sweep, a follow-up technique is only allowed as long as the opponent is still on their feet. Once any part of the opponent's body other than their soles touches the ground, the opponent is considered "down" and **cannot be attacked further**.

h) K-1 Rules

The **K-1 Rules** are primarily based on Oriental Rules, with some key modifications and exceptions. Here's an overview of the important adjustments:

1. Restrictions on Clinching and Elbow Strikes

- **Clinching (Holding the Opponent):**
 - In K-1 rules, **clinching is strictly prohibited**. Any attempt to hold the opponent for more than a brief moment to execute strikes or knee attacks will be immediately stopped by the referee. This rule is designed to maintain the flow of the fight and prevent excessive clinching dominance.
- **Elbow Strikes:**
 - Elbow strikes are **banned in all K-1 classes**. Any violation of this rule results in a warning, and repeated infractions can lead to point deductions or disqualification.

2. Permitted Techniques for Leg Catches and Knee Strikes

- **Leg Catches and Follow-Up Actions:**
 - A fighter may catch the opponent's leg, but they must execute an offensive action within **3 seconds**. This can be:
 - A direct punch,
 - A kick, or
 - Any other legal technique.
- **Knee Attacks:**
 - **To the Body:** Knee strikes to the body are allowed in all K-1 classes.

- **To the Head:** Knee strikes to the head are permitted starting from the **B-class**.
- **Important:** Knee strikes to the head in lower classes (below B-class) will result in a warning and may lead to point deductions or disqualification, depending on the severity.

3. Permitted Kick Techniques and Special Punch Techniques

- **Frontal Rolling Kicks:**
 - Forward rolling kicks where the heel strikes the opponent's head are allowed in K-1 fights. The kick must land accurately in the permitted target areas to score points. Misuse or improper placement of the technique will result in a penalty.
- **Spinning Back Fist:**
 - The use of the Spinning Back Fist is allowed **only if the fighter maintains eye contact** with the opponent during the execution. The technique must be performed with the **back of the hand**.

4. Leg Kicks and Leg Blocks (Leg Checking)

- **Allowed Leg Kicks:**
 - Shin kicks are allowed to the **legs, body, and head** of the opponent. The kicks must be executed within the allowed target zones, and they must be placed **2 inches (5.08 cm) above or below the knee**.
- **Leg Blocks (Leg Checking):**
 - Leg blocks are permitted to defend against kicks. A block using the fighter's shin to deflect the opponent's shin kick is allowed, as long as it stays within the legal target zones.

5. Execution of Follow-Up Techniques After Leg Sweeps

- **Leg Sweeps and Follow-Up Techniques:**
 - After a successful leg sweep, the fighter is allowed to perform a follow-up technique as long as the opponent is still on their feet. This could be a kick or a punch.

- **Opponent's Grounded Status:** Once any part of the opponent's body, other than their soles, touches the ground, they are considered "down" and **cannot be attacked further**. Any attack on a grounded opponent is a violation of the rules.
- **Successful Leg Sweep:**
 - A successful leg sweep that brings the opponent down is **not considered a knockdown**. The fight resumes immediately once the opponent is back on their feet.

6. Scoring Full-Contact Kicks Against the Guard

- **Kicks Against the Opponent's Guard:**
 - Kicks that land on the opponent's guard (e.g., their raised arms) are **scored in K-1 fights** if they have a significant effect on the opponent. Points are awarded if the kick causes:
 - The opponent to be pushed back,
 - A loss of balance, or
 - A visible shock or disturbance to the opponent.

i) MMA (Mixed Martial Arts)

Mixed Martial Arts (MMA) is a full-contact combat sport that incorporates both striking and grappling techniques from various disciplines such as boxing, kickboxing, Muay Thai, Taekwondo, and Karate, as well as wrestling and ground fighting techniques from wrestling, judo, sambo, and Brazilian jiu-jitsu. MMA fights can end by knockout (KO), submission, technical knockout (TKO), or judges' decision based on points.

1. Fighting Area

- **Octagon (Eight-sided cage):**
 - Fights take place in an octagon-shaped cage, designed with padded, high-raised fence walls to provide safety and allow for mobility. This structure offers a secure environment for the fighters while providing enough space for movement. The area

typically measures between **7 to 9 meters** in diameter, with the exact size depending on the organizer's rules.

- The floor of the octagon is heavily padded with mats to absorb falls and throws, reducing the risk of injury.

2. Number of Rounds and Duration

The number of rounds and their duration vary depending on the class (Amateur, Semi-Pro, Pro) and the type of fight (regular fight or title fight).

- **Amateurs:**
 - Number of rounds: **2 rounds**
 - Round duration: **3 minutes per round**
 - Rest period between rounds: **1 minute**
- **Semi-Pro:**
 - Number of rounds: **2 to 3 rounds**
 - Round duration: **5 minutes per round**
 - Rest period between rounds: **1 minute**
- **Pro:**
 - Number of rounds: **3 to 5 rounds** (Title fights can go up to 5 rounds)
 - Round duration: **5 minutes per round**
 - Rest period between rounds: **1 minute**

3. Allowed and Prohibited Techniques by Class

a) Stand-up Techniques

Technique	Amateurs	Semi-Pro	Pro
Punches to the head	Yes	Yes	Yes
Punches to the body	Yes	Yes	Yes
Elbow strikes to the head	No	No	Yes
Elbow strikes to the body	No	Yes	Yes
Kicks to the head	Yes	Yes	Yes
Kicks to the body	Yes	Yes	Yes

Technique	Amateurs	Semi-Pro	Pro
Knee strikes to the head	No	Yes	Yes
Knee strikes to the body	Yes	Yes	Yes

b) Throwing Techniques

Technique	Amateurs	Semi-Pro	Pro
Hip throws	Yes	Yes	Yes
Sweeps	Yes	Yes	Yes
Suplex	No	No	Yes
Body slams (not on the head)	No	Yes	Yes

c) Ground Techniques

Technique	Amateurs	Semi-Pro	Pro
Punches to the head	No	Yes	Yes
Punches to the body	No	Yes	Yes
Elbows to the head	No	No	No
Elbows to the body	No	Yes	Yes
Kicks to the head (on the ground)	No	No	No
Kicks to the body (on the ground)	No	Yes	Yes
Upkicks	No	Yes	Yes
Stomp kicks	No	No	No
Knees to the head	No	No	No
Knees to the body	No	Yes	Yes
Arm locks (all types)	Yes	Yes	Yes
Straight foot locks	Yes	Yes	Yes
Twisting foot locks	No	Yes	Yes
Straight leg locks	Yes	Yes	Yes
Twisting leg locks	No	No	Yes

Technique	Amateurs	Semi-Pro	Pro
Neck cranks / Crucifix	No	Yes	Yes
Toeholds	Yes	Yes	Yes
Chokes	Yes	Yes	Yes

5. Protective Equipment

The required protective equipment also varies depending on the class and includes the following elements:

Equipment	Amateurs	Semi-Pro	Pro
Mouthguard	Yes	Yes	Yes
Groin protector	Yes	Yes	Yes
MMA gloves (04 oz)	Yes	Yes	Yes
Headgear	No	No	No
Shin guards	Yes	No	No

6. Scoring and Decision Criteria:

- **Determining the winner:** A fight ends by KO, submission, or points.
- **Point allocation:**
 - Points are awarded based on the number and precision of successful techniques.
 - Valid strikes to the head and body are scored higher than attacks on the arms and legs.
 - Knees, kicks, and punches that stagger the opponent are awarded particularly high points.

7. Prohibited Techniques:

Regardless of the fighter class, the following techniques are strictly prohibited:

- Attacks on the genitals

- Eye gouging
- Biting or spitting
- Attacks on the spine or neck
- Striking an opponent already on the ground (head)

h) Grappling

Grappling is a martial art technique focusing on ground combat and grappling. These techniques include throws, locks, holds, and submissions. The goal is to position the opponent in a way that forces them to submit.

1. Combat Area:

Grappling matches typically take place on a mat. The mat must be large enough to give both fighters ample space for their moves. The surface should be well-padded to reduce the risk of injury from throws and falls.

2. Official Weight Classes (WFMC Guidelines):

Weight classes are based on the general WFMC categories, similar to those used in full-contact sports. The exact categorization is determined by the organizers.

3. Standing Techniques (Takedowns and Throws):

Throws aimed directly at the head and neck are prohibited in all classes.

Technique	Beginner	Intermediate	Advanced
Leg Attacks (Double-, Single-Leg)	Yes	Yes	Yes
Sweeps / Trips	Yes	Yes	Yes
Hip Throws	Yes	Yes	Yes
Suplex	No	No	Yes
Scissor Takedown	No	No	Yes

Technique	Beginner	Intermediate	Advanced
Slams	No	No	No
Guard Pull	Yes	Yes	Yes
Guard Jump	No	Yes	Yes

4. Ground Techniques

Technique (Locks/Submissions)	Beginner	Intermediate	Advanced
Arm/Shoulder Locks (All Types)	Yes	Yes	Yes
Biceps Slicer	No	No	Yes
Wrist Locks	No	Yes	Yes
Straight Foot Locks	Yes	Yes	Yes
Kneebar	Yes	Yes	Yes
Toeholds	No	Yes	Yes
Heel Hooks	No	No	Yes
Calf Slicer	No	Yes	Yes
Twisting Neck Locks from Back Control	No	No	No
Body Twister	No	No	Yes
Straight Neck Locks (Can Opener)	No	No	Yes
Straight Neck Locks (Crucifix)	No	Yes	Yes

5. Chokes Techniques

Technique (Chokes)	Beginner	Intermediate	Advanced
All Types of Chokes	Yes	Yes	Yes

6. Points Scoring in Grappling

Points are awarded based on control and dominance over the opponent during the match.

Action	Points
Takedown into Guard	1 Point
Takedown into Side Control	2 Points
Side Control	2 Points
Mount	3 Points
Back Mount	4 Points

Each position must be maintained for at least 3 seconds to earn points.

7. Advantage Points

Advantage points are awarded for any submission attempt that forces the opponent to defend themselves actively.

8. Warnings and Disqualification

A competitor will be disqualified after receiving three warnings. Warnings are issued for the following infractions:

- **Stalling:** Intentional delay or avoiding engagement in the fight.
- **Inactivity:** Failing to make active attempts to control or submit the opponent.
- **Fouls:** Breaking the competition's rules.

9. Prohibited Techniques and Fouls

- Unsportsmanlike conduct (e.g., verbal abuse).
- Attacks targeting the eyes, ears, mouth, or genitals.
- Inserting fingers into facial openings or the throat.
- Screaming or loud groaning during a submission attempt (considered as a "verbal tapout").
- All submission techniques must be applied in a controlled manner, giving the opponent enough time to tap out.

10. Match Duration

Category	Match Time
Beginner	5 minutes
Intermediate	6 minutes
Advanced	8 minutes

11. Tie-Breaking Criteria

In the case of a tie, the head referee decides the winner based on the following criteria:

- **Activity:** Which fighter performed more actions?
- **Aggressiveness:** Which fighter made more attempts to attack?