



W.U.M.A 2026 – SEMI-CONTACT RULES

1. GENERAL RULES

Contact Levels

Light semi-touch contact to the headguard, and medium to moderate contact to the front and sides of the body above the waist. Controlled contact to the back of the headguard is permitted; any contact to the neck, spine or base of the skull is illegal. No scoring to the back of the torso. No contact below the waist except controlled outside sweeps to the footpad. A controlled technique must land accurately, use appropriate force, and allow the opponent to continue safely.

Dress Code

Competitors must wear an official club or association uniform. T-shirts must display a club logo. Only martial arts trousers or shorts are permitted. No leggings, street clothing or unrelated commercial brand logos.

Required Equipment

Competitors must wear semi-contact gloves with fingers covered, a headguard with top padding, soft shin guards, soft padded boots covering toes and heel, and a gumshield. Males must wear a groin guard; females may wear optional chest or groin protection. Boxing gloves may be worn but are considered a disadvantage in scoring.

Competitor Readiness

Competitors must report fully equipped and ready when called. Those not ready may be disqualified

2. BOUT FORMAT

Stop-Start Scoring System

Semi-Contact bouts stop after every clean scoring technique. Referees call STOP, award the point, reset the fighters and restart the bout.

Time Limits

Standard bouts are 1 × 1:30. Finals are 1 round at British and National Championships and 2 rounds at European and World Championships. A bout may end early at 5 clear points or 10 total points. Time limits may be adjusted on the day.

Category Management

Categories with fewer than 3 competitors may be merged at the organisers' discretion.

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Draws

If a bout is tied, a 30-second extra round is held. If still tied, the first competitor to score a clear point (confirmed by both referees) wins.

Injury Time & Medical Authority

Up to 1 minute of injury time may be granted. The event medic has the final decision on whether a competitor may continue; this decision cannot be appealed.

3. TECHNIQUE, TARGETS & SCORING

Scoring System

2 points – Controlled kick to the headguard or side of the face

3 points – Same kick while jumping

1 point – Straight-leg controlled kick to the body above the waist

2 points – Same kick while jumping

1 point – Controlled punch

1 point – Controlled ankle sweep (behind the ankle; sweeping leg must touch the floor)

No technique may be used once the opponent is grounded. A bout is won at 5 clear points or 10 total points.

Scoring Areas

Legal areas include the headguard (front, sides and back) and front and sides of the torso above the waist.

Illegal areas include the back of the head, face, eyes, throat, neck, armpits, groin, legs (except permitted sweeps), back of torso and any grounded opponent.

Banned Techniques

Inside sweeps, elbows, knees, kicks below the waist, backfists or ridgehands to the body, grabbing, holding, spinning backfists, wild hooks/haymakers, throws and any attack on a grounded opponent.

4. FOULS, PENALTIES & CONDUCT

Warnings and Fouls

Warnings or minus points may be issued for illegal techniques, excessive force, avoiding engagement, turning away, ducking, grabbing, high sweeps, uncontrolled techniques, unsportsmanlike behaviour, striking a grounded opponent or arguing with officials. Referees may disqualify immediately for dangerous behaviour. Misconduct from coaches, parents or spectators may result in penalties for the competitor and potential disciplinary action.

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Disqualification Levels

Level 1 – Disqualified from the bout only (may still place).

Level 2 – Disqualified from the entire category (no award).

Level 3 – Dangerous or abusive behaviour resulting in removal from the event and possible future ban. No refunds.

Coaching Rule

Only one coach per competitor is allowed and must remain in the designated coaching zone.

Expected Conduct

All competitors, coaches, parents and spectators must behave respectfully. Serious misconduct may result in immediate removal and disciplinary action.

5. COMPLAINTS PROCEDURES

Complaints must be directed to the Chief Referee or Event Promoter, and only official coaches may raise them. Referees and table officials must not be approached directly. Complaints must be made immediately after the incident; none will be accepted once the event ends.

Only genuine rule-based complaints will be considered. Examples of complaints that will not be accepted include: “my student should have won,” “my student’s points were missed,” or “my student performed a better kata.” Subjective opinions on scoring or judging are not grounds for appeal.

Only issues relating to rules, procedures, safety or conduct will be reviewed.

THE CHIEF REFEREE’S DECISION IS FINAL.

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W.U.M.A 2026 – RULE DIFFERENCES FOR LIGHT-CONTINUOUS

(Only the differences from Semi-Contact (Points) are listed below. All other Points rules apply.)

Bout Flow

The bout does not stop after each scoring technique. Action continues unless the referee intervenes for safety, rule breaches, excessive force, equipment issues or to reset fighters.

Winner Determination

Light Continuous is not decided by points or by first to score. The winner is judged at the end of the bout based on overall effectiveness.

Judging Criteria

Judges assess:

- Who lands the most scoring strikes throughout the bout
- Who controls the fight and dictates the pace
- Work rate over the full round
- Number of kicks used (fewer kicks will be penalised)
- Effective punching and kicking combinations
- Ringcraft, balance, control and overall dominance

Legal Techniques Difference

Controlled hooks and uppercuts to the headguard and body are legal in Light Continuous.

Head Contact Difference

Controlled contact to the back of the headguard is permitted in Light Continuous.

Glove Weight Requirements

Minimum boxing glove weights for Light Continuous are:

- **6–8oz** for Under 15s
- **8–10oz** for Ladies / Cadets
- **10–12oz** for Adults

These are the minimum weights for smaller height/weight categories.

Larger height/weight categories are encouraged to use **heavier gloves** in their range.

Lighter gloves than the stated minimum are not permitted.

Referee Intervention

The referee will only stop the action when necessary for safety, rule breaches or equipment issues.

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