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National League Programme and tournament structure 2025

Martial Arts South Africa (MASA) National League Programme and Tournament Structure for selection of Provincial Colours or National Colours for qualifying athletes and organisations/styles.

(Note: The word "League" will replace "Block" in MASA terminology.)

Definition of a League

1. A structured competition framework:

- A group or system of competitive events, typically organised around a specific discipline or sport, where participants compete for rankings, titles, or recognition over a series of matches, tournaments, or events.

2. An organisational alliance:

- A collective of organisations, teams, or individuals united under a common set of rules, goals, or governance, often within a specific field or activity.

In the context of Martial Arts South Africa (MASA):

"A structured competitive framework designed to unite member organisations within a specific martial arts discipline, providing consistent platforms for competition, standardised rules, and pathways for Provincial and National recognition."

Martial Arts South Africa (MASA) League Structures

Introduction

Martial Arts South Africa (MASA) provides structured competitive platforms for its members, ensuring fair representation, alignment with MASA standards, and adherence to selection criteria for Provincial and National Colours. In addition to competition guidelines, all leagues must adhere to MASA's codes of conduct, safeguarding policies, and health and event safety standards. Organisers are required to communicate with MASA's Provincial and National Tournament Directors and Health and Safety Directors to ensure compliance with these policies, promoting athlete well-being, safety, and fairness.



League Categories and Member Organisations

Combat League (CL)

- **Member Organisations:**
 - KOSA (Kickboxing South Africa)
 - RCFA (Ring Contact Fighting Arts)
 - WKU (World Kickboxing Union affiliates)
 - Muay Thai associations under MASA
 - KFS (Korean Fighting Systems)
- **Competition Divisions:**
 - Continuous Fighting
 - Semi-Contact Fighting
 - Light-Contact Fighting
 - Low Kick
 - K-1 Rules
 - Other Kickboxing Divisions

Korean Martial Arts League (SAKMAA)

- **Member Organisations:**
 - Non-Olympic Traditional Taekwondo Formats
 - Tang Soo Do organisations
 - Hapkido associations
 - Haedong Kumdo organisations
- **Competition Divisions:**
 - Forms (Hyungs/Poomsae)
 - Traditional Weapons
 - Combat Weapon Sparring
 - Traditional Point Sparring
 - Continuous Sparring (Korean Styles Rules)
 - Other Korean Style Divisions

Traditional Karate League (TKL)

- **Member Organisations:**
 - WUKF SA
 - SARMAF
 - Kobudo Organisations
 - Other MASA-affiliated Traditional Karate organisations
- **Competition Divisions:**
 - Kata (Forms)
 - Team Kata
 - Kumite (Traditional Point Sparring)
 - Kobudo Weapons Forms
 - Other Traditional Karate Divisions

Ju-Jitsu and Grappling League (JJGL)

- **Member Organisations:**
 - SAJJC (South African Ju-Jitsu Council)
 - GSA (Grappling South Africa)
 - SAGA (South African Grappling Association)
- **Competition Divisions:**
 - Gi Grappling (Traditional Ju-Jitsu rules)
 - No-Gi Grappling (Submission Wrestling)
 - Team Tournaments
 - Other Grappling Styles or Ju-Jitsu Divisions

Sport Martial Arts League (NMA-ISKA)

- **Member Organisations:**
 - National Martial Arts Academy (NMA)
 - International Sport Karate Association (ISKA)

○ **Competition Divisions:**

- Fighting:
 - ISKA Sport Points
 - ISKA Sport Continuous
 - ISKA Sport Full Contact
- MMA:
 - ISKA Light MMA
 - ISKA Sport Full MMA (semi and full contact to the body; semi contact only to the face)
- Tag Team Fighting:
 - ISKA Tag Team Fighting Divisions
- Grand Championship Title Fighting:
 - ISKA Grand Champion Fighting Divisions
- Self-Defense:
 - ISKA Team Self-Defense Challenge (Junior and Senior Divisions)
- Forms:
 - ISKA Sport Traditional
 - ISKA Creative
 - ISKA Extreme
 - ISKA Musical
- Weapons Forms:
 - ISKA Sport Traditional Weapons
 - ISKA Creative Weapons
- Grand Championship Title Forms:
 - Winners of ISKA Forms Divisions qualify for Grand Championship Title competitions.
- Team Forms:
 - Synchronized / Unison Team Forms
- Breaking:
 - ISKA Power Breaking
 - ISKA Creative Breaking
 - ISKA 3-Directional Breaking
- High Kick Challenge:
 - ISKA High Kicking Challenge
 - ISKA Extreme Kicking Challenge (Tricking Battle)
- Grappling:
 - No-Gi Grappling Challenge (in collaboration with SAGA)

Unique Styles Under MASA

- **Member Organisations:**
 - Aikido (Non-Competitive)
 - Kendo
 - Japanese Archery (Kyudo)
 - Kurash
 - Sport Judo
 - Other MASA-recognised martial arts styles with unique formats



Governance for All Leagues

1. League Committee:

- MASA will appoint representatives from each member organisation within the league.
- Committees are responsible for:
 - Standardising competition rules.
 - Coordinating events.
 - Maintaining athlete rankings.

2. MASA Oversight:

- Ensures compliance with health, safety, and safeguarding standards.
- Requires adherence to MASA's codes of conduct, safeguarding policies, and event safety standards.
- Hosts must communicate directly with MASA's Provincial and National Tournament Directors and Health and Safety Directors for guidance and approval.
- Reviews athlete rankings, achievements, and performance records.

Selection Pathway and Recommendations

1. Athletes must participate in:

- A Provincial Championship within their league.
- A National Championship within their league.
- A MASA Provincial Championship.

- A MASA National Championship.
 - Member organisation's Provincial and National Championships.
2. Rankings:
- Rankings from all related tournaments.
 - Cumulative performance across League, MASA Championships, and member events.
 - Overall assessment of consistency, skill, and achievement.

Health and Safety for All Leagues

- All tournaments and demonstrations must adhere to MASA's health, safety, and safeguarding policies.
- Hosts must submit detailed safety plans and event proposals for approval and communicate with MASA's Health and Safety Directors to ensure compliance.

Implementation Steps

1. MASA will appoint a League Committee for each league.
2. Collaborate with member organisations to standardise rules and coordinate events.
3. Publish schedules for Provincial and National Championships, as well as MASA events.
4. Monitor and evaluate athlete performance to ensure fair selection.
5. Conduct annual reviews to refine the selection process and ensure continued alignment with MASA standards.



MASA & League Tournament Selection Points System and Team Nomination Guidelines

1. Points Allocation Per Event

To ensure fair and consistent evaluation of athlete performance across all affiliated disciplines, the following point system applies at all MASA-sanctioned, league, and approved style-specific events:

- 1st Place (Gold) – 10 points
- 2nd Place (Silver) – 8 points
- 3rd Place (Bronze) – 5 points
- Attendance at a Provincial Event (without placement) – 2 points
- Attendance at a National Event (without placement) – 3 points

Note: Points may be accumulated from MASA tournaments, league tournaments, and discipline-specific events that are officially sanctioned or recognised within the MASA competition structure.

Clarification: When referring to a "league," MASA includes specific structured competition platforms such as the Korean League (SAKMAA), Combat League, Traditional League, Grappling League, and other formally recognised league formats. Each league represents a particular style or rule set and contributes to athlete rankings under MASA's unified system.

2. Discipline-Specific Ranking Groups

Due to differences in styles, divisions, and competition formats, each martial arts discipline will be managed as its own ranking group. This ensures fair comparisons and preserves the technical integrity of each discipline.

Athletes from different disciplines will be ranked and evaluated separately.

Each discipline or affiliated organisation is responsible for submitting its own list of top-ranked athletes based on the cumulative point system.

Final athlete rankings and selection will remain within each group and will not be compared across unrelated styles.

3. Final Selection and Team Recommendations

At the end of each competitive season, the top-performing athletes within each discipline will be:

- Recommended for Provincial Team selection, and
- Considered for National Team (Protea) nomination, where applicable.

Important notes:

There is no fixed minimum point total for eligibility, since each organisation may offer a different number of divisions and events.

For example, an athlete who consistently earns 3rd place across two MASA events, two league events, and two discipline-specific events may accumulate approximately 30–40 points and be eligible for final consideration.

Recommendations will be done end of every year as there is Sanctioned tournaments during the year as stipulated in the League structure and these events should be run through MASA Kihapp to create a database for athletes. But each Organisation will submit their recommendation for their athletes and it will be verified through the Kihapp system databases. Those who has not used Kihapp will have to do all of these manually. All submissions to be done at end of the year.

4. International Participation Requirement

To be considered for official national Protea team selection, athletes must demonstrate participation in international events.

International experience is a requirement for official recognition at this level and strengthens the athlete's selection profile.

5. Selection Oversight and Responsibility

Each discipline or affiliated organisation is responsible for nominating its top-ranked athletes based on the scoring framework above.

Final selection decisions are made by the discipline heads in coordination with the MASA Provincial or National Selection Committees.

All submissions must be backed by event records, division results, or official ranking logs.

6. Selection Planning and Timelines

Due to the number of qualifying events and the level of participation required for selection, all affiliated organisations and disciplines are strongly urged to plan their selection processes at least one year in advance.

Provincial Team Selections for a given year (e.g., 2026) should be based on the results and rankings compiled during the preceding year (e.g., 2025).

National Team (Protea) Selections should ideally be based on athlete performance over a two-year period, allowing for consistent and proven participation at both national and international levels.

Advance planning supports:

- Sufficient competition opportunities for athletes,
- Transparent and objective ranking procedures,
- Accurate and timely submission of selections by each group.

Athletes, coaches, and event organisers are encouraged to align their competition calendars with this timeline to ensure eligibility.



MASA Division Management Policy: Merging and Splitting Protocols

1. Purpose and Overview

To uphold the integrity, safety, and fairness of competition at all MASA-sanctioned events, the following division management protocols apply. This policy ensures meaningful competition, fair medal allocation, and proper recognition for ranking and selection purposes.

2. Division Merging Protocol

2.1 Minimum Entry Requirement

A division must consist of at least three (3) registered competitors to qualify for official:

- Medal awarding
- Ranking and recognition
- Eligibility for provincial and national selection criteria

2.2 Merging Guidelines

Where fewer than three (3) competitors are entered, the division may be merged with the most appropriate adjacent category. Merging decisions are based on:

- Age group
- Belt rank or experience level
- Weight or height (where applicable)
- Gender (if allowed and safe)
- Style compatibility or discipline grouping

2.3 Recognition Limitation

Competitors who compete in divisions with fewer than three (3) participants, and where merging is not possible, may still compete but will not be eligible for formal recognition, ranking points, or team selection pathways.

2.4 Discretion and Communication

All merging decisions rest with the Tournament Director, advised by relevant coordinators and style heads. Competitors and coaches will be informed prior to the division's commencement.

2.5 Right to Decline

Competitors who decline to compete in a merged division may withdraw, but no refund or placement will be provided.





Combat League (CL)

Member Organisations:

- KOSA (Kickboxing South Africa)
- RCFA (Ring Contact Fighting Arts)
- WKU (World Kickboxing Union affiliates)
- Muay Thai associations under MASA
- KFS (Korean Fighting Systems)

Kickboxing Organization of South Africa
KICKBOXING ORGANIZATION OF SOUTH AFRICA
AMATEUR RULES & REGULATIONS

REVISION 1

SECTION 1: ADMINISTRATIVE REGULATIONS AND PROCEDURES

- RULE 1: KOSA**
RULE 2: AMATEUR STATUS
RULE 3: DOPING
RULE 4: TOURNAMENT REGISTRATION
RULE 5: BANNING PERIODS AFTER A HEAD KNOCKOUT
RULE 6: AGE CATEGORIES
RULE 7: WEIGH-IN
RULE 8: MEDICAL EXAMINATION
RULE 9: COMPETITION MANAGEMENT
RULE 10: REFEREES & OFFICIALS

This rulebook reflects the official KOSA Competition Rules and these current rules are valid for all KOSA members.

RULE 1: KOSA

KOSA stands for the Kickboxing Organization of South Africa and all activities and jurisdictions as per the Constitution of KOSA.

RULE 2: AMATEUR STATUS

The term "Amateur" is used to refer to the Kickboxing (Full Contact, Point Fighting, Light Contact & Low Kick Light), Low Kick & K-1. In this rulebook it is used to describe all non-professional competitors. Amateurs are all competitors who do not meet one or more of the following conditions:

1. Competitor is under a professional contract in ANY Combat Sport.
2. Competitor is listed on a Pro-Rank list in ANY Combat Sport.

3. If a competitor thinks he or she might be listed on a Pro-Rank list when he or she should not be, then the competitor must report it to KOSA and apply for an amateur status confirmation. It is also the competitor's responsibility to contact the organization that lists him or her. KOSA will decide upon the application to remain classified as an amateur. Amateur status will be granted and no professional competition is allowed while the application is pending.
4. Non-Amateurs cannot participate in Amateur events. If KOSA should discover a Non-Amateur competitor's participation in an event, one or more of the following consequences might be considered:
 - a) Disqualification of the Non-Amateur
 - b) Participation ban and time to be determined by the KOSA
 - c) Fine of R10 000.00
 - d) Revocation of the won title

RULE 3: DOPING

1. It is prohibited to use any substance to boost one's performance if such substance is banned by one of the appropriate organizations as a doping substance (IOC, SAIDS, SASCOC etc.).
2. Tournament supervisor/director, tournament promoters, and the official doctor can and may perform tests. Other qualified and authorized organizations or persons may also perform such tests where local law dictates.
3. Competitors who intentionally avoid or evade such controls, or try to obstruct or manipulate the testers in any way, can be disqualified and banned for a period of time, to be determined by KOSA.
4. Privacy, especially for children and female competitors, must be respected. Doping tests may only be done by a qualified person of the same gender.

RULE 4: TOURNAMENT REGISTRATION

Competitors who wish to be registered to compete at a tournament/event, should fulfill the following conditions:

1. Complete tournament/event registration form.
2. Complete Liability Waiver.
3. Provide an annual medical clearance certificate no older than 12 months from the date of the bout, undersigned by a physician.
4. Competitors competing in Ringsport divisions/events may also have to furnish negative HIV, Hepatitis B Surface Antigen, and Hepatitis C Antibody blood test results no older than 6 months from the date of the bout should it be required by the event host/tournament director.
5. Competitors competing in Ringsport are also required to pass a pre-fight physical prior to each event conducted by an approved and licensed physician.
6. Provide a clearance from a medical doctor, reviewed by KOSA, after having lost consciousness due to a head knockout within 6 weeks of last competition, or after the second head knockout within twelve months.
7. Female participants over the age of 14 years old must not be pregnant.
8. In the case of a competitor under the age of 18, a waiver must be signed by the parents/guardians of the competitor.

RULE 5: BANNING PERIODS AFTER A HEAD KNOCKOUT

1. 30 days after any Technical Knockout (TKO)
2. 60 days after the first head knockout within 12 months
3. If loss of consciousness occurs resulting from the head knockout, clearance by a medical doctor is required for KOSA to allow further competition

4. Clearance by a medical doctor is required for KOSA to allow further competition after the second head knockout within twelve months

RULE 6: AGE CATEGORIES

The cutoff date is on the day of the competition.

1. **Peewee**- Under the age of 9 years old (8 years old and younger)
2. **Children**- Under the age of 11 years old (9 & 10 years old)
3. **Younger Cadet**- Under the age of 13 years old (11 & 12 years old)
4. **Older Cadet**- Under the age of 15 years old (13 & 14 years old)
5. **Younger Junior**-Under the age of 17 years old (15 & 16 years old)
6. **Older Junior**- Under the age of 19 years old. (17 & 18 years old)
7. **Senior**- Under the age of 40 years old (19 to 39 years old)
8. **Veteran**- Under the age of 50 years old (40 to 49 years old)
9. **Masters**- Under the of 60 years old (50 to 59 years old)

RULE 7: WEIGH-IN

1. The weigh-in must be completed a day before or at least two hours prior to the first competition.
2. Weigh ins should be conducted by KOSA officials and performed as per Rule 7,1, unless otherwise agreed upon. At Provincial and National competitions, officials should be from different regions, and the weigh-in should take place the day before the competitions.
3. Generally, there shall be no tolerance. Males may only wear light fight shorts/under garments to weigh in and should be done by male officials at the scale. Females may wear only light fight shorts/under garments and a lightweight top or sports bra and should be done by female officials at the scale.
4. Competitors who do not make weight will be given one hour within the allotted weigh in session and may not cut more than two percent of their body weight in this hour time frame.

RULE 8: MEDICAL EXAMINATION

1. In order to compete, all competitors must present a medical examination certificate no older than 12 months, undersigned by a physician. A new exam will be required every 12 months.
2. Ringsport Competitors are also required to pass a pre-fight physical prior to each event conducted by an approved and licensed physician as per Rule 4.5.
3. In addition, competitors may be required to furnish negative HIV, Hepatitis B Surface Antigen, and/or Hepatitis C Antibody blood test results as per Rule 4.4.
4. Competitors must have no medical or any other reasons preventing them from participating in the event. In addition, a competitor must have no current medical suspension issued by any physician or recognized sanctioning body.
5. Competitors must show a clearance from a medical doctor, reviewed by the Association, after having lost consciousness due to a head knockout, or after the second head knockout within twelve months as per Rule 4.6
6. Female participants must not be pregnant as per Rule 4.7.
7. Competitors will enter into one of the two division's recognized by the KOSA either male or female. Male and Female as defined by the XY sex-determination system

RULE 9: FIGHTING AREAS

1. Fighting Areas for Tatami (Point Fighting, Light Contact, Low Kick Light & Forms):
1. The fighting area must be square. Each side must be 7 X 7 meters maximum or 6 x 6 meters minimum.
2. Around the fighting area, a safety zone strip of one meter shall be kept clear. Only referee tables are allowed to be placed within this safety zone. No spectators are allowed to be within that zone. The safety strip zone should be marked.
3. The timekeeper and scorekeeper are located at the referee table facing the head referee.

4. In the case that there is only one fighting area, sufficient space for the medics and/or emergency personnel shall be provided at the referee table.
5. The referee table must be equipped with the following items:
 - a) Draw Sheets
 - b) Scoreboards or display
 - c) Stopwatch
 - d) Bean-bag
 - e) Paper
 - f) Pens.Online systems such as Kihapp or RSports can be used.
6. One chairs at each side for coaches.
7. For Light Contact & Low Kick Light, a chair to be placed at two corners for judges.
2. Fighting Areas for Ringsport (Full Contact, Low Kick Light & K1):
 1. Bouts shall be held inside a boxing ring.
 2. The boxing ring's components, including all side protections and ropes, must be inspected for suitability and safety prior to the first competition.
 3. Each side of the squared box ring (the length of the rope on one side) should be a minimum of 4.5 meters and a maximum of 7.00 meters. It shall consist of four ropes.
 4. The minimum diameter of each of the four ropes shall be 2.5cm (1").
 5. All ropes must be covered with soft tightly fitted materials.
 6. The four corners must be made of metal. The diagonal distance between opposite corners must not exceed 12.6 meters (outside measurement).
 7. All corners must be covered with commonly used cushions in order to avoid possible injuries.
 8. The platform itself may not be placed higher than 1.20m above the ground level. It must be covered with a shock absorbent material below the ring floor layer.
 9. Stairs shall be placed in the red and the blue corners and in one white corner.
 10. Two chairs per corner must be provided for coaches.
 11. If there is only one ring in use, sufficient space for medics and/or emergency personnel shall be provided at the referee-table.
 12. To avoid possible injuries, photography and video crew are required to be credentialed and given specific instructions by the Association and promotion.
 13. The referee-tables must be equipped with the following items:
 - a) Draw Sheets
 - b) Score cards and clickers
 - c) Table stop watch and hand stop watch as a reserve
 - d) Acoustic signal (bell, whistle or horn)
 - e) Spare papers and pencils
 - f) PC and printer (optional)
 14. Judges' tables and chairs shall be located along the other three sides of the ring box.

RULE 10: REFEREES & OFFICIALS

1. All provisions in this article set forth the basic duties of referees & officials. Referees & officials must also fulfill other conditions, requirements, and duties set forth in other KOSA official documents related to referees & officials.
2. All referees & officials are required to be trained and certified by a KOSA official/representative.
3. All referees & officials must meet continuing education standards to keep certification.
4. Each region is responsible for its own referees' & officials training and licensing according to KOSA's requirements, however KOSA may also offer seminars.
5. Licensed referees are registered in a central database.
6. A head referee must be designated for every competition.

7. In a tournament/event with several competition areas or rings, the Head Referee shall appoint Ring Inspectors, who shall supervise application of KOSA rules at one fighting area or ring.
8. The Head referee can replace referees who have been obviously not neutral or who have violated the official KOSA competition rules.
9. At each fighting area the head of the referees shall be the Ring Inspector. He or she shall be responsible for the correct application of all KOSA rules in his or her fighting area. It is the responsibility of the Ring Inspector to place referees at his or her competition area or ring according to their affiliations with schools, clubs, or particular competitors.
10. The Ring Inspector shall report the results according to the instructions of the Head Referee.
11. At events with only one competition area or ring, the Supervisor acts as Ring Inspector.
12. The Supervisor/Chief Referee shall be responsible for managing all referees and supervising the work in all competition areas and/or rings. He or she shall ensure that the time schedule will work. The Supervisor shall also ensure the safety of the fighter by making certain that the mandatory physician and first aid team are present.
13. Decisions of the official doctor can be subject to protest if a second doctor is present at the event. The second doctor will make a decision about the protest.
14. Protests are only possible in the following situations:
 - a) There exists a proven agreement between the referees and/or judges.
 - b) The mathematical addition of the scores is incorrect.
 - c) An obvious confusion between the red and blue corner has occurred.
 - d) The official KOSA Rules were violated.
 - e) Video recordings cannot be used to justify a protest.
15. A protest shall not hold back the competition. However, the Head Referee can interrupt the continuation of the fights for a short period of time if the result of the protest has a significant influence on the proceeding of the competition.
16. After hearing the protest from both coaches as well as the referee's comments, the Head Referee shall then make the final decision.
17. Referees & officials shall wear an KOSA shirt, black trousers, and black shoes.
18. To minimize injuries, it is forbidden for referees to wear any jewelry, watches, pens, large belt buckles, hard soled shoes, etc. Judges are exempted from this rule since no body contact with competitors is possible.
19. The organizer/host shall be responsible for taking care of the referees. He or she must provide referees & officials with food and beverages. In addition, mineral water must be provided on the referees' tables.

SECTION 2: POINT FIGHTING

- RULE 1: WEIGH CLASSES AND AGE DIVISIONS**
- RULE 2: NUMBER OF ROUNDS & LENGTH**
- RULE 3: OUTFIT, EQUIPMENT & COACHES**
- RULE 4: SCORING AREA AND PROHIBITED ACTIONS**
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- RULE 6: POINTS, SCORING AND WARNINGS**
- RULE 7: CONTROLLING AND RUNNING THE MAT**
- RULE 8: THE ATTENDANCE OF A PHYSICIAN**

RULE 1: WEIGHT CLASSES AND AGE DIVISIONS.

The following weight divisions shall be used for athletes under 13 years old:

PEEWEE CHILDREN YOUNGER CADETS

BOYS GIRLS BOYS GIRLS BOYS GIRLS

-18 kg -18 kg -18 kg -18 kg -25 kg -25 kg

-22 kg -22 kg -22 kg -22 kg -30 kg -30 kg
 -26 kg -26 kg -26 kg -26 kg -35 kg -35 kg
 -30 kg -30 kg -30 kg -30 kg -40 kg -40 kg
 +30 kg +30kg -34 kg -34 kg -45 kg -45 kg
 +34 kg +34 kg -50 kg -50 kg
 -55 kg -55 kg
 -60 kg +55 kg
 +60 kg

The following weight divisions shall be used for athletes under 19 years old:

OLDER CADETS YOUNGER JUNIORS OLDER JUNIORS

BOYS GIRLS BOYS GIRLS BOYS GIRLS

-40 kg -30kg -50 kg -40 kg -55 kg -45 kg
 -45 kg -35 kg -55 kg -45 kg -60 kg -50 kg
 -50 kg -40 kg -60 kg -50 kg -65 kg -55 kg
 -55 kg -45 kg -65 kg -55 kg -70 kg -60 kg
 -60 kg -50 kg -70 kg -60 kg -75 kg -65 kg
 -65 kg -55 kg -75 kg -65 kg -80 kg -70 kg
 -70 kg -60 kg -80 kg +65kg -85 kg +70 kg
 -75 kg +60 kg -85 kg -90 kg
 -80 kg -90 kg -95 kg
 +80 kg +90 kg +95 kg

The following weight divisions shall be used for athletes over 19 years old:

SENIORS VETERANS MASTERS

MEN WOMAN MEN WOMAN MEN WOMAN

-60 kg -55 kg -65 kg -55 kg -65 kg -55 kg
 -65 kg -60 kg -75 kg -65 kg -75 kg -65 kg
 -70 kg -65 kg -85 kg -75 kg -85 kg -75 kg
 -75 kg -70 kg -95 kg +75 kg -95 kg +75 kg
 -80 kg -75 kg +95 kg +95 kg
 -85 kg +75 kg
 -90 kg
 -95 kg
 +95 kg

RULE 2: NUMBER OF ROUNDS & LENGTH

Elimination rounds and Finals

1. Two rounds of one minute thirty (2 x 1.5 min) under 13 years old (up to Younger Cadets)
2. Two rounds of two minutes (2 x 2 min) 13 years old and older (Older Cadets and older)
3. There will be one minute break between rounds
4. If there is a draw an extra round of one minute is added. There is no rest period!! If still a draw then it will be decided by sudden death "first to score"





Korean Martial Arts League (SAKMAA)

Member Organisations:

1. Non-Olympic Traditional Taekwondo Formats
2. Tang Soo Do organisations
3. Hapkido associations
4. Haedong Kumdo organisations

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16. Continuous Sparring Competition
17. Combat Weapons Sparring Competition
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DEFINITIONS:

Acrobatics:	Extraordinary feats of balance, agility, and motor coordination.
Judges:	Three or five qualified individuals responsible for controlling and maintaining the competition floor. Also referred to as referees.
Floor Officials:	Two individuals trained and qualified for time and scorekeeping.
Dobok:	Traditional karate-style uniform with a crossover front top.
V-neck:	Traditional style uniform with a closed top.
Kickers:	Safety gear worn over the foot.
Punches:	Safety gear worn over the hands.
Headgear:	Safety gear worn over the head.
Face shield:	Safety gear on the front of the headgear covering the face.
Groin guard:	Safety gear worn by male competitors inside the uniform pants to guard against injuries to the groin area.
Chest guard:	Sleeveless padded safety vest worn over the top to prevent injuries to the chest area and vital organs.
Shin pads:	Padded safety gear worn on the front of each shin to prevent injury.
Forearm pads:	Padded safety gear worn on the forearms to guard against injury.
Mouth guard:	Also known as a mouthpiece, worn over the upper teeth to guard against cuts, injuries, and concussion.
Combat weapon:	Padded short stick-like weapon used in combat weapon point sparring competition.
Gup/rank:	Level of experience of an individual competitor, typically indicated by a colour or black belt worn around the waist.
Form:	Also known as Hyung, Poomsae, or pattern, describing a set series of movements and martial arts techniques memorized for competition or rank advancement.
Traditional form:	Set pattern of movements style-specific and part of the traditional curriculum of a specific style used for rank advancement and/or grading.
Traditional wooden weapons form:	Traditional form involving a wooden or similar weapon such as nunchaku, short stick, staff (bo staff), etc.
Traditional bladed weapons form:	Traditional form involving a bladed weapon such as a sword, sai, kama, knife, etc.
Creative form:	Non-traditional form created by the student, including all traditional movements and techniques, excluding acrobatic or dance movements.
Extreme form:	Non-traditional form created by the student, including traditional movements and must contain acrobatic or gymnastic movements, with or without music, and may include a weapon.

Musical form	Non-traditional form created by the student, performed to music, and may include a weapon.
Set	Command to call competitors to attention.
Bow	Bowing motion to show respect towards fellow competitors and Judges/referees.
Begin	Command indicating the competitor may start their form.
Stop	Command indicating the competitor must stop and return to the set point in the middle of the floor.
Fight	Command for competitors to start the sparring match.
Break	Command to stop a sparring match to award points, indicate warnings, or stop competitors advancing away from the safety of the competition floor.
Judges ready	Command used by the Centre Judge/referee to ascertain if fellow Judges are ready to score the competitor. Used in form competitions and sparring matches.
Judges score	Command given by the Centre Judge to facilitate a simultaneous score by all Judges.
Time	Command used by any Judge to stop time during competition to assess a situation, such as loose sparring gear, attending to an injury, or instructing spectators coaching from the sidelines.
Time on	Command indicating to the timekeeper that time is to resume.
Tie:	Term describing an equal amount of points scored during form or sparring competition.
Sudden victory:	Command indicating the next competitor who scores a clear point will be the decided victor of a sparring match.
Warning:	Command given when a transgression has been observed and may be called by any Judge. Warnings must be indicated after "break" is called to allow competitors time to stop fighting.
Medic:	Command indicating that a moderate to serious injury has occurred and that medical personnel and assistance are required, signalled by crossing both wrists high above the head.
Competition area:	Area allocated for a division to compete, fully controlled and regulated by the Centre Judge/referee.
On deck:	Indicates the next competitor(s) to compete upon completion of the current form or match.
Bye:	System used to determine the order of competitors during a sparring draw sheet setup.
Incomplete form:	Form is not complete whereby at least an entire segment of the form was omitted.
In bounds:	Competitors active within the legal borders of the competition area with at least one or both feet remaining inside the border.
Out of bounds:	Both feet of a competitor are outside the competition floor border, and therefore, the competitor cannot score upon an opponent.
Light contact:	Contact made between opponents with little or no penetration.

Moderate contact:	Contact made between opponents with moderate penetration into the target area of the body or safety gear but without the chance of physical injury under normal circumstances.
Excessive contact:	Contact made with enough force that may cause injury.

GENERAL RULES:

If a competitor enters any MASA tournament but does not compete, is unable to continue competing, or is disqualified, there will be no refunds given under any circumstances.

1. To accommodate all parties involved and the differences in terminology, the official language at any MASA tournament is English.
2. No parents or spectators are allowed on or directly next to the competition area.
3. No competitor who is not competing on a specific floor will be allowed on that floor at that given time.
4. All bags, gear, weapons, and other equipment must be kept away from the competition floor to avoid competitors or Judges tripping over obstructions.
5. Delaying a floor by taking excessive time to put on sparring gear and equipment may result in disqualification.
6. Unsportsmanlike conduct, disrespect, or aggression shown towards a fellow competitor, spectators, or Judges may lead to disqualification.
7. No foul language, obscene remarks, or gestures are allowed by competitors or spectators. Such transgressions may result in disqualification of the competitor or the related competitor if the offending person is a spectator, coach, or instructor.
8. Judges and other floor officials will not engage in argumentative discussions with spectators. Issues should be brought to the attention of the Tournament Director or floor coordinator/manager immediately.
9. No coaching is allowed from spectators, instructors, or coaches during competition.
10. Judges' decisions are final. All disputes should be directed to the Tournament Director. If unavailable, complaints can be made to an allocated floor coordinator/manager. If the division is finalized before a formal complaint is lodged, the Judges' decisions will stand. Formal complaints can be logged in writing to MASA via electronic mail for further investigation.
11. Competitors must be correctly dressed in accordance with the style of martial arts they are competing in. Incorrect uniform will result in disqualification.
12. All weapons must be inspected before competition commences.
13. Appropriate sparring gear and equipment should be worn and be in good repair.
14. Competitors must be available to compete when their division is called. No late entries will be allowed once a division has started.
15. Competitors should validate their entry tickets and confirm their names to ensure correct event participation.
16. All Judges must arrive on time.
17. Judges must not leave their allocated floor or area unless given permission by the Tournament Director, floor coordinator/manager.
18. Judges must not leave the tournament beforehand without specific permission from the Tournament Director.
19. All score sheets and equipment (stopwatch, bean bag, colour indicator, clickers, etc.) must be checked and verified by the Centre Judge before the division starts.
20. Centre Judges are responsible for the equipment on their allocated floor(s) and will be held accountable for any missing or intentionally broken equipment.

Traditional Kumite and Point Sparring Guideline

For traditional kumite and point sparring in semi-contact formats, splitting divisions is not required if competitors are:

- Of similar age,
- Within an acceptable three-belt range,
- And no major physical disparities (e.g., significant height differences) exist.
- Because these formats emphasise control, speed, and technique rather than power, larger groupings can often be managed safely.
- However, splitting may be considered when:
 - There are major mismatches in height, weight, or age,
 - Safety or fairness could be affected,
 - Or time constraints demand better bracket flow.
- Full-contact and light-contact continuous sparring divisions require stricter attention to weight and size differences due to the higher physical demands and risk of impact.

5. Oversight and Final Authority

The Tournament Director, in collaboration with the organising committee and relevant style representatives, has full authority over all merging and splitting decisions. All decisions must prioritise:

- Athlete safety
- Fair and meaningful competition
- Compliance with MASA's national standards and selection criteria

MASA encourages the use of electronic bracketing and matching systems to manage divisions efficiently and fairly, especially where adjustments are needed to align with these protocols.

The merging and splitting of divisions are at the discretion of the Tournament Director and will be conducted in accordance with the updated MASA Division Merging and Splitting Policy.

MASA uses the internationally recognised Kyu (K) and Gup (G) ranking system to determine belt levels across all traditional martial arts styles. This approach ensures consistency when merging or splitting divisions, as belt colours may vary significantly between systems.

JUDGES RESPONSIBILITIES

All Judges must sign a declaration acknowledging their understanding of the rules and regulations and their commitment to judge impartially and without bias.

SECTION A (Form Competition)

1. The Centre Judge must ensure the safety of all competitors on their competition floor.
2. The Centre Judge checks all documentation to ensure correctness before closing a division.
3. Judges focus on overall performance, memorization, attitude, showmanship, technique, power, and flow.
4. Centre Judges concentrate on overall performance, memorization, attitude, showmanship, technique, power, and flow (see forms section for specific criteria).

SECTION B (Sparring Competition)

1. The Centre Judge must ensure the safety of all competitors on their competition floor.
2. Corner Judges (A, B, C, D) assist with judging and scorekeeping.
3. Centre Judge positions in the middle, opposite corner Judges, facing the time and scorekeeper.
4. Corner Judges indicate the competitor's side with coloured flags (red and white).
5. All Judges are responsible for calling points, warnings, and time-outs, regardless of the other Judges' observations.
- 5 No Judge outranks another, but the Centre Judge announces points, warnings, penalties, and manages the sparring match.
- 6 Corner Judges must maintain the square formation relative to the Centre Judge to ensure the best vantage point (see sparring section for specific criteria).

FLOOR OFFICIALS AND DUTIES

TIMEKEEPER

1. Responsible for timekeeping in both form and sparring competitions.
2. Start and stop time as directed by the Centre Judge.
3. Indicate when time has elapsed, or other specified conditions are met.

SCOREKEEPER

1. Responsible for administrative duties on the competition floor.
2. Completes draw sheets and records all points, warnings, and penalties.
3. Ensures legibility and accuracy in documentation.
4. Verifies scores announced by the Centre Judge and assists in verbal confirmation with the timekeeper.
5. Tracks draw sheet setup and announces participant order to the Centre Judge.

UNIFORMS

1. Uniforms must be clean, ironed, and adhere to the specific style requirements.
2. Competitors **must** wear the correct uniform for their style.
3. Female competitors must wear a plain white shirt underneath the uniform top (optional for males).
4. Footwear must be appropriate for the uniform colour (white shoes for white uniforms, black shoes for black uniforms) or bare feet/socks matching the uniform colour.
5. No jewellery is allowed except for wedding bands and medical bracelets (taped over or temporarily removed for safety).
6. No nail polish is allowed.

FORMS

1. Forms can be traditional, creative, musical, or extreme.
2. Judged by either 3 or 5 Judges (Centre Judge and 4 corner Judges).
3. The competitor must announce the specific form's name before starting.
4. Competitors must present forms relevant to their rank.

5. Black belts must perform their current rank form in its entirety.
6. No competitor may perform a form from a different style without prior permission.
7. Techniques execution may vary and should not be penalized.
8. In the event of a tie, resolution follows specific guidelines for two-way and three-way ties.

Traditional Forms (Open Hand Forms)

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Must be recognised by the traditional discipline represented.
2. Relevant to belt rank.
3. Performance and presentation take precedence in the absence of detailed knowledge by the Centre Judge.
4. Incomplete forms score lower, with second attempts allowed for colour belts.

Traditional Wooden Weapons Forms

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Same guidelines as open-hand forms.
2. No throws or acrobatic movements allowed.
3. Weapon inspection before competition.
4. Dropping a weapon results in a 1-point deduction.

Traditional Bladed Weapons Forms

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Same guidelines as wooden weapons forms.
2. No sharpened edges or dangerous weapons allowed.
3. Dropping a weapon results in a 1-point deduction.

Creative Forms/Weapon Forms

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Non-traditional forms created by the student, without music, acrobatics, or high rotations.
2. Performed solo within 1-2 minutes.

Synchronized Forms (Open Hand and Weapons)

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Performed by three members from the same style.
2. Can be traditional or musical.
3. Must be 1-2 minutes long.

Team Forms

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Performed by 2-6 members to music.
2. Must be 1-2.5 minutes long.
3. No dancing allowed.

Extreme Forms/Weapons Forms

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Performed to music with acrobatics and gymnastic movements.
2. Must be 1-3 minutes long.
3. No dancing allowed.

Musical Forms/Weapons Forms

Three to 5 Judges; Overall, Performance, presentation, focus, speed, power, execution, flow, attitude as well as memorization

1. Performed to music without acrobatics or high rotations.
2. Must be 1-2 minutes long.
3. No dancing allowed.

TRADITIONAL POINT SPARRING

1. Light to moderate contact allowed to legal target areas.
2. Single round eliminations with 2-minute rounds.
3. First to 10 points or most points when time elapses win.
4. Sudden victory in case of a draw.

Warning Calls:

1. Friendly warning: For low kicks, turning back, moving out of scoring area.
2. Non-contact warning: For kicking towards illegal target areas without contact.
3. Contact warning: For making contact with illegal target areas.
4. Disqualification: For unsportsmanlike conduct, aggression, profanity, or equipment throwing.

Sparring Gear:

1. Inspected for good repair.
2. Includes headgear, kickers, punches, mouth guard, groin guard, face shield, chest guard, shin pads, and forearm pads.

Legal/Illegal Target Areas and Points Awarded

Technique	Legal	Illegal	Points
Controlled punch to the face	X		1
Punch to the front of the body	X		1
Kick to the front of the body	X		1
Kick to the head	X		2
Kick to the throat		X	
Kick to the back		X	
Kick below the belt		X	
Kick to the back of the neck		X	/
Open hand techniques		X	/
Back fist to the head or face	X		1
Spinning back fist		X	/
Jump kick to the body	X		2
Jump kick to the head	X		3

Spinning kicks to the head	X		2
Spinning kicks to the body	X		1
Axe kick with the ball of the foot to body	X		1
Axe kick with the ball of the foot to head	X		2
Axe kick with the heel		X	/

CONTINUOUS SPARRING COMPETITION

1. Light to moderate contact allowed to legal target areas.
2. Single round eliminations with 2-minute rounds.
3. Two 2-minute rounds for the final match.
4. Additional 1-minute round for draws.

Warning Calls

1. Same as point sparring competition.

Sparring Gear

1. Same as point sparring competition.

COMBAT WEAPON SPARRING COMPETITION

1. Light to Moderate contact allowed to legal target areas.
2. Single round eliminations with 2-minute rounds.
3. Sudden victory in case of a draw.

Warning Calls

1. Friendly warning: Moving out of the scoring area.
2. Non-contact warning: For striking or stabbing towards illegal target areas without contact.
3. Contact warning: For making contact with illegal target areas.
4. Disqualification: For unsportsmanlike conduct, aggression, profanity, or equipment throwing.

SPARRING GEAR AND WEAPON

1. All sparring gear must be inspected before the competition. Any gear not in good repair will not be allowed.
2. Headgear: Covers the sides, back, and top of the head.
3. Kickers: Cover the entire foot, including the back of the heel and the toes.
4. Gloves: Must have an open hand and detached thumb to allow the competitor to securely hold the combat weapon.
5. Mouth Guard: Must be fitted correctly.
6. Groin Guard: Mandatory for all male competitors.
7. Face shield: Mandatory for all competitors in combat sparring
8. Chest guard: Optional for combat sparring – covers the front and side of the torso.

Legal/Illegal Target Areas and Points Awarded

Technique	Legal	Illegal	Points
Strike to the front of the body	X		1
Strike to the back of the body	X		1
Strike to the legs above and including ankle	X		1
Strike to the side, back, top of the head and face	X		2
Stab to the face		X	/
Strike to the neck area not protected by head gear		X	/
Strike to the back, top or front of shoulders	X		1
Strike to the arm not holding the weapon	X		1
Strike up to the elbow of the weapon arm including the hand holding the weapon	X		2
Stab to the front leg	X		2
Stab to the throat		X	/
Stab to the groin		X	/
Strike to the groin		X	/
Strike to the buttocks	X		1
Disarming an opponent by way of strike on the weapon	X		1
Disarming an opponent by way of strike on the hand holding the weapon or below the elbow of the weapon hand	X		3

CONTINUOUS FREE-SPARRING

Overview

Continuous free-sparring is a new division aimed at bringing back the artistic skills of martial artists. It differs from the traditional kickboxing structures of sparring and focuses on light and semi-contact sparring. The main objective is to balance hand techniques and leg movements, ensuring that no brawling is allowed. The division encourages clean, proper martial arts techniques with control.

General Rules

1. **Purpose:** To promote artistic martial arts techniques and control.
2. **Contact Level:** Semi-contact, very light.
3. **Gloves:** Point-sparring gloves are allowed. Boxing gloves are not permitted.
4. **Duration:** One round of two minutes.
5. **Scoring:** The match will not be stopped for scoring. Points will be counted using counters or clickers.
6. **Winning Criteria:** The competitor with the most points at the end of two minutes wins.
7. **Technique Balance:** No brawling is allowed. After every third punching technique, competitors must follow up with at least two to three kicking techniques.

Specific Rules

1. **Scoring Techniques:** The same rules and principles used in traditional point-sparring apply. Proper scoring techniques towards the opponent are necessary to earn points.
2. **Point Limit:** There is no specific point limit to stop the fight. The fight continues for the full two minutes.
3. **Technique Variety:** Competitors must balance hand and leg techniques. Overuse of hand techniques without sufficient kicking techniques is not allowed.
4. **Equipment:** Only point-sparring gloves are allowed. Boxing gloves are prohibited to maintain the light-contact nature of the division.

5. **Judging:** Points are awarded based on clean and controlled techniques. Judges will use counters or clickers to keep track of the score throughout the match.
6. **Winning:** The competitor with the highest score at the end of the two-minute round is declared the winner.

Safety and Conduct

1. **Control:** Competitors must maintain control throughout the match, ensuring techniques are clean and precise.
2. **No Brawling:** Continuous brawling or excessive use of hand techniques without balanced leg movements will result in penalties.
3. **Semi-Contact:** Only light and controlled contact is permitted. Excessive force will result in warnings or disqualification.
4. **Compliance:** All competitors must adhere to the general rules and principles of traditional point-sparring adapted for continuous free-sparring.

Legal/Illegal Target Areas and Points Awarded

Technique	Legal	Illegal	Points
Controlled punch to the face	X		1
Punch to the front of the body	X		1
Kick to the front of the body	X		1
Kick to the head	X		2
Kick to the throat		X	
Kick to the back		X	
Kick below the belt		X	
Kick to the back of the neck		X	/
Open hand techniques		X	/
Back fist to the head or face	X		1
Spinning back fist		X	/
Jump kick to the body	X		2
Jump kick to the head	X		3
Spinning kicks to the head	X		2
Spinning kicks to the body	X		1
Axe kick with the ball of the foot to body	X		1
Axe kick with the ball of the foot to head	X		2
Axe kick with the heel		X	/

Summary

Continuous free-sparring aims to highlight the artistic and technical aspects of martial arts, balancing hand and leg techniques while maintaining control and light contact. By incorporating the foundational rules of traditional point-sparring and emphasizing technique variety, this division provides a unique and challenging format for martial artists.





Traditional Karate League (TKL)

- **Member Organisations:**
 - WUKF SA
 - SARMAF
 - Kobudo Organisations
 - Other MASA-affiliated Traditional Karate organisations
- **Competition Divisions:**
 - Kata (Forms)
 - Team Kata
 - Kumite (Traditional Point Sparring)
 - Kobudo Weapons Forms
 - Other Traditional Karate Divisions

MASA Unified Kumite Competition Rules for Multi-Style Karate & Traditional Martial Arts

This unified rule set ensures fair, safe, and structured competition across various martial arts disciplines while maintaining the principles and traditions of Kumite combat.

1. Competition Format & Match Rules

1.1 Match Duration & Victory Conditions

All matches will be 2 minutes long or will end when the first competitor reaches 6 points. If neither competitor reaches 6 points by the end of the match, the competitor with the higher score wins.

Alternatively, a competitor may win by scoring 3 Ippons (full points) before reaching 6 total points.

In the event of a tie at the end of regulation time, a 1-minute sudden death round (Encho-Sen) will be held, where the first clean point wins.

If neither competitor scores during Encho-Sen, the match will be decided by judges' decision (Hantei) based on control, aggression, and technical execution.

1.2 Scoring System & Criteria

Points are awarded based on clean, controlled, and effective techniques, following traditional martial arts principles.

An Ippon (2 points) is awarded when a technique is decisive, controlled, and delivered with proper form, distancing, and effectiveness. Examples include:

- Jodan (head) kicks executed with full control.
- Clean sweeps followed by an immediate scoring attack.
- Effective counterattacks executed with superior timing.
- A Waza-Ari (1 point) is awarded for effective but less decisive techniques, such as:
- Chudan (body) punches executed with proper control.
- Standard strikes with proper distancing and execution.
- Defensive counterattacks that are controlled but lack full impact.

The following techniques are considered valid scoring techniques:

- Punches (Tsuki)
- Strikes (Uchi-waza)
- Kicks (Geri)
- Sweeps (Ashi Barai), provided they are followed by an immediate scoring technique.

Scoring Criteria:

For a technique to be scored, it must meet the following three key criteria:

Form

- Proper execution of the technique with correct posture and balance.
- Clean execution in accordance with traditional martial arts principles.

Execution:

- The technique must be delivered with correct timing and positioning.
- Strikes must be executed with proper distance and targeting.

Control:

- The technique must be fully controlled and appropriate to the level of contact permitted for the division.
- No excessive force should be applied.
- A technique that does not meet all three criteria will not score.

2. Legal & Prohibited Contact Rules

2.1 Contact Rules for Juniors (Under 18)

For all competitors under the age of 18, contact rules are as follows:

- Controlled contact to the head (Jodan) is allowed, but only light contact that does not cause injury.
- Controlled contact to the body (Chudan) is permitted, but it must not be excessive.
- Sweeps and controlled takedowns are allowed, but the competitor executing them must follow up with a scoring technique and ensure safety.

- Techniques must demonstrate control and precision – excessive or forceful contact is penalised.

2.2 Contact Rules for Seniors (18 and above)

For all competitors aged 18 and above, contact rules are as follows:

- Controlled contact to the head (Jodan) is allowed, but it must be light and without excessive force.
- Strikes to the body (Chudan) are allowed with moderate contact, provided they are controlled and do not cause injury.
- No excessive contact to any target area – competitors must demonstrate control at all times.
- Sweeps and controlled takedowns are permitted, but the competitor executing them must ensure safety and follow up with a scoring technique.
- Excessive force or unrestrained techniques that cause injury will be penalised.

2.3 Prohibited Contact & Fouls:

The following illegal contact actions apply to all competitors, regardless of age:

- ✗ No full-force or knockout-intended strikes to the head.
- ✗ No excessive or uncontrolled contact to the face or body.
- ✗ No strikes to the spine, back of the head, or joints.
- ✗ No grabbing, holding, or wrestling beyond a brief moment for execution of a legal technique.
- ✗ No excessive force in sweeps or takedowns.
- ✗ No repeated stepping out of bounds (Jogai).
- ✗ No passivity (deliberately avoiding combat).
- ✗ No exaggeration of injury to influence referee decisions (acting or simulation).

3. Penalties for Excessive Contact & Specific Fouls

The following progressive warning system applies to all cases of excessive contact and prohibited actions:

- A Keikoku (Caution) is issued as a verbal caution for minor excessive contact or a first minor rule infraction. Examples include:
 - A punch or kick that makes contact but is slightly harder than permitted.
 - A competitor who steps out of bounds once.
 - Minor avoidance of engagement (passivity).
- A Chukoku (Warning) is issued when excessive contact is more forceful or repeated but does not yet cause injury. Examples include:
 - A technique delivered with excessive force that causes a competitor to lose balance but not stop competing.
 - Stepping out of bounds multiple times.
 - Avoiding engagement (passivity) after a first caution.
 - Faking an injury to gain advantage (exaggeration).
- A Kaikoku (Penalty) results in a one-point deduction and is issued for excessive contact that causes the match to be paused due to the impact. Examples include:
 - A strike that forces an opponent to stop momentarily due to pain or discomfort.
 - A kick or punch that is uncontrolled and lands harder than acceptable.
 - Repeated excessive contact after receiving prior warnings.
 - Repeated stepping out of bounds or deliberate running away from combat.

- A Hansoku (Disqualification) results in immediate loss of the match and is issued for severe excessive contact or blatant disregard for the rules. Examples include:
- A strike that results in an opponent being unable to continue.
- A deliberate knockout attempt.
- Faking a serious injury to manipulate the match outcome.
- Persistent refusal to engage in combat (stalling and passivity).

4. Protective Equipment Requirements

4.1 Mandatory Protective Equipment:

- To ensure safety, the following protective equipment is compulsory:
- Gloves – Lightweight, approved fist protectors.
- Mouthguard – Required for all competitors.
- Shin and Foot Protectors – Mandatory for all competitors.
- Groin Guard – Mandatory for all male competitors.

4.2 Optional Protective Equipment:

- Chest protectors are optional for all competitors but recommended for younger divisions (Mini Cadets, Cadets, and Juniors).
- Headgear is mandatory for Mini Cadets and Cadets (ages 6-11) and optional for Juniors (12-14).
- Additional body protection is permitted upon request by competitors, coaches, or parents.



Ju-Jitsu and Grappling League (JJGL)

○ Member Organisations:

- SAJJJC (South African Ju-Jitsu Council)
- GSA (Grappling South Africa)
- SAGA (South African Grappling Association)

○ Competition Divisions:

- Gi Grappling (Traditional Ju-Jitsu rules)
- No-Gi Grappling (Submission Wrestling)
- Team Tournaments
- Other Grappling Styles or Ju-Jitsu Divisions

No Gi Grappling Rules

Index:

1. Competition area
2. Techniques
3. Scoring system (strike)
4. Divisions
5. Warnings and infractions
6. General rules

1. COMPETITION AREA:

- 1.1. The competition area must be flat and free of obstacles
- 1.2. The competition area must consist of a minimum area of 4x4 m² and a maximum of 10x10 m². It is mandatory to indicate the safety area with a different color, one meter on the sizes.
- 1.3. The table referee must stay seated using one table, out of the safety area, using the flags, scorecards, warning signs, and chronometer.

2. TECHNIQUES:

2.1. Legal techniques

- 2.1.1. All wrestling takedowns and sweeps
- 2.1.2. All Judo throws and sweeps
- 2.1.3. All grappling positions and reversals allowed
- 2.1.4. All air and blood chokes, arm and straight ankle locks allowed.

2.2. Illegal techniques

- 2.2.1. No slams or spiking
- 2.2.2. No fish hooks
- 2.2.3. No cranks
- 2.2.4. No knee bars or heel hooks
- 2.2.5. No crushing chokes

2.3. Restricted techniques – to be practiced with caution:

- | | | |
|---------------------|---|------------------------------------|
| 2.3.1. Novice | | Only straight ankle/leg locks |
| 2.3.2. Beginner | - | Only straight ankle/leg locks |
| 2.3.3. Intermediate | - | Only straight ankle/leg locks |
| 2.3.4. Advance | - | Any controlled Leg and ankle locks |

2.4. Any technique should be executed in a controlled manner without excessive force.

3. SCORING SYSTEM (STRIKE):

3.1. Strike

3.1.1. A strike is a submission that is done technically correct and locked in, but the opponent doesn't tap or get out of the submission. This is considered as one strike for the competitor who attempted the submission

3.1.2. All techniques must be applied in a controlled manner, especially leg and ankle locks.

3.2. In case of a "tie":

3.2.1. Competitors with the most strikes will win.

3.2.2. If there are no strikes in a fight/match, the referees will decide which competitor engaged in the most attempted submission and this competitor will be declared the winner.

4. Divisions:

4.1. Each style should group competitors based on experience:

4.1.1. Novice

4.1.1.1. 1 month to 1 year

4.1.1.2. 10th, 9th, 8th, 7th Gup/Kyu

4.1.2. Beginner:

4.1.2.1. 1 month to 1 year

4.1.2.2 9th, 8th, 7th, Gup/Kyu

4.1.3. Intermediate:

4.1.3.1. 1 year to 3 years

4.1.3. 2.. 6th, 5th, 4th 3rd, 2nd Gup/Kyu

4.1.4. Advanced:

4.1.4.1. From 3 years and up

4.1.4.2. 1st Kyu and above (Brown Belt and above)

5. WARNINGS AND INFRACTIONS

5.1. The referee has the authority and discretion to issue warnings, penalties, and disqualifications. These include the following (not necessarily in the below order):

5.1.1. Verbal warning/minor infringement – No penalties or disqualifications.

5.1.2. Formal warning – Formally noted on the scorecard, the competitor can only win by submission.

5.1.3. Second formal warning – Competitor Automatic disqualification

5.1.4. Disqualification – in case of severe infringement or unsportsmanlike conduct

5.2. The central and/or Table referee must issue a warning for no attack. This will be where one competitor refuses to engage in the contest. These warnings are cumulative as above. Verbal, formal followed by disqualification for 3rd infringement.

5.3. The following are considered as offenses and warrant warning/s and/or disqualification based on the discretion of the referees:

5.3.1. Application of movement without technique.

5.3.2. Intentional skip/running/escaping of the mat to avoid an advance from competitor or submission.

- 5.3.3. Speaking to competitors or referees during the match.
- 5.3.4. Execution of malicious techniques.
- 5.3.5. Use of any illegal technique on an illegal area.

6. GENERAL RULES:

- 6.1. Matches/fights are won by submission only
- 6.2. No points are scored for reversals and guard passing etc.
- 6.3. No-Gi attire only.
- 6.4. If the attacker stays in a static position displaying tiredness or does not attempt to engage in the fight, the central referee will count loud from 1 to 5, whereafter, if the attacker does move, the referee will stop and restart the fight.
- 6.5. Timer/ Chronometer Must be Stopped every time that the Central referee says "MATTE" (stop) and starts on "HAJIME" (start).
- 6.6. The central referee stops the fight on the following criteria:
 - 6.6.1. Warnings
 - 6.6.2. Medical stops.
 - 6.6.3. Restarting as per point 6.1 (failure to move)
 - 6.6.4. Referees discretion.
- 6.7. The fight will stop when both competitors' heads are out of the safety area and thereafter restarted.
- 6.8. The time limit for rounds will be as follows. (match/fight will consist of only 1 round:
 - 6.8.1. Novice & Beginner - 3 Minutes
 - 6.8.2. Intermediate - 4 Minutes
 - 6.8.3. Advanced - 5 Minutes

Gi Grappling Rules

Index

- 1. Competition Area
- 2. Techniques
- 3. Scoring System
- 4. Divisions
- 5. Warnings and Infractions
- 6. General Rules

1. Gi Grappling Competition Area

- 1. The competition area must be flat and free of obstacles. Surface: Tatami or similar shock-absorbing material.
- 2. The competition area must consist of a minimum of 4x4 m² and a maximum of 10x10 m². A safety area of one meter around the sides, indicated by a different color, is mandatory.
- 3. The table referee must stay seated, using one table outside the safety area, with access to flags, scorecards, warning signs, and a chronometer.
- 4. Participants must greet (bow/Rei) before the match starts. After greeting, competitors must be spaced at least 2 meters apart with no physical contact until 'Hajime' (match start) is called.

2. Techniques

2.1. Legal Techniques:

- 2.1.1. All grappling positions and reversals
- 2.1.2. Air and blood chokes, arm locks, and straight ankle locks
- 2.1.3. Joint locks
- 2.1.4. Any submission technique

2.2. Illegal Techniques:

- 2.2.1. No slams or spiking
- 2.2.2. No strikes of any kind
- 2.2.3. No hair or ear pulling
- 2.2.4. No eye pokes or fishhooks
- 2.2.5. No neck or spine cranks
- 2.2.6. No crushing chokes
- 2.2.7. No small joint manipulation (fingers, toes)

2.3. Restricted Techniques (to be practiced with caution):

- 2.3.1. Novice/Beginner: Only straight ankle/leg locks
- 2.3.2. Intermediate: Only straight ankle/leg locks
- 2.3.3. Advanced: Any controlled leg and ankle locks

3. Scoring System

3.1. Advantages/Points awarded for:

- 3.1.1. Top mount controlled for 5 seconds - 1 point
- 3.1.2. Side mount controlled for 5 seconds - 1 point
- 3.1.3. Any reversal - 1 point
- 3.1.4. Pulling guard - No points
- 3.1.5. Moving from a superior position back to a disadvantaged position - No points
- 3.1.6. The count starts as soon as you have control (subdue) your opponent

3.2. Match winner determined by points, submission, or referee decision

3.3 Duration:

- 3.3.1. Novice/Beginner: 3 minutes
- 3.3.2. Intermediate: 4 minutes
- 3.3.3. Advanced: 5 minutes

3.4. Start and End:

- 3.4.1. Start position: Both fighters start on the ground with a minimum of one knee grounded.

3.5. Match ends by submission, referee decision, or time expiration.

4. Divisions

4.1. Each style should group competitors based on experience:

- 4.1.1. Novice
 - 4.1.1.1. 1 month to 1 year
 - 4.1.1.2. 10th, 9th, 8th, 7th Gup/Kyu
- 4.1.2. Beginner:
 - 4.1.2.1. 1 month to 1 year
 - 4.1.2.2. 9th, 8th, 7th, Gup/Kyu
 - 4.1.2.2. 6th, 5th, 4th Gup/Kyu
- 4.1.3. Intermediate:
 - 4.1.3.1. 1 year to 3 years
 - 4.1.3. 2.. 6th, 5th, 4th 3rd, 2nd Gup/Kyu

- 4.1.4. Advanced:
 - 4.1.4.1. From 3 years and up
 - 4.1.4.2. 1st Kyu and above (Brown Belt and above)

5. Warnings and Infractions

- 5.1. The referee has the authority to issue warnings, penalties, and disqualifications, including:
 - 5.1.1. Verbal warning/minor infringement (no penalties)
 - 5.1.2. Formal warning (noted on scorecard)
 - 5.1.3. Second formal warning (noted on scoreboard)
 - 5.1.4. Disqualification upon third formal warning
 - 5.1.5. Immediate disqualification for severe infringement or unsportsmanlike conduct
- 5.2. Offenses include:
 - 5.2.1. Movement without technique
 - 5.2.2. Intentionally escaping the mat to avoid an attack
 - 5.2.3. Speaking during the match
 - 5.2.4 Execution of malicious techniques
 - 5.2.5. Use of illegal techniques
 - 5.2.6. Contact before 'Hajime'
 - 5.2.7. Celebration or boasting on the mat
 - 5.2.8. Standing up to gain an advantage during the match
- 5.3. After a warning is issued, the fight restarts from the center.

6. General Rules

- 6.1. Equipment:
 - 6.1.1. Gi: Clean, good condition, compliant with organizational standards (Gi guidelines to be specified)
 - 6.1.2. Belt: Clearly indicating rank and division
 - 6.1.3. Protective Gear: Optional but recommended (mouthguard, knee pads)
 - 6.1.4. Timer/Chronometer must be stopped at 'Matte' and started at 'Hajime'
- 6.2. Medical:
 - 6.2.1. Medical personnel must be on-site.
 - 6.2.2. Blood injury recovery time: 2 minutes maximum (referee discretion).
 - 6.2.3. Referee may stop the match for injuries or safety concerns.
 - 6.2.4. Competitors must disclose medical conditions before competition; failure to do so may result in penalties or disqualification.
- 6.3. Conduct:
 - 6.3.1. Competitors and coaches must act in a sporting manner.
 - 6.3.2. Unsportsmanlike conduct may result in penalties, fines, or disqualification.
- 6.4 Tiebreakers:
 - 6.4.1. Most points/advantages determine the winner.
 - 6.4.2. If still tied: 1 extra minute of fighting; submission or most points wins.
 - 6.4.3. If still tied: Another extra minute; the first point scored wins.
- 6.5. Referee Decisions:
 - 6.5.1. Referee's decisions are final.
 - 6.5.2. Referee may consult with table referee in case of a dispute.
- 6.6. Protests:
 - 6.6.1. Protests must be filed in writing after the match; an administrative fee applies.
 - 6.6.2. Protests will be reviewed by a panel of officials/tournament directors.
- 6.7. Weigh-in and Registration:

6.7.1. Competitors must register before the competition deadline on Kihapp.

6.7.2. All terms and conditions for MASA events will be communicated beforehand. Failure to comply may lead to disqualification.



SPORT JU-JITSU KUMITE COMPETITION RULES

1. INITIAL PROCEDURES:

- Competitors must report to the competition area (Shiai-jo) in full uniform within one minute of the first call.
- Failure to appear within this time will result in disqualification, and a W.O (Walkover) will be declared.

2. ATHLETES' DRESS CODE AND PRESENTATION:

- Competitors must wear the official Ju-Jitsu uniform, which includes:
 - A full kimono.
 - A belt.
 - Foot and shin protectors.
- Optional protective gear:
 - Mouthguard.
 - Groin protector.
- Other safety accessories, as long as they do not endanger the opponent.

a) Prohibited items:

- Any accessories or devices that could harm an opponent.
- Bikinis (women must wear a T-shirt, top, or rash guard under the kimono jacket).

b) Permitted branding:

- National emblems or flags may be displayed on the left chest of the jacket.
- Logos of states and associations are allowed.
- The committee may authorize special sponsor labels or trademarks.

c) Kimono regulations:

- The jacket must be long enough to cover the hips but not extend beyond three-quarters of the thighs.
- Sleeves must not exceed four fingers from the wrist and must be no longer than half of a hand.
- Pants must cover at least two-thirds of the shin but not fall below the ankle. Folding pant legs is prohibited.

d) Personal hygiene and safety:

- Hair must be clean and tied with material that does not pose a risk.
- Nails must be trimmed.
- Metal objects (rings, earrings, piercings) must be removed or taped. The competitor assumes all risks associated with wearing them.
- Referees have the authority to disqualify competitors if any items pose a safety risk.
- Competitors must wear a red or white belt (or a designated equivalent) as assigned by the organizing committee.

3. MATCH DURATION:

- Children's Festival (3–7 years old): 1:00
- Children's Festival (8–9 years old, with weight divisions): 1:00
- Children (10–11 years old): 1:30
- Youth (12–14 years old & 15–17 years old, male & female): 2:00
- Adult Female: 3:00
- Adult Male: 3:00
- Men's Masters: 2:30
- Women's Masters: 2:30

4. WEIGH-IN:

- Weigh-ins take place on competition day at a designated location and time.
- A secondary weigh-in may be conducted at the entrance to the competition area.
- Athletes exceeding their category's weight limit will be reassigned to the appropriate division.
- Competing in multiple weight and divisions within the same competition is prohibited.
- The organizing committee reserves the right to merge divisions due to a lack of participants.
- Weigh-ins apply only to combat divisions.

5. COMPETITION AREA:

The area must be flat and obstacle-free.

Dimensions:

Minimum: 4m x 4m

Maximum: 9m x 9m

Escape zone: At least 1m around the fighting area, marked with a different colour.

Officials' positions:

The central referee stands between competitors at the start.

The assistant referee is positioned opposite the athletes.

Competitors must begin face-to-face.

The table referee sits outside the safety area with necessary equipment (flags, score sheets, stopwatch, etc.).

A timekeeper may be seated beside the table referee.

7. REFEREES:

The Referee Coordinator appoints referees based on the number of competition areas.

Each area includes:

- A central referee.
- An assistant referee.
- A table official (who may also act as an assistant referee with approval).
- Referees must follow the Sport Ju-Jitsu Kumite rules outlined in this document.
- Disputes over referee decisions are resolved by an assigned coordinator.
- The organizing committee does not intervene in refereeing matters.

Referee attire:

Must wear the official uniform designated by the MASA Council.

A kimono may be worn if authorized, but it must be clean, intact, and free from advertisements.

8. VICTORY CONDITIONS:

A competitor can win by:

- Points
- Submission
- Hantei (decision)
- Excessive fouls leading to disqualification
- Direct disqualification

9. SCORING SYSTEM:

A competitor wins by scoring two (2) points before their opponent.

- The first point is called Wazari.
- The second point, leading to victory, is called Shori.
- Submission immediately ends the fight and awards two points.

Scoring criteria:

Striking phase: Clean, controlled strikes (e.g., well-executed Mawashi-Geri to the head).

Throwing phase: Properly executed throws landing the opponent on their back or side.

Ground phase: Only submissions score points. Thus conclude a win.

10. FOULS & PENALTIES:

Examples of fouls:

- Excessive contact.
- Striking prohibited areas.
- Ignoring the referee's stop command (MATTE).
- Striking an opponent while they are kneeling.
- Talking during combat.
- Leaving the area intentionally.
- Unsportsmanlike conduct (including team members' behaviour).
- Disrespecting referees or officials.

- Using illegal techniques.

Penalty system:

- 1st foul: Warning.
- 2nd foul: Opponent gains one (1) point.
- 3rd foul: Disqualification.
- In case of a tie, fouls determine the winner.

11. PROHIBITED TECHNIQUES:

- ✗ Striking the neck, back of the head, or face with hands/arms.
- ✗ Kicks to the groin, chin, or joints.
- ✗ Using the head to strike.
- ✗ Grabbing an opponent's face, eyes, nose, or mouth.
- ✗ Hair pulling, biting, or scratching.
- ✗ Joint locks on fingers or wrists.
- ✗ Illegal chokes or spinal manipulation.

Any move deemed excessively dangerous by the referees.

12. DIVISION RULES & CONTACT LEVELS:

- White to Orange Belts (all ages): Only light-foot contact to the head.
- Red to Black Belts (under 15 years old): Only light kicks to the head.
- Red to Purple & Brown/Black Belts (16–17 years old): Light kicks allowed; some controlled strikes may pass the guard without contact.

Adult divisions and Brown & Black Belts: Strikes allowed with protectors; controlled sole-foot kicks allowed.

- Excessive contact is penalized.

13. TIEBREAKERS:

- If both athletes score only one point: The competitor with fewer fouls wins.
- If no points are scored: Additional 1-minute round.
- If still tied: Judges decide based on aggression, attacking and fight control (combination techniques).
- If unresolved (brown & black belts only): Thigh Kick Contest (each competitor takes turns kicking the opponent's thigh).
- Competitors take turns delivering five kicks each to determine endurance.
- Kicks must land on the thigh's side—front kicks and joint strikes are prohibited. Winner will be the competitor who show the least emotion from the impact of the kick.

14. MANAGEMENT & OFFICIAL SIGNALS:

- Referees will use standard hand signals for:
- Start (Hajime)
- Stop (Matte)
- Points (Wazari / Shori)

- Fouls and Disqualification

15. COACHES & SPECTATORS:

- Coaches may be present in a designated area.
- Any misconduct from coaches or fans can lead to warnings, disqualifications, or expulsions.

16. AWARDS:

- All participants receive a certificate or medal.
- Winners are awarded according to competition rules.



CONTACT JU-JITSU

1. INITIAL PROCEDURES:

- The competitor must report to the competition area (Shiai-jo) properly attired, with a one-minute waiting period from the first call.
- Failure to appear will result in disqualification from the fight, and a walkover (W.O.) will be declared.
- This category is an Amateur Category only to adults holding Coloured Belts
- This category is a Professional Category only to adults holding a Brown and Black Belts

2. ATHLETES' ATTIRE AND PRESENTATION:

- Contact Ju-Jitsu competitors must wear a complete kimono with a belt of ranking in your particular style.
- A mouthguard is mandatory.
- A groin protector and other safety accessories are optional.
- It is prohibited to use any device that may harm the opponent.
- Female competitors must wear a t-shirt, top, or rash guard under the kimono jacket. Bikinis are prohibited.
- The national emblem or flag may be worn on the left chest of the jacket. Logos of states and associations are also permitted.
- The committee may authorize the use of special labels or trademarks from approved sponsors.
- The kimono jacket, when tied with a belt, must cover the hips but should not extend beyond three-quarters of the thighs.
- Jacket sleeves must not extend more than four fingers past the wrist nor be shorter than halfway down the forearm.
- Pants must cover at least two-thirds of the shin and must not extend past the ankle. Trouser legs must not be folded.
- One competitor must wear a red belt, and the other a white belt (or equivalent), as assigned by the organizing committee.
- Competitors must maintain clean and tied-up hair, have trimmed nails, and must not wear metal objects that could injure their opponent.
- Piercings, earrings, or rings that cannot be removed must be covered with tape. Competitors accept the risk of injury from wearing such accessories and release the opponent, referees, and event organizers from any liability.

- The referee has the authority to assess risks and disqualify an athlete if the use of such accessories is deemed unsafe.
- Super Fights: In the second round, competitors must remove the top part of the kimono, gi, making compliance with hygiene and clothing regulations crucial.

3. COMBAT DURATION:

Women's category:

- Amateur Category (Coloured Belts) (2 rounds, 2 min per round, 1:00 min rest) -4 minutes
- **Professional Category** (Brown and Black Belts) (2 rounds, 2 min per round, 1:00 min rest) -4 minutes

Men's category:

- **Amateur Category** (Coloured Belts) (2 rounds of 3 min per round, 1:00 min rest) - 6 minutes-
- **Professional Category** (Brown and Black Belts) (2 rounds, 4 min per round, 1:00 min rest) - 8 minutes-

4. WEIGH-IN:

There are no weight or age divisions in this category. However, in Grand Prix events, fights may be divided as follows:

- Men: Up to 80 kg and over 80 kg
- Women: Up to 70 kg and over 70 kg

The absolute winner is determined through a final match between division champions.

5. COMPETITION AREA:

- The competition area must be flat and obstacle-free.
- The fighting area must measure at least 4m × 4m and no more than 9m × 9m, with an additional 1m escape zone on all sides.
- A 1m boundary line must be a different colour from the main area.
- The central referee stands between the athletes at the start, while the assistant referee stands in front of them.
- Competitors must begin the match facing each other.
- The table referee sits outside the safety area and manages flags, scoring sheets, and timekeeping. A separate timekeeper may be assigned.

6. REFEREES:

- The event's Referee Coordinator assigns referees based on the number of fight areas.
- Each area consists of a central referee and a table attendant.
- Referees must adhere to Contact Ju-Jitsu rules outlined in this document.
- A Referee Coordinator is designated to handle disputes; referees will only justify decisions to the coordinator.

- The organizing committee cannot interfere in arbitration. Decisions regarding tiebreakers, judgments, or disqualifications rest solely with the referees.
- Referee attire is determined by the Arbitration Council and must be worn at all competitions.
- A kimono is permitted if approved by the event's management, provided it is clean, complete, and free of patches or tears.
- Religious, political, or advertising messages are prohibited, as are kimonos referencing other martial arts.

7. VICTORY CRITERIA:

Victory may be achieved by:

- Knockout
- Submission
- Tough fight (judge's decision)
- Excessive fouls leading to disqualification
- Direct disqualification

8. SCORING SYSTEM:

- An athlete wins by knockout (to the torso, legs, or head) or by submission (ending the fight immediately).
- If an athlete withdraws, is knocked out, or cannot continue, their opponent wins.

9. FOULS AND PENALTIES:

- A competitor may be disqualified for:
- Striking prohibited areas intentionally
- Throwing an opponent forward with force
- Ignoring the referee's "MATTE" command
- Grabbing the kimono and striking
- Hitting an opponent who has one or more knees on the ground
- Unsportsmanlike conduct
- Defensive stalling or intentionally leaving the area
- Talking during combat
- Disrespecting referees, opponents, or organizers
- Excessive celebrations or inappropriate gestures
- Violating any prohibited techniques listed below

10. PROHIBITED TECHNIQUES:

- ✗ Strikes to the neck, back of the head, or face
- ✗ Blows to the groin
- ✗ Headbutts
- ✗ Kicks to the chin
- ✗ Punches or kicks to the thighs and legs
- ✗ Placing hands or fingers on an opponent's eyes, nose, or mouth
- ✗ Covering an opponent's head with the kimono collar

- ✗ Biting, hair pulling, or using nails to injure
- ✗ Certain locks, chokes, or joint manipulations (see full list)

11. **CONDITIONING CONTEST:**

For, colour and brown and black belts:

- Competitors take turns delivering five kicks each to determine endurance.
- Kicks must land on the thigh's side—front kicks and joint strikes are prohibited.

12. **MANAGEMENT & SAFETY:**

A medical team must be present at all competitions.

If an athlete is knocked out, bleeding, or unresponsive, the referee must stop the fight.

Athletes accept the risks of competition and must acknowledge these rules before competing.

13. **AWARDS:**

First, second, and third-place winners.

Withdrawn athletes do not receive prizes unless a medical condition is verified by the event's doctor.

14. **FINAL PROVISIONS:**

Events must be held in well-ventilated venues with proper lighting.

The tournament must pause if the temperature exceeds 42°C or falls below 5°C.

Any unforeseen circumstances will be decided by the event president or designated official.



Sport Martial Arts League (NMA-ISKA)

- **Member Organisations:**
 - National Martial Arts Academy (NMA)
 - International Sport Karate Association (ISKA)
- **Competition Divisions:**
 - Fighting:
 - ISKA Sport Points
 - ISKA Sport Continuous
 - ISKA Sport Full Contact
 - MMA:

- ISKA Light MMA
- ISKA Sport Full MMA (semi and full contact to the body; semi contact only to the face)
- Tag Team Fighting:
 - ISKA Tag Team Fighting Divisions
- Grand Championship Title Fighting:
 - ISKA Grand Champion Fighting Divisions
- Self-Defense:
 - ISKA Team Self-Defense Challenge (Junior and Senior Divisions)
- Forms:
 - ISKA Sport Traditional
 - ISKA Creative
 - ISKA Extreme
 - ISKA Musical
- Weapons Forms:
 - ISKA Sport Traditional Weapons
 - ISKA Creative Weapons
- Grand Championship Title Forms:
 - Winners of ISKA Forms Divisions qualify for Grand Championship Title competitions.
- Team Forms:
 - Synchronized / Unison Team Forms
- Breaking:
 - ISKA Power Breaking
 - ISKA Creative Breaking
 - ISKA 3-Directional Breaking
- High Kick Challenge:
 - ISKA High Kicking Challenge
 - ISKA Extreme Kicking Challenge (Tricking Battle)
- Grappling:
 - No-Gi Grappling Challenge (in collaboration with SAGA)



Unique Styles Under MASA

- **Member Organisations:**
 - Aikido (Non-Competitive)
 - Kendo
 - Japanese Archery (Kyudo)
 - Kurash
 - Sport Judo
 - Other MASA-recognised martial arts styles with unique formats

