

W.O.M.A.A.

INTERNATIONAL



Index:

Page 3: Ringsports Advisory
Weight categories

Page 5: Rules Outline

Page 10: Full Contact Rules

Page 18: K-1 Rules Kickboxing

Page 20: MMA Rules

Page 38: Submission Grappling Rules

Ringsports Advisory and Rules 2011

WOMAA Rules overview and explanation formulated 1st January 2011.

The following document relates to Ringsports only.....

(Please note MMA or Submission Grappling in a cage or ring is also classed as Ringsports but these categories have their own rules which apply directly to that discipline).

2011 sees the launch of the organisations Ringsports division in their competition format and also the inclusion of individual titles for the professional (1 bout) side of the sport. It has been decided to officially introduce the following styles and disciplines to the WOMAA World Games as of 2011 but as in introductory manner to ascertain which will be the most popular, with the possibility of dropping any which do not create the required interest at this stage (Also with the possibility of any which are excluded being included at a later date and to the discretion of the World Director for Ringsports).

Full Contact

K1 Rules

Split into different age groups all with the same official weight categories.

Fighters will ONLY be able to enter 1 Full contact event/Ringsport event/style/discipline at any 1 WOMAA Championship. (With the exception of grapple and MMA as grappling is not seen as a major head contact discipline).

It will be allowed that if a fighter enters a category in say FULL CONTACT and there is no one entered into that category or a fighter pulls out prior to the competition or does not turn up that they can enter another category in another style. However this is the only reason.

A fighter at 18/19 or 20 years old can enter either the under 21 category or an adult category but cannot enter both.

HEADGUARDS

IF ANY COMPETITOR TURNS UP FOR ANY RINGSPORT WITH ANY EQUIPMENT WHICH IS NOT APPROVED BY WOMAA OR IT IS IN A BAD STATE OF REPAIR OR DOES NOT MEET THE STANDARD OF THE REFEREE FOR THAT SECTION OR IF IT IS NOT OFFICIALLY RECOGNISED, THE REFEREE HAS THE POWER TO HAVE THE EQUIPMENT CHANGED. UNDER THESE CIRCUMSTANCES COMPETITORS WILL BE ALLOWED 2 MINUTES TO CHANGE THE EQUIPMENT AT FAULT AND RETURN TO THE RING/CAGE OR BE DISQUALIFIED.

NO JUDGE OR REFEREES DECISION AGAINST EQUIPMENT WILL BE QUESTIONED, THEIR WORD IS FINAL.

PLEASE NOTE THE SAME APPLIES TO HEADGUARDS THE FIGHTERS WILL WEAR A BLUE FOR BLUE CORNER AND A RED FOR RED CORNER....A BLACK HEADGUARD IS ALLOWED IN ANY CORNER IF COLORED ONES ARE NOT AVAILABLE.

Competition Format Weight Divisions

(Strict Weight divisions no lee way)

MALE WEIGHT CATEGORIES in Kilogrammes

Light bantman between 48 and 51 kg (105.6 lbs - 112.2 lbs)

Bantman-weight between 51 and 54 kg (112.2 lbs - 118.8 lbs)

Feather-weight between 54 and 57 kg (118.8 lbs - 125.4 lbs)

Light-weight between 57 and 60 kg (125.4 lbs - 132.00 lbs)

Light welter-weight between 60 and 63.5 kg (132.00 lbs - 139.70 lbs)

Welter-weight between 63.5 and 67 kg (139.70 lbs - 147.40 lbs)

Light middle-weight between 67 and 71 kg (147.40 lbs – 156.20 lbs)

Middle weight between 71 and 75 kg (156.20 lbs – 165.00 lbs)

Light heavy weight between 75 and 81 kg (165.0 lbs - 178.2 lbs)

Cruiser weight between 81 and 86 kg (178.2 lbs - 189.2 lbs)

Heavy weight between 86 and 91 kg (189.2 lbs - 200.2 lbs)

Super heavy weight more than 91 kg (200.2 lbs & above)

FEMALE WEIGHT CATEGORIES in Kilogrammes

Bantam-weight between 46 and 48 kg (101.20 lbs - 105.60 lbs)

Feather-weight between 48 and 52 kg (105.60 – 114.40 lbs)

Light-weight between 52 and 56 kg (114.40 lbs – 123.20 lbs)

Middle weight between 56 and 60 kg (123.20 lbs – 132.00 lbs)

Light heavy weight between 60 and 65 kg (132.00 lbs – 143.00 lbs)

Heavy-weight between 65 and 70 kg (143.00 lbs – 154.00 lbs)

Super heavy weight over 70 kg (154.0 lbs & over)

The Full Contact and K1 Rules divisions of WOMAA are on an "OPEN" format which means we are looking for the best in the World, however due to the varying rules and regulations of all the different countries every fighter shall wear the safety equipment as described in the WOMAA rule book which will include headguards for all.

The WOMAA Rules will be in line with WAKO Rules which are the most widely followed system with the idea we can involve like minded people, not only the fighters but the officials who understand this ruling system too. This way there will be the smallest of confusion for all. (Please note there may be some small difference in the WOMAA Rules over the WAKO rules and although the WAKO Rules can be used as a guideline WOMAA Rules are the official rules of the WOMAA World Martial Games.

Any major differences or NEW implementations will be marked in red in this and the Official Rules initial documentation.

16 years old up to but not including the fighters 18th Birthday. Classed as **“Junior Category”**

18 years old up to but not including the fighters 21st Birthday. Classed as **“Under 21 Years Category”**

21 years old and above. Classed as **“Adult Category”** (Max age 45 years old for both men and women)

It will be each countries responsibility and the coach of the team to make sure any full contact fighter is in a fit to fight condition although a Doctors medical check will be performed at the beginning of the competition.

All Full Contact/Ringsport fighters will attend the WOMAA World Martial Games on a prepaid and pre registered basis only. (Due to Health and Safety there will be no “On the Day Registration” for any Ringsport).

There are 16-18 year old cadet categories, under 21 years and adult fighters also.

Re ASTHMA inhalers at ringside....

All fighters should declare that they use an inhaler at weigh in and this should be then marked on their entry form. They should have proof of their prescription.

A fighter can signal time out to take an inhaler under medical grounds, however it is then at the referee and medics discretion as to if the fight should continue.

RINGSPORT OFFICIALS and the WOMAA Games

Please note: WOMAA Ringsports will only use qualified officials at Ringside....Officials of World Class level and certification with another reputable organization may be accepted but will still have to take the written examination.

Please note these rules were correct at the time of being administered, January 2011.

Any changes will be posted and will override anything that has previously been stated. Rule changes should be only implemented after a minimum of 6 months notice unless the executive have a viable reason to change them at short notice.

Art. 1. Rules Outline

Art. 2.

Art. 3. Members Care Health and Safety

The organization will only allow a maximum of 2 bouts per day during any of their International competition format Championships, in any of their recognized Ringsports.

Art. 3.1 Required Equipment for Competitions

Promoters of any International WOMAA Ring Sports competition shall ensure only recognized safety equipment is used.....

Electronic digital or mechanical scales (minimum two)

- Amplifier with sufficient number of microphones
- Flags and CD with national anthems of each competing national team
- Equipment for cleaning and drying floor
- Photocopier
- Rings must be marked with a ring number
- A Kick counter for each ring
- Timer or Time display
- The rules also refer for the Tournament and any checklists.

Art. 3.2 The Competition Draw

Order of criteria:

- Competitors from same clubs or national team in same weight category must be split into separate parts (one in upper, the other in lower part of drawing list – the competitors can only meet in the final)
-
- Champions from last two championships (World and Continental) will be placed in separate parts of drawing list (one in upper, the other in lower part of drawing list - competitors can only meet in the final)
-
- If in a category there are an odd number of fighters, the defending champion will draw a
- bye (walkover) in the first match.
-
- Every drawing list must have data as follows: name of tournament, place and date, name of discipline, sex, age, weight division, competitor's name and surname, club or nation, division number and number of fight.
-
- All drawing lists must be printed in 3 official copies - for chief referee, for official table and for notice or bulletin board - all three lists must be the same and any changes must be repeated on all three with the signature of the chief referee.
-
- Also, unofficial copies of drawing lists will be distributed to national team chiefs.
-
- Completed official copies with results, stamp and chief referee's signature are official organisation documents and will be kept in archives for a minimum of 2 years.

Art. 4. Organizers and Promoters requirements

The promoters of all International WOMAA Ring Sport events must be the President of the host country or any other Rep. but under the responsibility of the President. The President of the host country may if he wishes have a partner, but this in no way relieves him of the over all responsibility of the Tournament. The Promoter shall communicate directly with the World President on all matters concerning the event. The Promoter shall send a written report to the WOMAA World President and a copy to the WOMAA Int'l Ring Sports Director, every sixty- (60) days concerning the promotion of the event. Promoters of WOMAA International Ring Sports Events shall be responsible for the following:

The Championship Venue Criteria:

- shall be a suitable auditorium with ample seating
- must have good space for all fighting areas and between all fighting areas
- must have a warming up section to take care off the numbers of participants attending
- must have areas for referees, organizers and organization officers
- must have relaxing rooms and dressing rooms for the numbers of participants attending
- headquarter and administration room/area, faxes and copy machines

Art. 4.1 Championship Headquarters

The promoter shall select a Hotel which will serve as the Tournament Headquarters. The HQ will have info boards and staff to direct all fighters and coaches.

Art. 5.

Art. 6. Protest and Complaint procedure

Art. 6.1 Regular protests

The Chief Referee must receive any complaint on a written form within 15 minutes after the fight. The written protest must describe the situation and nature of complaint clearly. The Chief Referee must deliver the protest to the Appeal Board/Referee Committee who will also consider the problem. The protest will be handled immediately.

There is a protest fee of 100 EURO and this must be paid alongside the written complaint. If the protest is successful the money will be refunded.

Art. 6.2 Irregular protests

With the possibility of Irregular protests regarding disagreements of decisions, where the fighters protest and the action then delays the competition, such as sitting down in the ring, either by their own choice or encouraged by the coach or team to do so, This will attract the immediate attention of the Chief Referee and committee. The consequence may be as serious as the whole National team then being excluded from the rest of the competition.

Art. 6.3 Video Evidence

Video footage may not be used to resolve any queries, complaints or points of clarification.

Art. 7. Duties of Officials.....

Art. 7.1 Officials in General

All officials at championships will be recognized as unbiased and qualified officials. They must remain completely neutral, positive with an honest attitude and ensuring fair play to everyone.

Officials at International Championships:

- Representative of the Organization Board of Directors
- Chief Referee Committees (ring sports)
- Chairman of the various Committees
- Administrator / computer operative
- Chief referees for ring
- Referees
- Judges
- Kick counters
- Time keeper
- Score keeper
- Announcer
- Doctor with medical team

Art. 7.2 Referee Committees of ring sports

The president of ringsports will supervise the weigh-in and will be responsible for making draw lists (with the administrator) and only they can make changes to official draw lists. Their decision about protests will be binding.

Art. 7.3 Tournament Committee

Art. 7.4 Administrator/Computer Operator

The Administrator is responsible for collecting all registration material and loads data into a computer to prepare draw lists. With the Tournament Committee they make a draw lists and distribute them to the official tables. They collect completed draw lists after matches are finished and transfer the results to the computer. They will make an official report of the Championship and distribute the official report to all representatives of national teams.

Announcer

The announcer will always call in the red corner followed by the blue corner

At the International championships the announcer will always call fighters in advance for further bouts. After three calls for the fighter and a no show, the announcer will give a sign to referee and announce the winner of match by Walk Over.

Art. 7.5 Doctor and Medics

Doctor must be ready for immediate intervention on the referees call and cannot enter the ring until allowed. The promoter is responsible to provide adequate medical team with ringsport experience. An ambulance and crew must also be in attendance.

Art. 7.6 Tournament Committee

THE COMMITTEE:

The Board of Directors shall select the Tournament Committee. The Committee shall consist of at least three (3) members. The leader of the Committee shall be known as Tournament Director. It is of importance that the members of the group speak English.

The Committee meet before the start of the International Ring Sports Championships. If necessary, they may conduct other meetings also, but are requested to meet during events/tournaments. They can still communicate prior to events by email or by phone.

RESPONSIBILITIES:

- They are responsible for the overall discipline on the day.
- They will be responsible for all the Chiefs referees and their staff in the arena throughout the event
- They will have the responsibility of being in complete charge of all paperwork regarding results and complaints.
- They will have a close cooperation to the Referee Committee and will facilitate all referee seminars.
- Together with the promoter they will take care of the event/promotion/tournament and make sure everything is arranged according to the rules. Any deviation to the rules has to be cleared by the committee or through the Board of Directors.
- They will take care of all official Weigh-ins or point out referees/officials who will take care of it on their behalf.
- They will report to the Board of Directors and the president.
- They will take care of protests and direct them to the Board of Directors. Their or the Board of Directors's decision will be final.

Art. 7.7 International Referee/Judge seminars and registration

In preparation for any International Championship the Committee will organize seminars so to make sure that the judging and behavior of referees are at their best.

When sending out letters of invitation to championships, the organization will write an extra note concerning referees and judges including all demands for their preparations.

The organization of seminars will be as follows:

- All referees and judges must have a copy of the updated rules which will be used during the seminar.
- All officials should have a reasonable understanding of English especially in terminology in relation to ringsports
- The seminars will deal with each kickboxing style and the rules to be used during the tournaments.
- Make sure that all referees and judges wear the same uniforms which is important for the image of a professional organization.
- The sequence in a seminar contains :
 - Verbal introduction and explanations
 - Verbal explanation of main issues of which normally cause problems in order to harmonise the judges
 - Video presentations, if needed, to explain situations
 - Practice teaching, using fighters in action.

- Using Scorecards
- Written Examination
- Registration
- All referees and judges are registered and rated during the International they are serving at.

Art. 7.8 Medical, Health and Anti-Doping and Technical Committee

THE COMMITTEE:

The Committee have at least three English speaking members (Or the use of a translator).

RESPONSIBILITY:

- Their responsibility is to make sure all safety rules are followed in the championships, both according to doctors and medical staff.
- They will make sure that the anti-doping rules are followed
- The Committee work together and report to the Board of Directors
- The Committee has the power to postpone the start of the fights if the weigh-in is too close to the normal start of fights or if the weigh-ins are delayed .

Be responsible for approving all fighting safety equipment .

The Committee will also be responsible for inspecting all rings during a Championships.

Important for all officials

All referees, judges and officials represented in the tournament (both on or off-duty) are not allowed to be seen as a functional part of the national team. (Changing from coach to official on a repetitive basis is not acceptable).

THIS RULE ABOVE IN THE INTIAL STAGES OF INTRODUCING THE NEW RINGSPOITS MAY HAVE TO BE OPEN TO DISCRETION UNTIL WE HAVE FURTHER DEVELOPED NOT ONLY THE SYSTEM BUT ALSO THE OFFICIALS.

IF COUNTRIES DO NOT PROVIDE QUALIFIED OFFICIALS THEN THEY CANNOT COMPLAIN ABOUT SELECTED OFFICIALS.

THIS POINT WILL BE ADDRESSED AFTER THE 2012 GAMES WHEN WE HAVE RUN THES SYSTEM TWICE BY THEN.

Gloves/Clothing etc. (Top Ten, SAP, Ko Pro, Adidas, Kwon, Twins, or equivalent) (No Cleto Reyes)

[K-1 Rules Kickboxing \(Low Kick\)](#)

10oz Boxing Gloves (In good condition (Taping only with CLOTH OXIDE tape IF needed) Gloves can be Black but if not Blue Corner wears BLUE Glove and Red Corner wears RED gloves. Elasticated Shin and Instep OR TWINS, SANDEE, or THAISMAI Leather/PU Shin and Instep

Headguard (Top Ten, SAP or ADIDAS type with TOP head protection. NO PU headguards which invariably slip)

(WOMAA should have a full set of gloves, shin and instep, headguards for K1 in both colours at RING side left with the officials in case of an emergency.

Groin Guard for Males is compulsory! Shorts, NO TOP

LADIES Can wear either a vest or a crop top

NO Thai Mongkon or Pratcheets to be worn at anytime. No Thai Music.

FULL CONTACT

10oz Boxing Gloves (In good condition (Taping only with CLOTH OXIDE tape IF needed) Gloves can be Black but if not Blue Corner wears BLUE Glove and Red Corner wears RED gloves. Separate Shin and Separate Boot covering all the foot including the heel.

Headguard (Top Ten, SAP or ADIDAS type with TOP head protection. NO PU headguards which invariably slip)

(WOMAA should have a full set of gloves, shins and boots, headguards for Kickboxing in both colours at RING side left with the officials in case of an emergency.

Groin Guard for Males is compulsory! Long Trousers, NO TOP

LADIES Can wear either a vest or a crop top

MMA

Amateur 7oz MMA Gloves with full knuckle covering with padding to this area SEE THE WOMAA RULES pictures for the perfect example. Open palm, and a good fastening strap at the wrist (In good condition (Taping only with CLOTH OXIDE tape IF needed) Gloves can be Black but if not Blue Corner wears BLUE Glove and Red Corner wears RED gloves. Elasticated Shin and Instep

No Headguard as there is NO face contact, however we do recommend (But not compulsory...Ear protectors or a thin rugby skull cap)

(WOMAA should have a full set of gloves in both colours at RING side left with the officials in case of an emergency. Also they should have 2 sets of elasticated shin and insteps which can be of any colour. (Preferably Black or White, to save confusion)

Groin Guard for Males is compulsory!

MMA Shorts NO BOARD SHORTS Rash GUARDS (Rash Guard = Health and Safety and Hygiene)

Rules : FULL CONTACT

Supplementary K1 Rules added at the end of this section

Art. 8. Definition

Full contact is a discipline of kickboxing where the intention of a fighter is to beat his opponent with full power and strength. Punches and kicks must be delivered to legal targets with focus, speed and determination, creating solid contact. Punches and kicks are allowed to the front and side of the head, the front and side of the body (above waist) and sweeping is also allowed. The fight is held in a ring. The Referee is responsible for fighter safety and keeping to the rules, judges count legal techniques and note the points on official score sheets.

Each fighter must have his own SPORT PASS for any International Championship, NO FOREIGN COMPETITORS to the team registering can be included in NATIONAL TEAMS. At weigh-in, official national passports must be shown to officials in charge.

Art. 9.

Art. 10. Legal Target Areas

The following parts of the body may be attacked using the authorised fighting techniques:

- Head, front and side
- Torso, front and side
- Feet, only for sweeping (ankle level only)
-

Art. 10.1 Target Areas, Prohibited Techniques and Behaviour

It is prohibited to:

- Attack the throat, lower abdomen, kidneys, back, legs, joints, groin and to the back of the head or neck.
- Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder.
- Turn one's back on the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
- Attack an opponent who is caught between the ropes
- Attack an opponent who is falling to the floor or is already on the floor; that is, as soon as one hand or knee touches the floor.
- Leave the ring
- Continue after the command "stop" or "break" or end of the round has been given.
- Oil the face or the body
- Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

Art. 10.2 Legal Techniques

Art. 10.2.1 Hand Techniques

- The following hand technique may be applied:
- all boxing punches

Art. 10.2.2 Foot Techniques

- Front kick
- sidekick
- roundhouse kick
- heel kick
- crescent kick
- axe kick
- hook kick
- spinning kicks (controlled)
- jump kicks

Art. 10.2.3 Throwing Techniques (Advisory):

Foot sweeps (ankle level only), from outside to inside and vice versa to unbalance the opponent and following up with hand/kicking techniques or to bring the unbalanced opponent to the canvas or to touch it with any part of body apart from feet.

Hand and foot techniques should be used equally during the entire fighting period. Foot techniques are only recognised when they clearly show the intention to hit the opponent with power.

All techniques must be used with full power. Any technique which is partially deviated or blocked, or that simply touches, brushes or pushes an opponent will not be scored.

Art. 10.2.4 Number of Kicks per Round and correct procedure for missed kicks

Each fighter is obliged to deliver a minimum of 6 kicks per round. He must clearly show the intention to hit the opponent with any kick. After the first round, the kick counter has to report to the central Referee who must inform the fighter if any missing kicks. He will have the chance to recuperate the missing kicks in the following round. If the fighter does not recover the missing kicks from first round he will get 1 minus point. If the fighter delivers 6 kicks in the first round but does not deliver 6 kicks in the second round, the central Referee only informs the fighter so he can recover the missing kicks in the third round. If the fighter does not deliver the missing kicks in the third round, the central Referee will give him 1 minus point, clearly signalled to the judges.

If the fighter delivered the minimum 6 kicks in the first round and 6 in the second round, but doesn't deliver 6 kicks in third round, no matter how many over 6 kicks they delivered in the first and second rounds, the central Referee will give them 1 minus point.

For violation of this rule the central Referee can give a fighter a maximum of 2 minus points.

Art. 11.

Art. 12. Decisions and correct terminology

The decisions will be reached as follows:

- Victory via points:
At the end of a bout, the Kickboxer who has obtained a victory by a majority decision from the judges is declared the winner (victory via majority vote). If both Kickboxers are simultaneously injured or KO'd and cannot continue the fight, judges will total up the points obtained by each fighter to that point, and the Kickboxer ahead by points will be declared the winner.

- Victory via abandonment: if a Kickboxer voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.
- Victory via stoppage, upon order of the Referee (TKO).
- Relegation:
if a Kickboxer is relegated on the Referees advice, or if they receives excessive punishment, the fight will be stopped and the opponent declared the winner.
- Injury:
if the Referee judges a fighter unable to continue the fight, due to an injury or any other physical reason, the fight will be stopped and the opponent declared the winner: The right to make such a decision is incumbent upon the Referee who can consult the doctor. Having done so, the Referee will follow the doctor's advice. When a Referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.
- Victory via disqualification:
if a Kickboxer is disqualified, his opponent will be declared the winner. If both Kickboxers are disqualified, the decision will be announced accordingly. A disqualified Kickboxer cannot receive any reward, medal, trophy, any honorary award, grade or title at that competition in the course of which he has been disqualified.
- Victory by default:
When a Kickboxer is present in the ring and ready to fight, and his opponent does not appear when announced by the announcer. After two minutes, the bell will ring and the Referee will declare the first Kickboxer the winner by default. The judges will be asked to annotate the score sheets accordingly; he will gather them and call the Kickboxer to the ring centre, and raise his hand as the winner.
- The 3 knock-down rule is valid. This means that the fight will be stopped if a fighter has been knocked down 3 times in the same fight. The Referee declares the fighter TKO after the 3rd knock down.

Art. 13. Changing an official decision

All public decisions are definitive and cannot be changed unless:

- Mistakes which occurred in calculating the points are discovered;
- One of the judges declares he has made a mistake and switched the scores of the fighters;
- There are evident violations of WOMAA rules.
-

The Observer/Organizer of the ring, with the help of the Appeal Board, will immediately handle all protests. After discussions, the representative of the Appeal Board will announce the official result.

Art. 14. Awarding of points

In awarding points, the following rules must be respected:

Art. 14.1 Concerning blows and the registering of scored techniques only

During each round, a judge will mark the respective score for each Kickboxer, according to the number of blows that each one has received. To count a punch or a kick as a blow must not be blocked or stopped. The value of registered blows in a fight will be counted at the end of each round and granted to

the better Kickboxer, according to his degree of superiority. Blows given by a Kickboxer will not be taken into account:

- if they are contrary to regulations
- if they land on the arms
- if they are weak and do not come from legs, body or shoulders.

Art. 14.2 Concerning committed offences

During each round a judge cannot penalize each offence he sees, regardless of whether the Referee has noticed it or not. He has to call the Referees attention to that offense. If the Referee gives an official warning to one of the fighters, the judges must note it, writing W on the FOULS column on the scoring paper, but that does not mean a minus point to the other fighter. When a judge decides to give a minus point to a fighter, the judge will put a "-1" in the appropriate column next to the points the same fighter will receive at the end of the round, certifying thus, that he has to take away that point for the final score of the round .

Art. 14.3 Awarding points

For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance, power, the judge will note 1 mark on the back side of the scoring card or at the clicker.

At the end of each round, the judge will count the number of points scored and will give to the better fighter his judgment according to following scale:

- 1 mark difference = 10-10
- From 2-7 marks = 10-9
- From 8 marks and up = 10-8
-

It is mandatory for all judges to use clickers. The judge must write the number of marks on the back of the scorecard after every round.

At the end of the match, the judge will sum the points given (all 10-10 or 10-9 or 10-8) per round and name the winning fighter who has the larger sum of points. The judge must make a circle around the fighter's name.

If the match ends in a draw (equal points after 3 rounds), to determine a winner, a judge has to take into consideration (in the following order):

- Better last round: If a fighter has scored 1 or more marks in the last round, meaning that he actually won the round 10-9, he will be declared the winner. The reason is that this fighter shows better offensive style, condition, endurance and stamina.
- Number of total marks: If all the rounds are equal the judges will add up the total number of click points throughout the bout. (If no difference go to line below.... **Using Remarks**)
- Using remarks: If the difference between the total marks in all three rounds is only by 1 point, the judge uses the remarks on the front of the scorecard to choose the winner.
-
- These remarks according to the official scorecards are:
 - Better in the last round
 - More active

- More kicks
- Better defence
- Better style and techniques

Art. 14.4 Using the back of the scorecards:

If the number of points scored in a round are equal, the judge uses the remark section on the back of the scorecard to express his opinion after each round.

When a fighter spits out his mouth-guard voluntarily, the central Referee should stop the fight immediately and count him as per a knock down.

Art. 14.5 Penalty:

- Warnings will be carried through the match to all rounds
- 1st violation – Verbal Warning
- 2nd violation - Official Warning
- 3rd violation - Award penalty point -1
- 4th violation - Disqualification

Art. 14.6 Criteria for minus points

- unclean fighting style
- constant clinching
- constant and continuous ducking, turning of the back
- too few foot techniques
- three warnings
- any violation of the rules
-

Art. 14.6.1 Offences

A fighter who does not obey the Referee's orders; who violates regulations, who demonstrates unsportsmanlike behaviour or who commits offences, can receive a caution, warning or be disqualified by a Referee without an official warning. Only 3 official warnings can be given to a fighter in the course of the entire bout. The third warning will automatically mean DISQUALIFICATION (the procedure starts from warning, 1st official warning, 2nd official warning and 1 minus point, third official warning and consequent disqualification of the fighter).

Art. 14.6.2 Warnings given to the second count against the Kickboxer.

A Referee may, without stopping the fight, give a caution to a Kickboxer at any moment. If he wants to give a warning to a Kickboxer, he will stop the fight and announce the offence. He will show it to the three judges, pointing with his finger to the kickboxer at fault.

The following actions are considered fouls:

- Punching below the belt, hooking, tripping, and hitting with knees or elbows.
- Butting with head, shoulders, with forearms and elbows, strangling the opponent, crushing his face with arm or elbow, pushing his head outside the ropes.
- Hitting with open gloves, with the inside of the gloves, with a wrist.
- Hitting the opponent's back, and particularly on the nape of his neck, head and kidneys.
- Attacking while holding the ropes or using them improperly

- Lying down, wrestling or not fighting at all
- Attacking an opponent who is on the floor or getting up
- Clinching
- Hitting while hooking the opponent, or pulling the opponent into the blow.
- Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent.
- Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter.
- Using artificial means for a passive defence and falling down intentionally in order to avoid a blow.
- Using insulting and aggressive language during a round.
- Refusing to withdraw after the order "BREAK".
- Trying to land a blow on the opponent, immediately after a "BREAK" order and before withdrawing.
- Assailing or insulting the Referee at any time
- When a warning for a particular foul has been administered, for example a clinch

The Referee will not caution the kickboxer again for the same offence. An official warning will follow and a third caution for the same foul will go into a minus point. If a Referee thinks that an offence has been committed without his knowledge, he will have to consult the judges

Art. 15. On the floor

A kickboxer is considered "on the floor" if:

- If they touch the floor with a part of their body other than their feet following a blow or series of blows.
- If they hopelessly hang onto the ropes after a blow or a series of blows.
- If they find themselves outside the ropes, partly or completely, after a blow or a series of blows.
- If, after a violent blow, they have not fallen to the floor or into the ropes, but is in a state of semi-consciousness and, in the Referees opinion, not able to continue fighting.
- In the case of a KO, the Referee must immediately start counting out the seconds. When a kickboxer is on the floor, his opponent must instantly go the neutral corner, shown by the Referee. They will only continue the fight with his fallen opponent when the latter has risen, and when the Referee has ordered the continuation of fighting. If the opponent does not go to the neutral corner following the Referees order, the Referee will stop the count until that order is executed. The count will then be continued where it was left.

When a kickboxer is on the floor, the Referee will count from 1 to 10 with a second interval between each number, and will indicate each second with his fingers so that the fallen kickboxer knows how many seconds have already been counted. One second must pass from the moment the kickboxer falls down to the start of the count.

When a kickboxer is on the floor due to a blow, the fight will not continue before the Referee has counted to 8, even if the kickboxer is ready to continue the fight before that time. If the kickboxer doesn't raise his hands the Referee will continue to count until "10", the round will be finished and a KO declared.

If a kickboxer is on the floor at the end of a round, the Referee will continue the count even if the bell rings. If the Referee counts to 10, the kickboxer will be declared loser via KO.

If a kickboxer is on the floor after having received a blow and the fight continues after the count out of 8 seconds, but the kickboxer falls back on the floor without receiving a new blow, the Referee will resume the count, starting at 8.

If both Kickboxers fall at the same time, the count will continue on as long as one of them is still on the floor. If they both remain on the floor after 10 seconds, the bout will be stopped and decision given, considering the points granted before the KO. This will not be applied in PRO bouts unless the third round is over. Otherwise a NO CONTEST will be declared between the two fighters. A kickboxer who does not resume the fight after the break or after a KO loses the fight.

Art. 16. Procedure after KO, RSC, RSC-H, Injury

If a fighter gets injured in a fight the doctor is the only person that can evaluate the circumstances.

If a kickboxer remains unconscious, only the Referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.

Art. 16.1.1 Procedure if KO, RSC, RSC-H, Injury

A kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.

A kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents them from continuing, they will not be allowed to take part in another competition or bout for a period of at least 4 weeks after the KO.

A kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, two times in a period of 3 months, will not be allowed to take part in another competition or bout for a period of at least 3 months after the second KO or RSC-H.

A kickboxer who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents them continuing three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.

To above mentions quarantine periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can further on extend the quarantine period.

A quarantine period means that a kickboxer can not take part in any competition in kickboxing no matter what the discipline is. The quarantine periods are "minimum period" and can not be overruled even though a head scan shows no visible injuries.

The Referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or Referee has stopped the bout due to the Kickboxer's inability to resume the fight because of head blows. The same has to be reported by the Chief Referee on duty in that ring on the fighter's WOMAA SPORT PASS. This is also the official result of the fight and it can not be overruled.

Before resuming kickboxing after a ban, as described in the above paragraphs, a kickboxer will, after a special medical examination, have to be declared fit to take part in competition by a sports doctor.

When registered a KO or RSC-H a kickboxer must get a CT-Scan of the head.

Art. 16.2 Procedure if injuries in general

In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.

A doctor can require immediate treatment at a hospital

If a kickboxer or delegates from the Kickboxers nation denies doctors medical advice, the doctor reports in written form immediately to chief Referee or to a WOMAA delegate that all medical responsibility are denied and are in the hands of the kickboxer and his team. However the official result and a quarantine given is valid

Art. 17. Hand shaking

Before and after a bout, the Kickboxers will shake hands as sign of pure sportsmanship and friendly rivalry, according to kickboxing regulations. Hand shaking takes place before starting the first round and after the decision.

Art. 18. Use of Drugs

Any drug or chemical substance ingested by a kickboxer, that is not included in the Kickboxer's normal diet, is forbidden. Any kickboxer or official violating this code may be disqualified or suspended.

Any kickboxer refusing to submit to a medical examination or doping test after a fight, in order to verify that he has not broken this rule, may be disqualified or suspended. The same will occur for an official encouraging such a refusal.

The use of local anaesthetics is allowed, if agreed by a doctor from the Medical Committee.

The WOMAA Int'l organization refers to and adopts all WADA Doping Rules.

Art. 19. Medical aptitude

A fighter will be allowed to fight in an International competition only after having been declared fit for it by a sports doctor, recognized by the WOMAA recognized Organization under whose name the competition takes place, or by the Medical Committee of the organization during International Championships.

All Kickboxers fighting abroad will need to have a medical and weight check prior to the competition .

One-eyed, deaf, mute and epileptic fighters are not allowed in kickboxing. Hard contact lenses are forbidden while the kickboxer is in the ring.

A kickboxer will not be allowed to take part in a bout if he has a bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included.

Art. 19.1 Doctors Aide

A qualified doctor must be present throughout the competition and must not leave his place before the end of the last bout or before seeing the Kickboxers who have taken part in it. In a tournament there must be ambulance personnel on site.

Art. 19.2 Age limit of Kickboxer

Kickboxer younger than 16 and older than 45 will not be allowed to take part in International Championships. For the women the allowable ages are from 16 to 45 also.

Additions to Rules above are listed below in respect of the other two Ringsports

K1 RULES

K1 rules will follow the same rules as Full contact apart from

The fighter will:

Wear shorts, not long pants

Wear shin and instep NO SHIN AND SEPERATE BOOT ALLOWED

Will administer legal kicks (Not Axe kicks) to the legs also, which maybe any area on the thigh or lower leg

Will use the knees to legs, body or head (No head contact for Juniors)

Will use spinning backfist (Not allowed for Juniors)

Can clinch with both hands for a maximum of 5 seconds, however the fighters will be stopped if the clinch is deemed to be a non working clinch

Clinch can be around the neck or the lower back

No throwing allowed

No elbows allowed

No Thai oils etc allowed

No contact to the front of the face with forearms or elbows

Will not enter the ropes with any Thai regalia such as Mongkon or prajeet

The Referee will:

Put the hands on the back of each fighter to give the command of break when in a clinch

Ensure ALL Ringsport fighters take one step backwards when told to break

WOMAA Amateur MMA Rules Final 2011

Rounds duration: 2 x 3mins with 1 min break in between rounds

3 x 3mins for finals if required and time permits, 1 min break in between rounds

Judges/ref: 1 centre referee

3 judges

1 timekeeper

Equipment: Groin guard

6oz MMA sparring gloves (Official Glove for WOMAA is KO Pro Amateur MMA style glove or equivalent, to be worn by all)

Elasticated shin and instep pads

Hand wraps open palm

Mouth guard

Rugby type Headguard with ear coverage (optional) or just ear protection

Long mixed martial arts shorts are preferred although Thai style shorts and the trunk type MMA short can be worn(must no pockets/zips etc)

Rash guards (optional)

Breast protectors for women

Legal techniques:

Clean boxing techniques allowed to face standing.

Hammerfist for floor strikes to body only

Kicks high and low

Take downs single and double legs

Hip throws

Clinching and standing grappling with or without striking

Floor techniques submissions to any limb

The knee can be used to the body and the thighs, but only while in an upright/standing position including while in the clinch.

NO knees are permitted while the fighters are on the ground.

Striking to body only on floor.

Illegal techniques: No strikes to the back of the head or neck

No strikes to the back of the torso

No open hand strikes

No strikes to eyes or throat

No strikes to joints

No strikes to groin

No elbows (No Elbows will be used at all in Amateur MMA)

No strikes to the head on the floor

No holding of ropes or cage

No head butts or gauging
No small joint manipulation
No entry to any orifice of opponent
No slams
No pickups and slams
No heel hooks
No kicking on floor to a downed opponent.

No spiking

No neck cranks

No Upkicks from floor, legs can only be used as defense when on floor

FIGHTERS

Fighters and coaches must conduct themselves in a proper and correct manner at all times. Corner men/coaches limited to 2 per corner and must stay in their designated chairs/areas/ during rounds, between rounds they may enter ring or cage.

Fighters and coaches must obey referees commands at all times; they must ensure their fighter is ready when called, with all necessary equipment.

Fighters must not have grease/Vaseline to any area other than face i.e. over eyes, cheek bones and jaw.

No grease or Vaseline to ears front and back or neck or any other part of the body.

Hand wraps must be applied open palmed and can have cotton wool to knuckle area underneath the bandage. Fighters must not compete with any injuries/cuts or strains.

Fighters must not compete with any skin infection that can be transmitted to an opponent.

Coaches must have correct corner kit, providing refreshment/water/spray bottle between rounds.

Fighters must accept all judges/referees decisions without verbal complaint. They must follow correct WOMAA procedure in appealing against any decision and it will be dealt with accordingly.

REFEREES

A referee must be qualified and have attended the appropriate WOMAA course and be fully conversant in the rules, they must be a person of strong character who is not easily swayed by an audience or coaches/fighters. Their first and foremost job is fighter's safety and they must have control of the fight at all times.

When a fighter enters the ring the referee must do an equipment check, paying special attention to finger/toe nails and hand wraps. Check for Vaseline and sharp objects on shorts etc zips/buttons/pockets

Speak to the corner crew instruct them to behave and stay in their seats during rounds. Get fighters to centre and brief them on the rules and that they must obey your commands at all times.

Send them back to their corners and stand central and give the verbal and visual command to fight. Do not get in the fighters way and keep an eye on the action at all times if there is an infringement of rules

stop the fight straightaway and issue a warning the other fighter must be sent to a neutral area . 3 infringements result in disqualification no free warnings this is MMA.

If a fight goes stale on the flow stand both fighters up and restart, approx 30 secs of non action /work

If a fighter is cut or suffers any bleeding stop the fight and have the medic stem the flow or stop the fight as he/she the medic sees fit, meanwhile the opponent must be in a neutral area facing the referee, receiving no refreshment or coaching

We cannot have fighters rolling round in blood, if the bleeding cannot be stopped the fight must be stopped, the win will go to the other fighter as long as the cut was caused by a legal technique. In the event of a tap out the fight will be stopped if a fighter is in a compromised position and refuses to tap the referee must make the decision to stop serious harm do not hesitate if it's on its on. In the event of a KO the fight will stop straight away.

Responsibility of Referee to position of fighters within the legal competitive area

If at any time the referee decides the fighters are too close to an area boundary (ropes, corners, cage wall) and they are unsafe in doing so they will call 'stop' and restart the fight from the central standing position of the ring or cage.

If the fighters are grounded and go underneath ropes (only for ring situation) or are dangerously near to leaving the ring on the floor they must stop the fighters where they are instantly and instruct them to return to the same position in the centre of the ring and restart upon the 'fight' command. It is the responsibility of the referee to pause the ground fight and personally take note of the current position before moving and resetting the fighters in the centre to ensure no advantage is gained by either fighter.

Responsibility of the Referee to ensure continuity of the fight and competition

Before the fight and in the pre fight meeting the fighters will be informed that at any time they are not being productive while on the floor to the point where no fighter is applying any technique to their opponent they will be stopped, and restarted from standing position in the centre of the ring/cage.

If the fights are non productive while stood up they may be warned, point deducted or disqualified if necessary in extreme cases to the referee's discretion.

TIMEKEEPER

Must keep time. Starting and stopping at the referee's discretion.

JUDGES

Will score 10-9 must be no draws.

Use clickers, score 1 point for punch or kick that lands

2 points for a sweep reversal or escape

3 points at the end of the round for dominance i.e. the fighter who controlled the action. The fighter with the most points wins the round/fight.

No Free Warnings - 3 infringements and disqualification

Further Scoring advisory:

Awarding points

For all legal techniques (punches, kicks or sweeping), clearly landed on legal targets with speed, focus, balance, power, the judge will note 1 mark on the back side of the scoring card or at the clicker.

At the end of each round, the judge will count the number of points scored and will give to the better fighter his judgment according to following scale:

0 - 2 Marks = 10-10

From 3-7 marks = 10-9

From 8 marks and up = 10-8

WOMAA Rules overview and explanation formulated 1st January 2011.

The following document relates to MMA and Submission Grappling only.....

(Please note MMA or Submission Grappling in a cage or ring is also classed as Ringsports but these categories have their own rules which apply directly to that discipline).

Fighters opting to fight in MMA at any WOMAA Championship will only be allowed to fight in the 1 ringsport category (that involves striking) apart from they will be allowed to enter submission grappling also. (As grappling is not seen as a major head contact discipline and therefore lowers any risk).

It will be allowed that if a fighter enters a category there is no one entered into or a fighter pulls out prior to the competition or does not turn up that they can enter another category in another style. However this is the only reason. (They can then only enter submission grappling if it does not coincide with the other style they have opted for).

Competition Format Weight Divisions

(Strict Weight divisions no lee way)

MALE WEIGHT CATEGORIES in Kilogrammes

Light Bantman between 48 and 51 kg (105.6 lbs - 112.2 lbs)

Bantman-weight between 51 and 54 kg (112.2 lbs - 118.8 lbs)

Feather-weight between 54 and 57 kg (118.8 lbs - 125.4 lbs)

Light-weight between 57 and 60 kg (125.4 lbs - 132.00 lbs)

Light welter-weight between 60 and 63.5 kg (132.00 lbs - 139.70 lbs)

Welter-weight between 63.5 and 67 kg (139.70 lbs - 147.40 lbs)

Light Middle-weight between 67 and 71 kg (147.40 lbs – 156.20 lbs)

Middle weight between 71 and 75 kg (156.20 lbs – 165.00 lbs)

Light Heavy weight between 75 and 81 kg (165.0 lbs - 178.2 lbs)

Cruiser weight between 81 and 86 kg (178.2 lbs - 189.2 lbs)

Heavy weight between 86 and 91 kg (189.2 lbs - 200.2 lbs)

Super Heavy weight more than 91 kg (200.2 lbs & above)

FEMALE WEIGHT CATEGORIES in Kilogrammes

Bantam-weight between 46 and 48 kg (101.20 lbs - 105.60 lbs)

Feather-weight between 48 and 52 kg (105.60 – 114.40 lbs)

Light-weight between 52 and 56 kg (114.40 lbs – 123.20 lbs)

Middle weight between 56 and 60 kg (123.20 lbs – 132.00 lbs)

Light Heavy weight between 60 and 65 kg (132.00 lbs – 143.00 lbs)

Heavy-weight between 65 and 70 kg (143.00 lbs – 154.00 lbs)

Super Heavy weight over 70 kg (154.0 lbs & over)

18 years old and above. Classed as “Adult Category” (Max age 45 years old for both men and women)

It will be each countries responsibility and the coach of the team to make sure any MMA fighter is in a fit to fight condition although a Doctors medical check will be performed at the beginning of the competition. (The RINGSPORT fighters may be re weighed if the competition goes into a second day)

All Full Contact/Ringsport fighters will attend the WOMAA World Martial Games on a prepaid and pre registered basis only. (Due to Health and Safety there will be **NO** “On the Day Registration” for any Ringsport).

Re ASTHMA inhalers at ringside...

All fighters should declare that they use an inhaler at weigh in and this should be then marked on their entry form. They should have proof of their prescription.

A fighter can signal time out to take an inhaler under medical grounds, however it is then at the referee and medics discretion as to if the fight should continue.

The referee should inform the fighter upon this declaration that if they need the inhaler more than twice then it will be seen that the fighter is at risk and may not be fit to continue and the fight may be ended.

RINGSPORT OFFICIALS and the WOMAA Games

Please note: WOMAA Ringsports will only use qualified officials at Ringside....Officials of World Class level and certification with another reputable organisation may be accepted but will still have to take the written examination.

Please note these rules were correct at the time of being administered, January 2011.

Any changes will be posted and will override anything that has previously been stated. Rule changes should be only implemented after a minimum of 6 months notice unless the executive have a viable reason to change them at short notice.

Rules Outline

Members Care Health and Safety

The organisation will only allow a maximum of 2 bouts per day during any of their International competition format Championships, in any of their recognised Ringsports.

Required Equipment for Competitions

Promoters of any International WOMAA Ring Sports competition shall ensure only recognised safety equipment is used.....

Electronic digital or mechanical scales (minimum two)

Amplifier with sufficient number of microphones

Flags and CD with national anthems of each competing national team

Equipment for cleaning and drying floor

Photocopier

Cages must be marked with a ring number if there is more than 1 cage

Timer or Time display

The rules also refer for the Tournament and any checklists.

The Competition Draw

Order of criteria:

Competitors from same clubs or national team in same weight category must be split into separate parts (one in upper, the other in lower part of drawing list (Both with even and fair treatment)

Champions from last two championships will be placed in separate parts of drawing list (one in upper, the other in lower part of drawing list (Both with even and fair treatment)

If in a category there are an odd number of fighters, the defending champion will draw a bye (walkover) in the first match.

Every drawing list must have data as follows: name of tournament, place and date, name of discipline, sex, age, weight division, competitor's name and surname, club or nation, division number and number of fight.

All drawing lists must be printed in 3 official copies - for chief referee, for official table and for notice or bulletin board - all three lists must be the same and any changes must be repeated on all three with the signature of the chief referee/organiser.

Also, unofficial copies of drawing lists will be distributed to national team chiefs.

Completed official copies with results, stamp and chief referee's/organizer's signature are official organisation documents and will be kept in archives for a minimum of 3 years.

Organizers and Promoters requirements

The promoters of all International WOMAA Ring Sport events must be the President of the host country or any other Rep. but under the responsibility of the President. The President of the host country may if he wishes have a partner, but this in no way relieves him of the overall responsibility of the Tournament. The Promoter shall communicate directly with the World President on all matters concerning the event. The Promoter shall send a written report to the WOMAA World President and a copy to the WOMAA Int'l Ring Sports Director on a regular basis concerning the promotion of the event. Promoters of WOMAA International Ring Sports Events shall be responsible for the following:

The Championship Venue Criteria:

shall be a suitable auditorium with ample seating

must have good space for all fighting areas and ample accessibility between all fighting areas

must have a warming up section to take care off the numbers of participants attending

must have areas for referees, organisers and organisation officers

must have relaxing rooms and dressing rooms for the numbers of participants attending

headquarter and administration room/area, faxes and copy machines

Championship Headquarters

The promoter shall select a Hotel which will serve as the Tournament Headquarters. The HQ will have info boards and staff to direct all fighters and coaches.

Protest and Complaint procedure

Regular protests

The Chief Referee must receive any complaint on a written form within 15 minutes after the fight. The written protest must describe the situation and nature of complaint clearly. The Chief Referee must deliver the protest to the Appeal Board/Referee Committee who will also consider the problem. The protest will be handled immediately.

There is a protest fee of 100 EURO and this must be paid alongside the written complaint. If the protest is successful the money will be refunded.

Irregular protests

With the possibility of Irregular protests regarding disagreements of decisions, where the fighters protest and the action then delays the competition, such as sitting down in the ring, either by their own choice or encouraged by the coach or team to do so, This will attract the immediate attention of the Chief Referee and committee. The consequence may be as serious as the whole National team then being excluded from the rest of the competition.

Video Evidence

Video footage may not be used to resolve any queries, complaints or points of clarification.

Duties of Officials.....

Officials in General

All officials at championships will be recognised as unbiased and qualified officials. They must remain completely neutral, positive with an honest attitude and ensuring fair play to everyone.

Officials at International Championships:

Representative of the Organisation Board of Directors

Chief Referee Committees (ring sports)

Chairman of the various Committees

Administrator / computer operative

Chief referees for ring

Referees

Judges

Timekeeper

Scorekeeper

Announcer

Doctor with medical team

Referee Committees of ring sports

The president/director of ringsports will supervise the weigh-in and will be responsible for making draw lists (with the administrator) and only they can make changes to official draw lists. Their decision about protests will be binding.

Tournament Committee

Administrator/Computer Operator

The Administrator is responsible for collecting all registration material and loads data into a computer to prepare draw lists. With the Tournament Committee they make a draw lists and distribute them to the official tables. They collect completed draw lists after matches are finished and transfer the results to the computer. They will make an official report of the Championship and distribute the official report to all representatives of national teams.

Announcer

The announcer will always call in the red corner firstly followed by the blue corner

At the International championships the announcer will always call fighters in advance for further bouts. After three calls for the fighter and a no show, the announcer will give a sign to referee and announce the winner of match by Walk Over.

Doctor and Medics

Doctor must be ready for immediate intervention on the referees call and cannot enter the ring until allowed. The promoter is responsible to provide adequate medical team with ringsport experience. An ambulance and crew must also be in attendance.

Tournament Committee

THE COMMITTEE:

The Board of Directors shall select the Tournament Committee. The Committee shall consist of at least three (3) members. The leader of the Committee shall be known as Tournament Director. It is of importance that the members of the group speak English.

The Committee meet before the start of the International Ring Sports Championships. If necessary, they may conduct other meetings also, but are requested to meet during events/tournaments. They can still communicate prior to events by email or by phone.

RESPONSIBILITIES:

They are responsible for the overall discipline on the day

They will be responsible for all the Chiefs referees and their staff in the arena throughout the event

They will have the responsibility of being in complete charge of all paperwork regarding results and complaints.

They will have a close cooperation to the Referee's Committee and will facilitate all referee seminars.

Together with the promoter they will take care of the event/promotion/tournament and make sure everything is arranged according to the rules. Any deviation to the rules has to be cleared by the committee or through the Board of Directors.

They will take care of all official Weigh-ins or point out referees/officials who will take care of it on their behalf.

They will report to the Board of Directors and the president.

They will take care of protests and direct them to the Board of Directors. Their or the Board of Directors's decision will be final.

International Referee/Judge seminars and registration

In preparation for any International Championship the Committee will organise seminars so to make sure that the judging and behavior of referees are at their best.

When sending out letters of invitation to championships, the organisation will write an extra note concerning referees and judges including all demands for their preparations.

The organisation of seminars will be as follows:

All referees and judges must have a copy of the updated rules which will be used during the seminar.

All officials should have a reasonable understanding of English especially in terminology in relation to ringsports

The seminars will deal with MMA and Submission Grappling and the rules to be used during the tournaments.

Make sure that all referees and judges wear the same uniforms which is important for the image of a professional organisation.

The sequence in a seminar contains :

Verbal introduction and explanations

Verbal explanation of main issues of which normally cause problems in order to harmonise the judges

Video presentations, if needed, to explain situations

Practice teaching, using fighters in action.

Using Scorecards

Written Examination

Registration

All referees and judges below A class are registered and rated during the International they are serving at.

Medical, Health and Anti-Doping and Technical Committee

THE COMMITTEE:

The Committee have at least three English speaking members (Or the use of a translator).

RESPONSIBILITY:

Their responsibility is to make sure all safety rules are followed in the championships, both according to doctors and medical staff.

They will make sure that the anti-doping rules are followed

The Committee work together and report to the Board of Directors

The Committee has the power to postpone the start of the fights if the weigh-in is too close to the normal start of fights or if the weigh-ins are delayed .

Be responsible for approving all fighting safety equipment .

The Committee will also be responsible for inspecting all rings during a Championships.

Important for all officials

All referees, judges and officials represented in the tournament (both on or off-duty) are not allowed to be seen as a functional part of the national team. (Changing from coach to official on a repetitive basis is not acceptable).

THIS RULE ABOVE IN THE INTIAL STAGES OF INTRODUCING THE NEW RINGSPTS MAY HAVE TO BE OPEN TO DISCRETION UNTIL WE HAVE FURTHER DEVELOPED NOT ONLY THE SYSTEM BUT ALSO THE OFFICIALS.

IF COUNTRIES DO NOT PROVIDE QUALIFIED OFFICIALS THEN THEY CANNOT COMPLAIN ABOUT SELECTED OFFICIALS.

THIS POINT WILL BE ADDRESSED AFTER THE 2012 GAMES WHEN WE WILL HAVE RUN THES SYSTEM TWICE BY THEN.

Additional Rules and Conditions

Definition

MMA is a discipline where the intention of a fighter is to beat his opponent with full power and strength. Punches and kicks must be delivered to legal targets with focus, speed and determination, creating solid contact. Punches and kicks are allowed to the front and side of the head, the front and side of the body and legs at thigh height and sweeping is also allowed, then there is the throwing, takedowns ,groundwork involving locks holds and submissions. The fight is held in a cage. The Referee is responsible for fighter safety and keeping to the rules, judges count legal techniques and note the points on official score sheets.

Each fighter must have his own SPORT PASS for any International Championship, NO FOREIGN COMPETITORS to the team registering can be included in NATIONAL TEAMS. At weigh-in, official national passports must be shown to officials in charge.

Legal Target Areas

The following parts of the body may be attacked using the authorised fighting techniques:

Head, front and side

Torso, front and side

Feet, only for sweeping (ankle level only)

Thigh for striking to (either punch or kick)

Target Areas, Prohibited Techniques and Behaviour

It is prohibited to:

Attack the throat, lower abdomen, kidneys, back, legs, joints, groin and to the back of the head or neck.

Attack with the knee stood up to body, elbow, knife-hand, head-butts, thumb and shoulder.

Turn one's back on the opponent, run away, fall down, blind techniques

Attack an opponent who is caught between the ropes

Slamming an opponent hard in to mat by lifting opponent above shoulder and head height to cause physical harm

Spiking

Deliberate spiking of opponents head or kneck into mat during throw/take down

No neck cranks or small joint manipulation

Leave the ring

Continue after the command "stop" or "break" or end of the round has been given.

Oil the face or the body

Violations of the rules and regulations may, depending how grave they are, lead to warnings, minus points or even disqualification.

Legal Techniques

The knee can be used to the body and the thighs, but only whilst in a stood up position including whilst in the clinch.

NO knees are permitted whilst the fighters are on the ground.

Hand Techniques

The following hand technique may be applied:

all boxing punches

hammerfist to body only on floor

Foot Techniques

Front kick

sidekick

roundhouse kick

heel kick

crescent kick

axe kick

hook kick

spinning kicks

jump kicks

Wing Chun Kick (not to joint areas)

Clinch & Stood Grapple

Unlimited clinch

Catch wrestling standing holds and locks

Takedown and Throw

Recognised Judo/Wrestling/Grappling etc **THROW** that doesn't count as a slam

Single and double leg takedowns and shoots

Ground Grapple and Submission

Submission wrestling and grappling holds and pin controlling positions (top mount,

Side/cross mount or control, knee ride, back control)

Submission locks and holds to large body and limb joints and neck

Decisions and correct terminology

The decisions will be reached as follows:

Victory via points:

At the end of a bout, the fighter who has obtained a victory by a majority decision from the judges is declared the winner (victory via majority vote). If both Fighter's are simultaneously injured or KO'd and cannot continue the fight, judges will total up the points obtained by each fighter to that point, and the fighter ahead by points will be declared the winner.

Victory via abandonment: (this doesn't count submission or submission by referee) if a fighter voluntarily gives up, due to an injury or any other reason, or if he fails to continue the fight after the one minute break between the rounds, his opponent will be declared the winner.

Victory via stoppage, upon order of the Referee (TKO). (Includes forced submission by referee).

Victory by KO

Relegation:

if a fighter is relegated on the Referees advice, or if they receives excessive punishment, the fight will be stopped and the opponent declared the winner.

Injury:

if the Referee judges a fighter unable to continue the fight, due to an injury or any other physical reason, the fight will be stopped and the opponent declared the winner: The right to make such a decision is incumbent upon the Referee who can consult the doctor. Having done so, the Referee will follow the

doctor's advice. When a Referee asks the doctor to intervene, they will be the only officials present in the ring. No second will be admitted.

Victory via disqualification:

if a fighter is disqualified, his opponent will be declared the winner. If both fighter's are disqualified, the decision will be announced accordingly. A disqualified fighter cannot receive any reward, medal, trophy, any honorary award, grade or title at that competition in the course of which he has been disqualified.

Victory by default:

When a fighter is present in the ring and ready to fight, and his opponent does not appear when announced by the announcer. After two minutes, the bell will ring and the Referee will declare the first fighter the winner by default. The judges will be asked to annotate the score sheets accordingly; he will gather them and call the fighter to the ring centre, and raise his hand as the winner.

Changing an official decision

All public decisions are definitive and cannot be changed unless:

Mistakes which occurred in calculating the points are discovered;

One of the judges declares he has made a mistake and switched the scores of the fighters;

There are evident violations of WOMAA rules.

The Observer/Organizer of the ring, with the help of the Appeal Board, will immediately handle all protests. After discussions, the representative of the Appeal Board will announce the official result.

Awarding of points

In awarding points, the following rules must be respected:

Concerning blows and the registering of scored techniques only

During each round, a judge will mark the respective score for each fighter, according to the number of blows that each one has received including throws, sweeps, takedowns and dominance etc. To count a punch or a kick as a blow must not be blocked or stopped. The value of registered blows or techniques in a fight will be counted at the end of each round and granted to the better fighter, according to their degree of superiority.

Blows given by a fighter will not be taken into account:

if they are contrary to regulations

if they land on the arms or are checked

if they are weak and do not come from legs, body or shoulders.

Concerning committed offences

During each round a judge cannot penalise each offence he sees, regardless of whether the Referee has noticed it or not. He has to call the Referees attention to that offence. If the Referee gives an official warning to one of the fighters, the judges must note it, writing W on the FOULS column on the scoring paper, but that does not mean a minus point to the other fighter. No Free Warnings - 3 Infringements and disqualification.

Awarding points

For all legal techniques (punches, kicks or sweeping, throws, counters, attempted submission, escape, pin), clearly landed on legal targets with speed, focus, balance, power, the judge will note 1 mark on the back side of the scoring card or on the clicker.

At the end of each round, the judge will count the number of points scored and will give his favour to the better fighter according to following scale:

0 – 2 Marks = 10-10

From 3-7 marks = 10-9

From 8 marks and up = 10-8

Points Awarded in MMA for Clean Effective Legal Techniques

1 click per any clean scoring legal hand (both standing and grounded) for foot (only when standing) strike to legal target areas

2 clicks for any successful takedown, sweep, throw, shoot, reversal (may include sprawl aswell) or escape

1 click for attempted submission

3 'dominance' clicks awarded at end of each round to the fighter the judges deemed the most controlling, aggressive, damaging, skilful

It is mandatory for all judges to use clickers. The judge must write the number of marks on the back of the scorecard after every round.

At the end of the match, the judge will sum the points given (all 10-10 or 10-9 or 10-8 10-7 with 10-7 being the lowest score that can ever be given) per round and name the winning fighter who has the larger sum of points. The judge must make a circle around the fighter's name.

If the match ends in a draw (equal points after 3 rounds), to determine a winner, a judge has to take into consideration (in the following order):

Better last round: If a fighter has scored 1 or more marks in the last round, meaning that he actually won the round 10-9, he will be declared the winner. The reason is that this fighter shows better offensive style, condition, endurance and stamina.

Number of total marks: If all the rounds are equal the judges will add up the total number of click points throughout the bout. (If no difference go to line below.... **Using Remarks**

Using remarks: If the difference between the total marks in all three rounds is only by 1 point, the judge uses the remarks on the front of the scorecard to choose the winner.

These remarks according to the official scorecards are:

Better in the last round

More active

More kicks

Better defence

Better style and techniques

Using the back of the scorecards:

If the number of points scored in a round are equal, the judge uses the remark section on the back of the scorecard to express his opinion after each round.

When a fighter spits out his mouth-guard voluntarily, the central Referee should stop the fight immediately and count him as per a knock down.

Penalty:

Warnings will be carried through the match to all rounds

3 Infringements and disqualification

Offenses

A fighter who does not obey the Referee's orders; who violates regulations, who demonstrates unsportsman like behaviour or who commits offences, can receive a caution, warning or be disqualified by a Referee without an official warning. Only 3 official warnings can be given to a fighter in the course of the entire bout. The third warning will automatically mean DISQUALIFICATION (the procedure starts from warning, 1st official warning, 2nd official warning and 1 minus point, third official warning and consequent disqualification of the fighter).

Warnings given to the second count against the fighter.

A Referee may, without stopping the fight, give a caution to a fighter at any moment. If he wants to give a warning to a fighter, he will stop the fight and announce the offence. He will show it to the three judges, pointing with his finger to the fighter at fault.

The following actions are considered fouls:

Punching below the belt, hooking, tripping, and hitting with knees or elbows.

Butting with head, shoulders, with forearms and elbows.

Hitting with open gloves, with the inside of the gloves, with a wrist.

Hitting the opponent's back, and particularly on the nape of his neck, head and kidneys.

Attacking while holding the ropes or using them improperly

Using artificial means for a passive defence and falling down intentionally in order to avoid a blow.

Using insulting and aggressive language during a round.

Refusing to withdraw after the order "BREAK".

Trying to land a blow on the opponent, immediately after a "BREAK" order and before withdrawing.

Assailing or insulting the Referee at any time

When a warning for a particular foul has been administered, the Referee will not caution the fighter again for the same offence. An official warning will follow and a third caution for the same foul will go into a minus point. If a Referee thinks that an offence has been committed without his knowledge, he will have to consult the judges

On the floor

There is no count in MMA if the fighter takes a blow or repeated blow which results in them stumbling or falling to ground and cannot quickly regain conscious defense against oncoming opponent weather going to strike, grapple, throw or submit, the referee should declare a KO

Procedure after KO, RSC, RSC-H, Injury

If a fighter gets injured in a fight the doctor is the only person that can evaluate the circumstances.

If a fighter remains unconscious, only the Referee and the doctor in charge will be allowed to stay in the ring, unless the doctor needs extra help.

Procedure if KO, RSC, RSC-H, Injury

A fighter who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.

A fighter who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents them from continuing, they will not be allowed to take part in another competition or bout for a period of at least 4 weeks after the KO.

A fighter who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents him continuing, two times in a period of 3 months, will not be allowed to take part in another competition or bout for a period of at least 3 months after the second KO or RSC-H.

A fighter who has been knocked out due to a head-blow during the fight, or if the Referee has stopped the fight due to severe head trauma which prevents them continuing three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.

The above mentions quarantine periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can further on extend the quarantine period.

A quarantine period means that a fighter can not take part in any competition in MMA no matter what the discipline is. The quarantine periods are "minimum period" and can not be overruled even though a head scan shows no visible injuries.

The Referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or Referee has stopped the bout due to the fighters's inability to resume the fight because of head blows. The same has to be reported by the Chief Referee on duty in that ring on the fighter's WOMAA SPORT PASS. This is also the official result of the fight and it can not be overruled.

Before resuming fighting after a ban, as described in the above paragraphs, a fighter will, after a special medical examination, have to be declared fit to take part in competition by a sports doctor.

When registered a KO or RSC-H a fighter must get a CT-Scan of the head.

Procedure if injuries in general

In case of injuries besides KO or RSC-H the doctor can give a minimum of quarantine period and recommend treatment at hospital.

A doctor can require immediate treatment at a hospital

If a fighter or delegates from the fighter's nation denies doctors medical advice, the doctor reports in written form immediately to chief Referee or to a WOMAA delegate that all medical responsibility are denied and are in the hands of the fighter and his team. However the official result and a quarantine given is valid

Hand shaking

Before and after a bout, the fighter's will shake hands as sign of pure sportsmanship and friendly rivalry, according to MMA regulations. Hand shaking takes place before starting the first round and after the decision.

Use of Drugs

Any drug or chemical substance ingested by a fighter, that is not included in the fighter's normal diet, is forbidden. Any fighter or official violating this code may be disqualified or suspended.

Any fighter refusing to submit to a medical examination or doping test after a fight, in order to verify that he has not broken this rule, may be disqualified or suspended. The same will occur for an official encouraging such a refusal.

The WOMAA Int'l organisation refers to and accepts all WADA Doping Rules.

Medical aptitude

A fighter will be allowed to fight in an International competition only after having been declared fit for it by a sports doctor, recognised by the WOMAA Organisation, under whose name the competition takes place, or by the Medical Committee of the organisation during International Championships.

All fighters competing abroad will need to have a medical and weight check prior to the competition .

One-eyed, deaf, mute and epileptic fighters are not allowed in MMA. Hard contact lenses are forbidden while the fighter is in the ring.

A fighter will not be allowed to take part in a bout if he has a bandage on a wound, a cut, an injury, an ulceration, a laceration or blood flowing on the head or face, nose and ears included.

Doctors Aide

A qualified doctor must be present throughout the competition and must not leave his place before the end of the last bout or before seeing the fighter's who have taken part in it. In a tournament there must be ambulance personnel on site.

Age limit of the MMA Fighter

Fighter's younger than 18 and older than 45 will not be allowed to take part in International Championships. For the women the allowable ages are from 16 to 45 also.

RULES : Submission Grappling

WOMAA Draft Submission Grappling rules (NO striking, no Gi)

NOTE: THE SAME RULES APPLY AS FOR MMA BUT OBVIOUSLY ALL STRIKING AND KICKING IS OMITTED

Compulsory Clothing

MMA type shorts (long or short) or thai style, Rash Vest, groin Guard (ladies optional), chest guard for ladies, Gumshield.

Optional but recommended: Ear protectors

STRICTLY NO T SHIRTS OR BOARD SHORTS WITH ZIPS / POCKETS

Rounds – 2X3 mins Same for the finals in Submission Grappling with 1 minute break in between

Legal techniques:

Take downs single and double legs

Any recognised Judo/Wrestling/Grappling etc THROW that doesn't count as a slam

Clinching and standing grappling without striking

Foot hooking and leg sweeps

Floor techniques submissions to any limb

Illegal techniques:

No strikes

No holding of ropes or cage

No head butts or gauging

No small joint manipulation

No entry to any orifice of opponent

No slams

No pickups and slams

No heel hooks

No spiking

No neck cranks

A. TAKEDOWNS:

Points are awarded when the competitor offensively forces his/her opponent to the mat from the standing

position. Points are awarded as follows:

1. Two Points: for a half throw or sweep that causes 1 foot of opponent to leave mat
2. Three Points: for a full throw or sweep that takes both opponents feet from the mat.
3. One Point: for Takedowns or counter takedowns, Jumping up and wrapping legs around opponent to bring opponent to your guard is not considered as an offensive take-down, no points will be awarded in this case)

B. KNEES ON THE STOMACH: (1 Point)

Points are awarded when the competitor has one knee across his/her opponent's stomach, keeping the other knee up with foot on the floor, maintaining and keeping control of opponent for 5 seconds.

C. REVERSALS: (2 Point)

Also called a sweep, flip, etc. Points are awarded when the competitor sweeps or flips his opponent, using his legs reversing his own position from bottom to top (while opponent is in the guard)

D. PASSING THE GUARD (2 Points)

When the opponent is on his/her back, controlling the competitor with his/her legs around or in between the waist (guard) position, the competitor presses the legs to attain the cross side position, maintaining complete control on top.

E. TOP MOUNT POSITION (3 Points) Points are awarded when the competitor is on top of his opponent, straddling him with both knees and feet on the mat, maintaining control of his opponent. – 5 sec hold

F. REAR MOUNT POSITION (3 Points)

Points are awarded when the competitor has control of his/her opponent from behind, with hooks in (heels between opponent's legs) – 5 sec hold

G. Side /Cross body mount (2 points) points will be awarded for holding side side /cross body mount for a minimum of 5 sec

FIGHTERS

Fighters and coaches must conduct themselves in a proper and correct manner at all times. Corner men/coaches limited to 2 per corner and must stay in their designated chairs/areas/ during rounds, between rounds they may enter ring or cage.

Fighters and coaches must obey referees commands at all times; they must ensure their fighter is ready when called, with all necessary equipment.

Fighters must not have grease/Vaseline to any area other than face i.e. over eyes, cheek bones and jaw.

No grease or Vaseline to ears front and back or neck or any other part of the body.

Fighters must not compete with any injuries/cuts or strains.

Fighters must not compete with any skin infection that can be transmitted to an opponent.

Coaches must have correct corner kit, providing refreshment/water/spray bottle between rounds.

Fighters must accept all judges/referees decisions without verbal complaint. They must follow correct WOMAA procedure in appealing against any decision and it will be dealt with accordingly.

REFEREES

A referee must be qualified and have attended the appropriate WOMAA course and be fully conversant in the rules, they must be a person of strong character who is not easily swayed by an audience or coaches/fighters. Their first and foremost job is fighter's safety and they must have control of the fight at all times.

When a fighter enters the ring the referee must do an equipment check, paying special attention to finger/toe nails and hand wraps. Check for Vaseline and sharp objects on shorts etc zips/buttons/pockets

Speak to the corner crew instruct them to behave and stay in their seats during rounds. Get fighters to centre and brief them on the rules and that they must obey your commands at all times.

If a fighter is cut or suffers any bleeding stop the fight and have the medic stem the flow or stop the fight as he/she the medic sees fit, meanwhile the opponent must be in a neutral area facing the referee, receiving no refreshment or coaching

We cannot have fighters rolling round in blood, if the bleeding cannot be stopped the fight must be stopped, the win will go to the other fighter as long as the cut was caused by a legal technique. In the event of a tap out the fight will be stopped if a fighter is in a compromised position and refuses to tap the referee must make the decision to stop serious harm do not hesitate if it's on its on. In the event of a KO the fight will stop straight away.

If the fight has come to a stale mate the referee can call break and restart the fighters from standing.

