



**WMAF EUROPEAN CHAMPIONSHIPS
LIVORNO - ITALY
7th - 10th JUNE 2013**

TO ALL WMAF MEMBERS

THEIR ADDRESS

Livorno, 8th March 2013

OFFICIAL INVITATION

Dear WMAF Friends,

It's a great pleasure for our federation to officially invite you and your National team to attend the 1st edition of our upcoming **EUROPEAN CHAMPIONSHIPS** which will take place in the city of **Livorno (Italy) from 7th to 10th june 2013.**

Knowing the reality of polyvalent affiliated national federations, we thought this event can be of interest to all WAKO partners as well, to whom we have decided to send this invitation.

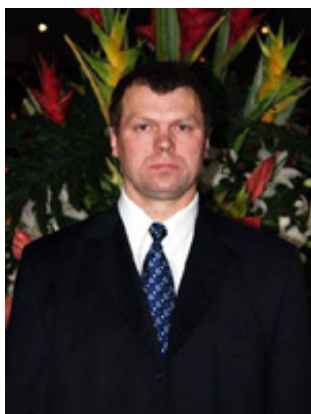
The WMAF European Championships will be held in a pleasant seaside town, Livorno, located in Tuscany region (central part of Italy) at the beginning of June, offering its guests the possibility to enjoy a warm climate and interesting possibilities at that time for a visit.

Starting from the city of Pisa with its famous Leaning Tower, which is located just 20 km far away. And Florence, the arts' city, just a little more than an hour by train.

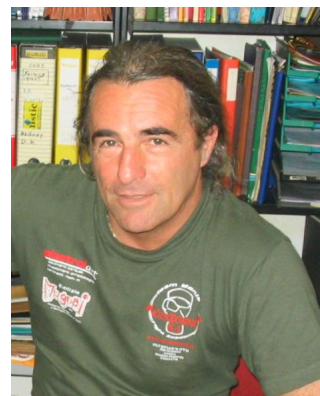
Moreover, Livorno will host the **General Assembly** meeting of WMAF leaders which is an opportunity you should not miss.

Do your best to be there and be part of a new international project made by people who can grant you a long experience in the martial arts world!

Looking forward to seeing you there and remaining at your disposal for any further information, best regards



ANDREY CHISTOV
WMAF World President



PATRIZIO RIZZOLI
WMAF Europe President



WMAF EUROPEAN CHAMPIONSHIPS
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7th - 10th JUNE 2013

EUROPEAN CHAMPIONSHIPS

PRELIMINARY PROGRAM

Date: 7th - 10th June 2013

Venue: PALAMACCHIA. Via s. Allende

June 7th Friday

09.00 - 15.00 Arrival of delegations
10.00 - 17.00 Registration, weigh in, medical control
17.00 - 19.00 Meeting of national WMAF representatives
20.00 - 21.00 Dinner
21.30 Meeting of team leaders, coaches, officials

June 8th Saturday

7.30 - 8.00 Breakfast
9.00 - 13.00 Qualifications
16.00 - 17.00 Opening Ceremony
17.30 - 19.00 Qualifications
20.00 Dinner
21.30 MMA GALA: RdC XVII some finals

June 9th Sunday

7.30 - 8.00 Breakfast
9.00 - 13.00 Finals
14.00 - 19.00 Finals, awarding ceremony
20.00 Sayonara party for all participants

June 10th Monday

7.30 - 8.00 Breakfast
9.00 - 12.00 Departure of all delegations

Please take note that the program as described above can be changed according to the Organizing Committee's necessities.



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About Livorno...



Livorno is one of the most important commercial ports of the entire [Mediterranean](#) area and it is an international tourist place. Historically multiethnic and multicultural city offers its guests cultural and leisure and opportunities such as hiking trails. Its location, in Tuscany, in the heart of Italy, allows in a few hours to reach famous cities such as Florence, Rome and Milan. 40 km far from Viareggio, the carnival town, 20 km away from Pisa, the city of the Leaning Tower. June is one of the best period to enjoy a nice holiday on the coast, if interested you can get information and prices more than affordable contracted by the organizing committee.





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How to get to Livorno

The nearest International Airport is PISA airport, only 20 km of distance from Livorno.

You can arrive to Livorno also from ROME (300 km) or MILAN (300 km) or BOLOGNA (180 km) international airports. All these airports are connected to Livorno by train.



Sport Hall

Address: "Palamacchia" via S. Allende

The sports hall is located only 5 minutes from the promenade that is definitely worth a walk, maybe with a lunch of fish or "caciucco", a typical dish from Livorno.

Shuttle Bus

It will be provided from Pisa Airport to Hotel and back

All people wishing to travel by plane to Pisa **MUST CONTACT** Mr. Patrizio Rizzoli – mma2005@libero.it - Tel. +39 0586 80 62 08, +39 347 330 02 04, to inform the organizing committee about the exact number of people and their flight schedule (date and time of arrival to Pisa and departure, flight number and all other necessary details to organize the transfer).





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ACCOMMODATION



The "INTERNATIONAL HOTEL REX", www.hotelrex.it will be the head quarters of national teams during the European Championships.

It is placed directly in front of the sea and his restaurant is renowned for the quality of food offered.

All participants will stay at **REX HOTEL** during their stay in Livorno.

Double room: 166,00 Euro (or 217,00 \$)

Single room: 234,00 Euro (or 306,00 \$)

The price includes:

- Breakfast
- Dinner
- Transfer from Pisa airport to Hotel and back to the airport
- Transfer from hotel to the sports hall and back.
- Sayonara Party

From Friday dinner to Monday breakfast!

For booking the hotel please contact:

Mrs. Franceschi Patrizia – mm2005@libero.it

Tel. +39 0586 80 62 08 - +39 347 177 28 99

ATTENTION

Please book your bus and hotel reservations

NOT LATER THAN MAY 24th 2013!



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DISCIPLINES AND WEIGHT DIVISIONS

MEN (18 - 40 years old)

WOMEN (18 - 40 years old)

Age of participants: not younger than 18 years old

MMA Light (Kick Jitsu)

Men: kg -56, -60, -65, -71, -78, -86, -95, +95

Women: kg -50, -55, -61, -68, +68

MMA Full (Shoot Boxe)

Men: kg -56, -60, -65, -71, -78, -86, -95, +95

Women: kg -50, -55, -61, -68, +68

MMA Elite

Men: kg -56, -60, -65, -71, -78, -86, -95, +95

Women: kg -50, -55, -61, -68, +68

Junior categories

MMA Full (Shoot Boxe)

JUNIOR A (16-17 years old): kg -53, -56, -60, -65, -71, -78, -86, +86

JUNIOR A/Female (16-17 years old): kg -46, -, -50, -55, -61, -68, +68

MMA Light (Kick Jitsu Safe)

JUNIOR A (16-17 years old): kg -53, -56, -60, -65, -71, -78, -86, +86

JUNIOR A/Female (16-17 years old): kg -46, -, -50, -55, -61, -68, +68

JUNIOR B Male and female (13-14-15 years old): kg -42, -47, -52, -57, -63, -69, -75, +75

JUNIOR C Male and female (10-11-12 years old): kg -28, -32, -37, -42, -47, -52, +52

ATTENTION:

- In case a Junior was alone in category will be inserted in the correspondent senior category
- **JUNIOR C Male and female (10-11-12 years old) MUST wear HEADGUARD WITH FACE**

QUALIFICATIONS and FINALS MMA Light (Kick Jitsu Safe)

JUNIOR C Male and female (10-11-12 years old): 2 rounds x 1 min. and 30 sec.

JUNIOR B Male and female (13-14-15 years old): 2 rounds x 2 min.



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ENTRY FEE: 50,00 Euro (per competitor and per each category)

It is possible to register no more than 2 competitors in each weight category.
The entry fee will have to be paid ONLY by cash on spot at the moment of the accreditation.

The whole European Championships in Livorno will be under **WMAF rules and regulations** as follows:

MMA Full (Shoot Boxe)

SHOOT BOXE is a discipline which allows the highest expression of martial art in a sporting fight where k.o. is admitted.

1) COMPETITION AREA

Matches of Shoot boxe are held on a ring like those used in kick boxing, preferably with four ropes, out of which there are the jury board and the three chairs of the side judges. The floor must be "tatami" and in any case properly padded.

2) UNIFORMS AND EQUIPMENT

Shoot boxe athletes must wear short, groin guard, shin guards **with instep** without hards part, open-gloves, mouth guard, handwraps **(optional)** blocked by a single tape turn. Women must wear a chest protector. The fighting safety equipment must be of an omologated type and will be inspected by the competition jury.

3) DURATION OF MATCH

Eliminatory and finals fight in a tournament 3 x 3'

4) LEGAL TARGETS

It is allowed to hit the whole body with the exception of the back, the nape, the throat and the genitals, with punches, hand edge techniques, kicks, shin techniques, knee techniques.

5) PROJECTIONS

It is allowed to seize, hold and project the antagonist in every way, left over the fact that only a technically valid projection makes score . Besides it is allowed to hit while seizing or being seized. It is not allowed to hurl the antagonist beyond the ropes. **It is forbidden to project the 'opponent causing him to fall on the neck or on your knees.**

6) IMMOBILIZATIONS

It's allowed to block the antagonist on the floor in every manner left over the fact that only the athlete who is above will obtain points. It is allowed to do locks and chokes both to keep up the immobilization and to obtain the surrender. In case of surrender the match ends with the win due to abandonment. In the instance, instead, in which the central referee stops the match because he thinks there is a dangerous situation, a count is made. Referee stops fight after 5" clinch situation on ground.



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7) COMPETITION' S JUDGEMENT

At the end of each round the side judges give 10 points to the best fighter and 9 points to the other (8 if there has been a remarkable gap). Then they subtract the points owing to penalties and counts, marking the total score on the round's column. At the end of the match the result will be given by the sum of the points obtained in each round. In case of an elimination tournament, if the match is level, the lateral judge must give the preference point.

The winner is declared by a majority of verdicts and the referees' judgement is incontrovertible.

It is allowed to file a petition, which must be produced in writing immediately after the match to the chairman, followed by the pertinent fee.

8) CENTRAL REFEREE

He is the first to enter the ring, supervises the bout, starts the fighting with the word " fight ", stops it with the word " stop " or parts the two fighters from a prolonged clinch with the word " break ", at the utterance of which, after a step backward, the fight automatically begins again. He signals the projection with his uplifted arm, and the immobilization with his horizontally stretched arm, while counting aloud, near enough to the fighters as to be clearly heard, until 5 seconds, before stopping the match and attributing the immobilization. Such points need not to be marked on the score sheets, but serve for pointing out the action for the global judgement. If the referee recognizes a dangerous situation he can interrupt the count and in this case he orders the immobilization without delay. If at the end of the count of 5 seconds, after the attribution of the point, the athlete is not able to start again to fight at once, the referee continues to count until 10 as in an usual knock - down. The same thing happens after a projection, starting this time the count from 1. The central referee can at any time count the athlete supposed in trouble, or proclaim the defeat for evident superiority. In case of injury he must consult the doctor. He can ask the interruption of time to the jury board, stops the match if, after a projection, an immobilization does not immediately follow or, if there is an overthrowing while the count is already began. He stops the count of an immobilization if he thinks the athlete is in danger.

9) SIDE JUDGE

He values the technique, the concatenations, the number of blows hitting the target, efficacy, the projections and the immobilizations. He can give penalty points, he can ask a consultation with the central referee. He fills in every part of the score sheet.

10) THE JURY

It is formed by a timer keeper who stops the time only at the central referee' s request and signals the "seconds out" 10 seconds before the beginning of the round; a speaker; the chairman who is the only responsible for the entire competition; the sport doctor whose duty is to decide if an hurt athlete can continue to fight or not. His decision is incontrovertible.

11) SCORE MACHINE

For the attribution of the round you must base yourselves on the following score machine:

- punch 1 point
- low kick 1 point
- middle kick 2 points



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high kick (hitting the head) 3 points
great efficacy of the technique add one point

Takedown non-technical or fall = one point

Technical takedown = two points

Technical takedown with leaving the ground with both legs = three points

any immobilization = one point

side immobilization = two points

"Mounting and back mounting " = three points"

knee to the body 1 point

Knee to the head 2 points

count one point less on the label

penalty " " " " " " " "

13) WEIGHT CATEGORIES

Men: kg. – 56 – 60 – 65 – 71 – 78 – 86 – 95 - Over

Women: kg. – 50 – 55 – 61 - 68 - Over

The minimum age is 18 (16 with the written permission of parents)

The agonistic health certificate delivered by a sports medicine center (datum sport: full contact or boxe) is mandatory and must be produced on the spot of the competition together with the personal booklet with a photograph.

MMA Light (Kick Jitsu)

KICK JITSU is a sporting discipline studied to apply the fight both at the distance with percussion blows, punches and kicks, and in clinch and man-to-man fighting on the floor with wrestling techniques, projections and immobilization.

1) COMPETITION AREA

Matches of kick jitsu are held on a square surface of small mattresses measuring 6 x 6 metres plus a border possibly of a different color and in any case outlined, measuring 1 metre, for a total of 8 x 8 metres; as an exception, at the chairman's discretion, a ring like those used for kick boxing and boxe might be employed.

2) UNIFORM AND EQUIPMENT

Kick jitsu athletes must wear shorts and T.Shirt, groin guards, shin guards with instep without hard parts , open-hand gloves which cover the thumb, head protector and mouthguard. For women chest protector is mandatory. Is forbidden to wear bracelets, necklaces, earrings and rings and any other article likely to cause injury during the fight. The fighting safety equipment must be of an homologated type and will be inspected by the competition jury.

3) DURATION OF THE MATCHES



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Kick Jitsu matches will last, but for different decision of the chairman, two rounds of two minutes each, with a pause of one minute; as regards the eliminatory fights, as for the finals three rounds.

4) LEGAL TARGETS

In kick jitsu is allowed to hit with control all the parts of the body except genitals, throat and eyes, with punches hand edge techniques, **knee (only to the body)** and kicks. All techniques passing beyond the target will be considered " without control ". The kicks must be effectuated knee up.

5) PROJECTIONS

Kick jitsu is allowed to seize and project the antagonist in every way, left over the fact that only a technically valid projection makes score. **It is forbidden to project the 'opponent causing him to fall on the neck or on your knees.**It is allowed to do levers and stranglings. Leve or strangling end the round. The projections begunned in the inner area of square are valid event if they end out of it.

6) IMMOBILIZATION

In kick jitsu is allowed to block the antagonist on the floor in every manner, left over the fact that only the immobilization which puts the antagonist clearly under neath makes score. The immobilization must last 10 seconds; the fighter who gets up on his four limbs is no more immobilized. If the immobilized athlete goes completely out of the fighting's inner area the counting must stopped.

7) COMPETITION'S JUDGEMENT

At the end of each round the side judge (3) give the score on a special score-sheet, of 10 points to the best athlete and of 9 points to the other; 8 if there has been a remarkable gap, without considering projections and immobilizations. Then, they subtract the points owing to faults, projections and immobilizations, marking the total score in the special square. At the end of the match, each judge sums up the given points; if the two athletes are level, in case of elimination tournament, the judge must give the preference.

8) CENTRAL REFEREE

He supervises the bout, is the first to enter the "tatami", begs the lateral judges to inspect the protections, order the salute, starts the fighting with the world " fight " or " hajime ". He stops the match with the world " stop " every time he thinks it convenient; he can rebuke, award penalties end disqualify the athletes. He signals the probable projections with his uplifted arm an the world " nage ". He signals the immobilization with his horizontally stretched arm while counting aloud until 10 seconds, near enough to the fighters as to be clearly head; he then says " stop ", begs the athletes to stand up and gives the " osaekomi": the central referee can stop his count before 10 if he thinks there is dangerous situation. In such case, if the danger was not voluntary, he nevertheless award the immobilization. He asks the interruption of time to the jury board; he signals the exits, he parts the fighters while seizing without attempting a projection at once, stops the fighters that protract the fight without attempting projections and makes them start again, standing in seizing position. He stops the fighting if, after beginning a count for immobilization, there is an overthrowing and in any



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case if after the projection an immobilization does not promptly follow. He awards the win at the end of the match.

9) SIDE JUDGE

He values the technique, the control, the combination, the athlete's endurance to award the score. He decides if the immobilization and projections indicated by the central referee are valid or not; he can give penalty points and he can ask a consultation with the central referee. He inspect the fighting safety equipment by invitation of the central referee and fills every part of the score sheet.

10) THE JURY

It is formed by a time keeper who stops the time only at the central referee's request; a score-keeper who notes down the exits, a speaker, a chairman who reads the score sheets before the verdict. The chairman can be employed at many boards with a controlling office and he is responsible for the entire competition. A member of the jury can act as speaker in the absence of a proper person. The chairman can take decisions not in keeping with the usual rules, due supply necessities. He will justify them in the minutes of the competition, together with the results, the hours, the observations of the responsible for arbitrage.

11) ILLEGAL TECHNIQUES AND ACTIONS

In kick jitsu is not allowed: to give blows without control, to speak during the match, to lose time avoiding the fight, to hit with the head, the shoulders and elbows, to hit without looking at the target, to turn one's back to the antagonist unless it is justified by a clear technique, to have an unsportsman like conduct towards the antagonist, the referee and the judges. The coach must not shout, he must not address the antagonist or the chairman.

12) THE DOCTOR

He must be present throughout the whole manifestation and he must stay near the fighting square. In case of accident he only, can decide if the hurt athlete can continue to fight. The athlete who abandons the match because of a doctor's decision cannot, in any case participate in their following stages of the competition.

13) SCORE MACHINE

high kick (hitting the head) 3 points

Takedown non-technical or fall = one point

Technical takedown = two points

Technical takedown with leaving the ground with both legs = three points

any immobilization = one point

side immobilization = two points

"Mounting and back mounting " = three points"

knee to the body 1 point

penalty pts. 1



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14) WEIGHT CATEGORIES

Men: kg. -56 -60 -65 -71 -78 -86 -95 - Over

Women: kg. 50 - 55 - 61 - 68 - Over

The agonistic health certificate delivered by a sports medicine center (datum sport : judo and kick boxing semi contact or karate) is mandatory the responsible for this certificate is the technical manager of the athlete' s own club.

MMA Elite

The MMA is a discipline that allows the maximum expression of martial arts combat in which the K.O. is permitted.

1) COMPETITION AREA

MMA matches are held inside an octagonal cage 8 meters in diameter or, in alternative, in a ring conforming to those used in kickboxing, preferably with four ropes, outside of which are the jury table and the three seats for the judges. The surface must be a tatami mat and adequately padded.

2) CLOTHING

MMA competitors must wear shorts that are tight-fitting, Bermuda or somewhat loose-fitting as those use in kickboxing. In the latter case, tight-fitting shorts must be worn underneath. Under motivated exceptional circumstances, leggings and/or rashguards may be worn. Protective gear consists of cups, open-hand gloves, mouthpieces, hand bandages (optional) fastened by a single rotation of adhesive tape. In addition, for women a T-shirt and breast guard. Safety gear must be of approved types and checked by the jury. The mouthpiece must be anchored and fighting with an open mouth is prohibited.

3) DURATION OF MATCHES

Class A: two 5-minute rounds with 2 minute of break-time. In case of tielt is possible 2 minute extra round.

4) LEGAL TARGETS – ALLOWED TECHNIQUES

With punches (closed hand), knees and kicks (foot and tibia) the fighter may strike the entire body with the exception of the spine, top and back of the head, throat and genitals. With only one or both combatants on the mat, the same blows are allowed, but only punches may be landed to the head.

5) TAKEDOWNS

The combatant is allowed to grab, hold and throw the opponent in any manner as long as points are awarded only based on valid technique. It is forbidden to project the 'opponent



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causing him to fall on the neck or on your knees. Holding on to the ropes or using the cage for support are also not allowed.

6) IMMOBILIZATION

A combatant is permitted to pin his/her opponent to the mat provided that points are awarded to the fighter who winds up in a position of advantage and he/she maintains it for at least 5 seconds. Positions of advantage are defined as all those positions above the opponent, except the back "montada" which is nonetheless considered a position of advantage.

7) TERMINATION

Match termination is allowed due to suffocation, strangulation, pressure holds and arm, leg or foot (but not the fingers) locks. It is forbidden to put hands on the opponent's face (mouth, nose, eyes).

The referee can interrupt a termination situation in progress if he believes it to be dangerous for the fighter who is suffering it, awarding victory to the other. If one of the fighters loses a mouthpiece during combat on the mat, the referee will order the combatants to hold their positions, allow the mouthpiece to be re-inserted, and then let the match resume.

8) MATCH JUDGING

At the end of each round the judges award ten points to the fighter that has prevailed (the 10-point must system), and 9 points (or 8 if the margin was significant) to the other. Then they subtract any penalty points and write the total in the column of rounds. At the end of the match the result is determined by summing the points obtained during the various rounds. If the match is part of a tournament and ends in a draw, even after the extra round, the judges will indicate a point of preference. The winner is the one receiving the majority of preference votes and the decision of the judges is final. An official written protest can be presented immediately after the match to the chief referee, accompanied by the relative fee.

9) THE REFEREE

The referee is the first to enter the ring, he conducts the match, he orders the start of fighting with the word "combat" or "fight", and halts it with the word "stop". He separates the combatants from a prolonged standing clinch or he has them stand up after a prolonged clinch on the mat. He stops combat for K.O. after three punches landed on the mat by the fighter on top to a defenseless opponent, when the punches are full strength and to the face. At any moment the referee can stop a fighter he believes to be in serious difficulty or pronounce defeat due to an opponent's manifest superiority. For injuries he must call in the ringside doctor. He can ask for the clock to be stopped (like a time out).

10) JUDGES

The judges evaluate technique, attack sequences, the number of landed blows, efficiency, the takedowns and immobilizations. They can give penalty points and consult with the referee. They must fill out the points card in its entirety.



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11) THE JURY

The jury consists of the time keeper (who stops the clock only when so ordered by the referee and signals "seconds out" 10 seconds before the start of each round), the speaker, the chief referee (who is the ultimate authority for the entire competition) and the ringside doctor who makes the final decision (it cannot be appealed) on whether to continue the match or not when a fighter is injured.

12) POINTS (SCORE MACHINE)

The scoring, on which the outcome of rounds is determined, is as follows:

Any blow landed to a legal target: 1 point

Great efficiency of technique: + 1 point

Takedowns: from 1 to 3 points depending on if it is a simple takedown (even a slip) or a high or low takedown.

Immobilization: from 1 to 3 points depending on if it is an ordinary immobilization, a lateral immobilization or an anterior or posterior "montada".

A reversal: 1 point

Penalty: minus one point on the card.

13) WEIGHT CATEGORIES

Men: kg -56 -60 -65 -71 -78 -86 -95 - Over

Women: kg -50 -55 -61 -68 - Over

Minimum age: 18 years old

Competition doctor's certificate issued by a sports medicine center (with full contact reference) to be presented at the moment of the match, together with personal booklet with photograph.

14) LEAVING THE FIGHTING AREA (when a ring is in use)

If one or both fighters leave the fighting area so that the referee is forced to stop the match, the following solutions are possible:

- One of the two fighters was in a position to the side of his opponent or a completed "montada". In this case, the fight resumes in the center of the ring in a side or "montada" position. In both cases the one on top places his/her hands on the mat externally from the body and the one below holds the waist of the opponent.
- Neither of the two had established a completed lateral or "montada" position. In this case combat is resumed in the standing position.
- One of the two combatants had a termination hold in progress. A penalty point (-1 on the card) is given to the fighter suffering the termination hold and they resume fighting in the standing position.

15) INJURIES



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When an injury is caused by a foul (illegal technique) the injured fighter has 3 minutes to recover and to decide whether or not he/she wishes to continue the match, if allowed to do so by the ringside doctor.

If the match is stopped because of an involuntary injury, the match is considered "no contest" if the first round has not been completed. If at least the first round has been completed the cards of completed rounds will determine the winner.

16) CLINCHES

A clinch is a stalling situation, both standing and on the mat, during which, for about 5 seconds, neither of the combatants takes action which could turn the match to his/her advantage.

17) ILLEGAL ACTIONS

The following are not permitted:

- Grabbing the shorts or gloves of the opponent
- Grabbing the cage (or the ropes)
- Scraping the skin
- Biting
- Head-butting
- Pushing with the head the frontal parts of the face (eyes, nose, mouth)
- Using ointments, oils and creams on eyebrows, cheekbones and nose other than those permitted by the chief referee