

MARTIAL ARTS COMPETITION TOURS OF AMERICA

OFFICIAL NASKA RULES FOR MAC TOUR USA

Standard of Excellence

It all begins with YOU! At the Martial Arts Competition Tour of America (MAC TOUR USA) one of our primary goals is to provide our Competitors a safe, fair and fun environment. Our events are a place where everyone can experience the same positive principles that the Athletes are learning in their Martial Arts training center. In order for us to maintain excellence in safety, ethics and fun for all Competitors, spectators and officials we expect everyone will do their part to reflect these Martial Art's Principles. At MAC TOUR USA there is zero tolerance for unsafe and un-sportsmanlike behavior, whether by word or action. Acts of vulgarity, profanity, violence or Outburst of anger by anyone will be NOT be tolerated.

One of the basics concepts that MAC TOUR USA was founded on, is that it's the professional Martial Artists who need to be the role models. We need to always be portraying that it all begins with showing respect to each other and everyone present even when we don't agree. We, unlike many circuits, believe our Coaches are a valuable part of the team. The relationship between the Referees and the Coaches and how that relationship plays out in the ring, is the perfect opportunity to demonstrate how to show respect and Courtesy to others. Good coaches and referees, together, play important roles in assuring fairness and balance at our events. The best way can assure a positive experience is for everyone to follow the rules in a respectful and courteous manor.

VIOLATIONS: Violations of the rules or the Standard of Excellence, may result in disciplinary action based on the sole and absolute discretion of the the Tournament Officials. Disciplinary action may affect the person who is behaving poorly and/or the competitor they represent. For safety reasons, no one may enter a ring, except for medical emergencies or by invitation of the Sr. Referee in charge of the ring. Only Event Officials (Scorekeepers, Referees, Coaches and other volunteers) are permitted in the competition area. When on the floor everyone must have all cell phones on silent or vibrate mode. Officials may not talk or text while officiating in a ring. No ipods or similar electronic devises are allowed in the competition area (except for competitors in extreme divisions who are preparing for competition.)

Thank You for being part of MAC TOUR USA!

WHY WE JOINED THE SOUTH FLORIDA NASKA TOUR:

This year all of our tournaments are sanctioned by the North American Sport Karate Association (NASKA.) NASKA is the largest organization of Martial Arts Tournament in the World. In our ongoing quest to bring the best in competition MAC TOUR USA, has joined together with other groups like us to form the South Florida NASKA Tour. This organization is dedicated to improving the quality, professionalism and value of Martial Arts competition in South Florida.

In the spirit of unity and cooperation, along with the other members of the SF NASKA TOUR, we have adopted the NASKA rules for all of our Tournaments. We now have 11 events right here in South Florida and all of the rest of NASKA that operates under the same rules. This makes it easier for the competitor, school owners and tournament officials to do their parts in making our tournaments the best anywhere! We have included a comprehensive summary of the NASKA rules below. Most of the changes are in vocabulary, as to what the division names are and such, though there are some changes from last year's MAC TOUR USA rules. A few examples are in the forms and weapons there are different divisions than last year. We will be automatically moving competitors into the correct divisions until we get the software completely up to date. So please check you divisions as they may have changed since registration. Please study the NASKA rules, learn them and enjoy the 2011 MAC TOUR USA Tour!

Section A: Information & General Guidelines:

MAC TOUR USA uses the most advanced event management technology. Our computerized event management system assures our competitors of fairness in the competition line up, helps eliminate scoring errors, and so much more. After the event is completed, it also helps us post the ranking results quickly and accurately.

MEMBERSHIP: This year a competitor who desires to receive ranking points toward championships need to get a membership in one of two ways.

- a. Become a member of the South Florida NASKA Tour. Your membership will also include memberships in MAC TOUR USA, FOUR SEASON'S TOUR and NASKA and you will be eligible to receive point rankings toward championships in all four organizations.
- b. Become a member of MAC TOUR USA. You will be eligible for point rankings towards the MAC TOUR USA Championships.

SCHEDULE OF EVENTS: The schedule of events is a schedule to inform the competitor the latest time in which they need to report to their ring. Registration closes 15 minutes before the "Report Time," which is the time listed on the Schedule. The division will NOT start prior to the report time. It will be gin when all is ready (usually within a half an hour of the report time.) Every effort is made to follow the schedule of events. But, sometimes divisions must be moved to different rings in order to help keep the competition on schedule and flowing for everyone's convenience. Competitors are expected to report to and stay in their rings during the division's competition period including the line up through the presentation of awards. We allow registration in multiple disciplines but we cannot hold divisions for an athlete that may be competing in another division when the schedule calls for a division to start. Once a division is closed the Scorekeepers cannot add competitors to that division. We will make very effort to direct the Athlete to a different division.

TYPICAL TOURNAMENT has eight (8) properly outfitted rings. There shall be a minimum of 6 properly outfitted rings at all events and additional rings may be added depending on number of competitors expected. All rings must be a minimum of 16ft x 16ft. Ring boundaries only apply to sparring divisions and

forms divisions may within reason exceed the marked boundaries of a ring. There shall also be a minimum three (3) ft. between rings. See Event schedule for set up though exceptions can be made if necessary.

A6: In its sole and absolute discretion, MAC TOUR USA reserves the right to eject, bar, prohibit or deny entry to any person at any time at any MAC TOUR USA Tournament, activity or event on a temporary or permanent basis with or without cause being assigned.

ADDITIONAL DIVISIONS: MAC TOUR USA has additional divisions NOT included in NASKA at this time. They are:

Lil Warriors - Forms and weapons demonstration division only, no member points awarded, Beginner /Intermediate/ Advanced combined, everyone receives the same award)

First Timers - First time competing at any Tournament (Beginner/ Intermediate/Advanced Combined)

DIVISION SIZE: Except for Little Warriors division a single division may not exceed 25 competitors. In the event of 26 or more competitors in a single division the division will be split into two divisions based on height. If divisions are split any membership points shall be awarded in both divisions.



WORLDS BEST CIRCUIT - WORLDS BEST TOURNAMENTS
- WORLDS BEST ATHLETICS

2011 NASKA Rules Changes and Additions form 2010 Rules:

1. NASKA Official Certificate Program: NASKA is developing a New Officials Certification Program for 2011. Officials will be trained, tested, reviewed and certified in certain areas and/or all areas of competitions. South Florida NASKA has led the way of certifying tournament officials. SF NASKA Tour has more certified official than any other Circuit or Tour. But, please note this program cannot be completed and implemented overnight. Some of our officials though qualified by individual Tours or circuits has yet to complete their SF NASKA Tour certification. It is not as simple as changing a rule. It is an ongoing process that will organize, train, test, certify and review officials continuously throughout this year and raise the standard of officiating for years to come.

1. Seeding Changes: Below

- a) **Form and Weapons:** Top Seeds (Max 4) will be shuffled and then randomly selected to see what order they will go in after the non-seeded competitors. Example: The number one seed does not automatically go last unless he/she is selected last in the random selection process. It is required that the center official supervise the random selection process of the seeds.
- b) **Fighting:** The Top Seeds (Max 4) will be seeded in the first round of competition with all competitors. The Seeds (Max 4) will be seeded away from each other in the brackets with the number one and four seeds in the top bracket and the number 2 and 3 seed in the bottom bracket. If Byes are needed, the Seeds will receive the byes in order of their seeded position. No longer are fighting seeds automatically seeded into the quarter finals unless there are eight or less competitors in the division or if by receiving a bye they move into the quarter or semi final brackets. Seeds can refuse byes but still must be bracketed away from other seeds.

2. Ratings, Tournament Point Values, Updated Ratings Schedule and "Best of Scores": Below

- a) **Tournament Ratings:** World Tournament Ratings have been changed to 6-A, 5-A & 4-A. The 3-A tournaments rating has moved to the National Level and Local Level ratings. Please see the attached "World 2011 NASKA Calendar" to see tournament rating changes.
- b) **New Tournament Point Chart:** Please note the tournament point changes

World Points	100%	75%	50%	25%	10%	
Ratings	1st	2nd	3rd	4th	5th-8th	Grand
6-A	1500	1125	750	375	150	1500
5-A	1100	825	550	275	110	1100
4-A	900	675	450	225	90	900

National Points						
3-A	500	375	250	125	75	500
2-A	400	300	200	100	60	400

1-A	300	225	150	75	45	300
State	200	150	100	50	30	200

- c) **Updated Ratings Schedule and "Best of Scores" allowed:** A new updated ratings will **not** come out at every world tournament as in the past. At those tournaments that do not have updated ratings, the previous undated ratings will be used for seeding (see schedule of updated ratings below). **"Best of Scores":** In 2010 a competitor could only use their **"Best of 9 Scores"** to determine their final point total. Once a competitor entered 10 tournaments, the computer program would automatically drop their lowest score in each division where a competitor had ten scores; therefore only counting the best nine scores in each division. In 2011 you will be able to use you **"Best of 10 Scores"** but the **"Best of #"** will be broken into 5 sections as shown in the chart below. Example: If you go to the first three tournaments, you will only be able to use your **"Best 2 of 3"** scores in each division for the first updated ratings. You do not necessarily lose the tournament scores that were dropped. The dropped scores could count toward your total points later according to how many tournaments you competed in before the next updated ratings come out (see chart below). Example: Using the example above, if you entered only one more tournament before the 2nd updated ratings come out at the Quebec Open, all four of your scores would count. The previously dropped scores in the first ratings would now count because the updated ratings are now using your **"Best 4 of 5"** scores.

2011 UPDATED RATINGS SCHEDULE, AND "BEST OF SCORES"

	Dates	Tournaments and Ratings	Updated Ratings Schedule	Best of Scores
5A	January 27-28-29	AKA Grand Nationals	2010 Ratings	
4A	February 11-12	LoneStar Open	2010 Ratings	
6A	February 25-26-27	Compete Nationals	2010 Ratings	
5A	March 25-26	AmeriKick Internationals	1st Ratings	Best 2 of 3
5A	April 8-9-10	Ocean State Grand Nationals	Same Ratings	
5A	April 29-30	Quebec Open	2nd Ratings	Best 4 of 5
5A	May 13-14	Gator Nationals	Same Ratings	
5A	June 3-4	New England Open	3rd Ratings	Best 5 of 7
5A	June 17-18	Battle of Atlanta	Same Ratings	
6A	July 1-2	US Open	4th Ratings	Best 6 of 9
6A	August 5-6	US Capitol Classics/China Open	5th Ratings	Best 7 of 10
4A	August 19-20	Dixieland Nationals	Same Ratings	
4A	September 16-17	Twin Towers Classic	Same Ratings	
6A	Sept 30-Oct 1	Diamond Nationals	6th Ratings	Best 8 of 13
4A	November 11-12	Pan American Internationals	7th Ratings	Best 9 of 14
			Final Ratings	Best 10 of 15

- "A" and "AA NASKA" Divisions:** Will continue to be optional at all world tournaments in 2011
- Scoring:** A minimum of **"Flip Scoring Cards"** must be used in all sparring rings so the score is displayed at all times during the sparring matches if scoreboards are not being used.
- Timing Forms and Weapons:** At the 2 minute 45 second mark of a competitor's form or weapons routine the Timekeeper will yell **"FIFTEEN SECONDS"**. This is to give the competitors notice that they are getting close to the 3 minute (Eliminations) time limit. This is done only in the eliminations and daytime grand runoffs. (Please remember the time starts when the competitor enters the ring.)
- Timing Fighting:** At the 1 minute 45 second mark of a fighting match, the Timekeeper will yell out 15 second to let the fighters know the match has only 15 seconds left in the regulation 2 minute time period.

- 7. Music Players:** All 6A tournament must provide music players for Black Belt form, weapons, grand champions runoffs, team demonstration and team synchronized form competitions. All 5-A and below tournaments have the option to provide music players.
- 8. Tournament Schedules:** Tournaments should provide in advance of their tournaments, on their websites and/or flyers, a schedule of events and grand championship runoff procedure. A schedule of how the grand championship runoffs will be determined for the night time finals should be included.
- 9. Overall Youth Grand Championships:** We will be going back to the 13 and under and 14-17 Overall Grand Champion Runoffs for youth black belts instead of the 17 and under overall Grand Champion runoffs as in 2010. Please see Youth Black Belt Grand Champions chart.
- 10. Parents and/or Parents/Coaches Committee:** NASKA is in favor of a Parent or Parents/Coaches Committee but feels that it is the responsibility of the parents/coaches to elect and establish this committee. The Board of Directors of NASKA will welcome any suggestions from the committee for review at our scheduled meetings. We feel it is very important that we get regular organized feedback from our customers. Any suggestions from the Parents and/or Parents/Coaches Committee should be in writing so we can present it to the entire Board of Directors. If necessary, we will ask a representative/s of the Parents and/or Parents/Coaches Committee to present any suggestions at our monthly scheduled NASKA meetings. The NASKA Board will select a NASKA Board member to be the spokes person, between the Parent Committee and NASKA Board of Directors as soon as the Parents or Parents/Coaches Committee is established.
- 11. Mats:** Mats will be required for all Black Belt Rings and any Extreme Form and Weapons Rings at all World NASKA Tournaments.
- 12. Tournament Criteria Evaluation:** There will be set criteria for all world tournaments to follow. Each tournament will be evaluated on these Criteria within 10 days of the conclusion of the tournament. The evaluation will administered by the sanctioning committee or an assigned Board of Directors Appointee/s.
- 13. Online NASKA Magazine:** NASKA will be partnering with Lauren Kearney in developing an online NASKA Magazine. Coverage of NASKA great athletes and tournament s will soon be at your finger tips. More info to come shortly.
- 14. NASKA Website:** NASKA has contracted with Tracy McCoy of "Kickgen" to develop a more modern competitor friendly website that will have quicker updates, online ratings management and much more. The website should be up and running very soon.
- 15. Adult Prize Money and Adult Men and Women Weapon and Forms Overall Grand Championships:**
- a) New: Men's 18 & Older Overall Forms, Women's 18 & Older Overall Forms, Men's 18 & Older Over Weapons, Women's 18 & Older Overall Weapons. (See Attached Prize Money Chart for details)
1. The Adult Overall Forms Grand Championships: Tradition Form Grand Winner, 1st Runner –Up Traditional, CMX Form Grand Winner and 1st Runner-Up CMX. (4 Competitors)
 2. The Adult Overall Weapons Grand Championships: Traditional Weapons Grand Winner + 1st Runner-Up, CMX Weapons Grand Winner + 1st Runner-Up (4 Competitors)
 3. \$1000 Prize Money for Adult Overall Weapons and Forms Grand Champion Winners.
 4. Since we want to highlight the best and as many of the adult black belt forms and weapons competitors in the finals, if one competitor wins both the traditional and CMX divisions, the promoter has the **option** to select one or more additional competitor to compete in the Overall Grand Championship Finals Round to have at least 3 competitors in the runoff.
 5. 30 & older competitors have the option to compete in the 18 & older Overall Weapons Grand and the 18 & older Overall Forms Grand but would have to compete in the 18 & older CMX or Traditional Grand Championships and place in the top two just like the 18-29 competitors. If the 30 & older option to do this, they forfeit their option to compete in the 30 & older Weapons and Forms Grand.
- 16. Options In Prize Money Awards:** 5-A and 4-A Rated Tournaments have the option to give less prize money in 2011 but must post this information on the tournament flyer and/or website (See Prize Money Chart for Details).
- 17. Form and Weapons Criteria Rules:** Although we have set in motion more detailed changes in the requirements of Extreme and Creative Weapons and Forms for 2012, the current Forms and Weapons Criteria will remain in effect in 2011 with a minor addition to the rule. Addition to the Current Form and Weapons Criteria Rule: **Forms and Weapons Extreme** - Although one extreme move qualifies a competitor for the extreme divisions, it should be expected that an extreme form or weapon routine with multiple extreme moves of good quality would prevail as the winner, assuming all other criteria is met. **Creative Forms and Weapons** – Although one creative move qualifies a competitor for the creative divisions, it

should be expected that an creative form or weapon routine with multiple creative moves of good quality would prevail as the winner, assuming all other criteria is met.

2010 NASKA – RULES

COMPETITOR: Each competitor must present him/herself to the referee suitably attired with proper uniform and equipment and physically prepared to compete. If he/she is not prepared to compete as **deemed by the center referee**, the competitor may be penalized for delay of time.

DELAY OF TIME PENALTY: Sparring: An automatic warning will be issued to the competitor. A penalty point will be issued for each minute the competitor is not properly ready to compete. Upon 3 penalty points the offending competitor will be disqualified. **Form:** .01 points will be deducted from the offending competitor's final score. Each minute the competitor is not ready to compete, .01 points will be deducted for his/her final score. If a competitor is still not ready to compete after 3 minutes, he/she will be disqualified.

RANK RULE: A competitor must compete at the highest belt level they have earned in the martial arts. A competitor can never compete in a division of which he/she had not earned that rank. Once a competitor competes as a black belt legally, he/she must always compete as a black belt. A competitor can never compete in a lower belt division than the level of belt he/she has earned in the Martial Arts.

PROOF OF AGE RULE: All competitors must have a proof of age document. If there is a legitimate reason to question a competitor's age, he/she must present a proof of age (birth certificate, driver's license, or other acceptable documents) to prove his/her age.

LEGAL AGE RULE: All competitors have the option of competing in the same division all year long for rating purposes, by establishing a legal competition age for the year. The age a competitor is on June 30th of the current competition year is their legal competition age for that year. They can compete all year at that age so he/she can earn rating points in one age division all year. A competitor can always compete in his/her chronological age if they chose.

UNIFORM: All competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon Do, etc.) uniform in a good state of repair. The appropriate color belt or sash must be worn in competition.

Sparring: All sparring uniforms must have sleeves that reach at least to the middle of the forearm. No T-shirts, sweats, tank tops or unapproved shoes are allowed in the sparring divisions (see sparring foot pads).

Form & Weapons: T-shirts, tank tops and sweatshirts are allowed in form if they are part of the competitor's official school uniform. Uniforms in the form and weapons divisions are allowed more liberties because form is not one-on-one competition where the uniform could cause a decisive disadvantage or advantage to a competitor. Removal of the uniform top is allowed if the removal is considered relevant to the artistic expression or safety of the competitor. Shoes may be worn in form competition if they do not damage or mark the competition floor.

COMPETITOR RESPONSIBILITIES: It is the responsibility of the competitor to know the rules and be ready for competition when called to do so. He/she must be suitably attired, weighed-in and at the appropriate ring when competition begins. Three calls will be made for competition at ringside. If the competitor is not at his/her ring ready to compete when competition begins, he/she will not be able to compete (see delay of time rule). If a competitor leaves the ring after the competition begins and is not present when his/her name is called to compete, his/her name will be called three times at ringside. If he/she is still not present to compete, he/she will be disqualified (see delay of time rule).

REQUIRED AND RECOMMENDED SAFETY EQUIPMENT: NASKA approved headgear; hand and footpads, mouthpieces, groin cups (for male competitors only) and chest guards (for all competitors 17 year old and younger) are mandatory for all competitors in sparring divisions. The competitor's equipment will be checked and if it is deemed unsafe, he/she will be asked to change the equipment before he/she can compete. **Hand Pads:** A soft padded surface must cover the fingers, wrist and any striking surface of the hand. **Foot Pads:** A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot. The bottom of the foot does not have to be padded. **(NASKA has approved the use of "Ringstar sparring shoes in all sparring divisions, with the same stipulations placed on other approved sparring gear.)** **Head Gear:** The front, sides and back of the head must be covered by a soft padded surface. **In addition to the head gear, a face shield is required for all competitors 17 yrs. & under.** **Chest Guard:** All 17 and younger competitors must wear an approved chest protector in sparring. The chest guard must sufficiently cover the abdomen and upper chest such that the sternum is completely protected. Rib guards that cover only the abdomen area are not approved chest guards. Insufficiently padded gloves, foot, chest and head gear will not be allowed. Equipment must be in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury. The tournament's official rules arbitrator ultimately determines the approval or denial of the equipment. A properly fitted mouthpiece is required. Shin pads, elbow pads and rib/chest guards are highly recommended for additional safety to all sparring competitors in all divisions.

REFEREES: The referee is the most experienced official in the ring and is thoroughly versed on the rules and order of competition. He/she promotes the safety of the competitors, enforces the rules and ensures fair play. To this end, he/she starts and stops the match, awards points, makes penalty decisions, administrates the voting of the other judges, communicates clearly with the scorekeeper and timekeeper, and announces the winner of each match.

Added Powers of the Referee: 1) Match starts and ends only with his/her command (not the command of the timekeeper); 2) Has final decision on any disputes on score; 3) Has the power to issue warnings and award penalty points without a majority decision; 4) Can overrule a majority call only to issue a warning or a penalty point; 5) Automatically has power to disqualify a competitor who receives (3) penalty points; 6) Has power to issue time-outs. A competitor can ask for a time-out, but it is the determination of the referee to issue one. **The disqualification of a competitor, where disqualification is not automatic, is determined only by a majority vote of the judges.**

OFFICIALS: Each ring should have a **REFEREE**, two to four **JUDGES**, a **TIMEKEEPER/SCOREKEEPER**. The judges call points and rule infractions as they see them. They also vote on disqualifications. The referee also calls points and rules infractions but is also in complete control of the ring and ring personnel. Referees make all final decisions on penalty points and warnings (except for disqualifications) but can consult judges before making their decisions. The majority vote of the judges and referee determines a scoring point and/or a competitor's disqualification.

CALLS AN OFFICIAL MAY MAKE: When the referee believes there has been a significant exchange of techniques, or when signaled to do so by a corner a judge/s, he/she shall call out the word, **"STOP!"** in a loud voice. The referee shall then return the competitors to their starting marks and addresses the judges by saying **"JUDGES CALL!"** All judges and the center referee cast their votes simultaneously and assertively in the following manner.

1. Judge Sees a Point - He/she should hold up both colors or hold up one arm if colors are not being used. At the same time, he/she yells out the word **"CALL!"** in a loud, clear voice to let the referee know he/she has a call.
2. Point Calling - When signaled by the referee (referee says "Judges Call" in a loud clear voice) a judge raises the appropriate color (red or white usually) if colors are being used or points to the competitor who scores the point. If a competitor scores a two point kick, the officials should hold up or point with two fingers (index and middle fingers). If only one point is being called, the judge should point with only one finger (Index finger).
3. No Point Scored - An official crosses his/her wrist at waist level or holds both colors down to indicate that he/she believes that a point was not scored.
4. Did Not See If A Point Was Scored - The official holds his/her hand over his/her eyes indicating that he/she could not see whether a point was scored or not. Indicates the official was not in position to see if a point scored. (When using this signal, it has the same effect as saying "no point", but it indicates to the referee, competitors and fans the reason why you are not calling the point).
5. Clash - Officials make a motion as though they are hitting both fists together, indicating that both competitors scored at the same time.
6. Penalty - The judge waves the color of the offending competitor in a circular motion. If no colors are used the judge waves the hand and arm in a circular motion while pointing at the offending competitor.
7. Disqualification - A disqualification vote is taken separately from any other vote. When a disqualification vote is asked for, the referee will say, **"JUDGES CALL"**. The judges will then hold the color or point to the competitor who is to be disqualified. If the judge does not feel the competitor should be disqualified, he/she crosses his/her wrist or holds both colors down at waist level.

LATE CALLS: All officials should make their calls at the same time. If, in the opinion of the referee, the corner judges are making a late call intentionally, the referee can disqualify the call and/or judge (noise not allowing the judges to hear the referee and the honest mistake of raising the wrong color or pointing at the wrong competitor should be taken into consideration not to disqualify the call or judge).

NUMBER OF OFFICIALS: 2 or 4 NASKA judges and one NASKA referee is allowed in all Black Belt weapon, form and sparring divisions (4 or 6 judges and 1 referee is allowed in weapons and form grand championships). If only two judges and one referee are used in the weapons and form divisions, the "Maximum Deviation Rule" will be used in all form and weapon divisions.

MAXIMUM DEVIATION RULE: Since the high and low scores are not dropped when three officials are used in form and weapons one judge, the maximum deviation rule limits the impact of a single judge's score to control with his/her high or low score the outcome of placement. Defined: When a performance is ready to be scored, the Center Official will say "Ready Check", at which point the three judges show their scores to each other only (not the competitors or audience). The judge's score that is between the other two judges scores (middle score) is considered the middle score. Once that score has been determined, the other two judges cannot be higher or lower than .02 points of that middle score. If their score is higher or lower than .02, they must adjust their score up or down accordingly to that .02 maximum deviation.

REMOVAL OF OFFICIALS: If a competitor feels that an official should be removed from a form or weapon division for good reason, he/she must file a protest before the division begins. If a competitor feels that an official should be removed from a sparring division, he/she may file a protest at any time. It is totally up to the center referee and the rules arbitrator to determine if an official should be removed.

PROTEST: A competitor has the right to protest an infraction of the rules or if a possible mistake was made (not a judgment call). If a competitor wishes to protest, he/she should first let the referee know he/she believes there has been an infraction of the rules or a mistake has been made. The referee will summon the arbitrator to the ring (if the referee cannot properly settle the protest to the player's satisfaction) to render a decision. **All protests must be made in an orderly, proper and sportsmanlike manner. All protests must be made immediately. Protests are not allowed once competition has resumed (after the fact protest). A competitor may be penalized or even disqualified if he/she is protesting improperly or without proper cause.**

LATE ENTRIES: Once a division has started (the first competitor has started his/her form/weapon routine or the first divisional fight has started) no competitor/s can be added to that division. **BE ON TIME! Only exception to this rule is the "Fairness Rule".**

THE RING: The size of the fighting and form adult black belt rings shall be approximately 20' x 20'. Starting lines should be marked approximately six feet apart in the middle of the ring. Additionally, each ring should be posted with a ring number visible to competitors, officials, and medical personnel from across the floor. All youth and under black belt adult rings can be a minimum of 16' to a maximum of 20'.

WEIGHING-IN: It is mandatory for all adult fighting competitors - who are in weighed divisions - to weigh in before competition. Only one official weigh-in is required. All competitors must fight in his/her weight division. A competitor cannot fight up or down in another weight division for which he/she has not made the proper weight. It is the responsibility of the tournament personnel to weigh and properly record the competitor's weight. If a competitor is caught falsifying their weight, they will be disqualified.

ORDER OF COMPETITION: Form: Once the final call for the form and weapon divisions has been made at ring side and the divisional seeds have been taken out (if seeding is required) the competition cards will be collected and shuffled thoroughly. The competitor cards will then be drawn randomly for the order of competition. The first three competitors will perform before any scores are awarded. After the third competitor is finished, the first competitor will be called to come back for scoring followed by the second and third competitors. All competitors in the division will be judged in comparison to these first three competitors. Exception to the above rule is if the **Relative Ranking Rule is being used**. The **Relative Ranking Rule** is when the judges look at all the competitors before they give their final scores. The rule allows judges to adjust their scores if they feel other competitors that come later are better or worse than the competitors who came first. **Sparring:** Once the final call for the sparring division are made at ringside and the seeds have been taken out (if seeding is required) the division is ready to be set up. The competition cards should be collected and counted (if competition cards are not used, count the competitors) to see if byes are needed. If byes are needed, they will be picked randomly (See bye chart to see how many byes are needed). Matches should always be selected by random, but certain allowances may be given to competitors from the same school or team that is matched up in the first round of competition. They may be separated randomly from each other in the first round if possible. **(Competitors cannot pick whom they want or do not want to fight.)**

In the youth division, the competitors should be lined up by height (Smallest to the tallest) and split into tall and short divisions if required or offered. Determining tall and short divisions is for **safety reasons**, not just to split the division equally. A true break in size should be found to determine the taller competitors from the shorter competitors. Once the tall and short divisions are determined by height, determine who fights whom by random draw. Consideration should be given to competitors who are from the same school or team that have been drawn to fight each other in the first round.

NASKA COMPETITOR SEEDING: See NASKA Seeding Rules for all question on seeding of competitors.

SPARRING RULES also see Team Fighting Rules:

****New for 2010: All adult fighting competitors 30 & older has the option to compete down one age division. Example:** A 30 year old competitor can compete in the 18-29 year old division, a 40 year old competitor can compete in the 30-39 division etc. A competitor cannot compete up in an age division.

LENGTH OF MATCH: Two minute running-time unless a competitor is seven points ahead (Seven Point Spread Rule) before time has expired. If a match is tied at the end of two minutes, sudden victory (first person to score a point) overtime period will determine the match.

POINT VALUES AND WINNER DETERMINATION: All legal hand techniques that score will be awarded one (1) point. All legal kicking techniques that score will be awarded two (2) points. All penalty points awarded will be awarded one (1) point. The competitor who is ahead by 7 points (**7 Point Spread Rule**) before the two minute time period is automatically declared the winner or whoever is ahead at the end of the two minutes is declared the winner. All grand championship matches are also two-minute running time with a **10 Point Spread Rule** or who is ahead at the end of two minutes.

MAJORITY VOTE: Points are awarded by a majority vote of all judges. The majority of judges do not have to agree on the same technique being scored, only that a point was scored. A majority of the judges calling the point must call a two (2)-point kick before two points can be awarded. Otherwise only one point is awarded.

WHAT IS A POINT: A point is a controlled legal sport karate technique scored by a competitor in-bounds and up-right (not considered down) without time being called that strikes a competitor with the allowable amount of focused touch contact to a legal target area.

LEGAL TARGET AREAS: Entire head and face, ribs, chest, abdomen, collarbone and kidneys. **ILLEGAL TARGET AREAS:** Spine, back of neck, throat, sides of the neck, groin, legs, knees and back. **NON-TARGET AREAS:** Hips, shoulders, buttocks, arms, and feet. **LEGAL TECHNIQUES:** Legal techniques are all controlled sport karate techniques, except those listed as illegal. **ILLEGAL TECHNIQUES:** Head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs on a hard surface floor, ground fighting on a hard surface, any stomps or kicks to the head of a downed competitor, slapping, grabbing for more than one second, uncontrolled blind techniques, any uncontrolled throws, takedowns or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

GRABBING: A competitor may grab the uniform top of his/her opponent in an attempt to score with a sport karate technique for only one second (**immediately**), after which time he/she must release the uniform. Likewise, the uniform pants may be grabbed for one second to an upright opponent in an attempt to score.

SWEEPS, TAKEDOWNS, GRABS AND GROUND FIGHTING: Sweeps not to take down an opponent, but only to obstruct the balance so as to follow up with a sport karate technique can only be executed to the back of the front leg at mid-calf or below. A sweep must be deemed a proper sweep and not a kick, to be legal. Controlled Takedowns and sweeps that are meant to take down an opponent are allowed only a **declared approved padded surface**. A point is awarded only when the legal sweep or takedown is followed up effectively legally and **immediately** with an appropriate sport karate technique. Only a hand technique or a carefully controlled kick or stomp to the body is allowed on a downed competitor. One Foot must be on the ground throughout the

stomp or kick. Never, under any circumstances, may a competitor stomp or kick to the head of a downed competitor. Down fighting must be declared by the proper tournament officials before being allowed, padded surface or not.

LIGHT TOUCH CONTACT: Means there is no penetration or visible movement of the competitor as a result of the contact. Light touch is required to all legal target areas in all black belt sparring divisions. The face shield of a head gear is a legal target area.

MODERATE TOUCH CONTACT: Means slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas except the headgear, face shield and face.

WARNINGS AND PENALTIES: One and only one warning is allowed for breaking the rules before a penalty point is awarded. After the first warning is given, a penalty point is awarded for each and every rules violation. If a competitor receives four warnings (three penalty points) in any one match, he/she will be disqualified. If the severity of the first rules violation is deemed by the referee to be too severe, a penalty point can be issued immediately and the first warning will be forfeited.

Other Penalty Rules: A competitor cannot be penalized and still receive a point on the same call. A competitor can receive a point for a proper technique and another point from a penalty

call against his/her competitor. If, in the opinion of the referee and/or the medical personnel, a competitor cannot continue because of an injury caused by an illegal penalized attack executed by his/her competitor, the offending competitor shall be automatically disqualified.

Other Cause for Penalization: Attacking illegal and non-target areas, using illegal techniques, running out of the ring to avoid fighting, falling to the floor to avoid fighting, continuing after being ordered to stop, excessive stalling, blind, negligent or reckless attacks, uncontrolled techniques, showing unsportsmanlike behavior by the competitor, his/her coaches, friends, etc., excessive contact, and delay of time are just some examples of possible penalization.

DISQUALIFICATION: Requires a majority vote by all officials, unless it is an automatic disqualification. **Non-Competing Penalty:** If, in the majority opinion of the officials, it is considered that the competitors are not making an obvious attempt to fight in the true spirit of competition, both competitors will be warned and if it continues, will be disqualified. **Wrong Division:** If any competitor competes in a division he/she does not qualify to compete in due to age, weight, rank, gender, style, etc., he/she will be disqualified.

COACHING: The luxury of having a coach is something that most competitors do not have access to. Therefore, it sometimes can become an unfair advantage over a competitor who does not have a coach. The rules are made and enforced so no one competitor has an advantage or disadvantage over another competitor. Therefore, coaching is allowed but only under the following guidelines:

1. Never, at any time, can a coach enter the ring without the referee's permission, 2. No abusive, violent, unsportsmanlike or overzealous coaching; 3. Coaches cannot ask for a time out unless they are protesting a rules violation (only the competitor may ask for a time out), 4. Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the judges. A **Coach** is defined as anyone who is trying to help one competitor in anyway. A coach could be but is not limited to a friend, parent, teammate, or an official coach. The center referee can issue a warning to a competitor for each time his/her coach is interfering with a match or disrupting fair play between contestants. A referee can ask for a disqualification of a contest, but requires a majority vote of all judges.

OUT-OF-BOUNDS: A competitor is out-of-bounds as soon as he/she does not have at least one foot touching inside or on the boundary line. An out of bounds competitor cannot score a point while out of bounds. In bounds competitor can score on an out of bounds competitor if the center referee has not called stop.

FORM RULES (Also see form and weapons judging criteria rule sheet)

TIME LIMIT: Each divisional form or weapons routine must be three (3) minutes or less. The time starts once the competitor enters the competition ring. Four (4) minutes is allowed for each form or weapons routine in the Night Time Finals. Each team form and/or demo routine as a four (4) minutes time limit. Any competitor, team form or team demo that goes over the allowed time limit is automatically disqualified.

SCORING RANGES OF FORM AND WEAPONS: The scoring range will be 9.50 to 10.00 points. This is not to say that the level of proficiency of a 9.75 white belt form score is the same as a 9.75 black belt form score. We are grading white belts against white belts and black belt against black belts, etc. One scoring range simplifies form and weapon scoring. In the nighttime finals the range for scoring grand champions form and weapons rounds is 9.90 to 10.00. **The Scoring range should be narrowed in divisions that have small amount of competitors. (Suggestion: Count the competitors in the division and multiply that by .02 and then subtract that number from 10.00 (10 competitors equal .20-10.00 = 9.80). Therefore the range for 10 competitors would be 9.80 to 10.00, with 9.90 as your average score.**

TIES: If there is a tie for 1st Thru 4th place, the majority of the judge's scores determine the winner. If there is not a majority of judges for one competitor and one judge or more gave the same score for the tied competitor, the judge that gave the same scores must be ask to make a decision and break the tie. All judges must make scoring decisions by giving different scores to the winning competitors. Ties for 5th through 8th place are never broken. They will remain tied and all will receive points and awards. If there is a tie and the judges and there is not a majority judges decision and no judges gave the same score to any one competitor, the tied competitors will compete again and be scored again.

TRADITIONAL, CREATIVE, MUSICAL AND EXTREME DIVISIONS: WEAPON DIVISIONS: See: "NASKA FORM AND WEAPONS CRITERIA".

Safety Rule: A competitor who unintentionally drops his/her weapon will be automatically disqualified. If a competitor recklessly or carelessly misuses his/her weapon, he/she may be penalized or disqualified. If a competitor's weapon breaks or comes apart during his/her routine, he/she will be disqualified.

STARTING A FORM OVER: If a competitor starts his/her form over because of a memory lapse or any other reason due to his/her own negligence, he/she may perform the form again. The officials will score as though there was not a mistake, but the center referee will instruct the scorekeeper to subtract **.50 points** from the competitor's final score. The three-minute time limit will start over. A competitor can only start over one time for scoring. If a competitor has to start over not due to his/her negligence, he/she will not be penalized on the start over.

FAIRNESS RULE: If a question arises that is not completely covered by this rule book, the official rules arbitrator may at his/her discretion, overrule, modify or change a delineated rule if he/she believes that enforcing such a rule would result in an inherent unfair outcome to a competitor. However, the rules arbitrator should overrule, modify or change a delineated rule only in extreme cases.

2010 NASKA FORMS AND WEAPONS CRITERIA

NASKA separates forms and weapons competition into following four categories: (1) Traditional; (2) Creative; (3) Extreme; and (4) Musical.

Traditional Forms and Weapons – These forms must capture the essence of classic martial arts movements, displaying the traditional techniques, stances, footwork, and weapons. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances, and focus. Forms may be unmodified or modified from what a system or school considers to be the original version of the form; however, performance of the following movements will result in a downgrade of the form, or upon unanimous vote of the judges, a "no score" as a form inappropriate for the division: more than two kicks with the same leg without putting the foot down in between; front or back flips; cartwheels; front or side leg splits; releases of the weapon other than simple hand switches; or any other gymnastic movements or extreme exhibitions of flexibility or agility with the body or weapon that are deemed in the opinion of the judges to be inappropriate for the division pursuant to the general guidelines set forth here.

Commentary: There has been a great deal of debate among reputable martial artists regarding whether a form or series of moves are outside of the bounds of the Traditional Division. Because NASKA is a tournament circuit open to all styles and schools (across the nation and around the world) and from which judges are utilized, each competitor must make his or her own decision regarding whether to include movements, which might be to be objectionable for the Traditional Division.

Creative Forms and Weapons – The Creative Division allows forms to include contemporary martial arts techniques that have evolved over the last 30 years. These may be added to a traditional form, or the form may be devised in its entirety by the competitor. The Creative Division was formerly known as the Open and before that the American Division. A form in the Creative Division must ONLY include techniques which originate from martial arts and like the Traditional Division, emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus. Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits, weapon twirls, weapon releases, and other creative martial arts techniques are permitted. Movements that involve more than a 360 degree spin, require the body to be inverted more than parallel to the floor, or are similar to movements found in gymnastics and/or non martial arts disciplines, or forms that meet the above definition of strictly traditional forms, will result in a downgrade by the judges or, upon a unanimous vote of the judges, a "no score" as a form inappropriate for the division.

Commentary: The Creative Division is intended for those competitors who do not wish to compete with a strictly traditional form, and/or do not wish to compete against other participants who execute extreme gymnastic-type movements. Over the past several years, it was often observed that judging these "creative" forms in the same division with forms including extreme martial arts "tricks" was essentially comparing apples and oranges, and to be more fair to the participants these divisions should be separated. NASKA has therefore created a separate "Extreme Division", as detailed below, separate and distinct from the Creative Division, thus allowing the Creative Division to include only those forms with movements that originate more inherently from the classic martial arts systems.

Regarding the Creative Weapons Divisions, it is important to note that any particular weapons movement shall NOT be a factor in determining whether the weapons form constitutes a Creative or Extreme Form. The determining factor shall be the particular body movements as defined below in the Extreme Divisions. Consequently, a Creative Weapons competitor is permitted to perform any weapons move (i.e., twirls, releases, spins, etc.), but is not permitted to perform "Extreme" body movements (i.e., flips, 540 and above spins or any inverted body moves, etc.).

Extreme Forms and Weapons – The Extreme Divisions allow the competitor to perform any movements whether they originate from traditional or contemporary martial arts systems or otherwise. However, (1) at least half of the form must originate from martial arts techniques, and (2) the competitor must execute at least one technique that involves an inverted move or greater than 360 degree spin. Emphasis is placed on the quality of execution of techniques and movements, martial arts skills, balance, speed, power, degree of difficulty, and showmanship. In addition, only those movements that portray a definite offensive or defensive martial arts purpose, or are included to illustrate extreme flexibility or agility, are allowed. Inclusion of other movements, or the performance of a form or weapons form meeting the criteria above for a Traditional or Creative form, will result in a down grade by the judges, or upon a unanimous vote of the judges, a "no score" as a form inappropriate for the division.

Commentary: As martial arts evolves from the Traditional to Creative to Extreme, this category allows for the integration of techniques and movements from all martial art styles, gymnastics, acrobatics, dance, and athletic disciplines. If a competitor wishes to participate in a division with moves not permitted in the Traditional and Creative Divisions but meeting the guidelines described here, the competitor should compete in the Extreme Division.

Musical Forms and Weapons: The Musical Divisions requires a empty hand form or weapons form to meet all the above criteria for a Traditional, Creative, and Extreme form, and additionally meet the requirements of the "Divisional Music Rule" below.

New "Divisional Music Rule": Music Choreography should be judged as follows:

- 1) The movements of the form must be accented by and performed in conjunction with specific beats, notes, or words in the music. Simply performing your form to the same rhythm or cadence of a song is not satisfactory.
- 2) If sound effects are added to the music, the form should not solely be choreographed to the added sound effects.
- 3) Music and sound effects should appropriately match each other, and set the overall mood for each performance.
- 4) Overall, all music, and sound effects used, must compliment the form, and both the form and music should be judged together and viewed as an overall performance, not simply as a form performed with music playing.

Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance. As each form begins, a music volume check must be made, during which time the player attendant will look to the center judge for a nod of approval or a signal to lower the volume. Once this volume is set, it may not be increased during the performance of the form.

Commentary: If a competitor chooses to use music in a grand championship division to a form that does not require music, the "Divisional Music Rule" does not apply.

Commentary: If a competitor receives a "no score" decision by the judges because they feel the competitor's form is not appropriate for the division, the competitor is not allowed to redo his/her form or weapon form in that division. It is the responsibility of the competitor to read and understand the rules of the division he/she is competing in before competition starts.

Grand Championships and Over-All Grand Championships: All competitors must compete in any Grand Championship and/or Over-All Grand Championship with the style of form or weapons (not exact form or weapon) they won with in their division (example: a winner of a creative form cannot compete with an extreme form in the grand championships) If a competitor wins more than one division, they have the option to select the style of form or weapon of the divisions they won.

All competitors have the option to use music with their forms in all Grand Championship Run-offs; however, the judges shall not downgrade a competitor who chooses not to use music or give extra credit to one who does use music. If a competitor chooses to used music in the grand championships run-offs, they do not have to satisfy the "Divisional Music Rule" as they would in the required musical divisions unless they are representing the musical division in the grand championships.

Adult Form and Weapons Grand Championships: 30 & over Form and Weapons competitors have a choice to compete in the 18 & older overall form and weapon grand championship or the 30 & older Weapons and Form Grand Championship. If a 30 & Older Winner decides to compete in the new 30 & Older Weapons and Forms Grand Championship, he/she is precluded from entering the 18 & older Form and Weapons Grand Championship.

Splitting of Black Belt Weapons and Form Divisions.

Black Belt Form and Weapons Divisions that have 24 or more competitors will be may be split into two separate divisions, a NASKA rated and a non-rated division. The process of splitting a division will be as follows: First, all NASKA seeded competitors, NASKA rated competitors and anyone who wants to compete to be NASKA rated will be moved into one division (This division will award NASKA points and any prize money that is noted). Once these competitors are taken out, to even out the division in number of competitors, competitors will be selected randomly until the divisions are as close to equal in size as possible. In the event that more than half of the competitors want to compete in the rated division, they will be allowed to do so. Only the NASKA rated division can compete for any prize money or grand championship awards. The non-NASKA division will receive awards for the division/s they won.