

UNIFIED RULES SUMMARY FOR PAC/NASKA

COMPETITOR RESPONSIBILITY

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 in penalty section of Sparring or Forms and Weapons).

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 legally 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.

LATE ENTRIES

If a competitor arrives late (the division is ready to start, but the 1st competitor has not started), the late entry must compete first. Once a division has started (the first competitor has started his/her form/weapon routine, or the first divisional sparring match has started) no competitor/s can be added to that division. **BE ON TIME!** The only exception to this rule is the "Fairness Rule" at the end of this rules summary.

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.

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 biceps. No T-shirts, sweats, tank tops or unapproved shoes are allowed in the Sparring divisions (see sparring foot pads).
- Forms & Weapons:** T-shirts, tank tops and sweatshirts are allowed in forms if they are part of the competitor's official school uniform.

SCORING RANGES OF FORMS AND WEAPONS

The Scoring range should always be discussed by the center referee and judges before the division starts.

Scoring Range In Black Belt Divisions 9.90 – 10

Scoring Range In Color Belt Divisions 9.80 – 9.90

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 given the same score for the tied competitor, the judge that gave the same scores must be asked to make a decision and break the tie.

TIME LIMIT

Time limit in all Form & Weapon divisions is **3 Minutes**

Time starts with the competitor first step in the ring.

Once a competitor takes their first step time will start.

RELATIVE RANKING RULE

The Relative Ranking Rule has replaced the old "score-as-you-go" system in all divisions at all PAC / NASKA tournaments. Since all competitors run their forms before anyone is scored, this system eliminates the possible disadvantage early-running competitors were subject to, and the scoring advantage last-running seeds may have enjoyed. In addition, it prevents judges from getting "boxed-in" by giving scores too high early on, and eliminates "scoring creep"

where judges who start with very low scores gradually raises his/her scores as the divisions progress.

HOW IT WORKS

For the Relative Ranking Rule to operate properly, all judges must use the scoring worksheets provided in the ring boxes. As each competitor runs their form, they are given a place number relative to the competitor who has already run. (For example, each judge gives the first competitor up a "1" next to his/her name on the worksheet.)

The next competitor gets a "2" if their form is not as good; or if their form is better, they get a "1" and the first competitor gets his "1" changed to a "2". The third competitor then gets a number that grades his form relative to the first two, and so on down the division. When all competitors have run, each judge's Worksheet will have all the competitor's names listed in the order they ran, but with numbers next to their names that reflect their place relative to one another.

EXAMPLE IF FOUR COMPETITORS ARE IN DIVISION

JOHN DOE	II	9.98	2 nd
BOB SMITH	III	9.96	3 rd
KEN BLACK	I	9.99	1 st
LARRY JAY	III	9.95	4 th

The Center Judge will then allow up to two minutes for the judges to assign decimal scores to each competitor

MAXIMUM DEVIATION RULE

Divisions with three officials will use the Maximum Deviation Rule. Since high and low scores are not dropped when three officials are used, the Maximum Deviation Rule has a similar effect of limiting the impact of a judge's score that is significantly higher or lower than the other judge's scores. This prevents a single score from being so high or so low that it controls the placing order.

When a form or other performance is ready to be scored, the center official will say "Ready", then, "Check", at which point the three judges show their score to each other only (not to the competitors or spectators).

The center official will then look at the 3 scores to determine which one is the middle score (for example, a 9.92, 9.96 and a 9.95 – the 9.95 is the middle score. The other 2 scores must be .02 from the middle score. So, in the example, the 9.92 must be upgraded to 9.93.

Other than this mandatory adjustment, a judge may not change his score. If no score is more than .02 higher or lower than the middle score, then there is no adjustment.

DROPPING A WEAPON

If a **Black Belt** competitor drops his/her weapon *during the eliminations*, they will not be scored and will be disqualified. They are encouraged to complete their form but are not required to continue.

If a **Color Belt** competitor drops his/her weapon *during the eliminations*, they will get the lowest score in that division They are encouraged to complete their form but are not required to continue.

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 a .5 deduction will apply from total Score

A competitor can only start over one time for scoring.

If a competitor must start over, not due to his/her negligence, he/she will not be penalized on the start over.

SPARRING

LENGTH OF MATCH – DIVISION / INDIVIDUAL

The length of a match will be **Two minutes** running-time unless a competitor is seven points ahead in black belt division

Seven or 5 point in color belt division (Promoters option)

Seven Point Spread or Seven Points (promoters option) Rule for all black belt Divisions before time has expired.

REQUIRED AND RECOMMENDED SAFETY EQUIPMENT

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. If sparring shoes are used in all sparring divisions, a soft padded bottom is required. Hard bottoms are **NOT Allowed**.

Head Gear: The front, sides, and back of the head must be covered by a soft padded surface

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.

Mouthpiece: A properly fitted mouthpiece is required.

Groin Protector for all male competitors

WHAT IS A SPARRING POINT?

A point is a sport karate technique that is scored by a competitor in-bounds and upright (not considered down) without time being called that strikes a competitor with the allowable amount of **focused touch contact** and **focused control** to a legal target area.

Focused Touch Contact: the legal amount of contact allowed to certain scoring areas.

Focused Control: an amount of controlled force that would have incapacitated the opponent, at least momentarily, if the technique had not been controlled. Therefore, only sport karate techniques that would have incapacitated the opponent, at least momentarily, if the technique had not been controlled, are considered points. (Ex. A front hand to the body that **does not have “focused control”** is not considered a proper sport karate scoring technique.)

Any contact that incapacitated the opponent; i.e. Knockout's, causes a concussion, or the opponent cannot continue, will be deemed as Hard Contact and will be a penalty / illegal technique, unless it is a **No-Fault** contact.

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 jump spinning kicks to the head will be awarded **(3) points. (Black Belts)**

All penalty points will be awarded one **(1) point** or more points.

Seven or 5 point in color belt division (Promoters option)

Seven Point Spread or Seven Points (promoters option) Rule for all black belt Divisions before time has expired.

All **Divisional matches** have a **Two-minute** running time

All **Divisional grand** championship matches have a two-minute running time with a **10 Point Spread Rule**, but must be won by **2 points**.

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 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, 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.

SWEEPS, TAKEDOWNS, AND GROUND FIGHTING

Sweeps are not meant to take down an opponent, but only to obstruct the balance so as to follow up with a sport karate technique and can only be executed to the back of the **front leg at mid-calf or below**.

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.

LIGHT TOUCH CONTACT

Light Touch Contact means there is no penetration or visible movement of the competitor because of the contact. A light touch is required to all legal target areas in all black belt sparring divisions. The face shield of a headgear along with the headgear is a legal target area.

MODERATE TOUCH CONTACT

Moderate Touch Contact is defined as slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas except the headgear, face shield, and face.

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.

TIME-OUT'S

A request to stop the time can only be requested by the competitor in the ring. A coach may **NOT** request the timeout and can be penalized.

The center official, at their discretion, may allow a timeout or elect to disregard the request.

SPARRING WARNINGS AND PENALTIES

NO WARNINGS are issued in Black Belt Sparring. Penalty points are issued immediately for breaking the rules.

In **Under Black Belts** one (1) warning may be issued (verify with promoter if Black Belts and UBB have the same 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 medical personnel, a competitor cannot continue because of an injury caused by **an illegal penalized attack**, executed by the opponent, the offending competitor shall be automatically disqualified.

The injured competitor cannot continue to compete.

A penalty point(s) will be issued if a competitor, as determined by the center official:

PENALTIES

1. Missing or improper equipment
2. Goes out of bounds to avoid competition;
3. Falling down to avoid competition;
4. Runs around the ring to avoid competition;
5. Stalling and/or not attempting to engage the other competitor;
6. Attacking illegal and non-target areas; Using illegal techniques;
7. Blind, negligent or reckless attacks;
8. Uncontrolled techniques;
9. Unsportsmanlike behavior by the competitor, his/her coaches, friends, etc.;
10. Profanity
11. If a coach(s) and/or team member(s) enters the ring during a match;
12. A sparring match is ready to start, and the competitor is delaying his / her entry into the ring;
13. Late strikes after call to stop;
14. Retaliation strike from a competitor;
15. At the discretion of the center official, a penalty point may be issued immediately, if the center official believes the competitor is delaying without a valid reason;

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, he/she shall call out the word, “STOP!” in a loud voice. The referee **shall wait until the competitor’s return 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.

- **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.
- **Point Calling** – When signaled by the referee (referee says 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 “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 judge should point with only one finger (Index finger).
- **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.
- **Did Not See If a Point Was Scored** – The officials hold 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 the 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).
- **Clash** – Officials make a motion as though they are hitting both fists together, indicating that both competitors scored at the same time.
- **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.
- **Disqualification** – A disqualification vote is taken separately from any other vote. When a disqualification vote is asked for, the center official 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 center official, the corner judges are making a late call intentionally, the center official 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). If the center official has ruled a judge’s call was late and therefore not considered, arbitration cannot be requested.

ADDED RESPONSIBILITIES OF THE CENTER OFFICIAL:

The Center Official maintains responsibility for the following:

- Match starts and ends only with his/her command (not the command of the timekeeper);
- Has final decision on any disputes on score;
- Has the power to issue warnings and award penalty points without a majority decision;
- Can overrule a majority call only to issue a warning or a penalty point;
- Automatically has the power to disqualify a competitor who receives (3) penalty points;

PAC / NASKA FORMS AND WEAPONS DIVISIONS

TRADITIONAL

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, the 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:

- a) Movements that involve more than a 360-degree spin;
- b) Require the body to be inverted more than parallel to the floor;
- c) More than two kicks with the same leg without putting the foot down in between;
- d) Front or back flips;
- e) Cartwheels;
- f) Front or side leg splits;
- g) Releases of the weapon other than simple hand switches;
- h) 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. (EXCEPTION – A Forward Roll is a legal Traditional Technique.)

CREATIVE

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 Division 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.

Performance of the following movements will result in a downgrade by the judges, or upon unanimous vote of the judges, a "no score" as a form inappropriate for the division:

- a) Movements that involve more than a 360-degree spin;
- b) require the body to be inverted more than parallel to the floor;
- c) are similar to movements found in gymnastics and/or non-martial arts disciplines; and
- d) forms that meet the above definition of strictly traditional forms. Although one creative move qualifies a competitor for the creative divisions, it should be expected that a creative form or weapon routine with multiple creative moves of good quality would prevail as the winner, assuming all other criteria is met.

The following techniques are legal in the Creative Divisions and will be score as any other techniques (power, speed, balance, and proper execution):

Butterfly kick; Illusion kick; Forward Roll; Kip Up.

EXTREME

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:

- a) the quality of execution of techniques and movements;
- b) martial arts skills, balance, speed, and power; the degree of difficulty;
- c) 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. The inclusion of other movements, or the performance of a form or weapon from 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.

NOTE - 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.

MUSICAL

The Musical Divisions requires an 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.

DIVISIONAL MUSIC RULE

Music Choreography should be judged as follows:

- a) 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 with the same rhythm or cadence of a song is not satisfactory.
- b) If sound effects are added to the music, the form should not solely be choreographed to the added sound effects.
- c) Music and sound effects should appropriately match each other, and set the overall mood for each performance.
- d) 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 (unless it is advertised that music players will be supplied). 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.

Quick Rules Overview for Sparring 2019

- Time limit for all matches is 2 minutes
- Color Belt matches go to 7 points or the competitor with the most points at the end of 2 minutes
- Black Belt matches are 7 points spread or the competitor with the most points at the end of 2 minutes
 - NO face contact is allowed in any division except Adult Black Belts
 - Light headgear touch is allowed
 - All hand techniques are 1 point
 - Kicks above the waist are 2 points
 - NO groin kicks are allowed
 - NO ground fighting
- One Warning allowed for any violation of Rules, PENALTY POINT awarded for every violation after first warning
 - 3 Penalty point will result in automatic Disqualification
 - Any lack of sportsmanship or disrespect from a competitor, parent, spectator, coach, etc
Will result in IMMEDIATE DISQUALIFICATION

• Required Safety Equipment for Sparring

- Hand pads, foot pads, headgear, mouthpiece and groin protector for males are required to participate in sparring.
 - **Hand Pads:** A soft padded surface must cover the fingers, wrist and any striking surface of the hand.

Hand pads MAY NOT be grappling gloves or bag gloves with the bar in the palm

- **Foot Pads:** A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot
 - Face shield and rib guard/chest protector are optional