

Deviation Rule (See Article VII) will be used in all form and weapon divisions.

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 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.

- a) **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.
- b) **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).
- c) **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.
- d) **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).
- e) **Clash** – Officials make a motion as though they are hitting both fists together, indicating that both competitors scored at the same time.
- f) **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.
- g) **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.

LENGTH OF MATCH – DIVISION / INDIVIDUAL

The length of a match will be two minutes running-time unless a competitor is seven points ahead (Seven Point Spread Rule) before time has expired.

- a) **If a match is tied** at the end of two minutes, a sudden victory (first person to score a point) overtime period will determine the winner.
- b) **At the 1 minute 45** second mark of a sparring match, the timekeeper will shout out "FIFTEEN SECONDS".
- c) **All Divisional Grand Championship** matches are 1 two-minute round, but a competitor must win by 2 points.
- d) **Overall Grand** Championship matches are two, two-minute rounds.

All team matches are 90 seconds running time.

WHAT IS A SPARRING POINT?

A point is a sport karate technique that is 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** and **focused control** to a legal target area.

- a) **Focused Touch Contact:** the legal amount of contact allowed to certain scoring areas.
- b) **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.

NO-FAULT CONTACT

Unintentional contact can occur, that injures a competitor, which can be classified as no-fault on any competitor part. It will a major of judges vote to ascertain if the penalty was a penalty or if one or both unintentionally competitors caused the injuries. The injury can be declared **No-Fault**, by the majority vote of judges.

DOWNED COMPETITOR

A competitor is considered down when they have any part of their body touching the sparring surface or outside the sparring surface except the bottom of their feet or 1 hand.

If an upright competitor strikes a downed competitor, the upright competitor can be penalized.

A downed competitor, can be penalized, if they strike an upright competitor.

POINT VALUES AND WINNER DETERMINATION

- a) **All legal hand techniques** that score will be awarded one (1) point.
- b) **All legal kicking techniques** that score will be awarded two (2) points.
- c) **All jump spinning** kicks to the head will be awarded (3) points.
- d) **All penalty** points will be awarded one (1) point or more points.
- e) **The competitor** who is ahead by 7 points (7-point spread rule) before the end of 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.
- f) **All Divisional** grand championship matches have a two-minute running time with a **10 Point Spread Rule**, but must be won **by 2 points**.
- g) **In Black Belt team** fighting, each opening round is a 10-point spread. The last round is total points.
- h) **All Black Belt** Grand Championship and Overall Grand Championship matches, competitors must win by two points.

MAJORITY OF VOTES

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.

LEGAL, ILLEGAL, AND NON-TARGET AREAS

- a) **Legal Target Areas**: Entire head and face, ribs, chest, abdomen, collarbone, and kidneys.
- b) **Illegal Target Areas**: Spine, back of neck, throat, sides of the neck, groin, legs, knees, and back.
- c) **Non-Target Areas**: Hips, shoulders, buttocks, arms, and feet.

LEGAL & ILLEGAL TECHNIQUES

- a) **LEGAL TECHNIQUES** are all controlled sport karate techniques, except those listed as illegal.

- b) **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.

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, 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**.

- a) **A sweep must be deemed** a proper sweep and not a kick, to be legal.
- b) **Controlled Takedowns** and sweeps that are meant to take down an opponent **are not allowed**.
- c) A point is awarded only when the legal sweep or takedown is followed up effectively legally **and immediately** with an appropriate sport karate technique.

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.

SPARRING WARNINGS AND PENALTIES

- a) **NO WARNINGS are issued in NASKA Black Belt Sparring**. Penalty points are issued immediately for breaking the rules.

- b) In **Under Black Belts** one (1) warning may be issued (verify with promoter if Black Belts and UBB have the same rules.)
- c) **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.
- d) 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.
- e) The injured competitor cannot continue to compete.
- f) A penalty point(s) will be issued if a competitor, as determined by the center official:
- I. Missing or improper equipment
 - II. **Goes out of bounds to avoid competition;**
 - III. **Falling down to avoid competition;**
 - IV. **Runs around the ring to avoid competition;**
 - V. Stalling and/or not attempting to engage the other competitor;
 - VI. **Excessive contact**, as deemed by the center official;
 - VII. Pushing a competitor out of bound, as deemed by the center official;
 - VIII. **Attacking illegal and non-target areas;**
 - IX. **Using illegal techniques;**
 - X. **Blind, negligent or reckless attacks;**
 - XI. Uncontrolled techniques;
 - XII. Unsportsmanlike behavior by the competitor, his/her coaches, friends, etc.;
 - XIII. **A coach stands up** or leaves the coach's chair during the match;
 - XIV. **If a coach(s) and/or team member(s) enters the ring, during a match;**
 - XV. **A competitor arrives at the ring without the proper equipment;**
 - XVI. **A sparring match is ready to start, and the competitor is delaying his / her entry into the ring;**
 - XVII. Competitor refuses to leave the immediate sparring area an additional penalty point may be issued;
 - XVIII. **Late strikes after call to stop;**
 - XIX. **Retaliation strike from a competitor;**
 - XX. Competitor's equipment is incorrectly fitted **or improperly secured and** continues to fall off or requires adjustment. This penalty will start on the 2nd occurrence of the equipment failure;
 - XXI. 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;
 - XXII. **A penalty point will be issued for each minute the competitor is not properly ready to compete.**
 - XXIII. Delay of Time - Sparring
 - XXIV. A competitor purposely removes their equipment.
 - XXV. **A competitor, coach, or team member uses profanity;**

- XXVI. More than 1 coach or maximum team members are represented at start of a match;
- XXVII. **Punching a downed** competitor in the head or face;
- XXVIII. **Kicking a downed competitor, to the body, will result in a 2-point penalty** or a disqualification for kicking the downed competitor in the head or face. Disqualification required a majority vote;
- XXIX. **A downed competitor** kicks an upright competitor to the body;
- XXX. **A downed competitor kicks an upright competitor will result in a 2-point penalty or a disqualification** for kicking the upright competitor in the head or face. Disqualification required a majority vote;
- XXXI. **A one (1) point, per minute**, penalty if competitor fails to weigh-in prior to the division being called;
- XXXII. **Protest penalty – losing the protest;**
- XXXIII. Continuing to protest, after decision has been made; and
- XXXIV. No competitor, team member or coach may make physical contact with officials.

Once a competitor receives 3 penalty points they are disqualified.

If a penalty is called on one or both competitors, the penalty point(s) **must be issued** to the competitor(s). This ensures the penalties are counted to determine an automatic disqualification. For example; both competitors continue to spar after STOP is called. The Center Official calls a penalty on both competitors, a one-point penalty should be issued to both competitors.

OTHER CAUSES OF PENALIZATION

Any grabbing or pushing an official may cause the competitor to be disqualified. Striking an official may cause the competitor, coaches(s) or team member(s) to be disqualified and suspended from future NASKA events.

DISQUALIFICATION

Requires a majority vote by all officials, unless it is an automatic disqualification.

- a) **Non-Competing Penalty:** If in the majority opinion of the officials, it is considered that one or both competitors are not making an obvious attempt to compete in the sparring match in the true spirit of competition, one or both competitors will be penalized and if it continues, will be disqualified.
- b) **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:

- a) A **Coach** is defined as anyone who is trying to help one competitor in any way. A coach could be but is not limited to a friend, parent, teammate, or an official coach. Competitors or teams may have a coach or coaches but only one **designated** coach at a time.
- b) Only the **designated coach** at the time of a protest and arbitration can speak on behalf of the player.
- c) Coaches may be changed from one fight to another but if a change is made the Center Official must be notified of the change for it to be **official**.
- d) **The designated** coach must stay seated in the designated coaching chair anytime a match is in progress.
- e) A coach may stand before a match is started, between rounds, during timeouts and once the sparring match is over.
- f) **Coaching Penalty:** If a coach leaves his/her chair, during a sparring match, a penalty point will be awarded to the opposing competitor/team for the first, second and third time it occurs. A flag or other tool will be provided, at the coach's chair, to throw into the ring to call for a judgment or protest. However, if the center official has ruled a judge's call was late and therefore not considered, arbitration cannot be requested. On the 3rd occurrence in any one round the coach and coach's competitor will be disqualified.
- g) **Penalty points** on coaches are issued on the coach's player. In team events, the penalty point does not continue to the next team member.
- h) Since the coach and player are considered the same as far as **penalties go, if a player already has a penalty point and the coach receives 2 penalty points for standing**, etc. the player is automatically disqualified because 3 penalty points were received in one round.
- i) **Just like a player, coaches can be penalized** or disqualified for unsportsmanlike behavior. If a coach is disqualified they can be replaced.
- j) **Never, at any time**, can a coach enter the ring without the referee's permission;
- k) No abusive, violent, unsportsmanlike or overzealous coaching;
- l) Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the judges. The center official can issue a penalty 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 competitor but, requires a majority vote of all judges.
- m) **If a coach's chair is provided**, the coach must stay in the chair during the match. A coach's player can be penalized during a match if they leave the chair without permission of the head judge. The head judge determines the severity of the penalty base on the coach's conduct.

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.

A flag or other tool will be provided, at the coach's chair, to throw into the ring, to call for a judgment or protest, if the center official has ruled a judge's call was late and therefore not considered, arbitration cannot be requested..

SCORING RULES – FORMS AND WEAPONS

MAXIMUM DEVIATION RULE

Since the high and low scores are not dropped when three officials are used in forms and weapons, the Maximum Deviation Rule (See Article VII) limits the impact of a single judge's score to control with his/her high or low score the outcome of placement. 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. See complete Maximum Deviation Rule (See Article VII) for more details.

DELAY OF TIME PENALTY

A .01 point, per judge, will be deducted from the offending competitor's final score each minute the competitor is not ready to compete. If a competitor is still not ready to compete after 3 minutes, he/she will be disqualified.

TIME LIMIT

Each divisional form or weapon routine must be three (3) minutes or less. Four (4) minutes is allowed for each form or weapon routine in the Night-Time Finals. Four (4) minutes is allowed for the Traditional Challenge, 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. At the 2 minutes 45-second mark (3 minutes 45 seconds for overall grands, Demos, Team Forms and Team Weapons) of a competitor's form, the timekeeper will shout out "FIFTEEN SECONDS".

SCORING RANGES OF FORMS AND WEAPONS

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

- a) **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.

- b) All judges must make scoring decisions by giving different scores to the competitors.
- c) 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 there is not a majority judge's decision and no judge gave the same score to any one competitor, the tied competitors will compete again and be scored again.

EQUIPMENT ABUSE

It is the competitor responsibility to not abuse the tournament supplied equipment. Abuse can happen during the normal flow of a match or form routine and is acceptable; i.e. being pushed into a score table. Intentional actions may be penalized. Intentional action may include, but are not limited to the following examples:

- a) Driving/striking downwards with a sword that penetrates the mat;
- b) Throwing any weapon on the mat (placing is acceptable); and
- c) Forcibly pushing a bow into a mat.

DROPPING A WEAPON

If a 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 competitor drops their weapons during the finals, they are not disqualified unless they drop twice or do not finish their weapons form.

If a competitor drops their weapon and it goes out of bounds or hits anyone, they will be disqualified and will not receive any score.

Throwing a Weapon down will be scored, as if the Weapon was dropped.

WEAPONS / FORMS BOUNDARY PENALTY

The intent of this rule is the safety of competitors, spectators, and the judges; also, known as the group. It is not intended to be applied unilaterally; rather in situations where the exceeding of the imaginary boundary could provide a risk to any of the group. For example, the weapon's / competitor exceeds the boundary:

- a) The weapon's competitor goes between or over the group's body or head; or
- b) The weapon's competitor hits anyone, in the group, who is outside of the ring.

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.

- a) The officials will score as though there was not a mistake, but a penalty applies – See Penalty section.
- b) The three-minute time limit will start over.
- c) A competitor can only start over one time for scoring.
- d) If a competitor must start over, not due to his/her negligence, he/she will not be penalized on the start over.

FORMS AND WEAPONS PENALTIES

In the Form and Weapon Divisions, all penalties, non-disqualification, are per judge and will be deducted from the offending competitor's final score
The group is defined as – Another Competitor, Spectator, or Judge that is outside the ring area.

Penalties:

- a) Delay of Time - A .01 point. After 3 minutes competitor will be disqualified;
- b) Exceeds time limit - Disqualification
- c) Props in divisions - Disqualification;
- d) Equipment abuse - .03 per occurrence;
- e) Protest penalty – losing the protest;
- f) Continuing to protest, after decision has been made; and
- g) Dropping or throwing a Weapon down:
 - I. In division – Disqualification
 - II. Runoff, Grand, or Finals - .05 per judge, per occurrence. On 2nd drop competitor is Disqualification. Competitor is only scored if they finished their routine
- h) Weapons strikes the Group – Disqualification;
- i) Equipment Abuse – .02;
- j) A portion of a Weapon leaves the ring area (Sword's Sheath or second Weapon);
 - I. Leave the ring area – .02
 - II. Strikes anyone in Group – Disqualification
- k) Altering a Weapon – Competitor scores can be lowered;
- l) Boundary Rule – without the request to exceed ring boundary:
 - I. The weapon goes between or over the group's body or head – .05
 - II. The weapon hits anyone, in the group, who is outside of the ring – Disqualification.
- m) Starting a Form or Weapon routine over – .05;
- n) Moves that are illegal for the type of routine (Traditional, Creative, Musical, Extreme) - a downgrade of the form or weapon routine, or upon unanimous vote of the judges, a "no score" as a form inappropriate for the division;
- o) Routine is incorrect for the division – Extreme moves in Creative – Disqualification
- p) Weapon Breaks – separates into 2 or more sections – Disqualification
- q) Weapons Cracks – Does Not separate into 2 or more pieces – NOT a penalty. The competitor may have their score lowered, if, in the opinion of the judges, the Crack impacted the execution of the form or the effectiveness of the weapon.
- r) Traditional Challenge only: - All are Disqualification's
 - I. Doing a non-traditional form (altered or made up);
 - II. Kia rule not followed (too many or not enough);
 - III. Out of bounds;
 - IV. Sportsmanship not adhered to;
 - V. Excessive stance violation.

TIE-BREAKER PROCESS

- (a) **Majority of judges** – this is the majority of the total number of judges in the division; not based on score but rather on who the judge placed higher (most ties can be broken using this rule)
- (b) **Judge Determines the Winner.** This occurs when a judge gave the same score to the tied competitors. The judge who gave the same score must select a winner. If the judge had to manually adjust his or her score due to the Maximum Deviation Rule, then the judge must select the winner based on the unadjusted score. If the judge gave the same score to the two tied competitors, not as a result of the Maximum Deviation Rule, then the judge(s) must select the winner
- (c) **Total Score** – is applied when judges scores are added back in (5 or 7 judges). This methodology is used after the majority of judges' method or the requirement on 1 judge who may have given the same score did not break the tie.
- (d) **Re-run the tied competitors** – the re-run would only include the tied competitors who remain tied after applying rules one and two

RELATIVE RANKING

RELATIVE RANKING RULE

The Relative Ranking Rule has replaced the old "score-as-you-go" system in all divisions at all 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 SMIT H	III	9.96	3 rd
KEN BLACK	I	9.99	1 st
LARRY JAY	IIII	9.95	4 th

The Center Judge will then allow up to two minutes for the judges to assign decimal scores to each competitor based on their relative ranking. Each judge decides how high to score his number "1" competitor – usually a 9.99 or 9.98 in the black belt divisions – and assigns that score to the top competitor. The number "2" competitor will be scored one-hundredth lower at 9.98 or 9.97 (or even lower if the judge feels there was a great gap between the number "1" and number "2" competitors). Number "3" will get a score at least one-hundredth lower than the number "2", and number "4" will get a score at least one-hundredth lower than the number "3".

This is done until all the competitors are ranked relative to each other. None of the top four competitors ever receives the same score, and the top four scores a judge gives are only given once. A judge may give the same score to competitors he/she has ranked as "5" or lower, though it is discouraged unless there are many competitors in the division and giving incrementally lower scores would take the lower-ranked competitors to scores that were undeservedly low. (Judges may prefer to use slash marks rather than numbers to rank each competitor: I, II, III, IIII and so on. By using this method, you do not have to mark out or erase as often, you only add slashes.) Once all judges are ready, the Center Judge will have each competitor step forward as his or her scores are announced, using the Maximum Deviation Rule.

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.

After assuring that any necessary adjustment has been made, the Center Official then says, "Score", and the scores to the audience, the competitors, and the scorekeeper as usual.

For Complete NASKA Rules Check the NASKA Rules at NASKA website or Compete website

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):

- a) Butterfly kick;
- b) Illusion kick;
- c) Forward Roll;
- d) 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;
- c) balance, speed, and power;
- d) the degree of difficulty;
- e) 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

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.

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.

CHINESE

A Form or Weapon routine in the Chinese Division can include techniques which originate from the style of martial arts the competitor represents and emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus.

The movement of the competitor will determine what NASKA runoff or Grand the Chinese competitor will compete in. Movement of the following will place the Chinese Competitor in the NASKA CMX (Creative, Musical, or Extreme) runoff / Grand:

- 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;
- d) Butterfly kick;
- e) Illusion kick; and
- f) Kip Up.

Should a Chinese competitor enter a NASKA division that is not declared Chinese Division (Musical, Creative or Extreme), the competitor must follow the standard rules for that Division.

Music is not allowed in the Chinese Divisions, as NASKA offers a Musical Division for both Forms and Weapons.

AMERICAN KENPO

- a) **Uniform.** Uniforms are black. Association patches are allowed on the uniform with no minimum or a maximum number of patches.
- b) **Stances.** Stances are generally high and they are transitional. There are no super low and held stances. The bow stances look similar to front stances, but the front foot toes are angled inward to the body. Also common are “soft bow/close kneel” stances where the back knee is bent down towards the ground and the back heel is up.
- c) **Kicks.** Kicks are generally low (chest level and below) and snapped. They are not locked and extended. Low kicks

and stomps to a downed opponent are common. Additional kicks include Tornado kicks, jumping front kick and jump round kicks, crescent kicks. There are no flying kicks, cartwheels, handsprings, flips or inverted moves, split kicks or more than 360-degree kicks allowed.

- d) **Hand Techniques.** The blocking techniques are a combination of linear (hard style) and circular (soft style). Hand strikes are also a combination of hard and soft techniques with a variety of claws, palms, spear hands, eye pokes, finger strikes, hammer fists, chops, middle knuckle and front knuckle etc.
- e) **Tempo and flow.** There is a fluidity in American Kenpo forms. You will note many strikes and blocks include cover hands that are not traditionally chambered at the ribs/hips like other traditional styles. The “slapping” is common and demonstrates the extra parry and checking moves in the techniques. There are no locked out or held moves, stances, blocks or strikes.
- f) **Kias and breathing.** There are no set Kia requirements in traditional Kenpo Forms. There is no dynamic breathing or tension breathing as in Japanese and Okinawan Forms.
- g) **Form Content.** American Kenpo Forms are generally made of actual self-defense techniques that are taught as part of the Kenpo belt curriculum.

These forms must capture the essence of classic martial arts movements, displaying the American Kenpo 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:

For Complete NASKA Rules Check the NASKA Rules at NASKA website or Compete website