

NASKA TOURNAMENT RULES AND TERMS

(note: also see form and weapons judging criteria on page 6)

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.

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 shoes are allowed in the sparring divisions. **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 and rib/chest guards are highly recommended for additional safety to all sparring competitors.

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: Two NASKA certified judges and one NASKA certified referee is allowed in all Black Belt weapon, form and sparring divisions. If the approved certified judges and referees are not available, four judges and one referee are required in all black belt form and weapon divisions. At least two judges and one referee are required in all sparring divisions and under black belt form and weapon divisions.

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 players 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!**

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 shall be a minimum of 16' x 16' approximately.

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 may 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 **Sparring:** Once the final call for the sparring division has been made at ring side 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.

SEEDING: SIX seeds can be offered in form and weapons divisions. The four highest rated NASKA world competitors in world rated tournaments and the four highest rated NASKA national competitors at national rated tournaments who are present in the division will go last in the division in the reverse order of his/her rating. The 5th and 6th rated competitors are selected from the associated regional ratings organization (if being used). A maximum of 6 competitors can be seeded. If there is less than four rated world or national seeds present, regional seeds can be used to select 6 seeds. If any six rated competitors are not present, you need only seed the rated competitors who are present. The only exception to this rule is at the beginning of the year before current ratings have been established (first three world tournaments), you should, if additional world or national seeds are needed to reach four, use competitors who were rated in a lower age group and are now required to move into the older age group at the beginning of the new season (This exception does not apply when youth are moving into adult divisions). These seeds would be seeded after the current world or nationals seeds of that division.

Sparring: Pick the four highest world/national rated competitors in the division to be your four seeds. The four seeds will be taken out and not bracketed until the ring gets down to the final four. The four seeds will then be bracketed with the final four in the following order: Place the number one seed in the first bracket, place the

number two seed in the eighth bracket, place the number three seed in the sixth bracket and place the number four seed in the fourth bracket (#1 and #4 seeds are always in the top half of the bracket and #2 and #3 seeds are always in the bottom half of the bracket). If there are less than four seeds in a sparring division and by using byes the seeded competitors can move into the final eight brackets, additional seeds to make four are not needed. If additional seeds are needed, the additional seeds will be taken first; from world/national rated competitors who are moving into an older age division (Does not apply when youth are moving into adult divisions), second; from the associated regional ratings, third; the national ratings, and fourth; rated competitors who are moving into a heavier or lighter weight division. If additional seeds are still needed after using all of the above, a random draw is used to select the needed seeds.

SPARRING RULES

LENGTH OF MATCH: Two minute running time unless five points are scored 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. "New" for 2008: The competitor who earns **seven (7)** points by the end of the two minutes or whoever is ahead at the end of the two minutes is declared the winner. All semi final black belt matches (final four) will use a seven (7)-point spread to determining the winner or whoever is ahead at the end of two minutes. All grand championship matches are two-minute running time **10 point spread** or who is ahead at the end of two minutes.

MARJORITY 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 upright (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.

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.

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 (two points awarded). 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 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 (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, team mate or 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

TIME LIMIT: Each 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 must be four (4) minutes or less. 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 with the scores that were given, there is still not a majority of judges for one competitor, they must be ask on the center referee command to points to the competitor who they fill should win. All judges must make a decision for only one competitor. Ties for 5th through 8th place are never broken. They will remain tied and all will receive points and awards.

TRADITIONAL, CREATIVE, MUSICAL AND EXTREME DIVISIONS: Competitors in these divisions must exhibit a form or weapon routine that reflects the essence and values of the division name in which they are competing. Otherwise, the competitor risks disqualification or down grading. **Traditional** forms and weapons must capture the essence of classic martial arts movements, showcasing the traditional techniques and stances. **Creative** form and

weapons allows contemporary martial arts techniques that have evolved over the last 30 years. No extreme gymnastic-type movements are allowed in the creative form and weapons divisions. **Musical** forms and weapons require choreography of moves to the music. **Extreme** forms and weapons allow movements whether they originated from traditional or contemporary martial arts systems or otherwise. However at least half of the form must originate from martial arts techniques and the competitor must execute at least one technique that involves an inverted move or greater than 360 degree spin. See www.NASKA.com for a full definition of all NASKA's form and weapon categories. Full definition of forms and weapons is listed on the Form and Weapons Criteria sheet.

WEAPON DIVISIONS: 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

NASKA FORM & WEAPONS CRITERIA

NASKA has separated the forms and weapons competition into four categories: (1) Traditional; (2) Creative; (3) Extreme; and (4) Musical. In addition, the Board has decided to separate the Grand Championship competition between Traditional and Creative/Extreme, and further separate the Youth Grand Championship competition by age and gender (i.e., 13 & Under, and 14-17). This format will result in 16 Youth Grand Champions, and 4 Overall Youth Grand Champions combining boys and girls in the 13 & Younger and 14-17 age groups for forms and weapons. The adult grand championship competition will remain the same, except that 2 additional grand championship competitions were added for the 30 & Older age group in forms and weapons.

- Traditional Forms and Weapons – These forms must capture the essence of classic martial arts movements, showcasing 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.).

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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 www.LoneStarOpen.com Document converted to pdf by www.MichaelOrta.com - Professional Website Development and Design.

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.

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Musical Forms and Weapons: The Musical Divisions requires a form or weapons form meeting the above criteria for a Traditional, Creative, and Extreme form, choreographed in a general sense to the beats or rhythm of music chosen and provided by the competitor. Primary emphasis shall be placed on innovative choreography of moves to the music, however, the basic criteria listed above for all forms must also be observed. Simply performing a Traditional, Creative, or Extreme form with background music, or a form not meeting the basic criteria for all forms above, 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.

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: The Youth Creative Weapons Division permits music as an option. Because such divisions are not Musical Divisions by the above definition, choreography to the beats or rhythm of the music is not required.

Likewise, because the Grand Championships are not considered Musical Divisions, choreography to the beats or rhythm of the music is not required. Please note that even though your form does not have to be choreography to the beats and rhythm of the music in the above circumstances, if a competitor decides to use music, the music will be judged as part of their form or weapon form performance.

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: Traditional Forms and Weapons have their own Grand Championship. Accordingly, the winners of their respective divisions must compete with a Traditional Form. **No** music is allowed in the Traditional Forms and Traditional Weapons Grand Championships.

The Creative, Musical and Extreme Divisions in Forms and Weapons are combined in the Grand Championship Round. Consequently, the winner of the separate Creative and Musical Divisions **may** incorporate Extreme moves and/or music in the Creative/Musical/Extreme Grand Championships.

In the **Overall Youth Grand Championship**, each Grand Champion **MUST** compete with a form or weapon form that represents their individual Grand Championship. For example, if a competitor won his Creative forms division, and then went on to win the Creative/Musical/Extreme Grand Championship, that competitor may compete with an Extreme Form in the Overall Grand Championship even though the competitor may have won the Creative or Musical Division. A Traditional Grand Champion winner **MUST** always compete with a Traditional Form or Traditional Weapon Form when competing for any Overall Youth Grand Championship. Traditional form and weapons Grand Champion winners **MAY** use music in their form or weapon form **ONLY** when competing in any *Overall Youth Grand Championship*.

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 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.

LIABILITY WAIVER

In consideration of my or my child's participation in the above-referenced Event at the Renaissance Hotel (the facility) hosted by Lone Star Open World Karate Championships I agree to assume the risks incidental to such participation and use (which risks may include, among other things, muscle injuries and broken bones) and, on my own or my child's behalf, and on behalf of my or my child's heirs, executors and administrators, I hereby release and forever discharge the Released Parties defined below, of and from all liabilities, claims, actions, damages, costs or expenses of any nature arising out of or in any way connected with my or my child's participation in such activity, and further agree to indemnify and hold each of the Released Parties harmless against any and all such liabilities, claims, actions, damages, costs, or expenses including, but not limited to, all attorney's fees and disbursements. For this event, and in the event that my child or I choose to participate in any other activity at the facility, the Released Parties are: Lone Star Open World Karate Championships, NASKA, NASKA promoters and Directors, Austin Society of Karate Directors and Promoters, Renaissance Hotel all sponsors of the event, and each of their parent, related and affiliated companies, and the officers, directors, employees, agents, representatives, successors, and assigns of each of the foregoing entities. I understand that this Release and Indemnity Agreement includes any claims based on the negligence, action or inaction of any of the above Released Parties and covers bodily injury (including death) and property damage, whether suffered by me or my child, before, during or after such participation. I declare that I or my child are physically fit and have the skill level required to participate in this particular Event. I further authorize medical treatment for myself or my child, at my cost, if the need arises. I also understand that my child or I may be required to leave the Sports Complex should my child or I exhibit undesirable conduct.

I further grant the Released Parties, the right to photograph and/or videotape me or my said child or ward and further to display, use and/or otherwise exploit my or my said child's or ward's name, face, likeness, voice, and

appearance forever and throughout the world, in all media, whether now known or hereafter devised, throughout the universe in perpetuity (including, without limitation, in online webcasts, television, motion pictures, films, newspapers, and magazines) and in all forms including, without limitation, digitized images, whether for advertising, publicity, or promotional purposes or for any other purposes whatsoever, without compensation, reservation or limitation. The Released Parties are, however, under no obligation to exercise said rights herein granted.

GOVERNANCE

This Agreement shall be governed by the laws of the State of Texas, and any legal action relating to or arising out of this Agreement shall be commenced exclusively in the Circuit Court Travis County, Texas or if such Circuit Court shall not have jurisdiction over the subject matter thereof, then to such other court sitting in said county and having subject matter jurisdiction), and I specifically. I certify I am 18 years of age or older.