



## **2024 Updates for Divisions, Grands, Rules, and Prize Money**

Dear NASKA Members, Parents, and Coaches,

We're thrilled to share updates and clarifications to the 2024 rules and divisions released last week for the upcoming competition season. Following extensive discussions and meetings, we want to spotlight an essential rule regarding Traditional Forms and Weapons in the CMX Musical divisions.

Understanding the rich history of Sport Karate and NASKA is crucial, especially for newer members. Over the past 30 years, NASKA has evolved with its exceptional athletes, implementing rules like:

- Relative Ranking and Maximum Deviation to enhance judging
- Refine the Fighting divisions and update the rules for the new generation of elite speed fighters
- Introducing Traditional Challenge divisions aimed to provide more opportunities for Traditional stylists
- NASKA is committed to continuous improvement and welcomes positive or negative feedback

The new rules for CMX Musical Forms divisions address the need for refinement and updates. The existing criteria, established over 25 years ago, required adjustments to accommodate the remarkable progress in athletes' technique, performance, and abilities. These changes aim to align with the current needs of both athletes and judges.

Notably, the past decade has seen several inclusions for Traditional athletes, such as:

- Traditional Challenge
- Separate Traditional and CMX Grands
- Traditional Kenpo divisions
- Youth Korean divisions
- Traditional Team Sync Forms and Weapons divisions
- Women's Traditional Overall Forms and Weapons Grands

Separating competition between Contemporary CMX and Traditional divisions is crucial to level the playing field, ensuring fair competition at elimination and runoff levels until the competitors meet in the Overall Grand Championships at the nighttime finals.

Preserving the essence and fundamental quality of contemporary CMX divisions is paramount. Only Contemporary CMX-based Forms and Weapons will be allowed in the Musical divisions to foster development and growth.

As we approach 2024, let's collaborate to enhance the Sport Karate arena, making the competition experience optimal for athletes, teams, coaches, officials, and spectators. Your feedback is always valued.

Our Sincerest Thank You,

**–The NASKA World Board of Directors**

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We are excited to announce the NASKA Rules and Division updates for the 2024 season. These updates will improve the league and make for a better and more fair experience for the athletes. Some of these updates have been proposed some time ago, and others are more recent. Please know that the NASKA Board of Directors takes time to review and discuss all proposals before voting and implementing them. As with anything new, some may not fully embrace these updates, and others may offer varying views and opinions. We understand this and are always welcome to provide more insight and answer questions.

Thank you,

**Larry Carnahan, NASKA President**  
**NASKA Board of Directors**

**2024 Updates:**

1. **Change to an Existing Division:** The Men's Senior Team Sparring division ages will change to 30+, 40+, and 40+. Teams must have one athlete to represent each of these three age categories.
2. **New Concussion Protocol:** For any competitor that suffers a concussion, there will be a mandatory 30-day minimum time for the athlete to return to competing at a NASKA

World tournament. The safety of all athletes is NASKA's number one priority, and we feel that, like many other sports, NASKA must have a concussion safety protocol. This rule update is a start in the right direction to develop this protocol. **We believe this rule is so important that it will be the only rule effective immediately.**

3. **Rule Change:** Athletes who compete in the CMX Musical Forms and Weapons divisions must perform a CMX-based routine that meets the criteria of the CMX Forms and Weapons divisions. Performing a Traditional Form and or Weapon is not allowed. Remember that Traditional athletes may add music to their Form or Weapon routine if and when they qualify for the Traditional Grand Championship Runoffs and Overall Grands.
4. **New Divisions:** The Traditional Team Synchronized Forms and Traditional Team Synchronized Weapons will be added to the official NASKA divisions list for 2024. It will be the option of the promoter to offer any Overall Grand Championship or challenge between the CMX and Traditional Team Synchronized Forms and Weapons winners.
5. **New Grand Champion Divisions Added:** Women's Overall Grand Championships will now include four Overall Grand Championships, just like the Men's Overall Grand Championships. The Prize Money for these new divisions will be set at the NASKA league minimum of \$500 each. The World tournament promoter(s) have the option to offer more Prize Money. The Women's Grand Champion divisions will now be:
  - a. Women's Traditional Forms Grand
  - b. Women's Traditional Weapons Grand
  - c. Women's CMX Forms Grand
  - d. Women's CMX Weapons Grand
6. **New Divisions:** Ten Junior Korean Forms divisions will be added for 2024. These divisions will be scheduled for the Saturday morning schedules, and they will also be included in the Traditional Forms Grands and Overall Grand Championships. The Forms presented by the athletes in these divisions must be Korean-based with the techniques and essence of Traditional Korean Forms. There is NO required list of Forms that athletes must perform. The age divisions are as follows:
  - a. Girls - 9 & Under, 10-11, 12-13, 14-15, 16-17
  - b. Boys - 9 & Under, 10-11, 12-13, 14-15, 16-17
7. **Legal Age Rule:** In 2024, 17-year-old competitors may choose to compete in the 18+ Forms and Weapons divisions for the entire year, even if their birthday is after the June 30th cut-off date. Once a competitor moves up to the 18+ Forms and Weapons divisions, they can't switch back to the 16-17 divisions, and their Rating Points can't be transferred or moved once they compete in the 18+ division. A 17-year-old could

compete in the 18+ Forms and Weapons divisions and the 16-17 Sparring divisions at the same tournament since Sparring is excluded from this new Rule update. (A competitor whose 18th birthday occurs in the calendar competition year may choose to compete in the 18+ Forms and Weapons divisions for the entire year. If a competitor does not move up early, he/she must move up as soon as he/she turns 18.)

*\*If a competitor chooses to move up to the 18+ Forms and Weapons divisions while they are 17, it is the competitors responsibility to be present at all of their divisions. Divisions as well as divisional and overall grands will not be held for competitors competing in another age group.*

8. **Demo Teams:** The number of allowable members to make up a demo team has been increased to 20. This will give larger teams the opportunity to compete in this very exciting division.
  
9. **Music allowed in all Runoff Grand Championships.** In ALL Traditional and CMX Weapons and Forms Runoff Grand Championships, music may be used by competitors for their respective division that they won. This includes ALL Traditional and ALL CMX Forms and Weapons divisions. Competitors must compete with the Form or Weapon routine representing the division that they won ie: Creative Forms and Weapons and or Extreme Forms and Weapons.