



## NASKA WORLD TOUR UPDATES FOR 2025

The following list is the approved updates for rules, clarifications, and procedures for the 2025 competition season.

**1. LEGAL AGE RULE—** The age a competitor is on June 30th of the current competition year is their legal competition age for that year.

A competitor can always compete in his/her chronological age if they choose.

For competition purposes, an individual's age is based on his/her age on the first day of tournament competition for each NASKA event, regardless of whether the individual competes on that day or not. This provision functions in conjunction with the June 30th competition age rule.

Competitors **MUST** be able to produce legal proof of age immediately upon request from the event promoter, NASKA President, or the event arbitrator. Failure to do so may result in disqualification from the event.

### **Competitors Turning 18 Years of Age PRIOR TO June 30th**

A competitor who will turn 18 on or before June 30th of the competition season may compete the entire season as an adult in the 18+ Division for all Forms and Weapons Divisions. A competitor **cannot** compete in the 18+ Sparring Divisions until he/she has reached the age of 18, this competitor would be allowed to compete in 16-17 Sparring Divisions until his/her 18th birthday. Rating points do not transfer to another age Division.

### **Competitors Turning 18 Years of Age AFTER June 30th**

A competitor who turns 18 years of age after June 30th may compete the entire season in the

16-17 Forms and Weapons Divisions. This competitor can only compete in the 16-17 Point Sparring Divisions until he/she turns 18 years of age. Once a competitor turns 18 years of age, he/she **CANNOT** continue to compete in the 16-17 Point Sparring Divisions but will be allowed to compete in the 18+ Sparring Divisions while continuing to compete in the 16-17 Forms and Weapons Divisions.

Competitors always have the option of moving to all 18+ Divisions for Forms, Weapons, and Sparring upon obtaining the age of 18.

**2. SENIOR COMPETITORS (30 AND OVER)—** All senior adult Black Belt competitors have the option to compete down in age. (Example: Any 30+, 40+, 50+, and 60+ year old competitor can compete in any younger adult Black Belt Division.) A competitor **cannot** compete up in an age division.

An adult competitor can choose to compete down in age but can only compete in one age group for Sparring, one age group for Weapons, one age group for Forms, and one age group for Team Sparring. If the competitor elects to compete in more than one age group (separate ages for Forms, Weapons, and Sparring) they must be aware that divisions **cannot** be held for them to move from one age group to another. They will be subject to disqualification if they cannot make their division on time. Competitors should always check the tournament schedule before committing to compete in more than one age group. Tournaments **do NOT have an obligation** to schedule Divisions so that senior competitors can compete in multiple age groups. **NO REFUNDS** will be given to a senior competitor that registers for more than one age group but is unable to compete due to scheduling conflicts.

Senior competitors may only compete in one Grand Championship Division per genre (Sparring, Forms, and Weapons). For example, a 50-year-old competitor who wins the applicable divisions to qualify may compete in the 50+ Sparring Grand, the 30+ Weapons Grand, and the 18+ Forms Grand. This individual would **NOT** be able to compete in the 18+ or 50+ Weapons Grand; or the 30+ or 50+ Forms Grand (even if they won a qualifying Division).

Senior competitors may compete in the specialty or customized Divisions offered in the 18+ Division that are not specifically offered to senior competitors such as the Traditional Challenge, Korean Forms, Kenpo Forms, Extreme Forms and Weapons, and Chinese Forms and Weapons. Senior competitors may **NOT** compete in the 18+ Creative or Traditional Bladed and/or Non-Bladed and also compete in the applicable senior Creative Weapons or Traditional Weapons Division. Senior competitors may compete in the 18+ Open Weight Sparring Division. Regardless, senior competitors may only compete in one Grand Championship Division per genre (Sparring, Forms, and Weapons.)

**3. TIME LIMITS FOR FORMS AND WEAPONS DIVISIONS—** The time limit for ALL individual Forms and Weapons Divisions, including all CMX and Traditional Forms and Weapons Divisions, will be 4 minutes. Time starts from the moment a competitor steps onto the mat or

when the music begins playing. Competitors who exceed the 4 minutes will be disqualified, regardless of warnings given by officials, judges, or scorekeepers.

**4. DEMO TEAMS – MINIMUM NUMBER OF MEMBERS—** Demo Team Divisions must have a minimum of 5 members and no more than a maximum of 25 members to be eligible to enter and compete in the Demo Team Divisions.

**5. MUSIC BOXES—** Competitors must supply their music boxes to play music for the Musical Forms, Weapons, Demo Teams, and Synchronized Divisions. Music volume levels will be strictly monitored in 2025.

**6. QUEBEC OPEN 2025—** Forms and Weapons Divisions will be fully sanctioned by NASKA, including all applicable Rules, Divisions, and Ratings. However, the Sparring Divisions **will not** be sanctioned by NASKA or NASKA Rules, and competitors in these Divisions **will not** earn NASKA Seeds or Ratings/Points. The Rules, Divisions, and Rankings/Points for Sparring will be separate from NASKA. This arrangement applies only for 2025, with future sanctioning decisions to be determined.