



**OFFICIAL RULES OF THE
NORTH AMERICAN
SPORT KARATE ASSOCIATION
2026 SEASON**

NASKA.COM

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I. BASIC NASKA RULES

I.1. 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 (sparring) and at the appropriate ring when competition begins. 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 they are up next to compete, he/she will be penalized (see delay of time rule in penalty section of Sparring or Forms and Weapons).

I.2. LEGAL AGE RULE

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.**

Senior Competitors (30 and over) - NEW FOR 2026

Seniors will be required to select a competition age during registration for EACH INDIVIDUAL Tournament. Whichever age is selected determines which divisions the competitor is eligible to compete in - for all divisions (forms, weapons, and sparring) at that event. Competitors are no longer allowed to switch between age divisions for forms, then a different age group for weapons and then a different age group for sparring. Competitors can change their chosen age group from tournament to tournament but their ratings points will not transfer to the different age groups.

As such senior competitors will only be allowed to compete in the grand champion divisions for the age selected. For example, a competitor who is 42 years old can elect to compete in either the 40+ divisions, the 30+ divisions, or the 18+ divisions; however whichever age group is selected the competitor can only compete in forms, weapons, and sparring in that age group.

The exceptions to this rule would be the specialty divisions which are the Traditional Challenge, Korean Challenge, Open Weight sparring, Team Sparring*, Team Demo and Team Sync which have you and adults combined.

All competitors aged 18 or above are eligible to compete in these three divisions and would be eligible to compete in the 18+

overall grand championship in traditional forms. For example, a senior competitor who wins the traditional challenge WOULD be allowed to compete in the 18+ traditional forms overall grand as well as any senior grands that he/she is eligible for based on the competition age selected. Seniors' NASKA points would stay in the age group earned, as such a competitor could be ranked in multiple age categories.

An adult competitor cannot compete on both 18+ and 30+ sparring teams.



I.3. 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, passport, or other acceptable documents) to prove his/her age.

I.4. RANK RULE

A competitor must compete at the highest belt level they have earned in the martial arts. 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.

I.5. LATE ENTRIES

If a competitor arrives late (the division is ready to start, but the 1st competitor has not started), the late entry must compete first, including seeds.

Once a division has started (the first competitor has started his/her form/weapon routine, or the first divisional sparring match has started) no competitor/s can be added to that division. BE ON TIME!

The only exception to this rule is the "Fairness Rule" at the end of this rules summary.

Late Entry Definition: a competitor arrives at the ring after the last call for the division has been made, the seeds selected, the shuffle has been made, the order of competition has been determined and the 1st competitor has not started.

I.6. UNDER BLACK BELT RULES

NASKA has guidelines for promoters to follow for the purpose of safety. Promoters must post the rules to be used in the UBB competition. This is not regulated by NASKA. NASKA also has a set of standard divisions promoters use for the purpose of ratings. It is highly suggested that these divisions are followed. NASKA is constantly revising these divisions for fairness and competitiveness. Please contact the tournament promoter concerning Under Black Belt rules.

I.7. WEIGHING-IN

It is mandatory for all adult sparring competitors – who are in weighed divisions – to weigh in before competition. Only one official weigh-in is required. All competitors must compete in his/her weight division. A competitor cannot compete 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 will be disqualified.



If a competitor fails to weigh-in, prior to their division competition starting, he/she is subject to the Delay of Time Penalty. It is the responsibility of the competitor to be officially weighed-in prior to their division.

Competitors 18 years of age and older must provide a valid form of ID when weighing in.

I.8. RING REQUIREMENTS

The size of the fighting and forms black belt rings will be:

- a) Adult black belt rings will be 7x7 puzzle mats with a minimum of a 1 foot space surrounding the outside of the sparring ring for safety that will be designated with tape.
- b) Junior black belt rings will be 6x6 puzzle mats
- c) Starting lines should be marked approximately six feet apart in the middle of the ring.
- d) Additionally, each ring should be posted with a ring number visible to competitors, officials, and medical personnel from across the floor.
- e) Under black belt rings can be a minimum of 16' to a maximum of 20'. (5x5 puzzle mat)

I.9. FAIRNESS RULE

If a question arises that is not completely covered by this rule book, the official rules arbitrator may at his/her discretion, overrule, modify, or change a delineated rule if he/she believes that enforcing such a rule would result in an inherent unfair outcome to a competitor. However, the rules arbitrator should overrule, modify, or change a delineated rule only in extreme cases.

I.10. SPLITTING A DIVISION

Any youth or junior (ages 17 and under) forms and/or weapons division with 20 or more competitors will be split into 2 divisions. The split will be based on age with two divisions created. The winner of each split division will be included in the divisional grand overall. Placement for positions first through eighth for both divisions will be awarded the applicable NASKA ratings points. The split will be based solely on age without consideration of the number of competitors in each division and no additional split will be applied. Both split divisions will apply standard NASKA seeding meaning that a total of four seeds will be applied to each division. Only competitors rated in the top four of the combined rated division will receive an "A" seed. Remaining seeds will be completed from the combined division ratings and will be entered as "B" seeds; "C" seeds may apply at the first two events of the new season when the prior year ratings are utilized and at events with secondary seeding (i.e. ISKA, KRANE, etc.).



1.13. CONCUSSION PROTOCOL

Competitors that suffered a knockout as determined by the center official and who may have a concussion at a NASKA tournament will be flagged and not be allowed to compete in any other competition for that tournament. The center official informs the medic that the competitor was knocked out. There will be a mandatory 30 day minimum time for that athlete to return to competition and or register, enter and compete at any NASKA World tournament. The competitor must provide documentation from a doctor or medical professional clearing them to return to competition, if they wish to return before the 30 days.

II. EQUIPMENT AND UNIFORMS

II.1. 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.

- a) **Sparring:** All sparring uniforms must have sleeves that reach at least to the middle of the biceps. No T-shirts, sweats, tank tops and shorts are allowed in the sparring divisions.
- b) **Forms & Weapons:** T-shirts are allowed in forms if they are part of the competitor's official school uniform. Uniforms in the forms and weapons divisions are allowed more liberties because a form routine 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 forms competition if they do not damage or mark the competition floor.

II.2. REQUIRED AND RECOMMENDED SAFETY EQUIPMENT

NASKA approved headgear; hand and foot pads, elbow pads, shin guards, mouthpieces, groin cups (for male competitors only) and chest guards & face shields (for all competitors 17-years-old and younger) are mandatory for all competitors in sparring divisions.

The competitor's equipment will be checked and if it is deemed unsafe or does not fit properly, he/she will be asked to change the equipment before he/she can compete. 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.

If a competitor is missing required equipment or the equipment does not meet NASKA requirements, as it is deemed unsafe, prior to their division being called for competition, he/she is subject to the Delay of Time Penalty and may be disqualified, it is the responsibility of the competitors to have the proper equipment.



The tournament's official rules arbitrator ultimately determines the approval or denial of the equipment.

- a) **Hand Pads:** A soft padded surface must cover the fingers, wrist and any striking surface of the hand.
- b) **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. **Ringstar shoes or similar full covered sparring shoes with soles are not allowed.**
- c) **Headgear:** 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. **Metal cage faceshields are not allowed.**
- d) **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. Approved body shirts with padding that protects the sternum and abdomen areas may be worn underneath the uniform. Rib guards that cover only the abdomen area are not approved chest guards. Rib/chest guards are highly recommended for additional safety to all sparring competitors
- e) **Mouthpiece:** A properly fitted mouthpiece is required.
- f) **Soft Shin Guards and Soft Elbow Pads are required for black belt competitors.**

III. OFFICIALS

III.1. ROLES AND RESPONSIBILITIES

Each ring should have **a Center Official**, two to four **Judges**, and a **Timekeeper/Scorekeeper**.

- a) The **Judges** call points and rule infractions as they see them. They also vote on disqualifications. The Center Official also calls points and rules infractions but is also in complete control of the ring and ring personnel. It is also the judge's responsibility to assist the Center Official when:
 - I. A competitor is requesting a time out
 - II. A coach or competitor rep is requesting a Protest / Arbitration
 - III. Competitor is injured
 - IV. A coach leaves their Coaching Chair.
 - V. **Visually** inspect competitors for proper equipment (approved gloves, approved foot gear, mouthpiece, chest protector, cup, shin guards, elbow pads, face shield for juniors, etc...)
- b) The **Center Official** makes all final decisions on penalty points and warnings (except for disqualifications) but can consult judges before making their decisions.
- c) The majority vote of the judges and referee determines a scoring point and/or a competitor's disqualification.



I.2. CENTER REFEREE (CENTER OFFICIAL)

The Center Official is selected on his/ her experience and knowledge of the rules and is thoroughly versed in the rules and order of competition. He/she promotes the safety of the competitors, enforces the rules and ensures fair play. To this end, the Center Official:

- a) Starts and stops the match.
- b) Award points.
- c) Makes penalty decisions.
- d) Administrates the voting of the other judges.
- e) Communicates clearly with the scorekeeper and timekeeper; and
- f) Announces the winner of each match.

I.3. ADDED RESPONSIBILITIES TO THE CENTER OFFICIAL:

The Center Official also maintains responsibility for the following:

- a) Match starts and ends only with his/her command (not the command of the timekeeper);
- b) Has final decision on any disputes on score.
- c) Has the power to issue warnings and award penalty points without a majority decision:
- d) Can overrule a majority call only to issue a warning or a penalty point:
- e) Automatically has the power to disqualify a competitor who receives (3) penalty points; and
- f) Has the power to issue time-outs. A competitor can ask for a time-out, but it is the determination of the center official to issue one.

NOTE – The disqualification of a competitor, where disqualification is not automatic, is determined only by a majority vote of the judges.

I.4. NUMBER OF OFFICIALS

2 or 4 NASKA judges and one NASKA center official are recommended in all weapons, forms, and sparring divisions (4 or 6 judges and 1 center official are allowed in weapons and forms grand championships). If only two judges and one center official are used in the weapon and form divisions, the Maximum Deviation Rule (See Article VII) will be used in all form and weapon divisions.

I.5. 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. Calls should be made immediately by the judges, but no competitors shall receive a point until he/she returns to the starting marks and the center official says "JUDGES CALL!" All judges and the center referee should 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 at head height, the 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 was 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 points down to the offending competitor and asks for a penalty point call.
- 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.

I.6. 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.**

IV. PROTESTS

I.1 WHO MAY LODGE A PROTEST

Prior to each sparring match or forms/weapons division, each player may assign a Coach, as his/her Player Rep. A Player Rep is defined as someone who can lodge a protest for participants before, during, or after the competition. For 18+ competitors only, if a player does not designate a Player Rep, that player will act as his own representative. Only the Player Rep or the players themselves may lodge protests. A Player Rep or Coach may not change during a sparring match in order to participate in or address a protest.



1.2 MATTERS THAT MAY BE PROTESTED

- a) If the protest is lodged immediately **before** the match begins:
- I. The composition of the judges, based only upon a fact-based conflict of interest. For example, coaches or team members of a competitor.
 - II. An improper matching of competitors according to the scorekeeper's bracket sheet.
If the protest is lodged during the match.

Protests above that are not made before the match or forms division begins are deemed void.

- b) If the protest is lodged during the match:
- I. An improper application of the rules by an official or Player Representative.
 - II. An injury to a player not noticed by the Center Official.
 - III. A fact-based concern that the score, as posted, by the scorekeeper is incorrect.
- c) If the protest is lodged after the match ends, before the next match/form's competitor begins, or prior to the awards.
- I. An improper application of the rules by an official or Player Representative during the last activity segment of the match.
 - II. A fact-based concern that the final score as posted by the scorekeeper is incorrect.

"Fact-based" as used above means that the protest will be ruled invalid unless there are facts, as opposed to opinions or beliefs, presented to support the protesting party's position. (E.g - Judge #2 never scores my player very high or rarely calls his/her points is an invalid protest and will be penalized for delay of the contest.)

Commentary - Video and/or audio recordings CANNOT be used in the presentation or evaluation of a protest.

1.3. LODGING A PROTEST

- a) A Player Rep may lodge a protest immediately before, during, or immediately after a sparring match is over, directed only toward the Center Official of the ring.
- b) Protests may only be lodged during a sparring match when the Center Official has brought both players to their starting positions for point calls or any other reason.

1.4. 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 prior to the start of the division only. It is totally



up to the center official and the rules arbitrator to determine if an official should be removed. **The Head Rules Arbitrator will make the final determination if there is "Fact-Based Reason" to remove the judge.**

I.5. PROTEST PENALTIES

If the protest does not clearly fit into one of the above categories, the protest will be ruled "invalid" and will not be heard or decided upon, all parties will return to their positions,

V. SPARRING

I.1 ORDER OF COMPETITION

Once the final call for the sparring division is made at ringside and the seeds have been taken out (See Seeding Rules) the division is ready to be set up. If byes are needed, they will be picked randomly (seeds may have first priority for byes – See Seeding Rules).

- a) Competitors / Teams cannot pick whom they want or do not want to fight.
- b) Matches are always selected by random draw.
- c) Allowances may be given to competitors from the same physical school, team or country that are matched up in the **first round of competition. They must register using the exact same school name or exact same team name. They should be separated from each other in the first round and moved to the upper and lower bracket. If the competitors with the same exact school name and team name are not separated into the upper and lower bracket, then they will be moved manually and no reshuffle is required.**
- d) In the 10 and above Black Belt youth divisions, the competitors - boys and girls, should be lined up by height (smallest to the tallest) and split into tall and short divisions.
- e) Promoters may elect to split or not split UBB Boys and/or Girls into short and tall divisions.
- f) Determining tall and short divisions is for safety reasons, not to split the division equally.
- g) A true break in size should be found to determine the taller competitors from the shorter competitors.
- h) Once the tall and short divisions are determined by height, determine who fights whom by random draw.
- i) The winner of the small and tall divisions will compete in a single round 2-minute match to determine the overall champion for that age group and gender.

I.2. LENGTH OF MATCH – DIVISION / INDIVIDUAL

The length of a match will be two minutes running-time unless a competitor is ten (10) points ahead (Ten 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. **There is no rest period, the match is still in progress and the coach cannot stand up until the match is completed and the winner is declared.**
- 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 and win by 1.
- d) **Overall Grand Championship matches are 2 two-minute rounds and win by 1.**

I.3. 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.

NOTE: A front punch to the body that does not have "focused control" and a back fist to the body are NOT considered a proper sport karate scoring technique are not a point in NASKA.

NOTE: A defensive side kick that is not extended with "focused control" is NOT considered a proper sport karate scoring technique and thus not a point.

Any contact that incapacitates the opponent (Example: knockout, causes a concussion, or the opponent cannot continue), will be deemed as Hard Contact and will be a disqualification, unless it is deemed a **No-Fault** contact by the officials.

I.4. NO-FAULT CONTACT

Unintentional contact can occur that injures a competitor, which can be classified as no-fault on any competitor part. It will be a majority 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.

I.5. GENERAL RULES

- a) All regular NASKA **Light** touch point calling rules will apply.



- b) Out of bounds, falling, or excessive running (as determined by the head official) around the ring will be considered an attempt to avoid competition and the other competitor will be awarded a point.
No warning will be given.
- c) A competitor is considered out of bound when they have one foot off the sparring area (mat). If the competitor is out of bounds to avoid contact without being kicked out or physically pushed out of bounds, their opponent will receive 1 point.
- d) If the out-of-bound competitor is scored on, with a legal technique, before the center official calls STOP, then the in-bounds competitor can receive a score for the technique and the penalty point from the other competitor going out of bounds to avoid fighting.
- e) If a fighter touches the ground/mat with any part of their body, except their feet or 1 hand, they are considered down.
- f) A point cannot be scored on a down competitor and a downed competitor cannot score a point. If an upright competitor strikes a down competitor or they can be penalized.
- g) A competitor who leaves their feet while in-bounds, must land with both feet in-bounds to score a point.

I.6. CONSECUTIVE MATCHES

Any competitor who must engage in consecutive (back-to-back) matches have the option to receive a one (1) minute rest between each match.

I.7. 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.

- a) If an upright competitor strikes a downed competitor, the upright competitor can be penalized.
- b) A downed competitor can be penalized, if they strike an upright competitor.

I.8. 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 with control will be awarded (3) points.
- d) The competitor who is ahead by 10 points (10 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.

I.9. 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. Examples: If one judge calls a 3 point technique and the other 2 judges call a 2 point technique, the competitor will be awarded 2 points because that was the majority call.

I.10. LEGAL, ILLEGAL, AND NON-TARGET AREAS

- a) **Legal Target Areas:** Entire head and face, ribs, chest, abdomen.
- 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.

I.11. 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, **uppercuts**, knees, eye attacks of any kind, take downs or 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 of the supporting leg** and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

I.12. GRABBING

A competitor may grab the uniform top of his/her opponent 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 to score.

I.13. SWEEPS

Sweeps are not meant to take down an opponent, but only to obstruct the balance 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.

I.14. 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.

I.15. 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.



I.16. OUT-OF-BOUNDS

Out of bounds is defined as an area outside the designated competition area.

A competitor is out-of-bounds as soon as he/she has one foot completely out of bounds. An out of bounds competitor cannot score a point while out of bounds. In bounds competitors can score on an out of bounds competitor if the center referee has not called stop. Once a competitor is determined to be out of bounds, a point will be awarded to his/her opponent (the exception to this would be if the fighter was forced or kicked out of bounds). No warnings will be given.

I.17. DELAY OF COMPETITION

A competitor will be determined to be delaying the competition for any of the following:

- a) A competitor arrives at the ring without the proper equipment.
- b) A sparring match is ready to start, and the competitor is delaying his/her entry into the ring.
- c) A competitor is not present when the match is called to the ring.

The center official will declare a one-minute warning for the competitor to comply with the competition rules. The center official may keep the time him/herself or request that the time be kept by the scorekeeper.

If the competitor fails to comply within the one-minute time a one-point penalty will be assessed. Additional penalty points will be assessed for each additional minute until a total of three penalty points is attained at which time the competitor will be disqualified from the competition.

1.18 Time Outs

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, if the center official has ruled a judge's call was late and therefore not considered, arbitration cannot be requested.

I.19 SPARRING PENALTIES

a) **There are two types of points awarded for infractions**

(i) penalty points - which are awarded for safety infractions and unsportsmanlike conduct (see below - h)

(ii) points to the opponent - which are awarded for non safety infractions (see below g)

- b) **NO WARNINGS are issued in NASKA Black Belt Sparring.** Penalty points are issued immediately for breaking the rules.
- c) In **Under Black Belts** one (1) warning may be issued (verify with promoter if Black Belts and UBB have the same rules.)
- d) 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.



- e) 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.
- f) The injured competitor cannot continue to compete.
- g) These are points issued to the opponent of the competitor who completes and of the following that are **not safety infractions or unsportsmanlike conduct**.
- (i) Goes out of bounds (unless forced out or kicked out)
 - (ii) Falling down to avoid competition.
 - (iii) Runs around the ring to avoid competition.
 - (iv) Stalling and/or not attempting to engage the other competitor.
 - (v) Pushing a competitor out of bound, as deemed by the center official.
 - (vi) More than 1 coach or maximum team members are represented at the start of a match
 - (vii) Losing a protest.
- h) **These are penalty point(s)** that will be issued if a competitor does any of the following **safety infractions and unsportsmanlike conduct** - Note: 3 penalty points is a disqualification:
- (i) A one (1) point, per minute, penalty if a competitor fails to weigh-in prior to the division being called.
 - (ii) A coach stands up or leaves the coach's chair during the match.
 - (iii) Not having the proper equipment at the start of the match
 - (iv) Excessive contact, as deemed by the center official.
 - (v) Attacking illegal and non-target areas.
 - (vi) Using illegal techniques.
 - (vii) Blind, negligent or reckless attacks, or uncontrolled techniques.
 - (viii) Unsportsmanlike behavior by the competitor, his/her coaches, friends, etc.
 - (ix) If a coach(s) and/or team member(s) enters the ring, during a match.
 - (x) If a competitor refuses to leave the immediate sparring area an additional penalty point may be issued.
 - (xi) Late strikes after call to stop.
 - (xii) Retaliation strike from a competitor.
 - (xiii) Competitor's equipment that is incorrectly fitted or improperly secured and continues to fall off or requires adjustment. This penalty will be awarded on the 2nd occurrence of the equipment failure. **In other words, there is only one warning for equipment failure.**
 - (xiv) 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.
 - (xv) A competitor purposely removes their equipment.
 - (xvi) A competitor, coach, or team member uses profanity.
 - (xvii) Punching a downed competitor in the head or face.
 - (xviii) Kicking a downed competitor, to the body, will result in a 1-point penalty or a disqualification for kicking the downed competitor in the head or face. Disqualification requires a majority vote.



- (xix) A downed competitor kicks an upright competitor will result in a 1-point penalty or a disqualification for kicking the upright competitor. Disqualification requires a majority vote.
- (xx) No competitor, team member or coach may make physical contact with officials.
- (xxi) Continuing to protest, after decision has been made

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.

I.20 OTHER CAUSES OF PENALIZATION

Any grabbing or pushing an official will cause the competitor to be disqualified. Striking an official will cause the competitor, coaches(s) or team member(s) to be disqualified and suspended from future NASKA events. Disrespecting an official in any way by a competitor, coach or spectator will result in a penalty, disqualification, and possible suspension from future NASKA events.

I.21 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. If both competitors are disqualified, then no prize money shall be awarded.
- 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.

I.22 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. It is the responsibility of the promoter to provide two chairs, one for each coach, at each ring during sparring.
- 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. 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) Just like a player, coaches can be penalized or disqualified for unsportsmanlike behavior. If a coach is disqualified, they can be replaced.
- i) Never, at any time, can a coach enter the ring without the referee's permission.
- j) No abusive, violent, unsportsmanlike, or overzealous coaching.
- a) 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.
- b) A coach's chair must be provided. The coach must stay in the chair during the match. If a coach is late to sit in the coach's chair, and the chair is empty, the coach can sit down and coach without a penalty. However, coaches can't swap out with other coaches during the match. If they do swap during a match, then a penalty point will be awarded. The head judge determines the severity of the penalty based on the coach's conduct.
- c) There are no coaches allowed in the ring for forms or weapons.

I.23 INJURED COMPETITOR

- a) The promoter, medic and or arbitrator has the final determination if a competitor may **NOT** continue, with **NO** exceptions.
- b) Everyone except the medic, competitor, the center official and one coach will be removed from the immediate area to allow the medic to determine the extent of the injury.
- c) No one may discuss the injury with the medic, except the competitor and parent/legal guardian. It is the responsibility of the center official to control the other/outside conversation and may issue a penalty if:
 - I. Team member(s) or coach(s) will not leave the immediate area.
 - II. Attempts to discuss the competitors' injury or ability to continue, with the medic.
 - III. If a medic determines a competition cannot continue due to a knockout and or a suspected concussion; either immediately or in a post-injury review, the following steps are mandatory:



- I. Competitor and Coach is informed the competitor cannot continue;
 - II. Tournament Promoter and staff are notified competitor cannot continue and why; and
 - III. If a competitor is knocked out, or is suspected to have a concussion and an online system capability is available, competitor entry into other events at the tournament is pulled or flagged / indicator in the system set. Once the indicator is set, the competitor cannot continue at the tournament or register for future tournaments until the competitor has submitted documentation that has been cleared by a medical individual.
 - IV. If a manual system is being used, all rings, where the competitor can compete, must be notified the competitor is eligible to compete.
 - V. If it is deemed by the medic, promoter, or his/her designee that a competitor cannot continue in competition for any reason, the competitor is not permitted to compete in any other divisions or events for the duration of the tournament.
 - VI. If a competitor is knocked out or there is suspicion of a concussion, the promoter, center referee or arbitrator has the right to disqualify the competitor from competition for the duration of the tournament.
- e) A competitor is injured, not due to a penalty, they are allowed 4 minutes to determine if they can continue, time starts immediately once the medical personnel arrives at the ring. It is the center official's responsibility to communicate with the medic and determine if additional time will be allowed. **The center official must inform the medical team if there was a knockout.** The center official must then inform the scorekeeper who is keeping up with the time of the delay. **A medic can always request an extension time of an additional 4 minutes to properly determine if the competitor can continue.**

The maximum time that can be allocated to determine if a competitor can continue is 8 minutes.

The timekeeper must record the score and time remaining to properly restart the match.

- f) If it is determined the injured competitor cannot continue, due to a penalty, as determined by center referee and judges, the following applies
 - a. The uninjured competitor is **disqualified**.
- g) If a competitor cannot continue because of an injury, where there is **no penalty** call, the uninjured competitor will be declared the winner. **Unless there is a knockout caused by a punch or a kick.**

I.24 EXCESSIVE INJURIES

On the third request for an injury timeout, the competitor will NOT be allowed to continue. The Referee and Judges will follow normal protocol to see if the injury was the result of an illegal technique.



VI. TEAM SPARRING

VI.1. TEAM DIVISIONS

- a) 3-Man 18+ Team Sparring (Max 4 Team Members)
- b) 2-Women 18+ Team Sparring (Max 3 Team Members)
- c) 3-Boy Youth Sparring Teams (one 13 & younger, one 14-15, one 16-17)
- d) 2-Girl Youth Sparring Teams (one 13 & younger, one 14-17)
- e) 3-Man 30+ Team Sparring (one 30+, one 30+, one 30+)
- f) 2-Women 30+ Team Sparring (one 30+, one 30+)

I.2. ADULT TEAMS

When teams are called to the sparring surface (mat), only the 3 or 4 male competitors and 1 coach or 2 or 3 women competitors and 1 coach can appear on the mat. All other team members and coaches must remain off the mat and/or sparring area. It is a penalty point to bring extra competitors or coaches.

A team may only declare 3 or 4 male team competitors per event/tournament or 2 or 3 female team competitors. A team may declare a team member who has not arrived. A team **may not** declare a 5th competitor for men or a 4th for women at any event/tournament.

If Team Sparring is an event at the night-time final or moved to a new ring during eliminations, it is the Promoter's responsibility to ensure each team card, of the teams competing, is moved to the new ring and/or with the documentation for the night-time finals.

Competitors must be 18 years old or older (NASKA Age Rule). No youth competitor can participate in adult sparring competition.

- a) Teams must submit a roster for their team to NASKA at the time a new team is formed to earn points and use their seed. The roster can be any number of competitors.
- b) Teams are allowed to add a new member to their team. They must submit the new member to NASKA to earn points and use their seed.
- c) A team may pick up and use competitor/competitors that are not listed on their roster at any event/tournament. However, they will not earn any points or be allowed to use their seed.
- d) Prior to the start of the division, all eligible team members must be declared by listing those team members in the electronic registration system.
- e) Once the division has started, no team members may be added to the team roster for that tournament.
- f) A team may have multiple coaches but only one coach can be designated to coach at one time. The coach will be required to sit in a chair and follow the rules for coaching.



- g) All team competitors, 3 or 4 for men, 2 or 3 for women, must be listed on the card or in the electronic scoring system and submitted at the ring prior to the start of the division. It is the responsibility of the promoter to provide the team cards, if electronic registration is not used, for competition.
- h) When teams are called to the sparring surface (mat), only the 3 or 4 male competitors and 1 coach or 2 or 3 women competitors and 1 coach can appear on the mat. All other team members and coaches must remain off the mat and/or sparring area.

I.3. TEAM MEMBERS

Since there are only 3 individual team rounds for men and 2 individual team rounds for women, a men's team that has 4 members and a women's team that has 3 members have an additional member. The additional member can be used at any time. Any player on a 4-man team or a 3-woman team can be used equally but can only fight once in a team round. All representing and participating members of demo teams, synchronized teams and fighting teams must register with the tournament and sign a liability waiver to compete.

The additional member can be used as a strategy in any round during a match, but the 4 men team members and 3 women team members must be declared when the teams are called to the mat, prior to the start of the first team round. The competitors/members must match the names presented on the team card, at the start of the competition.

After the start of the team's first round, only the team members that are declared can be used in any additional rounds at a single tournament. A specific member does not have to be named as the substitute since any 4 members on men's teams and any 3 members on women's teams can be used equally in the 3 men fights and 2 women fights.

I.4 SENIOR AND JUNIOR SPARRING TEAMS

A coin flip will determine which team will send an initial competitor and the other team must send a matching age competitor.

Where ages are different, the appropriate ages must be matched together (Exceptions below.)

- a) Junior 3-Boy Sparring Teams and Junior 2-Girl Sparring Teams
A younger age category competitor can compete up 1 age category older (EXAMPLE – A 13 & younger age category can compete up into the 14-15 age category and/or a 14-15 age category competitor can compete up into the 16-17 team age category). Same for Girl's age categories.
- b) Senior Sparring Teams
An older age category competitor can compete down in a younger age category.

I.5. TEAM MATCH RULES



- a) A flip of a coin will determine who sends out the first competitor. The winner of the coin flip can decide to send the first competitor or have the other team send out first. After the first competitors, the teams then alternate who must send out a fighter first to be matched by the other team.
- b) All matches are 2 minutes.
- c) The competitors who earn a ten point spread or is ahead at the end of 2 minutes are declared the winner of the first 2 matches (first match only in 2 –women teams). If either or both first 2 matches end in a tie, they remain tied. No run-off, of ties, in the first 2 matches (or match 1 for 2-women)
- d) The final match is a total points match using the full 2 minutes.
- e) The team with the most accumulated points wins.
- f) If at the end of the final match the accumulated score is a tie, overtime is required to determine the winner. The same two fighters will continue to fight a sudden death/victory match to determine the winner.

I.6. TEAM COACHES

Refer to the Coaches section.

I.7 INJURY TO TEAM MEMBER(S)

Standard injury protocol as defined in **Sections Injured Competitor and Excessive Injuries apply**.

Any declared Team Member, who has not competed during the match, can replace an injured competitor that cannot continue during a match. If this happens, the injured competitor cannot be used again in the team event at that tournament. (If it is considered by the officials, with great certainty, that a fighter is faking an injury for any reason the fighter can be disqualified). See Section - Disqualified Competitors).

- a) If the competitor cannot continue **due to a penalty**, the injured competitor will **receive 10 points** because of the disqualification. The competitor who committed the violation will get 0 points for that round.
- b) If a competitor cannot continue, because of an injury where there is no penalty call, and they do not have an alternate to continue the match, the uninjured competitor will receive a **ten point** spread unless it is the **last match**. If the injury happens, in the last match, the other team will be declared the winner even if they have fewer points at that time.
- c) If a competitor is disqualified in the last match the other team automatically will be declared the winner of that team match.
- d) If two or more competitors are injured, the team could win the match, but will NOT be allowed to continue in future matches at the tournament.
- e) Once a competitor is injured and replaced by the alternate, the injured competitor cannot compete for the remainder of the team sparring competition.



I.8. TEAM DISQUALIFICATION

- a) Loses all points they have earned in the match.
- b) If during the final match, his/her team cannot win, the opposing team will be declared the winner.
- c) Any competitor who injures a competitor with an illegal technique.
- d) Any competitor, team member, or coach who enters the sparring area, in the event an altercation happens, and accelerates the altercation / does not attempt to control their competitor, will be disqualified. (EXAMPLE – A fight between 2 competitors, if any of the above enters the sparring area and throws a punch or kick, they will immediately be disqualified.)
- e) If anyone refuses to leave, security will be called and a suspension and/or tournament disqualification (Tournament Disqualification is where the disqualified person(s) must leave the tournament site) would be given to that individual or individuals.
- f) If 2 or more members of any team are disqualified in one match, the team is automatically disqualified and cannot continue.
- g) A disqualified competitor cannot be used in any remaining matches in a tournament team event.
- h) If a team sparring competitor continues to fight after the match is called to stop, it is the responsibility of the Center Official and Corner Judges to control the competitors. If a coach(s) and/or team member(s) come into the ring during this time and restrict the officials from following through on their responsibility of controlling the competitors, the team or teams can be disqualified.

VII. FORMS AND WEAPONS

I.1 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. The implementation of the Maximum Deviation Rule will be automatically calculated by the scoring system software. In a case where the scoring software is not used, the judges will make the adjustments.

I.2 DELAY OF TIME PENALTY

A .05 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.



I.3 TIME LIMIT

Time starts with the competitor's first step, in the ring. Competitors have used two initial launch points; 1) the corner of the ring; or 2) just outside of the corner. In either case, once a competitor takes their first step, time will start. Should a competitor delay their start, the following will occur:

- a) The Center Referee shall issue a First Verbal Warning to the Competitor by stating: "PLEASE BEGIN YOUR PERFORMANCE."
- a) If a competitor fails to comply with the Center Official's First Verbal Warning, a Second Verbal Warning shall be given by the Center Official stating: "SECOND WARNING, PLEASE BEGIN YOUR PERFORMANCE." A Second Verbal Warning may result in a .05 deduction, per judge.
- b) All Referees must reach a unanimous decision that the Competitor's failure to enter the Competition Ring unreasonably delayed his/her performance prior to any penalty being assessed.

Each divisional form or weapon routine must be four (4) minutes or less. Four (4) minutes is allowed for each form or weapon routine in the runoff grands and or the daytime overall grands and or 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. Competitors who exceed the 4 minutes will be disqualified, regardless of warnings given by any officials, judges or scorekeepers.

I.4. ORDER OF COMPETITION

Once the final call for the form and weapon divisions has been made at ring side and the divisional seeds have been taken out (see seeding rules) the competition cards will be collected and shuffled thoroughly or, if electronic scoring is used, checked in. The competitor cards will then be drawn sorted randomly (in the case electronic scoring is used, the competitors are checked and sorted) for the order of competition. As per the Relative Ranking Rule, the judges will look at all the competitors before they give their final scores. This rule allows judges to adjust their scores if they feel other competitors that come later are better or worse than the competitors who came first (*See Relative Ranking Rule Sheet*).

If a competitor arrives late (the division is ready to start, but the 1st competitor has not started), the late entry must compete first, including seeds.

I.5. 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.
- d) **Commentary** - Re-running only applies to ties for first place. All unbreakable [after applying tie-breaker rules (a), (b), and (c) above] ties for 2nd place and beyond will result in the tied competitors all receiving the same placement. The placement positions will be adjusted in the same manner as the NASKA ratings. For example, if there is a 2-way tie for 2nd place then the positions awarded would be 1st place, two 2nd place awards, and a 4th place award. There would not be a 3rd place award as we have two tied for second, thus allowing a total of 4 places to be awarded.

I.6. PROPS

Props are not allowed in individual; weapons and forms divisions. Props are allowed in demo team and team synchronized divisions. Props that are used during the performances must not create an unsafe situation, or be harmful to the environment. Clean up must not exceed the 4 minutes allowed in Team demo and sync. Blindfolds, headbands, wrist bands, tape and face paint are not considered as props and are allowed in individual weapons and forms divisions.

I.7. EQUIPMENT ABUSE

It is the competitor's 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 with a point .05 deduction. 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.

I.8. 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 run offs and the finals, there is a .05 deduction by the judges scores. If they drop their weapon a second time, they are disqualified and will not receive a score.

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.



Competitors who use multiple Weapons may place/toss one of the weapons, or part of the weapon, to the mat, to separate it from the competitor. An example includes a Swords' Sheath. Likewise, a competitor can place their Weapon(s) on the mat at the end of their routine.

Should part of the weapon leave the competition area (Mat), the competitor can be penalized or, by a majority vote of the judges, disqualified. (example: the sheath of a sword)

I.9. ALTERING A WEAPON

It is the intent, of this rule, to enforce the use of any weapon in its original design, functionally, and capabilities, Alternating the weapon(s) in any matter (excluding tape), including but not limiting to the use of magnetic weapons, will be deemed as altering the weapon and the competitor scores may be lower. The competitors must notify the judges, prior to starting their routine, they are using magnetics'.

I.10. WEAPONS / FORMS BOUNDARY PENALTY

A weapon(s) or any portion of a weapon should not exceed the boundary of the ring, including an imaginary line that goes vertically from the boundary floor line upward. Further, a competitor (weapons and forms competitors) should not exceed the imaginary line.

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.

I.11. 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 four-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.

I.12. 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 - .05 deduction from each judge.
- b) Exceeds time limit - Disqualification
- c) Continuing to protest, after decision has been made;
- d) Dropping or throwing a Weapon down:
 - I. In division – Disqualification
 - II. Runoff, Grand, or Finals - .05 per judge. On the 2nd drop the competitor is Disqualification. Competitor is only scored if they finished their routine
- e) Weapons strikes the Group – Disqualification.
- f) A portion of a Weapon leaves the ring area (Sword's Sheath or second Weapon);
 - I. Leave the ring area – .05 from each judge.
 - II. Strikes anyone in Group – Disqualification
- g) Altering a Weapon – Competitor scores can be lowered.
- h) Boundary Rule – without the request to exceed ring boundary:
 - I. The weapon goes between or over the group's body or head – .05 from each judge
 - II. The weapon hits anyone, in the group, who is outside of the ring – Disqualification.
 - III. The competitor steps out of bounds - no penalty
- l) Starting a Form or Weapon routine over – .05.
- m) 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 disqualification "no score" as a form inappropriate for the division.
- n) Routine is incorrect for the division – Extreme moves in Creative or traditional forms or traditional weapons routines in the musical forms and musical weapons divisions – a downgrade of the form or weapon routine, or upon majority vote of the judges, a disqualification "no score" as a form inappropriate for the division.
- o) Weapon Breaks – separates into 2 or more sections – Disqualification
- p) 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.
- q) Korean Challenge only: All are Disqualifications
 - I. Doing a non-traditional form (altered, made up, turned sideways and or not on the approved list)
 - II. More than 5 Kiyap/Kias
 - III. Out of bounds in the first round only. This is not applicable in rounds 2 and 3 since competitors go head to head at the same time.
 - IV. Incorrect uniform
 - V. Time limit of 4 minutes exceeded



- r) Traditional Challenge only: - All are Disqualifications
 - 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.
 - VI. Time limit of 4 minutes exceeded
- r) Music must NOT contain any cursing, explicit content, and/or racially or culturally insensitive lyrics
-Disqualification

I.13. TIE-BREAKER PROCESS

The process for breaking ties follows the same order regardless of the number of judges used for the division or the type of division (eliminations, runoffs, grands). The methodology always follows this order:

- 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) **The Judge Determines the Winner.** This occurs when a judge gives the same score to the tied competitors. The judge who gave the same score must select a winner. If the judge's score has to be adjusted 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

Commentary - Re-running only applies to ties for first place. All unbreakable [after applying tie-breaker rules (a), (b), and (c) above] ties for 2nd place and beyond will result in the tied competitors all receiving the same placement. The placement positions will be adjusted in the same manner as the NASKA ratings. For example, if there is a 2-way tie for 2nd place then the positions awarded would be 1st place, two 2nd place awards, and a 4th place award. There would not be a 3rd place award as we have two tied for second, thus allowing a total of 4 places to be awarded.

The following summarizes the methodology that will be used, with the **initial total score is a tied score** and is based on the number of judges.

If a re-run is required, the order of competitors will be in the same order.

Three Judges:



- a) Majority of the judge's
- b) Judges determine the winner
- c) Re-run the tied competitors

Five or Seven judges:

Breaking a tie(s) with 5 or 7 judges will require the dropped judges score (low and high score) to be included to break the tie(s).

- a) Majority of all judge's
- b) Judge(s) determine the winner (breaks ties – if the same score is given to 1 or more competitors)
- c) Total score of all the judges
- d) Re-run the tied competitors

VIII. RELATIVE RANKING

I.1 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 increase his/her scores as the divisions progress.

I.2 HOW IT WORKS

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

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

EXAMPLE IF FOUR COMPETITORS ARE IN DIVISION

JOHN DOE	II	9.98	2 nd
BOB SMITH	III	9.96	3 ^d
KEN BLACK	I	9.99	1 st



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.

IX. NASKA FORMS AND WEAPONS DIVISIONS

I.1 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.

In the traditional divisions, 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 disqualification "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.)

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 objectionable for the Traditional Division. Just like the extreme and creative competitors, the traditional competitors will try to extend the base of the rules that govern the traditional divisions to gain an advantage over their competition. If there is something performed in a traditional form or weapon division that is not covered by the above rules, the NASKA Rules Officials will make the decisions if a technique is a legal or illegal move.

I.2 OPEN TRADITIONAL

The purpose and intent of this division is to include the various styles of

- a) The kenpo styles some of which are: chinese kenpo, american kenpo, okinawan kenpo, hawaiian kenpo, japanese kenpo
- b) The chinese styles, some of which are: kung fu, wushu, tai chi, etc

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.

In the open traditional divisions, 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 disqualification "no score" as a form inappropriate for the division:

- i) Movements that involve more than a 360-degree spin.
- j) Require the body to be inverted more than parallel to the floor.
- k) More than two kicks with the same leg without putting the foot down in between.
- l) Front or back flips.
- m) Cartwheels.
- n) Front or side leg splits.
- o) Releases of the weapon other than simple hand switches.
- p) 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.)



Commentary

The classical styles of Japanese, Okinawan and Korean are excluded from this Open Traditional Division.

I.3 CREATIVE

The purpose and intent of this division and all Creative, Musical and Extreme divisions is to showcase contemporary martial arts that have evolved over the last 30 years. The intent of this division is not for traditional/classical forms/kata athletes to enter in this category. Traditional athletes should enter into the Traditional divisions provided by NASKA. Entering a traditional form/kata into this category by simply adding a small amount of contemporary movements will result in a significant reduction in score and or disqualification.

A form in the Creative Division must include techniques which originate from martial arts and emphasis will be placed on execution of the techniques, application of the techniques, difficulty, balance, speed, power, solid stances, performance and focus. Quick and continual succession of hand strikes, combinations and spins, spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits, weapon twirls, weapon releases, and other creative martial arts techniques are required and must be included in the majority of the performance. Athletes will receive scores based on elements that demonstrate and highlight speed, power, and stances that provide solid foundations for which movements can be executed. Scores will also be awarded based on the elements as defined and how the athlete utilizes performance techniques to highlight the elements defined.

In the Creative Weapons divisions, emphasis will be placed on the execution of the martial arts techniques specific to the weapon used and to include all elements defined in CREATIVE FORMS as well as weapon twirls, weapon manipulations, weapon releases and the overall use of the weapon. This division distinguishes itself from the Traditional Weapons divisions by rewarding athletes who uniquely incorporate the use of manipulations, releases, spins and body/finger rolls with the weapon into a created routine.

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

- a) Movements that involve more than a 360-degree spin without touching the leg down before continuing the rotational moves and spins.
- b) Movements that require the body to be inverted more than parallel to the floor ie; back flips, front flips etc.
- c) Techniques that are similar to movements found in gymnastics and/or non-martial arts disciplines
- d) forms that meet the definition of a strictly traditional form.

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

- a) Butterfly kick;
- b) Illusion kick;



- c) Forward Roll;
- d) Kip Up. -

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. Therefore the essence of a competitor's creative form/routine should be more in the manner of modern sport karate including those techniques, movements, and combinations and not simply a traditional form with one or two creative or extreme techniques added.

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 fairer to the participants, these divisions were to 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 martial arts systems.

Regarding the Creative Weapons Divisions, it is important to note that any 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, any kick spinning greater than a 360, or any inverted body moves, etc.).

I.4 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.

Commentary

As martial arts evolve 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.

I.5 MUSICAL

The musical division is intended to be part of a set of divisions dedicated to contemporary martial arts, an integral part of the CMX trio. The division's purpose is to host a unique space for the evolution of art and the combination of artistry to be evaluated simultaneously with the emphasis on choreography and synchrony to music, musical elements such as tempo, rhythm, and beats, and overall presentation. Therefore, a form in the musical division should be greater than 50% high-speed, contemporary techniques including but not limited to hand technique combinations, weapons manipulations, and aerial kicking techniques. This is not to reduce opportunity for traditional competitors, but to preserve the spirit of the CMX divisions. The Musical Divisions requires a form or weapons form to meet all the above criteria for a Creative or Extreme form, and additionally meet the requirements of the "Divisional Music Rule" below. This rule does NOT exclude traditional forms choreographed to music from our sport as a whole. Using music in the traditional divisional grands and traditional overall grand championships is allowed as a way to showcase this part of sport martial arts.

I.6 DIVISIONAL MUSIC RULE

Music Choreography is defined as the following:

- a) The movements of the form must be accentuated 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 (background music) 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.
- e) Inappropriate words, cursing, language or adult oriented lyrics are not allowed and will result in a disqualification.

Judging criteria.

- a) Synchronization of the competitors form in relationship to the beats, notes, words and tempo of the music.
- b) Degree of difficulty demonstrated by the required Creative and or Extreme moves, techniques, combinations, hand strikes and kicks.
- c) The execution of basics including hand strikes, blocks, kicks, stances and combinations.
- d) For Musical weapons - the manipulation of the weapon in relation to strikes, blocks, twirls, spins, releases and catches.

75% of the competitor's form/routine must have music playing during it. If this is not met, then there will be a downgrade of scores from the judges. If a competitor's music stops playing during their performance, or starts and stops multiple times, resulting in less than the 75% of music playing during the form, then the judges must adjust their scores accordingly with downgrades in scoring.

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.

Commentary - If the event promoter is requiring competitors to utilize non-licensed or royalty-free music and a competitor does not have the required rights-free music, the competitor has the option of running his/her form WITHOUT music WITHOUT penalty.

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 the competition starts.



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:

I.7 GRAND CHAMPIONSHIPS AND OVERALL GRAND CHAMPIONSHIPS

All competitors must compete in any RunOff Grand Championship and/or Overall Grand Championship with the style of forms or weapons (not exact form or weapon) they won with in their division (EXAMPLE – A winner of a creative form cannot compete with an extreme form in the grand championships)

If a competitor wins more than one division, they have the option to select the style of form or weapon of the divisions they won.

All competitors may use music in all Overall Weapons and Forms Grand Championships and Overall Grand Championships runoffs.

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.

To Compete in an 18+ Divisional Grand Championships, Overall Grand Championships, and/or Runoff in Forms, Weapons and/or Sparring, a competitor must have won an 18+ Division.

I.8. WEAPON BREAKS OR AND WEAPON CRACKS

- a) A competitor will be disqualified if he/she breaks their weapon, separates into 2 or more pieces.
- b) If the Weapon cracks, does not separate, the competitor may continue the routine and will not be disqualified. 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.

I.9 LOSS OF WEAPON CONTROL IN FINALS AND OVERALL RUN-OFFS

- a) Loss of Control of the weapons is a downgrade of the judges score
- b) If the weapons goes out of bounds and/or off platform, or the competitor strikes a spectator, judge, or another person with the weapon regardless of intent = disqualification



- b) Deductions are mandatory, and each judge deducts from his or her score before figuring their Relative Ranking order.
- c) If a competitor drops their weapon is a .05 deduction
- d) If a competitor drops their weapons twice they will be disqualified.
- e) A cracked or broken weapon is treated as a loss of control. If the break or crack prevents the weapon from being used as intended and is a downgrade by the judges score.
- f) If a weapon breaks in half then the competitor is disqualified.

X CLASSICAL KATA – TRADITIONAL CHALLENGE FORM

I.1 OVERVIEW AND INTENT

The Classical Kata (Traditional Challenge Divisions) will showcase the patterns of recognized Karate systems from Japan (Shotokan, Shito-Ryu, Goju-Ryu, Wado-Ryu, Chito-Ryu) and Okinawa (Shorin-Ryu, Isshin-Ryu, Goju-Ryu, Uechi-Ryu). Competitors must perform a recognized unaltered/unmodified kata from one of the above systems and no additions or deletions of movements are allowed. School variations are permitted provided the movements maintain the structural integrity of the original kata.

Commentary

Unlike the Japanese/Okinawan division (NASKA), competitors must only perform unmodified katas from Japanese or Okinawan Karate systems. Competitors who choose to alter/modify a classical working or add/delete moves are strongly encouraged to enter the NASKA Japanese/Okinawan division as such changes to the kata will result in disqualification in the Traditional Challenge division.

I.2 GENERAL CRITERIA

The Judging panel will use the following seven criteria to evaluate each competitor:

- Eyes
- Pace
- Breathing (proper exhalation)
- Focus (or *kime*) and focus of attention (or *chakugan*)
- Kiai (maximum of 6)*
- Technique (no stances below the horizontal, and criteria specific execution)
- Understanding of application (or *bunkai*)

I.3. SPECIFIC CRITERIA

Although Okinawan and Japanese styles have many stylistic similarities, the following subtle differences must be observed:

- a) **Japanese** styles (i.e. Shotokan, Wado-Ryu, and Kyukoshinkai) generally have:



- i. lower chamber, longer and wider stances (especially zenkutsu-dachi);
 - ii. horse stances with toes pointing parallel (kiba dachi);
 - iii. emphasis on use of back stance (or kokutsu dachi);
 - iv. and thrusting kicks.
- b) **Okinawan** styles (i.e. Shorin-Ryu, Isshin-Ryu, and Ryuei-Ryu) generally have:
- i. higher chamber;
 - ii. higher and shorter stances (more use of natural stance and sanchin dachi);
 - iii. horse stances with toes pointing outward (shiko dachi);
 - iv. emphasis on use of cat stance (neko ashi dachi);
 - v. and snap kicks.

I.4. COMPETITION ATTIRE

Competitors must wear a clean, all white traditional uniform. Sleeve length must pass the elbows, uniform bottoms must be past (below) the knee in length. Competitors must wear a black belt.

I.5. KEY ELEMENTS OF SCORING

Competitors will be judged/scored on focus (kime), proper execution of technique (punches, kicks, and stances), proper breathing and hip rotation.

Judges take into account and evaluate the competitor on:

- a) basic techniques, stances, punches, blocks and kicks executed with balance, strength and focus;
- b) Eyes (Visual Expression of the Competitor);
- c) The Pace of the Kata, Breathing (Proper Exhalation);
- d) and focus of attention (chakugan).

The competitor must have an understanding of application (bunkai) and the criteria specific to the individual kata.

Specifics:

- a) Kia – Minimum of two (2), Maximum of six (6);
- b) Kicks – Standing kicks must not go above the competitor's head;
- c) Stances must not break parallel.

I.6. SCORING/OFFICIATING

Five judges are the standard numbers of judges that will be used; however, it is acceptable to use only three judges. If (5) judges are used, the highest and lowest scores will be dropped, and the remaining three scores will be added together. A scoring range of 9.90 to 9.99 will be used in the eliminations; a range of 9.96 to 10 will be used in the finals. Seating in all four (4) corners, the center referee is located in the middle.



I.7. PROCEDURE

The following procedures will be used by the Officials.

- a) Seeds are selected, per NASKA Seeding Rules, see Article XII.
- b) The remaining Competitors will be shuffled to determine the order. The Center Judge is responsible for this task.
- c) Time Limit: 4 minutes, the clock starts when the competitor enters the ring. The competitor will bow in and announce the name of the Kata only. He or she will be recognized by the center judge and the kata may begin.
- d) Competition will include two rounds. Round one includes all competitors and the seeded competitors. The top four finishers from round one will advance to a final round. The order of performance for round two will be RANDOMIZED by the computer system; no NASKA seeding or results from round one will have any bearing on the order of performance in round two. Scoring will be the same as round one, with all athletes performing and then scores will be given.

I.8. OFFICIAL'S DUTIES IN PROCEDURE

- a) One Official is designated to count the Kia;
- b) One official will watch for the height of the kick;
- c) The Center Official (*who is the highest most experienced rank*) will raise a hand if the form is indeed traditional.
- d) Upon approval, the judges will make notes on their board as to how they will score.
- e) After seeing all the competitors, scoring begins for each competitor.
- f) Competitors will line-up in the order they competed in to be scored.
- g) Disqualified competitors receive no score.

I.9. DISQUALIFICATION

Competitors may be disqualified for one of the following:

- a) Doing a non-traditional form (altered or made up);
- b) Kia rule not followed (too many or not enough);
- c) Out of bounds - Removed for 2026. Stepping out of bounds will not be a penalty or automatic disqualification because not all tournaments use the same size of tatami/mat to ensure kata can be properly executed in the provided competition area. If a competitor steps out of bounds, the judges cannot penalize the competitor.
- d) Sportsmanship not adhered to;
- e) Excessive stance violation.

I.10. KATA LIST

The list of katas below are the ones recognized by the WKF and JKF for the four major styles of Japanese Karate (Goju, Shito, Wado and Shotokan) and the Okinawan Prefecture Karate Rengokai for the



Okinawan styles (Goju, Shorin, Uechi, Isshin and Ryuei-Ryu). Only the Katas listed below can be performed. Style-specific alternate names are also indicated.

School variations are permitted. However, alterations and modifications including (but not limited) to adding or deleting movements or altering the structure of the classical form are not permitted.

Annan

*Annan Dai/ Annan Ni

Annanko

Aoyagi

Bassai/Passai – Matsumura

Bassai/Passai – Tomari

Bassai/Passai Dai

Bassai/Passai Sho

Chinte

Chinto – Tomari (Shotokan: Gankaku Sho)

Chinto (Shotokan: Gankaku)

Fukyu (all versions)

Gekisai 1 and 2

Gojushiho Dai

Gojushiho Sho

Hakutsuru/Hakucho

Hangetsu

Heiku

Jiin

Jion

Jitte

Juroku

Kanchin

Kanku Dai (Shorin-Ryu Kusanku Dai or Shito-Ryu Kosokun Dai)

Kanku Sho (Shorin-Ryu Kusanku Sho or Shito-Ryu Kosokun Sho)

Kanshiwa

Kanshu

Kosokunshiho (Shito-Ryu)

Kururunfa

Kusanku – Chatanyara

Kusanku - Chibana

Meikyo

Nipaipo (Standard Shito Ryu version only) / Nijuhachiho (Shotokan)

Niseishi (Shotokan : Nijushiho)

Ohan

Ohan Dai

Paiku

Paipuren



Pinan / Heian 1 – 5
Rohai
Saifa
Sanchin
Sansai
Sanseiru
Sanseiru (Uechi-Ryu version)
Seichin
Seipai
Seirui
Seisan (all versions)
Seiunchin
Shinpa
Shishochin
Sochin (Shotokan and Shito-Ryu versions)
Sunsu (Isshin Ryu)
Suparinpei/Peichurrin
Taikyoku (all versions)
Tekki 1 – 3 (Okinawan: Naihanchi)
Tensho
Unshu (Shito Ryu)
Unsu (Shotokan)
Wankan (Shotokan)
Wankan (Shito Ryu: Matsukaze)
Wansu (Shotokan : Empi)

XI KOREAN CHALLENGE

I.1 OVERVIEW AND INTENT

This is a three-round competition focused on highlighting traditional Korean forms that can trace their backgrounds from International Tae Kwon Do and its off-sets, World Taekwondo and its off-sets, Mu Do Kwon and Tang Soo Do. Competitors must perform a recognized unaltered/unmodified kata from one of the above systems and no additions or deletions of movements are allowed. School variations are permitted provided the movements maintain the structural integrity of the original kata.

I.2 UNIFORM REQUIREMENTS

Uniform requirement includes white over or pullover dobak with or without any color trim. There are no limits in patches or association logos (i.e., ITF certified uniforms).



I.3 JUDGES & SCORING

Judges will be spread out, the center judge in the front and the two corner judges will be in the back two corners.

Judges will be looking at precision, beauty of technique, application of technique, balance, difficulty, focus, body control, consistency of stances, chambers and striking as well as a high focus on kicking precision.

I.4 FORMS REQUIREMENTS

1. The forms must be done how they were taught and there must be no change in the diagram of the forms (i.e., turning Ge-Baek sideways will not be allowed).
2. Sine wave for ITF forms are not required but will not be deducted for having sine wave
3. No more than five (5) kiyups (long paused yell). Loud breathing is acceptable.
4. No stances going below the plane (waist and hips going below the knees).
5. The forms must be completed within four minutes once bowed into the ring.

I.5 COMPETITION FORMAT

1. The competitor will not do a formal introduction but must present the name of their form before starting.
2. Competitors can only compete with forms that are on the certified list below, but may choose any of the forms on the list, no matter their rank.
3. The first round will be a regularly scored round and the top four highest scoring competitors move into the second round.
4. The first place will go head-to-head against the fourth place and the second place will go head-to-head with the third place.
5. Competitors will do their forms at the same time and the three judges will vote.
6. The top two move into the next round and must do a different form in the final round and go head-to-head again to crown a champion.
7. **IMPORTANT** – All competitors should come to the event with at least two forms prepared for competition.

I.6 DISQUALIFICATION

Competitors may be disqualified for one of the following:

1. Performing a non traditional, altered, turned side ways or made up form.
2. Performing a form not on the approved list. (see the list below)
3. More than 5 kiyups
4. Not wearing the required uniform and following the uniform criteria
5. Exceeding the time limit of 4 minutes.



I.7 FORMS LIST

ITF (International Taekwon-Do Federation)

- Hwa-Rang, Choong-Moo, Kwang-Gae, Po-Eun, Ge-Baek
- Eui-Am, Choong-Jang, Ko-Dang, Juche
- Sam-Il, Yoo-Sin, Choi-Yong
- Yon-Gae, Ul-Ji, Moon-Moo
- So-San, Se-Jong
- Tong-Il

WT (World Taekwondo)

- Pal-Gwe 6–8, Taegeuk 6–8, Koryo
- Keumgang
- Taebaek
- Pyongwon
- SipJin
- Jitae, Chonkwon, Hansu, Ilyeo

Moo Duk Kwan / Tang Soo Do

- Pyung-An/Pinan 4–5, Passai (Bassai) Dai/So, Jin Do
- Ro-Hai
- Kong San Kun Dai, King San Kun So
- Wan Shu
- Ji-On, Sei-Shan, O Sip Sa Bo, Sip Soo (Jit Te)

XII TEAM SYNCHRONIZED FORMS AND TEAM DEMONSTRATION

I.1 TEAM SYNCHRONIZED FORMS DIVISION

Team Synchronized Forms is defined as a group organized to function cooperatively in a joint effort. Synchronized: Working at same time or rate/ Go together or happen at the same time/ Working in unison/ Use of Techniques in a Domino effect. All representing and participating members of demo teams, synchronized teams and fighting teams must register with the tournament and sign a waiver of liability to compete.



I.2 TEAM SYNCHRONIZED FORMS JUDGING

Synchronize Team Forms will be graded on how well a team is working in a cooperative joint effort with the majority of techniques being executed together, at the same time, in unison and/or in a domino sequence effect.

I.3 TEAM SYNCHRONIZED FORMS GENERAL RULES

- a) Teams are composed of 2 – 5 members; however, **60%** of the originally declared team must be present for the team to earn points.
- b) 4 Minute Maximum Time Limit – Time starts when the first team member steps into the competition ring and ends when the team is obviously finished in the opinion of the Center Official.
- c) Empty Hand Forms, Weapons Forms or combinations of both are legal.
- d) All the technical Martial Arts skills are graded for execution, presentation, and difficulty.
- e) Team Synchronized Traditional Forms and Team Synchronized Traditional Weapons will be added divisions. Only traditional based forms and weapons routines are allowed in these divisions. Music is allowed in ALL team synchronized forms and weapons divisions. It is the tournament and promoters option to offer any prize money and or other special awards and championships.

I.4. TEAM DEMONSTRATION DEFINITION

Team Demonstration is given more liberties and freedoms to exhibit one or a combination of Martial Arts Skills. Synchronization may or may not be a part of team demonstration.

I.5. TEAM DEMONSTRATION GENERAL RULES

- a) Teams are composed of 5 – 20 members; however, **60%** of the original declared team must be present for the team to earn points.
- b) A team may compete and have their score counted, if
 - a) They are competing with the original declared members.
 - b) Additional "extra" member(s) cannot compete unless they are replacing an original member;
 - c) Substitutes are allowed, but only to replace missing declared members and will not be considered as original team members; and/or
 - d) Additional competitor(s) cannot compete with a team, except to substitute a missing member.
Examples:
 - i. A team registers its team with 3 members – 2 original members must compete in the team event to be considered a legal team.
 - ii. A team registered its' team with 10 members, 6 original members must compete in the team event to be considered a legal team
- g) A team may change their team by replacing a member(s) or by adding new members. All changes must be made prior to the next event and cannot exceed 60% or the original team.
- h) 4 Minute Maximum Time Limit – Time starts when the first team member steps into the competition ring and ends when the team is obviously finished in the opinion of the Center Official.



- i) All the technical Martial Arts skills are graded for execution, presentation, and difficulty.

I.6. TEAM PROPS

Props that are considered dangerous or harmful to people and/or to any part of the competition area or that will cause major clean up time will not be allowed. All teams are responsible for their own cleanup. If a team has any question about their Team Synchronize Form or Team Demonstration, they should ask the Center Official before the competition starts.

XIII NASKA TOURNAMENT RATINGS

I.1 GENERAL OVERVIEW

NASKA tabulates points for hundreds of divisions each year ranging from five-year-old beginner white belts to senior black belts. These tabulated points determine the seeding of Black Belt competitors at world tournaments and determine NASKA's end of year World and National champions.

1.2 RATINGS GUIDELINES

- a) Make sure the tournaments you are competing in are **"NASKA rated"** and note the type of rating they hold (1-A, 2-A, 3-A, 4-A, 5-A, 6-A). **Some tournaments advertise as NASKA Rated but are not.**
- b) Check the NASKA Website Calendar or email the NASKA office to verify if a tournament is NASKA rated. Make sure you know the correct name of the tournament. Keep a flier of the tournament in case there is a question whether the tournament was officially rated by NASKA.
- c) ***Utilization of the NASKA brand logo without expressed written permission and payment is a violation of NASKA conduct and susceptible to legal action.***
- d) For a competitor to be included in NASKA ratings, he/she must be a current registered NASKA member with a current NASKA membership application on file with the NASKA office.
- e) The NASKA rating period is a calendar year from January through December.
- f) If a competitor is totally suspended from the NASKA tournament circuit for any reason, he/she will be excluded from the ratings.
- g) NASKA membership will be required to receive prize money. As always, NASKA events are open to all competitors from any style or association but to receive prize money you must be a NASKA member.

XV NASKA SEEDING RULES

I.1 FIRST TWO TOURNAMENT SEEDING



The first TWO World Tournaments of the New Year will use the prior year's ratings to establish competitor seeds for those first two World Tournaments. Once the New Year's ratings are published, generally at the 3rd World tournament of the new year, the new ratings will be used to seed competitors.

1.2 SCHEDULE OF RATINGS AND BEST OF SCORES CHART

The "Schedule of Ratings" shows when the most updated ratings will be tabulated. "Best of Scores," tells the maximum best scores that will be used to calculate each competitor's ratings.

After the first two World tournaments, the seeds will then be calculated and published for each world tournament, generally two weeks prior to each World Tournament, using the all the competitors ratings for the tournaments they compete at and earn ratings points.

The "Best of Scores" will be used at the end of the year to decide the world champions titles for each division competed in by the competitor. The "Best of Scores" will include the 10 best tournaments out of the 12 tournaments, the competitors earn and receive ratings points for each division they have competed in during the year.

1.3 SEEDING

Competitors can only be seeded in divisions they are rated. Points earned in one division do not carry over into another division. **The only exception to this rule is in the first 2 tournaments** of the year when a competitor is required to move into an older age division. The competitors moving into an older age division have an opportunity to be seeded (a "C" seed) in the older division although they have not earned points in that age division (**See Priority Order of Seeding below**).

1.4 PRIORITY ORDER OF SEEDING IN FORMS AND WEAPONS

Seeding is determined by three-groups of seeds; Group A, Group B, and Group C. Group-A are only the top 4 seeds and ties, based on the **current ranking**. Group-B are the remaining seeds and will be selected, if needed, in seed order. The final Group, Group-C are comprised of competitors who have moved up in age, from the previous year. Group-C is only considered for the **first two world tournaments** of the year where the previous year's ratings are being used for seeding of any year. They are selected, if needed, in seed order.

1.5 MAXIMUM SEEDS – FORMS AND WEAPONS

There is a Maximum of 4 seeds in Form and Weapons Divisions unless there are ties in placements. Ties can be added to the Group Shuffles. See examples below.

1.6 FORMS AND WEAPONS SEEDING



First look at Group-A top 4 seeds (normally seeds numbers 1, 2, 3, and 4) and see how many are present. If all competitors are all present, including ties, the number of seeds needed is complete and will be shuffled for order. If ties exist within the seeds, usually seed 1 and/or seed 2, lower top 4 seeds may not be included in the shuffler. See examples below.

If some of the top 4 competitors are not present; the number of competitors needed to fill the Maximum of 4 seeds will be selected from Group-B (next) and Group-C (if needed). For examples:

- a) The top 4 competitors or, seed 1, seed 2, seed 3 and seed 4 are present; then all will go into the group-A shuffle.
- b) There are 2 seeds ranked number 1 who are at the event, a number 2 seed, a number 3 and a number 4 seed. All are present. As NASKA only takes the top 4 into group-A; therefore, the 2 number 1's, the number 2 and number 3 will go into the group-A shuffle;
- c) There are 2 seeds ranked number 1 who are at the event, a number 2 seed, 2 number 3 and a number 4 seed. All are present. As NASKA only takes the top 4 into group-A, the 2 number 1's, the number 2 and the 2 number 3's will go into the shuffle. In this example, 5 competitors will be in the group-A shuffle.
- d) There is 1 seed ranked 1, 2 and 3 and 3 seeds ranked 4th, all are present. In this example, 6 competitors will be included in the group-A shuffle.

If only 2 of the top 4 are present in Group-A then you will need two more seeds to complete the seeding. If the two more seeds needed to make a total of 4 are found in Group-B, the seeding is complete. The 2 seeds selected from Group-B are selected by their order of placement in the divisions. Example: if #5, #6 and #7 are all present, #5 and #6 would be selected.

If there are not 2 seeds present in Group-B then you check Group-C to complete the total of 4 seeds. The number of needed competitors from Group B and/or Group C if needed are **selected by their order of placement in the division.**

Once the additional seeds are selected they will be shuffled to determine their placement of order. The Group-B seeds will always be placed in order before the Group-A seeds and Group-C seeds, if needed, will be placed before Group-B Seeds.

A maximum of 3 shuffles could be used if all 3 Seed Groups are used. If there are not 4 seeds available using all 3 Seed Groups, you seed less than 4. It is required that the center official either supervise or perform the random selection process of the seeds.

If a competitor arrives late (the division is ready to start, but the 1st competitor has not started), the late entry must compete first, including seeds who arrive late; refer to section 1.06 – Late Entry.

1.7 SPARRING SEEDS



The top seeds (Max 4) will be seeded in the first round of competition with all competitors. The Seeds (Max 4) will be seeded away from each other in the brackets with the number one and four seeds in the top bracket and the number 2 and 3 seeds in the bottom bracket.

If bye(s) is needed, the seed will receive the bye(s) in order of their seeded position. No longer are fighters automatically seeded into the quarter finals unless there are eight or fewer competitors in the division or if by receiving a bye they move into the quarter or semi final brackets.

Seeds can refuse byes but still must be bracketed away from other seeds as described above.

I.8 SEEDING FAIRNESS RULE

If there are questions about seeding that arise that cannot be answered by the rules above, the Tournament Arbitrator will make the final decision who and how a competitor will be seeded.

I.9 UNDER BLACK BELTS

NASKA does not require seeding in the under black belts divisions.

I.10 TEAM SPARRING SEEDS

For 3 man teams sparring, 2 of the 3 members must be competing at the tournament, to be seeded. For 2 female team sparring, 1 of the 2 team members must be competing at the tournament to be seeded. All members of the teams must sign a waiver of liability.

Teams must be registered with the name of the team and the last names of all the members of the team: 3 names for the male teams and 2 names for the female teams. Example: A Male Team "Team Yellow Dragons: Smith, Jones, Brown" is how they must register. Teams can't register as "Team Yellow Dragons 1, Team Yellow Dragons 2 or Team Yellow Dragons 3".

XVI. NASKA CODE OF ETHICS

I.1 INTEGRITY AND FAIRNESS

1. Judging: All promoters, judges and league officials must act with integrity and impartiality. Decisions regarding points, penalties, and disqualifications must be made transparently and without bias, based on the established rules and guidelines.
2. Competitor Conduct: Competitors must adhere to the highest standards of sportsmanship, respecting fellow competitors, judges, and officials. Unsportsmanlike behavior, including protests made improperly or without proper cause, can lead to penalties or disqualification.
3. Coaches Conduct: Coaches must adhere to the highest standards of sportsmanship, respecting fellow competitors, judges and officials. Unsportsmanlike behavior, including protests made



improperly or without proper cause, can lead to penalties or disqualification. This applies to identified coaches and any person acting in this capacity.

4. Spectator Conduct: Spectators must maintain professional decorum concerning sportsmanship, respecting all competitors, judges, officials, and security personnel. Failure to adhere to these standards can lead to penalties or disqualification for the competitors and/or the spectators' dismissal from the event.

I.2 SAFETY AND WELL BEING

1. Center Official Responsibilities: The safety of competitors is paramount. The Center Official is responsible for ensuring that there is a safe perimeter around the ring, rules are enforced, and fair play is maintained. This includes starting and stopping matches, making penalty decisions, and addressing any disputes regarding scoring.
2. Promoters, League Officials and Directors Responsibilities: Promoters, league officials and directors are responsible for overseeing the overall safety protocols and ensuring they are implemented consistently across all events. They will provide proper training for all officials, ensure that equipment and facilities meet safety standards, and conduct regular reviews of safety procedures.
3. Medical Readiness: Adequate medical personnel and first aid equipment will be available at all events. Competitors' health is a priority, and immediate medical attention must be provided in case of injury.
4. Competitor Safety Gear: Competitors must use appropriate safety gear as required by the division and event and as defined by the NASKA rule book. Officials must ensure that all safety gear is worn correctly and in good condition before allowing competitors to participate.
5. Venue Safety Inspections: Inspections of the competition venue are a priority to ensure a safe environment. This includes checking for hazards and ensuring the mat areas are properly secured and in good condition.

I.3 TRANSPARENCY AND ACCOUNTABILITY

1. Protests and Appeals: Competitors have the right to protest infractions of the rules. Protests must be made in an orderly and sportsmanlike manner, and officials are obligated to address these protests fairly and transparently.
2. Official Removal: If a competitor believes an official should be removed for good reason, a formal protest can be made. The final decision rests with the Arbitrator or other designated Official. A protest to remove an official must be commended prior to the start of the division.

I.4 CONTINUOUS IMPROVEMENT

1. Training and Development: Judges, officials, and competitors are encouraged to continuously improve their understanding of the rules and the execution of techniques. Regular training and updates on rule changes are essential for maintaining high standards.



I.5 ETHICAL LEADERSHIP

1. Role Models: All participants, including promoters, officials, judges should act as role models, demonstrating the highest standards of ethical behavior. This includes fairness, respect, integrity, and dedication to the sport of karate.

I.6 ZERO TOLERANCE FOR THREATS AND ABUSE

1. Threats: Any form of threat, whether physical, verbal, or implied, is strictly prohibited. Competitors, coaches, and spectators who issue threats will face immediate disqualification and potential bans from future events. The safety and well-being of all participants are paramount.
2. Physical Abuse: Physical abuse, including but not limited to unnecessary roughness, intentional harm, or assault, or any action defined as an assault under prevailing law, will result in immediate disqualification and a ban from future NASKA events. Law enforcement may be involved if necessary.
3. Verbal Abuse: Verbal abuse, including derogatory remarks, insults, or any form of harassment towards competitors, officials, or spectators, will not be tolerated. Offenders will be subject to immediate removal from the event and possible bans from future events.
4. Cheating: Any form of cheating, such as falsifying age or tampering with equipment, will result in immediate disqualification and a ban from future competitions. NASKA upholds the integrity of the sport and expects all participants to do the same.

I.7 ZERO TOLERANCE FOR FORGERY AND FALSIFICATION

1. Forgery and Falsification: Any attempt to forge or falsify documents, records, or credentials related to participation in NASKA events is strictly prohibited. This includes falsifying age, or any other credentials. Offenders will face immediate disqualification, a ban from all NASKA events, and possible legal action.

I.8 ZERO TOLERANCE FOR CORRUPTION AND DOPING

1. Corruption: Any form of corruption, including bribery, or undue influence, is strictly prohibited. Officials and competitors found engaging in corrupt practices will be banned from NASKA events and reported to the appropriate authorities for further action.
2. Doping: The use of performance-enhancing drugs (PEDs) is strictly forbidden. Any competitor found using or in possession of PEDs will face immediate disqualification, a ban from all NASKA events, and potential legal consequences.

I.9 REPORTING, DELIBERATION, PENALTIES AND ENFORCEMENT

1. Reporting: Competition related items must be reported to the center official and/or the event arbitrator within the timeframes established by the NASKA rulebook. Allegations involving severe



violations such as threats, abuse, cheating, forgery, falsification, corruption, or doping must be reported to the NASKA President, the arbitrator and directors.

2. **Deliberation:** Competition related items will be reviewed, and a determination issued at the event by the event arbitrator. Arbitrator decisions are final and cannot be appealed. Allegations involving severe violation as defined above will be reviewed by the NASKA directors. A full investigation (outside legal counsel and the authorities can be utilized as needed) and prepare a written report to include a summary of the findings and a resolution recommendation. The NASKA Board of Directors will vote on the final determination of all severe violations. The vote is determined by 50% or more as a majority is not required. The final decision as determined by the NASKA Board of Directors will be communicated to the involved parties. All findings and determinations will remain confidential.
3. **Penalties:** The severity of penalties will depend on the nature of the infraction. Minor infractions may result in warnings or point deductions, while severe violations such as threats, abuse, cheating, forgery, falsification, corruption, or doping will lead to disqualification and bans.
4. **Enforcement:** The enforcement of these rules is the responsibility of all NASKA officials and judges. Any incidents should be reported immediately, and appropriate actions will be taken to maintain the integrity and safety of the event.

By adhering to this Code of Ethics, NASKA aims to foster an environment of fairness, respect, and excellence in sport karate competitions.

