

TRADITIONAL CHALLENGE RULES-NASKA

Section 8.11 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.

Section 8.12 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 with maximum height to the competitor own chin. 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 with maximum height to the competitor own chest.

Section 8.13 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. Competitor must wear black belt.

Section 8.14 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 four (4);
- b) Kicks – Standing kicks must not go above the competitor's shoulder;
- c) Stances must not break parallel.

Section 8.15 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, center referee located in the middle.

Section 8.16 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. Center Judge is responsible for this task.
- c) Time Limit: 4 minutes, the clock starts when 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.

Section 8.17 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.

Section 8.18 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;
- d) Sportsmanship not adhered to;
- e) Excessive stance violation.

Section 8.19 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 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 Meikyo Nipaipo (Standard Shito Ryu version only) / Nijuhachiho (Shotokan) Niseishi (Shotokan : Nijushiho) Paiku Paipuren Pinan / Heian 1 – 5 Rohai Saifa Sanchin Sanseiru Sanseiru (Uechi-Ryu version) Seichin Seipai Seirui Seisan (all versions) Seiunchin Shinpa Shishochin Sochin (Shotokan and Shito-Ryu versions) Sunsū (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)

TEAM SPARRING RULES-NASKA

Article IX. BLACK BELT TEAM SPARRING

Section 9.01 TEAM DIVISIONS

- a) 3-Man Team Sparring (Max 4 Team Members)
- b) 2-Women Team Sparring (Max 3 Team Members)
- c) 3-Boy Youth Sparring Teams
- d) 2-Girl Youth Sparring Teams
- e) Senior Teams

Section 9.02 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. A team may only declare 3 or 4 male team competitors per event/tournament or 2 or 3 female team competitors. In other words, a team may not bring in a 5th competitor for men or a 4th for women at that 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 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.
- 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 a competitor / competitor that are not listed on their roster with NASKA at any event/tournament. However, they will not earn any points or be allowed to use their seed.
- d) Pick up teams are allowed; however, the teams will not earn any rating points until they register with NASKA. To earn points and a seed, each team member must be a registered NASKA member.
- e) 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. (See Section 9.08)
- f) All teams must obtain a team card at registration or from the Tournament NASKA Black Belt Arbitrators and declare who will participate at the event/tournament.
- g) All team competitors, 3 or 4 for men, 2 or 3 for women, must be listed on the card and submitted at the ring prior to start of the division. It is the responsibility of the promoter to provide the team cards 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) A team may only declare 3 or 4 male team competitors per event/tournament or 2 or 3 female team competitors. In other words, a team may not bring in a 5th competitor for men or a 4th for women at that event/tournament.

Section 9.03 SENIOR AND JUNIOR SPARRING TEAMS

Where ages are different, the appropriate ages must be matched together (Exceptions below.) A coin flip will determine which team will send an initial competitor and the other team must send a matching age competitor. 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 as well. b) Senior Sparring Teams An older age category competitor can compete down in a younger age category but a younger age category competitor cannot compete up into an older age category.

Section 9.04 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 – See Section 9.06. . 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 (Exception: see ties and overtime period). 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.

Section 9.05 INJURY

Any declared Team Member, who has not completed 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 9.11 – Disqualified Competitor. Section 9.06 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 sends out a fighter first to be matched by the other team.

b) All matches are 90 seconds long.

- c) The competitors who earns a 10-point spread or is ahead at the end of 90 seconds is declared the winner of the first 2 matches (first match only in 2 –women teams). If either or both of the first 2 matches end in a tie, they remained tied. No run-off, of ties, in the first 2 matches (or match 1 of 2-women)
- d) The final match is total points match using the full 90 seconds.
- e) The team with the most accumulated points wins, but the accumulated score is a must win by 2 points.
- f) If at the end of the final match the accumulated score is a tie, or 1 point separates the teams, overtime is required to determine the winner.
- g) In overtime, a coin toss will determine who will send out a fighter to finish the match. The winner of the coin flip can decide to send out first or have the other team send out first.

Section 9.07 GENERAL RULES – TEAM SPARRING

- a) All regular NASKA Light touch point calling rules will apply.
- b) Out of Bound, falling down 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.
- c) A competitor is considered out of bound when they have both feet off the sparring area (mat). If the competitor is out of bounds without being kicked out or physically pushed out of bounds, their opponent will receive 1 point.
- d) If a competitor goes out of bounds while the other competitor is kicking or punching, near the competitor WITHOUT actually touching the competitor, the competitor will be considered leaving the sparring area to avoid competition and the other competitor will receive a point. A fighter must stay engaged in the match if he goes at of bounds not to be penalized.
- e) 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.

- f) If a fighter touches the ground / mat with, with any part of their body, except their feet or 1 hand, they are considered down.
- g) A point cannot be scored by a down competitor and a downed competitor cannot be score on. If an upright competitor strikes a down competition they can be penalized.
- h) A competitor who leaves their feet while in-bounds, must land with at least one foot in-bounds to score a point.
- i) All scoring techniques to regular legal targets will be: i. 1 point for any hand technique ii. 2 points for any kicking technique iii. 3 points for a jump-spinning kick to the head.

Section 9.08 COACHES

- a) 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 team members.
- d) 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.
- e) The designated coach of a team must stay seated in the designated coaching chair anytime a match is in progress.
- f) A coach may stand before a match is started, between rounds, during timeouts and once the sparring match is over.
- g) Coaching Penalty: If a coach leaves his/her chair, during a sparring match, a penalty point will be awarded to the opposing team for the first, second and third time it occurs. A flag or other tool will be provided, at the coach's chair, to throw into the ring to call for a judgement or protest. However, if the center official has ruled a judge's call was late and therefore not considered, arbitration cannot be requested. On the 3rd occurrence in any one round the coach and coach's competitor will be disqualified. (See Section 9.11)
- h) A disqualified player and coach can be replaced for further team rounds/matches.
- i) Penalty points on coaches are issued on the coach's player of that round.

j) Since the coach and player are considered the same as far as penalties go, if a player already has a penalty point and the coach receives 2 penalty points for standing, etc. the player is automatically disqualified because 3 penalty points were received in one round.

k) Just like a player, coaches can be penalized or disqualified for unsportsmanlike behavior. If a coach is disqualified they can be replaced.

Section 9.09 INJURED TEAM COMPETITOR

a) The medic has the final determination if a competitor may NOT continue, with NO exceptions.

b) If a competitor is injured not due to a penalty they are allowed 4 minutes to determine if they can continue, starting immediately. The time may be extended two additional minutes, once the medic reaches the competitor. It is the center official's responsibility to communicate with the medic and determine if additional time will be allowed. 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 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.

c) After the time, has expired, they must continue or will be declared unable to continue. If they are declared unable to continue the 4th team competitor / member completes the sparring match in progress, provided he / she have not already competed during the match.

d) On a 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 results of an illegal technique.

e) If it is determined the injured competitor cannot continue due to a penalty as determined by center referee and judges the uninjured competitor is disqualified.

f) If the competitor cannot continue due to a penalty, the injured competitor will receive 10 points as a result of the disqualification. The competitor who committed the violation will get 0 points for that round.

g) 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 less points at that time.

h) If a competitor is disqualified in the last match the other team automatically will be declared the winner of that team match.

i) 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.

j) Once a competitor is injured and replaced by the alternate, the injured competitor cannot compete for the remainder of the team sparring competition.

k) If something happens in the team sparring competition that cannot be answered by the rules stated, the "NASKA Fairness Rule" will come into play.

Section 9.10 PENALTIES AND WARNINGS

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

b) A penalty point will be issued if a competitor, as determined by the center official: i. Goes out of bounds to avoid competition; ii. Falls down to avoid competition; iii. Runs around the ring to avoid competition; iv. Stalling and/or not attempting to engage the other competitor; v. Excessive contact, as deemed by the center official; vi. Pushing a competitor out of bound, as deemed by the center official; vii. A coach stands up or leaves the coach's chair during the match; viii. A competitor arrives at the ring without the proper equipment; ix. A sparring match is ready to start and the competitor is delaying his / her entry in the ring; x. Form/Weapon competitor delays entering the ring xi.

Competitor refuses to leave the immediate sparring area an additional penalty point may be issued; xii. Late strikes after call to stop; xiii Retaliation strike from a competitor; xiv Competitor's equipment is incorrectly fitted or properly secured and continues to fall off or requires adjustments; or xv A competitor purposely removes their equipment.

c) Once a competitor receive 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, one-point penalty should be issued to both competitors.

Section 9.11 DISQUALIFIED COMPETITOR

- 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 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) In the event that 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.