RULE BOOK 2019

The Complete Rules for PRO-MAC Sanctioned Martial Arts Tournaments

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Article I. GENERAL COMMENTARY

Section 1.01 General Commentary

The Professional Martial Arts Conference (PRO-MAC) is a regional circuit of the North American Sport Karate Association (NASKA) currently centered primarily in the southeastern United States. Like-minded individuals with a similar passion for sports martial arts who were weary of the same inconsistencies and inefficiencies from tournament to tournament designed the conference to be a competitive and innovative model for the production and promotion of martial arts events. Over the years, issues such as poorly trained officials, ineffective running of events, complex circuit ratings & rankings, and poor teamwork and promotion have stifled the growth of the tournament industry resulting in a steady decline in new competitor acquisition and retention. These individuals felt that in order for the sport to grow, there had to be a dynamic revolution in the way tournament promoters conducted the business of sports martial arts competitions. As a result, the PRO-MAC was founded. The mission of PRO-MAC is to promote the sport of martial arts through a series of professional events and tournaments and to provide competitors, families, and spectators with a positive and uplifting experience. PRO-MAC is sanctioned by and follows the rules of NASKA with a few exceptions. These exceptions are noted herein. Conference ratings are for PRO-MAC events only.

Section 1.02 Mission and Goals

The mission of the Professional Martial Arts Conference is to grow and enhance the sport of competitive martial arts.
In order to accomplish its mission, the PRO-MAC has established the following goals:

(a) To grow customer confidence in both the events and the service for all PRO-MAC events by creating a high quality, professional structure with an attention to detail.
(b) To create a recognizable brand and consistent image that is synonymous with professionalism in order to attract new customers and to retain existing ones.
(c) To create a conference of regional events that support and promote one another in the spirit of healthy competition between competitors, parents, instructors, promoters, and officials.

Article II. OFFICIALS CERTIFICATION

Section 2.01 Purpose

The purpose of the PRO-MAC officials' certification is to ensure that PRO-MAC events run efficiently and professionally and to provide consistency and fairness in how our competitors are judged.

Section 2.02 Requirements of Certification

There are three steps involved in the officials' certification process:

(a) Rules meeting
(b) Multiple choice exam
(c) Evaluation

An official's certification is good for one-year and expires at the conclusion of the final event of the tour season.

The PRO-MAC understands that the certification process is always evolving and recognizes that adjustments or amendments to this process could be made at any time.

Section 2.03 Benefits of Certification

The certification of officials provides consistency in how the competitors at our events are judged and provides for the most efficient and fair judging possible. Our staff consists of judges, promoters, instructors, parents, and former competitors that allows us to understand and appreciate the views of everyone involved. We will strive to provide efficiency, a full understanding of the rules, fairness and professionalism. PRO-MAC judges will understand rules, keep rings moving, keep their eyes on each and every competitor throughout their entire performance, and help to run each event as if it were their own. All officials will dress accordingly to the PRO-MAC dress code.

Section 2.04 Officials Dress Code

All PRO-MAC officials will dress according to the following guidelines:

(a) Black dress pants
(b) PRO-MAC Officials shirt
(c) Officials shall wear their shirts tucked into their pants.

Article III. BASIC RULES

Section 3.01 COMPETITOR

Each competitor must present him/herself to the referee suitably attired with proper uniform and equipment and physically prepared to compete. If he/she is not prepared to compete as deemed by the center official, the competitor may be penalized. Refer to **Sparring Penalties – Delay of time** or **Delay of Time - Forms and Weapons Penalties - Delay of Time.**

Section 3.02 COMPETITOR RESPONSIBILITIES

It is the responsibility of the competitor to know the rules and be ready for competition when called to do so. He/she must be suitably attired, weighed-in and at the appropriate ring when competition begins. Three calls will be made for competition at ringside. If the competitor is not at his/her ring ready to compete when competition begins, he/she will not be able to compete (see delay of time rule). If a competitor leaves the ring after the competition begins and is not present when his/her name is called to compete, his/her name will be called three times at ringside. If he/she is still not present to compete, he/she will be disqualified (see delay of time rule in penalty section of Sparring or Forms and Weapons).

Section 3.03 LEGAL AGE RULE

(a) All competitors have the option of competing in the same division all year long for rating purposes, by establishing a legal competition age for the year. The age a competitor is on June 30th of the current competition year is their legal competition age for that year. They can

compete all year at that age, so he/she can earn rating points in one age division all year. A competitor can always compete in his/her chronological age if they chose.

(b) All adult Black Belt sparring competitors 30+ have the option to compete down in age. (Example: Any 30+, 40+, 50+ and 60+ year old competitor can compete in any younger adult Black Belt Division.) A competitor cannot compete up in an age division.

(c) An adult competitor can choose to compete down in age but can only compete in 1 age group for Sparring, 1 age group for Weapons, 1 age group for Forms and 1 age group for Team Sparring. If the competitor elects to compete in more than 1 age group / separate ages for Sparring, Forms or Weapons, they must be aware that divisions cannot be held for them to move from one age group to another. They will be subject for disqualified if they cannot make their divisions on time. They should always check the tournament scheduling before committing to competing in more than one age group.

Section 3.04 PROOF OF AGE RULE

All competitors must have a proof of age document. If there is a legitimate reason to question a competitor's age, he/she must present a proof of age (birth certificate, driver's license, or other acceptable documents) to prove his/her age.

Section 3.05 RANK RULE

A competitor must compete at the highest belt level they have earned in the martial arts. A competitor can never compete in a division of which he/she had not legally earned that rank. Once a competitor competes as a black belt legally, he/she must always compete as a black belt. A competitor can never compete in a lower belt division than the level of belt he/she has earned in the Martial Arts.

Section 3.06 LATE ENTRIES

(a) 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.

(b) 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!

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

(d) 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.

Section 3.07 UNDER BLACK BELT RULES

Under belt divisions will be subject to the same rules as black belt divisions with the following exceptions:

(a) In regard to under belt competitor forms and weapons scoring, a dropped weapon WILL NOT result in automatic disqualification. Competitors will instead receive a 0.10 deduction for each time his/her weapon is dropped.

Section 3.08 WEIGHING-IN

(a) 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.
(b) If a competitor fails to weigh-in, prior to their division being called for competition to start, 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.

Section 3.09 RING REQUIREMENTS

The size of the fighting and forms adult black belt rings shall be approximately 20' x 20'.
(a) Starting lines should be marked approximately six feet apart in the middle of the ring.
(b) Additionally, each ring should be posted with a ring number visible to competitors, officials, and medical personnel from across the floor.
(c) All youth and under black belt adult rings can be a minimum of 16' to a maximum of 20'.

Section 3.10 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.

Section 3.11 DIVISIONAL, TOURNAMENT, AND ORGANIZATIONAL DISQUALIFICATION

These disqualifications go from least severe to the most severe. The severity of the infraction is the basis of which disqualification is warranted. What is warranted is voted upon by the PRO-MAC Board of Directors. Play by the rules and show good sportsmanship at all times.

Section 3.12 SPLITTING A DIVISION

Any division that has 16 or more competitors will be split into 2 divisions.

Article IV. EQUIPMENT AND UNIFORMS

Section 4.01 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 or unapproved shoes are allowed in the sparring divisions (see sparring foot pads).
b) **Forms & Weapons:** T-shirts, tank tops and sweatshirts 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.

Section 4.02 REQUIRED AND RECOMMENDED SAFETY EQUIPMENT

(a) PROMAC approved headgear; hand and foot pads, mouthpieces, groin cups (for male competitors only).
(b) For all competitors 17-year-old and younger, chest guards and face shields are mandatory for all competitors in sparring divisions.
(c) Soft shin guards and elbow pads are recommended but not required.
(d) 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.
(e) If a competitor is missing required equipment or the equipment does not meet PRO-MAC 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, and it is the responsibility of the competitors to have the proper equipment.
(f) The tournament's official rules arbitrator ultimately determines the approval or denial of the equipment.
    i. **Hand Pads:** A soft padded surface must cover the fingers, wrist and any striking surface of the hand.
    ii. **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. If sparring shoes are use in all sparring divisions, a soft padded bottom is required. Hard bottoms **are NOT Allowed**.
    iii. **Head Gear:** The front, sides, and back of the head must be covered by a soft padded surface. In addition to the head gear, a face shield is required for all competitors 17 yrs. & under.
    iv. **Chest Protection:** All 17 and younger competitors must wear approved chest protection in sparring. Chest protection is defined as any padded equipment that covers the sternum area. The chest guard must sufficiently cover the upper chest such that the sternum is completely protected. 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
    v. **Mouthpiece:** A properly fitted mouthpiece is required.
    vi. **Soft Shin Guards** are recommended but not required for all competitors.

vii. **Soft Elbow Pads** are recommended but not required for all competitors.

Article V. OFFICIALS

Section 5.01 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 Protect / Arbitration
   iii. Competitor is injured
   iv. A coach leaves their Coaching Chair.
   v. Check competitors for proper equipment (Split gloves, foot gear, mouth piece, check protector, cup, etc...)

(b) The **Center Official** make 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.

Section 5.02 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.

Section 5.03 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

Section 5.04 NUMBER OF OFFICIALS

2 or 4 PROMAC judges and one PROMAC 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.

Section 5.05 CALLS AN OFFICIAL MAY MAKE

When the referee believes there has been a significant exchange of techniques, or when signaled to do so by a corner a judge, he/she shall call out the word, "STOP!" in a loud voice. The referee **shall wait until the competitor's return to their starting marks** and addresses the judges by saying "JUDGES CALL!" All judges and the center referee cast their votes simultaneously and assertively in the following manner.

(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 (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 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 waves the color of the offending competitor in a circular motion. If no colors are used the judge waves the hand and arm in a circular motion while pointing at the offending competitor.
(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.

Section 5.06 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.

Article VI. PROTESTS

The protest procedure is the same for both forms and fighting divisions. However, during forms competition, a Coach / Representatives (Rep) does not have to be designated to the ring's Center Official in advance, and the protest flags will remain on the scorekeeper's table unless a Player Representative intends to immediately lodge a protest.

Although there is a designated manner through which an Arbitrator may be brought in by the Center Official to make the decision, on a protest, it is presumed this will be a rare exception. Center Officials are chosen for their experience, knowledge of the rules and competition procedures, and skills of authority and diplomacy. In the great majority of circumstances, Center Officials will be fully qualified to make protest decisions, and should do so without delay.

Section 6.01 LODGING A PROTEST:

(a) In Forms and Weapons, the Player Reps must stay out of bounds on the side of the ring behind the player that they represent at all times during a match.
(b) No protest may be lodged by a Player Rep who is out of position.
(c) A Player Rep may lodge a protest immediately before, during, or immediately after a match is over, by raising their flag and announcing the single word "Conference!" loudly and clearly, directed only toward the Center Official of the ring.
(d) This will be the only communication at that time; the Player Rep will not state his protest, nor communicate anything else to any officials until the actual protest conference begins.
(e) The Center Official will stop the running time, and then ask both Player Reps to move to the scorekeeper's table for the conference.
(f) 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.
(g) Protests may not be lodged during the running of a form, but only before or after the form has been run.
(h) If a player acts as his own representative, he will lodge a protest by raising his hand before the next action segment of the sparring match begins, or before the next form is run, and announcing "Conference!" clearly to the Center Official.

Section 6.02 REMOVAL OF OFFICIALS

If a competitor feels that an official should be removed from a form or weapon division for good reason, He/she must file a protest before the division begins. If a competitor feels that an official should be removed from a sparring division, he/she may file a protest at any time. It is totally up to the center 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 "Good Reason" to remove the judge.**

Section 6.03 PROTEST PENALTIES

(a) 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,
(b) The player on whose behalf the protest conference was requested, will be penalized a penalty point for Delay of Contest. A .01, per judge, deduction from that player's final score will be assessed in forms divisions. With a 1-point deduction for sparring.
(c) Any protests lodged on the grounds of disagreement with the judgment of the officials will be immediately ruled invalid, will not be heard, and will result in penalization of the player on whose behalf the protest was lodged.
(d) A Center Official may also rule, as invalid, any protest that would be otherwise valid, but the Center Official has a sound basis, to believe, it is in bad faith; i.e., for the purpose of disruption or to delay.
(e) Upon such ruling, the Center Official will penalize the player on whose behalf the protest was lodged, for delay of the contest.
(f) The Center Official **may continue** to penalize the player requesting the protest, if the competitor, their team or coach/player rep continues to protest after a decision has been ruled by the lead arbitrator. Deduction includes:
    i. A .01 per judge, deduction from that player's final score will be assessed in forms
    ii. In sparring, a 1-point penalty will be awarded to the protesting competitor's opponent.

Article VII. SPARRING

Section 7.01 ORDER OF COMPETITION

Once the final call for the sparring division is made at ringside, the division is ready to be set up.
(a) Competitors / Teams cannot pick whom they want or do not want to fight.
(b) Matches are always selected by random draw.
(c) In all divisions with only 3 sparring competitors, a round-robin style match will be held so that competitors will have to compete more than once in order to compete for 1st and 2nd place.
(d) Allowances may be given to competitors from the same school or team that are matched up in the **first round** of competition. They may be separated randomly from each other in the first round, if possible.

Section 7.02 LENGTH OF MATCH – DIVISION / INDIVIDUAL

The length of a match will be two minutes running-time unless a competitor is seven points ahead (Seven 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.
(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, but a competitor must win by 2 points.
(d) Overall Grand Championship matches are two, two-minute rounds.

NOTE - All team matches are 90 seconds running time.

Section 7.03 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. (Ex. A front hand to the body that **does not have "focused control"** is not considered a proper sport karate scoring technique.)

Any contact that incapacitated the opponent; i.e. Knockout's, causes a concussion, or the opponent cannot continue, will be deemed as Hard Contact and will be a penalty / illegal technique, unless it is a **No-Fault** contact.

Section 7.04 NO-FAULT CONTACT

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

Section 7.05 GENERAL RULES

(a) All regular **Light** touch point calling rules will apply.
(b) Out of Bounds, 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 out 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 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.
(h) A competitor who leaves their feet while in-bounds, must land with at least one foot in-bounds to score a point.

Section 7.06 CONSECUTIVE MATCHES

Any competitor who must engage in consecutive (back to back) matches have the option to receive a 2-minute rest between each match. The exception is in overall Grands where there is a one-minute rest period.

Section 7.07 DOWNED COMPETITOR

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

Section 7.08 POINT VALUES AND WINNER DETERMINATION

(a) All legal hand techniques that score will be awarded one (1) point.
(b) **All legal kicking techniques to the body that score will be awarded one (1) point.**
(c) All legal kicking techniques to the head that score will be awarded two (2) points.
(d) All jump spinning kicks to the head will be awarded (3) points.
(e) All penalty points will be awarded one (1) point or more points.
(f) The competitor who is ahead by 7 points (7-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.
(g) All Divisional grand championship matches have a two-minute running time with a **10 Point Spread Rule**, but must be won **by 2 points.**
(h) In Black Belt team fighting, each opening round is a 10-point spread. The last round is total points.
(i) All Black Belt Grand Championship and Overall Grand Championship matches, competitors must win by two points.

Section 7.09 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

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Section 7.10 LEGAL, ILLEGAL, AND NON-TARGET AREAS

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

Section 7.11 LEGAL & ILLEGAL TECHNIQUES

(a) **Legal Techniques** are all controlled sport karate techniques, except those listed as illegal.

(b) **Illegal Techniques** include head butts, hair pulls, bites, scratches, elbows, knees, eye attacks of any kind, take downs on a hard surface floor, 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 and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

Section 7.12 GRABBING

A competitor may grab the uniform top of his/her opponent in an attempt to score with a sport karate technique for only one second (immediately), after which time he/she must release the uniform. Likewise, the uniform pants may be grabbed for one second to an upright opponent in an attempt to score.

Section 7.13 SWEEPS, TAKEDOWNS, AND GROUND FIGHTING

Sweeps are not meant to take down an opponent, but only to obstruct the balance so as 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.
(c) A point is awarded only when the legal sweep or takedown is followed up effectively legally and **immediately** with an appropriate sport karate technique.

Section 7.14 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.

Section 7.15 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.

Section 7.16 OUT-OF-BOUNDS

A competitor is out-of-bounds as soon as he/she does not have at least one foot touching inside or on the boundary line. An out of bounds competitor cannot score a point while out of bounds. In bounds competitor, can score on an out of bounds competitor if the center referee has not called stop.

Section 7.17 SPARRING WARNINGS AND PENALTIES

(a) **NO WARNINGS are issued in PROMAC Black Belt Sparring**. Penalty points are issued immediately for breaking the rules.
(b) In **Under Black Belts** one (1) warning may be issued.
(c) A competitor cannot be penalized and still receive a point on the same call.

(d) 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) A penalty point(s) will be issued if a competitor, as determined by the center official:
  i. Missing or improper equipment
  ii. Goes out of bounds to avoid competition;
  iii. Falling down to avoid competition;
  iv. Runs around the ring to avoid competition;
  v. Stalling and/or not attempting to engage the other competitor;
  vi. Excessive contact, as deemed by the center official;
  vii. Pushing a competitor out of bound, as deemed by the center official;
  viii. Attacking illegal and non-target areas;
  ix. Using illegal techniques;
  x. Blind, negligent or reckless attacks;
  xi. Uncontrolled techniques;
  xii. Unsportsmanlike behavior by the competitor, his/her coaches, friends, etc.;
  xiii. Profanity
  xiv. A coach stands up or leaves the coach's chair during the match;
  xv. If a coach(s) and/or team member(s) enters the ring, during a match;
  xvi. A competitor arrives at the ring without the proper equipment;
  xvii. A sparring match is ready to start, and the competitor is delaying his / her entry into the ring;
  xviii. Competitor refuses to leave the immediate sparring area an additional penalty point may be issued;
  xix. Late strikes after call to stop;
  xx. Retaliation strike from a competitor;
  xxi. Competitor's equipment is incorrectly fitted **or improperly secured and** continues to fall off or requires adjustment. This penalty will start on the 2nd occurrence of the equipment failure;
  xxii. 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;
  xxiii. A penalty point will be issued for each minute the competitor is not properly ready to compete.
  xxiv. Delay of Time - Sparring
  xxv. A competitor purposely removes their equipment.
  xxvi. A competitor, coach, or team member uses profanity;
  xxvii. More than 1 coach or maximum team members are represented at start of a match;
  xxviii. Punching a downed competitor in the head or face;
  xxix. Kicking a downed competitor, to the body, will result in a 2-point penalty or a disqualification for kicking the downed competitor in the head or face. Disqualification required a majority vote;
  xxx. A downed competitor kicks an upright competitor to the body;

xxxi. A downed competitor kicks an upright competitor will result in a 2-point penalty or a disqualification for kicking the upright competitor in the head or face. Disqualification required a majority vote;
xxxii. A one (1) point, per minute, penalty if competitor fails to weigh-in prior to the division being called;
xxxiii. Protest penalty – losing the protest;
xxxiv. Continuing to protest, after decision has been made; and
xxxv. No competitor, team member or coach may make physical contact with officials.

(g) It a competitor, coach, or teammate violates more than one (1) rule, at the discretion of the center official, multiple penalty points can be issued. For example, Coach leaves their chair and continues to use profanity. Otherwise, the individual maximum penalty will apply.

(h) If multiple individuals violate one (1) or more rules, penalty points can be issues for each individual.

(i) Once a competitor receives three (3) penalty points they are disqualified.

(j) 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.

Section 7.18 OTHER CAUSES OF PENALIZATION

Any grabbing or pushing an official may cause the competitor to be disqualified. Striking an official may cause the competitor, coaches(s) or team member(s) to be disqualified and suspended from future PRO-MAC events.

Section 7.19 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.
(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.
(c) **Team Disqualification**
i. Loses all points they have earned in the match.
ii. If during the final match, his/her team cannot win, the opposing team will be declared the winner.
iii. Any competitor who injures a competitor with an illegal technique.
iv. Any competitor, team member, or coach who enters the sparring area, in the event an altercation happens, and accelerate 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.)

v. 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.

vi. If 2 or more members, of any team, are disqualified in one match, the team is automatically disqualified and cannot continue.

vii. A disqualified competitor cannot be used in any remaining matches in a tournament team event.

viii. 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.

Section 7.20 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.

(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**.** A flag or other tool will be provided, at the coach's chair, to throw into the ring to call for a judgment 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.

(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) 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.

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

(j) Never, at any time, can a coach enter the ring without the referee's permission;

(k) No abusive, violent, unsportsmanlike or overzealous coaching;
(l) 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.
(m) If a coach's chair is provided, the coach must stay in the chair during the match. A coach's player can be penalized during a match if they leave the chair without permission of the head judge. The head judge determines the severity of the penalty base on the coach's conduct.

Section 7.21 INJURED COMPETITOR

(a) The medic has the final determination if a competitor may **NOT** continue, with **NO** exceptions.
(b) Everyone except the medic, competitor, the center official and 1 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. 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, unless the input is requested by the medic.
(d) If a medic determines a competition cannot continue; 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 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 event or register for future events 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.
(e) A competitor is injured, not due to a penalty, they are allowed 4 minutes to determine if they can continue, the time starts 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.
        i. The maximum time that can be allocated to determine if a competitor can continue is 8 minutes. If the medic requests an extended length of time, due to an injury and is <u>officially</u> allowed, it is recommended, if possible, to move to the next match while the injured competitor is recuperating.
        ii. 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:
    i. The uninjured competitor is **disqualified**;
    ii. The injured competitor cannot continue to compete; and
    iii. If the match was for the 1st and 2nd place (or any Grand level), the uninjured will be declared the winner.

(g) If a competitor cannot continue because of an injury, where there is no penalty call, the uninjured competitor will be declared the winner.

If something happens in any PRO-MAC sparring competition that cannot be answered by the rules stated, the "Fairness Rule" will come into play. As an example – the failure of a tournament medic to arrive prior, to the expiration of the 4-minute rule.

Section 7.22 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 results of an illegal technique.

Section 7.23 TIME-OUTS

(a) 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.
(b) The center official, at their discretion, may allow a timeout or elect to disregard the request.
(c) A flag or other tool will be provided, at the coach's chair, to throw into the ring, to call for a judgment or protest.
(d) If the center official has ruled a judge's call was late and therefore not considered, arbitration cannot be requested.

Section 7.23 MISCELLANEOUS

(a) All rated sparring divisions will fight for 3rd and 4th place.
(b) Any rated sparring division with only 3 competitors will compete in a round robin style match in place of a single elimination bracket.

Article VIII. TEAM SPARRING SPECIFIC RULES

Section 8.01 TEAM DIVISIONS

Team divisions are not rated by PROMAC and are offered only at the discretion of the promoter. However, when team divisions are offered at a PROMAC tournament, the following rules are to be followed.

Section 8.02 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. It is a penalty 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 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 (PROMAC Age Rule). No youth competitor can participate in Adult sparring competition.

(a) Teams must submit a roster for their team to PROMAC at the time of registration. The roster can be any numbers of competitors.
(b) During an event, teams cannot pick-up a new member(s) after the sparring brackets have been finalized.
(c) After the bracket is set, team members cannot be changed
(d) Pick up teams are allowed.
(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.)
(f) All teams must submit their roster at registration in Uventex and declare who will participate in the event/tournament.
(g) All team competitors, 3 or 4 for men, 2 or 3 for women, must be listed in the Uventex electronic scoring system and submitted at the ring prior to the start of the division.
(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.

Section 8.03 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.

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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 8.04 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 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 8.05 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 90 seconds long.
(c) The competitors who earn 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 8.06 TEAM COACHES

Refer to the Coaches section.

Section 8.07 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 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 - Disqualified Competitors).

(a) 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.
(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.

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

Article IX. SCORING RULES – FORMS AND WEAPONS

Section 9.01 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.

Section 9.02 DELAY OF TIME PENALTY

A .01 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.

Section 9.03 TIME LIMIT

Time starts with the competitor 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."
b) If 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 .01 deduction, per judge.
c) 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 three (3) minutes or less. Four (4) minutes is allowed for each form or weapon routine in 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. Any competitor, team form or team demo that goes over the allowed time limit is automatically disqualified. At the 2 minutes 45-second mark (3 minutes 45 seconds for overall grands, Demos, Team Forms and Team Weapons) of a competitor's form, the timekeeper will shout out "FIFTEEN SECONDS".

Section 9.04 ORDER OF COMPETITION

Once the final call for the form and weapon divisions has been made at ring side, the Uventex electronic scoring will be randomly shuffled three times for the order of competition. (NOTE – the system does this automatically and scorekeepers only have to hit the shuffle button one time).

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.

Section 9.05 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.

Section 9.06 PROPS

Props are only allowed in demo division.

Section 9.07 EQUIPMENT ABUSE

It is the competitor 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. 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.

Section 9.08 DROPPING A WEAPON

(a) If a Black Belt 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.
(b) If an Under Belt competitor drops his/her weapon ***during the eliminations***, they will be scored and will NOT be disqualified. He or she will receive .10 penalty point deduction for each time he or she drops his/her weapon.
(c) If a Black Belt competitor drops their weapons during the ***grand champion rounds***, they are not disqualified unless they drop twice or do not finish their weapons form.
(d) If a Black Belt competitor drops their weapon and it goes out of bounds or hits anyone, they will be disqualified and will not receive any score.
(e) Throwing a Weapon down will be scored, as if the Weapon was dropped.
(f) 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.
(g) Should the tossed weapon leave the competition area (Mat), the competitor can be penalized or disqualified, if the weapon(s) hits another competitor, spectator or the judges.

Section 9.09 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 deeded 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'.

Section 9.10 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.

Section 9.11 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 three-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.

Section 9.12 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 - A .01 point. After 3 minutes competitor will be disqualified;
(b) Exceeds time limit - Disqualification
(c) Props in divisions - Disqualification;
(d) Equipment abuse - .03 per occurrence;
(e) Protest penalty – losing the protest;
(f) Continuing to protest, after decision has been made; and

(g) Dropping or throwing a Weapon down:
  i. In Black Belt division – Disqualification
  ii. In Under Belt division – 0.10 deduction per occurrence
  iii. In Run-offs, Grands, or Finals - .05 per judge, per occurrence. On 2nd drop competitor is Disqualification. Competitor is only scored is they finished their routine
(h) Weapons strikes the Group – Disqualification;
(i) Equipment Abuse – .02;
(j) A portion of a Weapon leaves the ring area (Sword's Sheath or second Weapon);
  i. Leave the ring area – .02
  ii. Strikes anyone in Group – Disqualification
(k) Altering a Weapon – Competitor scores can be lowered;
(l) Boundary Rule – without the request to exceed ring boundary:
  i. The weapon goes between or over the group's body or head – .05
  ii. The weapon hits anyone, in the group, who is outside of the ring – Disqualification.
(m) Starting a Form or Weapon routine over – .05;
(n) 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 "no score" as a form inappropriate for the division;
(o) Routine is incorrect for the division – Extreme moves in Creative – Disqualification
(p) Weapon Breaks – separates into 2 or more sections – Disqualification
(q) 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.
(r) Traditional Challenge only: - All are Disqualification's
  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.

Section 9.13 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) **Judge Determines the Winner.** This occurs when a judge gave the same score to the tied competitors. The judge who gave the same score must select a winner. If the judge had to manually adjust his or her score 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

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 by random draw/sort.

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) are 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

Article X. RELATIVE RANKING

Section 10.01 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 raises his/her scores as the divisions progress.

Section 10.02 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	2nd
BOB SMIT H	III	9.96	3rd
KEN BLACK	I	9.99	1st
LARRY JAY	IIII	9.95	4th

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.

Article XI. MAXIMUM DEVIATION RULE

Divisions with three officials will use the Maximum Deviation Rule. Since high and low scores are not dropped when three officials are used, the Maximum Deviation Rule has a similar effect of limiting the impact of a judge's score that is significantly higher or lower than the other judge's scores. This prevents a single score from being so high or so low that it controls the placing order.

When a form or other performance is ready to be scored, the center official will say "Ready", then, "Check", at which point the three judges show their score to each other only (not to the competitors or spectators).

The center official will then look at the 3 scores to determine which one is the middle score (for example, a 9.92, 9.96 and a 9.95 – the 9.95 is the middle score. The other 2 scores must be .02 from the middle score. So, in the example, the 9.92 must be upgraded to 9.93.

Other than this mandatory adjustment, a judge may not change his score. If no score is more than .02 higher or lower than the middle score, then there is no adjustment.

After assuring that any necessary adjustment has been, made, the Center Official then says, "Score", and the scores to the audience, the competitors, and the scorekeeper as usual.

Article XII. PROMAC FORMS AND WEAPONS DIVISIONS

Section 12.01 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.

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:

(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 to 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 from 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.

Section 12.02 CREATIVE

The Creative Division allows forms to include contemporary martial arts techniques that have evolved over the last 30 years. These may be added to a traditional form, or the form may be devised in its entirety by the competitor. The Creative Division was formerly known as the Open Division and before that the American Division.

A form in the Creative Division must **ONLY** include techniques which originate from martial arts and like the Traditional Division, emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits, weapon twirls, weapon releases, and other creative martial arts techniques are permitted.

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

(a) Movements that involve more than a 360-degree spin;
(b) require the body to be inverted more than parallel to the floor;
(c) are similar to movements found in gymnastics and/or non-martial arts disciplines; and
(d) forms that meet the above definition of strictly traditional forms.

Although one creative move qualifies a competitor for the creative divisions, it should be expected that a creative form or weapon routine with multiple creative moves of good quality would prevail as the winner, assuming all other criteria is met.

The following techniques are legal in the Creative Divisions and will be score as any other techniques (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.

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 should be separated. NASKA has therefore created a separate "Extreme Division", as detailed below, separate and distinct from the Creative Division, thus allowing the Creative Division to include only those forms with movements that originate more inherently from the classic martial arts systems.

Regarding the Creative Weapons Divisions, it is important to note that any weapons movement shall NOT be a factor in determining whether the weapons form constitutes a Creative or Extreme Form. The determining factor shall be the particular body movements as defined below in the Extreme Divisions.

Consequently, a Creative Weapons competitor is permitted to perform any weapons move (i.e., twirls, releases, spins, etc.), but is not permitted to perform "Extreme" body movements (i.e. flips, 540 and above spins, or any inverted body moves, etc.)

Section 12.03 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.

Section 12.04 MUSICAL

In PRO-MAC rated divisions, music is optional for both Creative and Extreme Divisions. PRO-MAC does not offer stand-alone Musical Divisions except at NASKA World Events.

Should a competitor use music during his or her Creative or Extreme performance, it is then necessary for an empty hand form or weapons form to meet all the above criteria for a Traditional, Creative, and Extreme form, and additionally meet the requirements of the "Divisional Music Rule" below.

Section 12.05 DIVISIONAL MUSIC RULE

Music Choreography should be judged as follows:
(a) The movements of the form must be accented 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 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.

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 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.

Section 12.06 GRAND CHAMPIONSHIPS AND OVERALL GRAND CHAMPIONSHIPS

(a) All competitors must compete in any 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)
(b) 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.
(c) All competitors may use music in all Overall Weapons and Forms Grand Championships and Overall Grand Championships runoffs.
(d) Youth Weapons and Forms Grand Championships, music may only be used by competitors in the CMX Youth Grand Championships (this includes creative and extreme winners).
(e) 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

Section 12.07 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.

Section 12.08 LOSS OF WEAPON CONTROL IN FINALS AND OVERALL RUN-OFFS

(a) Loss of Control is divided into three categories and penalties:
   i. Category 1 = bobble but no interruption of form = .01 to .03 deduction (Discretion of the judges)
   ii. Category 2 = form interrupted (usually a drop) = .05 deduction
   iii. Category 3 = 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 weapons twice they will be disqualified.
(d) Score after deductions is subject to adjustment by Maximum Deviation Rule (See Article VII) just like any other score.
(e) If Category 1 or 2 occurs, a competitor may continue and be scored, or may bow out and not be scored or placed.
(f) Disqualification for Category 3 is the decision of Center Official or a majority of other judges. Judges
only conference is held as soon as the weapon goes out of bounds.
(g) 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, it is a Category 3.
(h) The rule is used during finals and overall runoffs in all black belt divisions.
(i) In all regular eliminations, Weapon Divisions, a competitor will be disqualified if they drop a weapon and no points or placement is awarded.

Article XIII. TEAM SYNCHRONIZED FORMS AND TEAM DEMONSTRATION

Section 13.01 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

Section 13.02 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.

Section 13.03 TEAM SYNCHRONIZED FORMS GENERAL RULES

(a) Teams are comprised of 2 – 5 members; however, **60%** of the original 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.

Section 13.04 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.

Section 13.05 TEAM DEMONSTRATION GENERAL RULES

(a) Teams are comprised of 2 – **15** 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 they are competing with the original declared members.
(c) Additional "extra" member(s) cannot compete unless they are replacing an original member;
(d) Substitutes are allowed, but only to replaced missing declared members and will not be considered as original team members; and/or
(e) 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
(f) 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.
(g) 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.
(h) All the technical Martial Arts skills are graded for execution, presentation, and difficulty.

Section 13.06 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.

Article XIV. PRO-MAC RATINGS RULES

Section 14.01 GENERAL OVERVIEW

PRO-MAC tabulates points for hundreds of divisions each year ranging from five-year-old beginner white belts to senior black belts. These tabulated points determine PRO-MAC's end of year champions. When determining these champions, it is essential that the point tabulations be accurate and timely. To ensure this, all of our member tournaments are required to utilize the **myUventex** registration and scoring system.

Section 14.02 RATINGS GUIDELINES

To *ensure* accurate competition results, please read and follow the rating guidelines below:

(a) It is the responsibility of the competitor to ensure the tournaments that he or she is entering are PRO-MAC rated. Some tournaments advertise as PRO-MAC rated, but are not. Check the PRO-MAC website calendar of events or email the PRO-MAC office to verify if a tournament is indeed a PRO-MAC rated event. Be sure to provide the correct name of the tournament and keep a flyer of the tournament in case there is a question whether the tournament was officially rated by PRO-MAC.
(b) You must be a current registered PRO-MAC member with a current PRO-MAC membership registration in the myUventex system.
(c) The PRO-MAC rating period is on a calendar year (January through December).
(d) All competitors have the right to compete in one age group for the entire calendar year. A competitor can compete for the entire calendar year at the age he/she is on June 30 of that year (see Legal Age Rule, Section …).
(e) Transfer of Points:
    i. Black Belt Divisions: No points can be transferred from any under black belt division into a black belt division. No points can be transferred from one black belt division to another. You can only earn points in the black belt division(s) in which you compete. If you compete in several different black belt divisions and place, you will be rated in each division.
(f) After each tournament in 2019, new ratings will be tabulated. A competitor's rating points will only count in the ratings if he/she is a current PRO-MAC member with a current registration application on file with the PRO-MAC office. Ratings will be available via the PRO-MAC website within 24 hours of the previous tournament competition.
(g) It is the goal of the PRO-MAC rating office to have the most accurate and timely ratings as possible. For this to happen, there needs to be a good working relationship between the competitor, the promoter(s), and the PRO-MAC office.
(h) If a competitor is totally suspended from the PRO-MAC tournament circuit for any reason, he/she will be excluded from the ratings and year-end awards.

Article XV. YEAR-END AWARDS

Section 15.01 PRO-MAC ELITE CONFERENCE CHAMPIONSHIPS

PRO-MAC ELITE rankings are determined by the combined total point accumulation earned by a competitor at all rated tournaments in all regions in which he/she competes and places throughout the conference and will be the basis for our year-end awards including Conference Grand Champion Jackets.

The PRO-MAC ELITE Divisional Winners and Top 5 are determined by the combined total point accumulation earned by a competitor at all rated tournaments in all regions throughout the conference in the specific divisions in which he/she competes and places.

The PRO-MAC ELITE Overall Conference Champions are determined by the combined total point accumulation earned by a competitor at all rated tournaments in all regions in which he/she competes throughout the conference **in the rated Grand Champion divisions only**. Divisional points are not included in this determination, but may be used as a factor in determining the overall winner in the event of a tie.

Section 15.02 PRO-MAC REGION CHAMPIONSHIPS

Region rankings will be determined by the cumulative point total earned by a competitor at ALL rated tournaments within that region. All PRO-MAC events have been designated as an event in either the Heartland or Southern region.

Conference members may track points in one or both regions. Competitors do not have to designate a membership in any region in 2019.

The PRO-MAC REGION Divisional Winners and Top 5 are determined by the total point accumulation earned by a competitor at ALL rated tournaments within each region in the specific divisions in which he/she competes and places.

The PRO-MAC REGION Overall Champions are determined by the total point accumulation earned by a competitor at ALL rated tournaments within each region in the rated Grand Champion divisions only. Divisional points are not included in this determination but may be used as a factor in determining the overall winner in the event of a tie.

NOTE - if you only attend and place at events in one region, you will only earn regional points in that region as well as toward the PROMAC Elite Rankings. However, a competitor who attends and places in events in both regions will earn points toward rankings in both regions and will also accumulate total points toward the PROMAC Elite Rankings.

Section 15.03 PRO-MAC ELITE COMPETITORS OF THE YEAR

PRO-MAC ELITE Competitors of the Year will be determined by the cumulative point totals at ALL tournaments across the entire conference earned by a competitor in the following rated tournament divisions—all forms, all weapons, and point sparring. *

*NOTE – A competitor must compete in some type of sparring, forms, and weapons to be considered for this award. Grand Champion points are not included in the determination of this award. Only rated divisional points. Also excludes tournament specific divisions (i.e. open weight sparring, double elimination sparring, first-timers divisions, etc.)

IN 2020, the following awards in this category will be given:

Adult Black Belt Male Competitor of the Year
Adult Black Belt Female Competitor of the Year
Youth Black Belt Male Competitor of the Year
Youth Black Belt Female Competitor of the Year
Adult Under Belt Male Competitor of the Year
Adult Under Belt Female Competitor of the Year
Youth Under Belt Male Competitor of the Year
Youth Under Belt Female Competitor of the Year

Section 15.04 TIE BREAKERS

(a) Tie breakers are for Black Belts only.
(b) Tie breakers apply to the divisions in the Overall Grand Categories only.
(c) Ties will not be broken for any Under Belt categories.
(d) Determination Includes (in order):
    a. Total Number of Head to Head Wins (in that Overall Grands Category)
    b. Total Accumulated Divisional Points (only for divisions in that Grand Category)
    c. Total Number of 1st place wins (only for divisions in that Grand Category)
    d. Total number of Top 3 finishes (only for divisions in that Grand Category)

Section 15.05 CONFERENCE REGIONAL ALIGNMENT

SOUTHERN REGION	HEARTLAND REGION
Middle Tennessee Classic	Memphis Open
North Georgia Open	Arkansas Showdown
East West Karate Challenge	Natural State Classic
Jubilee Open	Mississippi Showdown
Battle of Atlanta	Ozark Mountain Nationals
The Forge Championships	Wheatstate Nationals
Music City SMACDOWN	Arkansas Open
Destin Open	Battle in the Midwest

2020 PRO-MAC EXECUTIVE COMMITTEE

Toby Ruth	President
Greg Ruth	Commissioner
Ronnie Presley	Executive Director
Eric Rudolph	Executive Director

2020 PRO-MAC CONFERENCE DIRECTORS

Joey Perry	Executive Director of Officials
Jason Warren	Southern Regional Director
Richard Osborn, Jr	Heartland Regional Director
Crissi Boyer	Conference Marketing Director

2020 PRO-MAC PROMOTERS

Keith Bly
Charles Garrett
Tom Hinkle
Joey Perry
Greg Ruth
Mike Scott

Sam & Crissi Boyer
Hollie Hamm
Richard Osborn, Jr
Ronnie Presley
Toby Ruth
Shaun Vickery
Jamie Yowell

Josh Buford
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