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Rules & Procedures

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I. BASIC RULES

I.1. 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 **Section V.17, Sparring Penalties – Delay of Time** or **Section VII.2, Forms and Weapons - Delay of Time Penalties**.

Para-Athletes are defined as any competitor with a documented physical or cognitive disability. If Para divisions are offered, qualified para-athletes must choose whether they wish to compete in Para or regular divisions and cannot compete in both.

I.2. COMPETITOR RESPONSIBILITIES

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

I.3. LEGAL AGE RULE

The age a competitor is on June 30th of the current competition year is their legal competition age for that year. A competitor can always compete in his/her chronological age if they choose.

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

Competitors Turning 18 Years of Age PRIOR TO June 30th

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

Competitors Turning 18 Years of Age AFTER June 30th

A competitor who turns 18 years of age after June 30th may compete the entire season in the 16-17 forms and weapons divisions. This competitor can only compete in the 16-17 point sparring divisions until he/she turns 18 years of age. Once a competitor turns 18 years of age, he/she CANNOT continue to compete in the 16-17 point sparring divisions but will be allowed to compete in the 18+ sparring divisions while continuing to compete in the 16-17 forms and weapons divisions.

Competitors always have the option of moving to all 18+ divisions for forms, weapons, and sparring upon obtaining the age of 18.

Senior Competitors (30 and over)

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

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

Senior competitors may only compete in one grand championship division per genre (sparring, forms, and weapons). For example, a 50-year-old competitor who wins the applicable divisions to qualify may compete in the 50+ sparring grand, the 30+ weapons grand, and the 18+ forms grand. This individual would NOT be able to compete in the 18+ or 50+ weapons grand; or the 30+ or 50+ forms grand (even if they won a qualifying division).

Senior competitors may compete in the specialty or customized divisions offered in the 18+ division that are not specifically offered to senior competitors such as the traditional challenge, Korean forms, Kenpo forms, Extreme forms and weapons, and Chinese forms and weapons. Senior competitors may NOT compete in the 18+ creative or traditional bladed and/or non-bladed and also compete in the applicable senior creative weapons or traditional weapons division. Senior competitors may compete in the 18+ open weight sparring division. Regardless, senior competitors may only compete in one grand championship division per genre (sparring, forms, and weapons).

I.4. PROOF OF AGE RULE

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

I.5. RANK RULE

A competitor must compete at the highest belt level they have earned in the martial arts. Once a competitor competes as a black belt legally, he/she must always compete as a black belt. A competitor can never compete in a lower belt division than the level of belt he/she has earned in the Martial Arts.

I.6. LATE ENTRIES

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

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

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

I.7. WEIGHING-IN

It is mandatory for all adult sparring competitors – who are in weighed divisions – to weigh in before competition. Only one official weigh-in is required. All competitors must compete in his/her weight division. A competitor cannot compete up or down in another weight division for which he/she has not made the proper weight. It is the responsibility of the tournament personnel to weigh and properly record the competitor's weight. If a competitor is caught falsifying their weight, they will be disqualified.

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

I.8. FAIRNESS RULE

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

I.9. 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 PROMAC Board of Directors. Play by the rules and always show good sportsmanship.

I.10 SPLITTING A DIVISION

Any forms/weapons division with 16 or more competitors will be split into 2 divisions. Exception: Black Belt divisions at NASKA World events split at 24 competitors (see the NASKA rule book for full procedure details.)

I.11 CONCUSSION PROTOCOL

If a competitor suffers or is diagnosed with a concussion at a PROMAC tournament, there will be a mandatory 30 day minimum time for that athlete to return compete at another PROMAC tournament.

II. EQUIPMENT AND UNIFORMS

II.1. UNIFORM

All competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon Do, etc.) uniform in a good state of repair. The appropriate color belt or sash must be worn in competition.

- a) **Sparring:** All sparring uniforms must have sleeves that reach at least to the middle of the biceps. No T-shirts, sweats, tank tops or unapproved shoes are allowed in the sparring divisions (see sparring foot pads.)
- b) **Forms & Weapons:** T-shirts are allowed in forms if they are part of the competitor's official school uniform. Uniforms in the forms and weapons divisions are allowed more liberties because a form

routine is not one-on-one competition where the uniform could cause a decisive disadvantage or advantage to a competitor. Removal of the uniform top is allowed if the removal is considered relevant to the artistic expression or safety of the competitor. Shoes may be worn in forms competition if they do not damage or mark the competition floor.

II.2. REQUIRED AND RECOMMENDED SAFETY EQUIPMENT

PROMAC approved headgear, hand and foot pads, shin guards, mouthpieces, groin cups (for male competitors only) are mandatory for all competitors in sparring divisions. Chest guards and face shields are also required for all competitors 17-years-old and younger. Elbow pads are required for adult competitors, but are optional for youth competitors (with the exception of Black Belt divisions at NASKA World Tour events where elbow pads are required for all competitors.)

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 malfunction or injury.

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

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

- a) **Hand Pads:** A soft padded surface must cover the fingers, wrist and any striking surface of the hand.
- b) **Foot Pads:** A soft padded surface must cover the instep, sides, toes, ankle and back of the heel of the foot. The bottom of the foot does not have to be padded. If sparring shoes are used in all sparring divisions, a soft padded bottom is required. Hard bottoms are NOT Allowed.
- c) **Headgear:** The front, sides, and back of the head must be covered by a soft padded surface. In addition to the head gear, a face shield is required for all competitors 17 yrs. & under.
- d) **Chest Guard:** All 17 and younger competitors must wear an approved chest protector in sparring. The chest guard must sufficiently cover the abdomen and upper chest such that the sternum is completely protected. Approved body shirts with padding that protects the sternum and abdomen areas may be worn underneath the uniform. Rib guards that cover only the abdomen area are not approved chest guards.
- e) **Mouthpiece:** A properly fitted mouthpiece is required.
- f) **Shin and Elbow pads:** A soft padded surface must cover the entire shin/elbow. Pads must be tight enough to stay in place during the course of the match.

III. OFFICIALS

III.1. ROLES AND RESPONSIBILITIES

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

- a) The **Judges** call points and rule infractions as they see them. They also vote on disqualifications. The Center Official also calls points and rules infractions but is also in complete control of the ring and ring personnel. It is also the judge's responsibility to assist the Center Official when:
 - I. A competitor is requesting a time out
 - II. A coach or competitor rep is requesting a Protest/Arbitration
 - III. Competitor is injured
 - IV. A coach leaves their Coaching Chair.

- V. Check competitors for proper equipment (approved gloves, approved foot gear, mouthpiece, chest protector, cup, shin guards, elbow pads, etc...)
- b) The **Center Official** makes all final decisions on penalty points and warnings (except for disqualifications) but can consult judges before making their decisions.
- c) The majority vote of the judges and referee determines a scoring point and/or a competitor's disqualification.

III.2. CENTER REFEREE (CENTER OFFICIAL)

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

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

III.3. ADDED RESPONSIBILITIES TO THE CENTER OFFICIAL:

The Center Official also maintains responsibility for the following:

- a) Match starts and ends only with his/her command (not the command of the timekeeper)
- b) Has final decision on any disputes on score
- c) Has the power to issue warnings and award penalty points without a majority decision
- d) Can overrule a majority call only to issue a warning or a penalty point
- e) Automatically has the power to disqualify a competitor who receives (3) penalty points
- 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 whether to issue one.

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

III.4. NUMBER OF OFFICIALS

Two or four judges and one center official are recommended in all weapons, forms, and sparring divisions. Four or six judges and one center official are allowed in weapons and forms grand championships.

III.5. SPARRING 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!" or "BREAK!" in a loud voice. Calls should be made immediately by the judges and competitors return to the starting marks. All judges including the center referee should cast their votes simultaneously and assertively in the following manner:

- a) **Corner Judge Sees a Point** – He/she should hold up one and yell out the word "CALL!" in a loud, clear voice to let the referee know he/she has a call.
- b) **Point Calling** – If a competitor scores a two-point kick, the officials should hold up or point with two fingers (index and middle fingers.) If a competitor scores a one-point punch, the officials should hold up or point with one finger.
- c) **No Point Scored** – An official crosses his/her wrists at waist level or holds both colors down to indicate that he/she believes that a point was not scored.
- d) **Did Not See If a Point Was Scored** – The officials hold his/her hand over his/her eyes indicating that he/she could not see whether a point was scored or not. Indicates the official was not in the position

to see if a point was scored. (When using this signal, it has the same effect as saying "no point", but it also indicates to the referees, 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 their hand downward towards the offending competitor in a circular motion.
- g) **Disqualification** – A disqualification vote is taken separately from any other vote. Judges will conference and vote.

III.6. LATE CALLS

All officials should make their calls at the same time. If the center referee is of the opinion that the corner judges are making a late call intentionally, the center official can disqualify the call and/or judge (noise not allowing the judges to hear the referee and the honest mistake of raising the wrong color or pointing at the wrong competitor should be taken into consideration not to disqualify the call or judge.)

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

IV. PROTESTS

IV.1. WHO MAY LODGE A PROTEST

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

IV.2. MATTERS THAT MAY BE PROTESTED

- a) A protest must be lodged immediately **before** the sparring match/forms division begins if it is regarding the following:
 - I. The composition of the judges' panel, based only upon a fact-based conflict of interest. For example, coaches or team members of a competitor.
 - II. An improper matching of competitors according to the scorekeeper's bracket.
- b) A protest must be lodged during the sparring match/forms division and **before** final scores are given if it is regarding the following:
 - I. An improper application of the rules by an official, competitor or Player Representative.
 - II. An injury to a player not noticed by the Center Official.
 - III. A fact-based concern that the score, as posted, by the scorekeeper is incorrect.

"Fact-based" as used above means that the protest will be ruled invalid unless there are facts, as opposed to opinions or beliefs, presented to support the protesting party's position. Example: "Judge #2 never scores my player very high or rarely calls his/her points" is an invalid protest and will be penalized for delay of the contest. **Commentary - Video and/or audio recordings CANNOT be used in the presentation or evaluation of a protest.**

IV.3. LODGING A PROTEST

A competitor or player representative must lodge their protest at the appropriate time described previously by respectively and calmly gaining the attention of the center official and asking for a conference.

IV.4. REMOVAL OF OFFICIALS

If a competitor feels that an official should be removed from a form or weapon division for good reason, He/she must file a protest before the division begins. If a competitor feels that an official should be removed from a sparring division, he/she may file a protest **prior** to the start of the division. Upon proper protest, the center official and/or the rules arbitrator will determine if an official should be removed. **The Head Rules Arbitrator will make the final determination if there is "Fact-Based Reason" to remove the judge.**

IV.5. PROTEST PENALTIES

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

If a protest is heard and lost, a penalty for Delay of Contest will be applied (see penalties.)

V. SPARRING

V.1. ORDER OF COMPETITION

Once the final call for the sparring division is made at ringside, the division is ready to be set up. Byes are determined randomly by the scoring system.

- a) Competitors / Teams cannot pick whom they want or do not want to fight.
- b) Matches are always selected by random draw.
- c) Allowances may be given to competitors from the same physical school or team that are matched up in the **first round of competition only**. **Note:** This is done automatically by the scoring system if competitors' schools/teams are listed **identically** in their registration profiles.
- d) In NASKA World Tour Black Belt youth divisions **ONLY**, competitors are lined up by height (smallest to the tallest) and split into tall and short divisions. Determining tall and short divisions is for safety reasons and not to split the division equally. A true break in size should be found to determine the taller competitors from the shorter competitors. Once the tall and short divisions are determined by height, determine who fights whom by random draw. The winner of the small and tall divisions will compete in a single round 2-minute match to determine the overall champion for that age group and gender.

V.2. LENGTH OF MATCH – DIVISION / INDIVIDUAL

The length of a match will be two minutes running-time unless a competitor is seven points ahead (ten points in NASKA World Tour Black Belt divisions) 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 may shout out "FIFTEEN SECONDS".
- c) All divisional Grand Championship matches are 1 two-minute round and win by 1.
- d) Overall Grand Championship matches are 2 two-minute rounds and win by 1.

V.3. WHAT IS A SPARRING POINT?

A point is a sport karate technique that is scored by a competitor in-bounds and up-right (not considered down) without time being called that strikes a competitor with the allowable amount of **focused touch contact** and **focused control** to a legal target area.

- a) **Focused Touch Contact:** the legal amount of contact allowed to certain scoring areas.
- b) **Focused Control:** an amount of controlled force that would have incapacitated the opponent, at least momentarily, if the technique had not been controlled.

Therefore, only sport karate techniques that would have incapacitated the opponent at least momentarily if the technique had not been controlled are considered points.

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

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

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

V.4. NO-FAULT CONTACT

Unintentional contact can occur that injures a competitor which can be classified as no-fault on any competitor part. Examples include but are not limited to falling, equipment failure, and pre-existing conditions. The injury can be declared No-Fault by the majority vote of judges.

V.5. GENERAL RULES

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

V.6. CONSECUTIVE MATCHES

Any competitor who must engage in consecutive (back-to-back) matches have the option to receive a two minute rest between each match. Exception: Overall Grands have a one minute rest period between rounds.

V.7. DOWNED COMPETITOR

A competitor is considered down when they have any part of their body touching the sparring surface or outside the sparring surface other than the bottom of their feet or one hand.

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

V.8. POINT VALUES AND WINNER DETERMINATION

- a) All legal hand techniques that score will be awarded one point.
- b) All legal kicking techniques that score will be awarded two points.
- c) All jump spinning kicks to the head will be awarded three points.
- d) The competitor who is ahead by seven points (ten points in NASKA World Tour Black Belt divisions) before the end of the two-minute time period is automatically declared the winner. If this spread is not reached, whoever has the most points at the end of the two minutes is declared the winner.

V.9. MAJORITY OF VOTES

Points are awarded by a majority vote of all judges. The majority of judges do not have to agree on the same technique being scored, only that a point was scored. A majority of the judges must call a two point kick before two points can be awarded. Otherwise, only one point is awarded.

V.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, hands and feet.

V.11. LEGAL & ILLEGAL TECHNIQUES

- a) **LEGAL TECHNIQUES** all controlled sport karate techniques.
- b) **ILLEGAL TECHNIQUES:** 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.

V.12. GRABBING

A competitor may grab the uniform top of his/her opponent to score with a sport karate technique for only one second and must immediately release the uniform. Likewise, the uniform pants may be grabbed for one second to an upright opponent to score.

V.13. SWEEPS

Sweeps are not meant to take down an opponent, but only to obstruct the balance to follow up with a sport karate technique and can only be executed to the back of the **front leg at mid-calf or below**.

- a) A sweep must be deemed a proper sweep and not a kick, to be legal.
- b) Controlled Takedowns and sweeps that are meant to take down an opponent are **NOT** allowed.

V.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.

V.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.

V.16. OUT-OF-BOUNDS

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

A competitor is out-of-bounds as soon as he/she has one foot completely out of bounds. An out of bounds competitor cannot score a point while out of bounds. In bounds competitors can score on an out of bounds competitor if the center referee has not called stop. Once a competitor is determined to be out of bounds, a point will be awarded to his/her opponent. No warnings will be given for Black Belts.

V.17. DELAY OF COMPETITION

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

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

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

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

V.18. SPARRING PENALTIES

- a) **NO WARNINGS are issued in 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.
A competitor can receive a point for a proper technique and another point from a penalty call against his/her competitor.
- d) 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. The injured competitor cannot continue to compete.
- e) A penalty point(s) will be issued if a competitor does any of the following as deemed by the Center Official:
 - I. Missing or improper equipment.
 - II. Going out of bounds (unless forced out or kicked out.)
 - III. Falling down to avoid competition.
 - IV. Running 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. Purposefully pushing a competitor out of bounds.
 - VIII. Attacking illegal and non-target areas.
 - IX. Using an illegal technique.

- X. Blind, negligent or reckless attacks.
- XI. Uncontrolled techniques.
- XII. Unsportsmanlike behavior by the competitor, his/her coaches, friends, etc.
- XIII. A coach stands up or leaves the coach's chair during the match.
- XIV. A competitor's coach(s) and/or team member(s) enters the ring during a match.
- XV. Competitor refuses to leave the immediate sparring area.
- XVI. Late strikes after call to stop.
- XVII. Retaliation strike from a competitor.
- XVIII. Competitor's equipment that is incorrectly fitted or improperly secured and continues to fall off or requires adjustment. This penalty will be awarded on the 2nd occurrence of the equipment failure. **There is only one warning for equipment failure.**
- XIX. 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.
- XX. A competitor purposely removes their equipment.
- XXI. A competitor, coach or team member uses profanity.
- XXII. More than one coach or maximum team members are represented at the start of a match.
- XXIII. Punching a downed competitor in the head or face.
- XXIV. Kicking a downed competitor to the body (one point penalty) or Kicking the downed competitor in the head or face (disqualification.)
- XXV. A downed competitor kicks strikes an upright competitor.
- XXVI. Failure to weigh-in prior to the division being called
- XXVII. Protest penalty – losing the protest.
- XXVIII. Continuing to protest after decision has been made

Once a competitor receives 3 penalty points, they are disqualified.

If a penalty is called on one or both competitors, the penalty point(s) **must be issued** to the competitor(s). This ensures the penalties are counted to determine an automatic disqualification. For example, both competitors continue to spar after STOP is called. The Center Official calls a penalty on both competitors, a one-point penalty should be issued to both competitors.

V.19. OTHER CAUSES OF PENALIZATION

Any grabbing or pushing an official will cause the competitor to be disqualified. Striking an official will cause the competitor, coaches(s) or team member(s) to be disqualified and suspended from future PROMAC events. Disrespectful or offensive behavior towards an official by a competitor, coach or spectator will result in a penalty, disqualification, and/or possible suspension from future PROMAC events.

V.20. 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.

V.21. COACHING

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, instructor or an official coach. Competitors or teams may have multiple coaches but only one **designated** coach at a time.
- b) Only the designated coach at the time of a protest or arbitration can speak on behalf of the player.
- c) Coaches may be changed from one fight to another but may not occur during a match.
- d) The **designated** coach must stay seated in the designated coaching chair anytime a match is in progress. It is the responsibility of the promoter to provide two chairs at each ring during sparring.
- e) A coach may stand before a match is started, between rounds, during timeouts and once the sparring match is over.
- f) **Coaching Penalty:** If a coach leaves his/her chair during a sparring match, a penalty point will be awarded to the opposing competitor.
- 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.
- m) There are no coaches allowed in the ring for forms or weapons.

V.22. INJURED COMPETITOR

- a) Everyone except the medic, competitor, the center official and one coach will be removed from the immediate area to allow the medic to determine the extent of the injury.
- b) No one may discuss the injury with the medic, except the competitor and parent/legal guardian. It is the responsibility of the center official to control the other/outside conversation and may issue a penalty if:
 - I. Team member(s) or coach(s) will not leave the immediate area.
 - II. Attempts to discuss the competitors' injury or ability to continue, with the medic, 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.
 - 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 ineligible to compete.

- V. If it is deemed by the medic, promoter, or his/her designee that a competitor cannot continue in competition for any reason, the competitor is not permitted to compete in any other divisions or events for the duration of the tournament.
 - VI. If a competitor is knocked out or there is suspicion of a concussion, the promoter or his/her designee has the right to disqualify the competitor from competition for the duration of the tournament.
- e) If competitor is injured (not due to a penalty) they are allowed 4 minutes to determine if they can continue. This 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.

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 officially allowed, it is recommended, if possible, to move to the next match while the injured competitor is recuperating.

After the next match is complete, if the competitor is not able to continue as deemed by the medical personnel he or she is finished for that division.

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

- f) If it is determined the injured competitor cannot continue due to a penalty as determined by center referee and judges, the following applies:
 - a. The uninjured competitor is **disqualified**.
 - b. The injured competitor cannot continue to compete; and
 - c. If the match was for 1st and 2nd place (or any Grand level), the uninjured competitor 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 an occurrence in any PROMAC sparring competition 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.

V.23. EXCESSIVE INJURIES

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

V.24. TIME-OUTS

A request to stop the time can only be requested by the competitor in the ring. A coach may NOT request the timeout and can be penalized.

The center official, at their discretion, may allow a timeout or elect to disregard the request.

VI. TEAM SPARRING

***Team sparring divisions are not rated by PROMAC. At NASKA World Tour events, the following rules apply in Black Belt Team Sparring Divisions:**

VI.1. TEAM DIVISIONS

- a) 3-Man 18+ Team Sparring (Max 4 Team Members)
- b) 2-Women 18+ Team Sparring (Max 3 Team Members)
- c) 3-Boy Youth Sparring Teams (one 13 & younger, one 14-15, one 16-17)
- d) 2-Girl Youth Sparring Teams (one 13 & younger, one 14-17)
- e) 3-Man 30+ Team Sparring (one 30+, one 40+, one 50+)
- f) 2-Women 30+ Team Sparring (one 30+, one 40+)

VI.2. ADULT TEAMS

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

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

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

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

In NASKA World Tour Black Belt Team Sparring, the following applies:

- a) Teams must submit a roster for their team to NASKA at the time a new team is formed to earn points and use their seed. The roster can be any number of competitors.
- b) Teams are allowed to add a new member to their team. They must submit the new member to NASKA to earn points and use their seed.
- c) A team may pick up and use competitor/competitors that are not listed on their roster at any event/tournament. However, they will not earn any points or be allowed to use their seed.
- d) Prior to the start of the division, all eligible team members must be declared by listing those team members in the electronic registration system.
- e) Once the division has started, no team members may be added to the team roster for that tournament.
- f) A team may have multiple coaches but only one coach can be designated to coach at one time. The coach will be required to sit in a chair and follow the rules for coaching.
- g) All team competitors, 3 or 4 for men, 2 or 3 for women, must be listed on the card or in the electronic scoring system and submitted at the ring prior to the start of the division. It is the responsibility of the promoter to provide the team cards, if electronic registration is not used, for competition.
- h) When teams are called to the sparring surface (mat), only the 3 or 4 male competitors and 1 coach or 2 or 3 women competitors and 1 coach can appear on the mat. All other team members and coaches must remain off the mat and/or sparring area.

VI.3. TEAM MEMBERS

Since there are only 3 individual team rounds for men and 2 individual team rounds for women, a men's team that has 4 members and a women's team that has 3 members have an additional member. The additional member can be used at any time.

Any player on a 4-man team or a 3-woman team can be used equally but can only fight once in a team round (**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.

VI.4. SENIOR AND JUNIOR SPARRING TEAMS

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

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

- a) Junior 3-Boy Sparring Teams and Junior 2-Girl Sparring Teams
A younger age category competitor can compete up 1 age category older (EXAMPLE – A 13 & younger age category can compete up into the 14-15 age category and/or a 14-15 age category competitor can compete up into the 16-17 team age category). Same for Girl's age categories.
- b) Senior Sparring Teams
An older age category competitor can compete down in a younger age category, but a younger age category competitor cannot compete up into an older age category.

VI.5. TEAM MATCH RULES

- a) A flip of a coin will determine who sends out the first competitor. The winner of the coin flip can decide to send the first competitor or have the other team send out first. After the first competitors, the teams then alternate who must send out a fighter first to be matched by the other team.
- b) All matches are 2 minutes.
- c) The competitors who earn a 7 point spread (10 point spread in Black Belt NASKA World Tour divisions) or is ahead at the end of 2 minutes are declared the winner of the first 2 matches (first match only in 2 –women teams). If either or both first 2 matches end in a tie, they remain tied. No run-off, of ties, in the first 2 matches (or match 1 for 2-women)
- d) The final match is a total points match using the full 2 minutes.
- e) The team with the most accumulated points wins.
- f) If at the end of the final match the accumulated score is a tie, overtime is required to determine the winner.
- 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.

VI.6. TEAM COACHES

Refer to the Coaches section.

VI.7. INJURY TO TEAM MEMBER(S)

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

- a) If the competitor cannot continue **due to a penalty**, the injured competitor will receive 7 points (10 in NASKA World Tour Black Belt divisions) because of the disqualification. The competitor who committed the violation will get 0 points for that round.
- b) If a competitor cannot continue, because of an injury where there is no penalty call, and they do not have an alternate to continue the match, the uninjured competitor will receive a ten-point spread unless it is the **last match**. If the injury happens, in the last match, the other team will be declared the winner even if they have fewer points at that time.
- c) If a competitor is disqualified in the last match the other team automatically will be declared the winner of that team match.
- d) If two or more competitors are injured, the team could win the match, but will NOT be allowed to continue in future matches at the tournament.
- e) Once a competitor is injured and replaced by the alternate, the injured competitor cannot compete for the remainder of the team sparring competition.

VI.8. TEAM DISQUALIFICATION

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

VII. FORMS AND WEAPONS

VII.1. DELAY OF TIME PENALTY

A .01 point penalty 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.

VII.2. TIME LIMIT

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

- a) The Center Referee shall issue a First Verbal Warning to the Competitor.
- 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 instructing them to begin their performance, A Second Verbal Warning may result in a Delay of Time Penalty.
- a) All Referees must reach a unanimous decision that the Competitor's failure to enter the Competition Ring unreasonably delayed his/her performance prior to any penalty being assessed.

Each divisional form or weapon routine must be four minutes or less. Four minutes is allowed for each form or weapon routine in the runoff grands and or the daytime overall grands and or the Night-Time Finals. Four minutes is allowed for the Traditional Challenge, team form and/or demo routine. Competitors who exceed four minutes will be disqualified, regardless of warnings given by any officials, judges or scorekeepers.

VII.3. ORDER OF COMPETITION

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

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.

VII.4. SCORING RANGES OF FORMS AND WEAPONS

The Scoring range should always be discussed by the center referee and judges before the division starts.

- a) **TIES:** If there is a tie for 1st thru 4th place, the majority of the judge's scores determine the winner. If there is not a majority of judges for one competitor and one judge or more given the same score for the tied competitor, the judge that gave the same scores must be asked to make a decision and break the tie.
- b) All judges must make scoring decisions by giving different scores to the competitors.
- c) Ties for 5th through 8th place are never broken. They will remain tied and all will receive points and awards. If there is a tie and there is not a majority judge's decision and no judge gave the same score to any one competitor, the tied competitors will compete again and be scored again.
- d) **Commentary** - In NASKA World Tour Black Belt Divisions, re-running only applies to ties for first place. All unbreakable [after applying tie-breaker rules (a), (b), and (c) above] ties for 2nd place and beyond will result in the tied competitors all receiving the same placement. The placement positions will be adjusted in the same manner as the NASKA ratings. For example, if there is a 2-way tie for 2nd place then the positions awarded would be 1st place, two 2nd place awards, and a 4th place award. There would not be a 3rd place award as we have two tied for second, thus allowing a total of 4 places to be awarded.

VII.5. PROPS

Props are only allowed in demo division. Usage in any other division will result in a downgrade in score or disqualification.

VII.6. EQUIPMENT ABUSE

It is the competitor's responsibility to not abuse the tournament supplied equipment. Unintentional 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 or reckless 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)
- c) Forcibly pushing a bo into a mat.

VII.7. DROPPING A WEAPON

- a) If a Black Belt competitor drops their 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 their weapon during the eliminations, they will be scored and will NOT be disqualified, The competitor will receive a downgrade in their score for each time the weapon is dropped.
- c) If a Black Belt competitor drops their weapons during the finals, 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. Should the tossed/ placed weapon leave the competition area (mat), the competitor can be penalized or disqualified if the weapon(s) hits another competitor, spectator or the judges.

VII.8. ALTERING A WEAPON

It is the intent of this rule to enforce the use of any weapon in its original design, functionally, and capabilities. Altering the weapon(s) in any matter (excluding tape/grips) including but not limiting to the use of magnetic weapons, will be deemed as altering the weapon and the competitor may receive a score deduction. The competitors must notify the judges prior to starting their routine they are using magnetics or they had modified their weapon in any way.

VII.9. 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 - downgrade in score
- b) The weapon's competitor hits anyone in the group who is outside of the ring - disqualification

VII.10. 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 downgrade applies – See Penalty section.
- b) The four minute time limit will start over.
- c) A competitor can only start over once.
- d) If a competitor must start over for a reason that is not due to his/her negligence, he/she will not be penalized on the start over.

VII.11. FORMS AND WEAPONS PENALTIES

In the Form and Weapon divisions, all penalties 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 - .01 deduction from each judge per minute. Disqualification after 3 penalties.
- b) Exceeds time limit - Disqualification
- c) Props in divisions - Disqualification
- d) Equipment abuse - Downgrade or Disqualification depending on severity
- e) Loss of Protest - .01 deduction from each judge
- f) Continuing to protest after decision has been made - additional downgrade or disqualification
- g) Weapons strikes the Group – Disqualification
- h) A portion of a Weapon leaves the ring area (Sword's Sheath or second Weapon);
 - I. Leave the ring area – Downgrade in score
 - II. Strikes anyone in Group – Disqualification
- i) Altering a Weapon – Competitor may receive a downgrade or disqualification
- j) Boundary Rule – without the request to exceed ring boundary:
 - I. The weapon goes between or over the group's body or head – Downgrade in score
 - II. The weapon hits anyone, in the group, who is outside of the ring – Disqualification.
- l) Starting a Form or Weapon routine over – Downgrade in Score
- m) Moves that are illegal for the type of routine (Traditional, Creative, Musical, Extreme) - a downgrade of the form or weapon routine or upon unanimous vote of the judges, disqualification
- n) Weapon Breaks – separates into 2 or more sections – Disqualification
- o) 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.
- p) Traditional Challenge (NASKA World Tour Black Belt divisions)- All are Disqualifications
 - I. Doing a non-traditional form (altered or made up);
 - II. Kia rule not followed (too many or not enough);
 - III. Out of bounds.
 - IV. Sportsmanship not adhered to.
 - V. Excessive stance violation.
- r) Inappropriate music(cursing, explicit content, and/or racially or culturally insensitive lyrics) -Disqualification

VII.12. TIE-BREAKER PROCESS

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

- a) **Majority of judges** – this is the majority of the total number of judges in the division; not based on score but rather on who the judge placed higher (most ties can be broken using this rule)

- b) **The Judge Determines the Winner.** This occurs when a judge gives the same score to the tied competitors. The judge who gave the same score must select a winner. If the judge 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 and it is 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.

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

The following summarizes the methodology that will be used, with the **initial total score is a tied score** and is based on the number of judges. If a re-run is required, the order of competitors will be by random draw/sort.

Three Judges:

- a) Majority of the judges
- b) Judge determines the winner (if they gave the same score to both competitors)
- c) Re-run the tied competitors

Five or Seven judges:

- a) Majority of all judges
- b) Judge(s) determine the winner (if the same score is given to two or more competitors)
- c) Total score of all the judges (adding back the high and low scores)
- d) Re-run the tied competitors

VIII. RELATIVE RANKING

VIII.1. RELATIVE RANKING RULE

The Relative Ranking Rule has replaced the old "score-as-you-go" system in all divisions at all PROMAC tournaments. Since all competitors run their forms before anyone is scored, this system eliminates the possible disadvantage early-running competitors were subject to, and the scoring advantage last-running seeds may have enjoyed. In addition, it prevents judges from getting "boxed-in" by giving scores too high early on, and eliminates "scoring creep" where judges who start with very low scores gradually increase his/her scores as the divisions progress.

VIII.2. HOW IT WORKS

The numeric scores that a competitor receives are representative of the placement the official has given them relative to the other competitors.

As each competitor runs their form, they are given a place number relative to the other competitors. Officials watch all competitors and use their notes and a hash mark system during the division to determine their placements. Officials give the appropriate scores after the conclusion of the final form and the scoring software will then automatically adjust for maximum deviation if appropriate (see Maximum Deviation Rule.)

HASHMARK SYSTEM

Each judge gives the first competitor up a "I" next to his/her name on their worksheet. This represents that they are currently in first place. The next competitor gets a "II" if their form is not as good. If their form is better, they get a "I" and the first competitor gets his "I" changed to a "II". 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 hash marks next to their names that reflect their place relative to one another.

EXAMPLE IF FOUR COMPETITORS ARE IN DIVISION

| | | | |
|--------------|------|------|-----------------|
| Chuck Norris | II | 9.98 | 2 nd |
| Bob Wall | III | 9.97 | 3 rd |
| Bruce Lee | I | 9.99 | 1 st |
| Jackie Chan | IIII | 9.96 | 4 th |

The Center Official will then allow time for the officials to assign decimal scores to each competitor based on their relative ranking: A score of 9.99 represents first place ranking, 9.98 equals second place, 9.97 is third place and so on.

First through fourth place scores (9.99, 9.98, 9.97 and 9.96) must be given and may only be given ONCE. Scores of 9.95 and lower may be duplicated in large divisions.

IX. 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.

The scoring system automatically recognizes the middle score (for example, a 9.92, 9.96 and a 9.95 – the 9.95 is the middle score) and adjusts the other two scores to .02 from the middle score if appropriate. In the previous example, the 9.92 is upgraded to 9.93.

Other than this automatic 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.

X. FORMS AND WEAPONS DIVISIONS

X.1. TRADITIONAL

These forms must capture the essence of classic martial arts movements, displaying the traditional techniques, stances, footwork and weapons. Forms are judged on execution and consistency and technique application of technique, difficulty, balance, speed, power, stances and focus. Weapons forms will also be judged on the effective use and control of the weapon.

Forms may be unmodified or modified from what a system or school considers to be the original version of the form. The performance of the following movements will result in a downgrade of the form or upon unanimous vote of the judges will result in disqualification as it is a form inappropriate for the division:

- a) Movements that involve more than a 360-degree spin in the air.
- 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) 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 PROMAC is a tournament circuit open to all styles and schools across the nation and around the world from which judges are utilized, each competitor must make his or her own decision regarding whether to include movements which might be objectionable for the Traditional Division. Just like the extreme and creative competitors, the traditional competitors will try to extend the base of the rules that govern the traditional divisions to gain an advantage over their competition. If there is something performed in a traditional form or weapon division that is not covered by the above rules, the PROMAC Rules Officials will make the decisions if a technique is a legal or illegal move.

X.2. CREATIVE

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

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

If no separate Musical division is offered, music is optional for Creative and Extreme divisions.

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

Performance of the following movements will result in a downgrade by the judges or upon a majority vote of the judges, a disqualification:

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

The following techniques are legal in the Creative Divisions and will be scored as any other techniques (difficulty, power, speed, balance and proper execution): butterfly kick, illusion kick, forward roll and kip up.

Commentary

The Creative Division is intended for those competitors who do not wish to compete with a strictly traditional form, and/or do not wish to compete against other participants who execute extreme gymnastic-type movements. Therefore the essence of a competitor's creative form/routine should be more in the manner of modern sport karate including those techniques, movements and combinations and not simply a traditional form with one or two creative techniques added.

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., spins, releases, etc.), but is not permitted to perform "Extreme" body movements (i.e. flips, any kick spinning greater than a 360, any inverted body moves, etc.).

X. 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 disqualification as it is a form inappropriate for the division.

If no separate Musical division is offered, music is optional for Creative and Extreme divisions.

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.

X.4. MUSICAL

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

X.5. DIVISIONAL MUSIC RULE

Music Choreography is defined as the following:

- a) The movements of the form must be accentuated by and performed in conjunction with specific beats, notes, or words in the music. Simply performing your form with the same rhythm or cadence of a song (background music) is not satisfactory.
- b) If sound effects are added to the music, the form should not solely be choreographed to the added sound effects.
- c) Music and sound effects should appropriately match each other, and set the overall mood for each performance.
- d) Overall, all music and sound effects used must compliment the form. Both the form and music should be judged together and viewed as an overall performance, not simply as a form performed with music playing.
- e) Inappropriate words, cursing, language or adult oriented lyrics are not allowed and will result in a disqualification.

Judging criteria:

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

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

Each competitor must provide a music player of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the player who must be present at all times during the performance (unless it is advertised that music players will be supplied). As each form begins, a music volume check must be made, during which time the player attendant will look to the center judge for a nod of approval or a signal to lower the volume. Once this volume is set, it may not be increased during the performance of the form.

Commentary - If a competitor chooses to use music in a grand championship division to a form that does not require music, the "Divisional Music Rule" does not apply.

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

Commentary - If a competitor receives a disqualification 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.

X.6. CHINESE

If offered, a Form or Weapon routine in the Chinese Division can include techniques which originate from the style of martial arts the competitor represents and emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances and focus.

The movement of the competitor will determine what runoff or Grand the Chinese competitor will compete in. Movement of the following will place the Chinese Competitor in the CMX (Creative, Musical, or Extreme) runoff / Grand:

- 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
- d) Butterfly kick
- e) Illusion kick
- f) Kip Up

Should a Chinese competitor enter a division that is not declared Chinese Division (Musical, Creative or Extreme, the competitor must follow the standard rules for that Division.

Music is not allowed in the Chinese Divisions, if a Musical Division is offered.

X.7. AMERICAN KENPO

If offered, these divisions use the following guidelines:

- a) **Uniform.** Uniforms are black. Association patches are allowed on the uniform with no minimum or a maximum number of patches.
- b) **Stances.** Stances are generally high and they are transitional. There are no super low and held stances. The bow stances look similar to front stances, but the front foot toes are angled inward to

the body. Also common are “soft bow/close kneel” stances where the back knee is bent down towards the ground and the back heel is up.

- c) **Kicks.** Kicks are generally low (chest level and below) and snapped. They are not locked and extended. Low kicks and stomps to a downed opponent are common. Additional kicks include Tornado kicks, jumping front kick and jump round kicks, crescent kicks. There are no flying kicks, cartwheels, handsprings, flips or inverted moves, split kicks or more than 360-degree kicks allowed.
- d) **Hand Techniques.** The blocking techniques are a combination of linear (hard style) and circular (soft style). Hand strikes are also a combination of hard and soft techniques with a variety of claws, palms, spear hands, eye pokes, finger strikes, hammer fists, chops, middle knuckle and front knuckle etc.
- e) **Tempo and flow.** There is a fluidity in American Kenpo forms. You will note many strikes and blocks include cover hands that are not traditionally chambered at the ribs/hips like other traditional styles. The “slapping” is common and demonstrates the extra parry and checking moves in the techniques. There are no locked out or held moves, stances, blocks or strikes.
- f) **Kias and breathing.** There are no set Kia requirements in traditional Kenpo Forms. There is no dynamic breathing or tension breathing as in Japanese and Okinawan Forms.
- g) **Form Content.** American Kenpo Forms are generally made of actual self-defense techniques that are taught as part of the Kenpo belt curriculum.

These forms must capture the essence of classic martial arts movements, displaying the American Kenpo Techniques, stances, footwork, and weapons. Emphasis is placed on execution of technique, application of technique, balance, speed, power, solid stances, and focus.

X.8. GRAND CHAMPIONSHIPS AND OVERALL GRAND CHAMPIONSHIPS

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

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

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

In ALL Traditional and CMX Weapons and Forms Runoff Grand Championships, music may be used by competitors for their respective division that they won. This includes ALL Traditional and ALL CMX forms and weapons divisions. Competitors must compete with the form or weapon routine representing the division that they won ie: creative forms and weapons and or extreme forms and weapons.

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

NOTE - Traditional Challenge Division. A 30 and older competitor can compete in the 18+ Traditional Challenge and still compete in their regular 30+ Form Weapon's Division.

X.9. WEAPON BREAKS OR WEAPON CRACKS

A competitor will be disqualified if he/she breaks their weapon, separates into 2 or more pieces.

If the Weapon cracks and 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.

X.10. LOSS OF WEAPON CONTROL IN FINALS AND OVERALL RUN-OFFS

- a) Loss of Control is divided into three categories and penalties:
 - Category 1 = bobble but no interruption of form = deduction at discretion of the judges
 - Category 2 = form interrupted (usually a drop) = downgrade in score
 - 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) If a Black Belt competitor drops their weapon twice they will be disqualified.
- c) Score after deductions is subject to adjustment by Maximum Deviation Rule (See Article VII) just like any other score.
- d) If Category 1 or 2 occurs, a competitor may continue and be scored, or may bow out and not be scored or placed.
- e) Disqualification for Category 3 is the decision of the Center Official or a majority of other judges. A judges only conference is held as soon as the weapon goes out of bounds.
- f) 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.
- g) In all regular eliminations, Weapon Divisions, a competitor will be disqualified if they drop a weapon and no points or placement is awarded.

XI. TEAM SYNCHRONIZED FORMS AND TEAM DEMONSTRATION

XI.1. TEAM SYNCHRONIZED FORMS DIVISION

Team Synchronized Forms is defined as a group organized to function cooperatively in a joint effort.
Synchronized: Working at same time or rate/ Go together or happen at the same time/ Working in unison/
Use of Techniques in a Domino effect

XI.2. TEAM SYNCHRONIZED FORMS JUDGING

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

XI.3. TEAM SYNCHRONIZED FORMS GENERAL RULES

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

allowed in ALL team synchronized forms and weapons divisions. It is the tournament and promoters option to offer any prize money and or other special awards and championships.

XI.4. TEAM DEMONSTRATION DEFINITION

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

XI.5. TEAM DEMONSTRATION GENERAL RULES

- a) Teams are composed of 5 – 25 members; however, **60%** of the original declared team must be present for the team to earn points.
- b) Additional "extra" member(s) cannot compete unless they are replacing an original member;
- c) Substitutes are allowed, but only to replaced missing declared members and will not be considered as original team members; and/or
- d) Additional competitor(s) cannot compete with a team, except to substitute a missing member.
Examples:
 - i. A team registers its team with 3 members – 2 original members must compete in the team event to be considered a legal team.
 - ii. A team registered its' team with 10 members, 6 original members must compete in the team event to be considered a legal team
- g) A team may change their team by replacing a member(s) or by adding new members. All changes must be made prior to the next event and cannot exceed 60% of the original team.
- h) Four Minute Maximum Time Limit – Time starts when the first team member steps into the competition ring and ends when the team is obviously finished in the opinion of the Center Official.
- i) All the technical Martial Arts skills are graded for execution, presentation, and difficulty.

XI.6. TEAM PROPS

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

XII. PROMAC RATINGS RULES

XIII.1. GENERAL OVERVIEW

PROMAC tabulates points for hundreds of divisions each year ranging from five-year-old beginner white belts to senior black belts. These tabulated points determine PROMAC's end-of-year champions.

XIII.2. RATINGS GUIDLINES

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 PROMAC rated. Some tournaments advertise as PROMAC rated, but are not. Check the PROMAC website calendar of events or email the PROMAC office to verify if a tournament is indeed PROMAC rated event.
- b) You must be a current registered PROMAC member with a current PROMAC membership registration in order to be rated and eligible for awards.
- c) The PROMAC rating period/season 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)

- e) Points cannot be transferred from one division to another. You may only earn points in the division in which you legally compete. If you **legally** compete in multiple age/rank divisions within a season, you will be rated in each division.
- f) After each tournament, new ratings will be tabulated. A competitor's points will only count in the ratings if he/she is a current PROMAC member with a current registration application on file. Ratings will be available via the PROMAC website within two weeks of the each event's completion.
- g) If a competitor is totally suspended from the PROMAC tournament circuit for any reason, he/she will be excluded from the ratings and year-end awards.

XIII. YEAR END AWARDS

XIII.1. PROMAC REGIONAL CHAMPIONS

Competitors must be an active PROMAC member to be eligible for ranking and season awards. Regional rankings will be determined by the cumulative point total earned by a competitor at ALL rated tournaments within that region. All PROMAC events have been designated as an event in one of the PROMAC Regions. Conference members may track points in one or multiple regions. Competitors do not have to designate a membership in any region. The PROMAC Regional Division 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.

XIII.2. PROMAC NATIONAL CHAMPIONS

National rankings are determined by the placement earned by a competitor at the PROMAC Championship season end event.

ELIGIBILITY

In order to be eligible to compete in a division at the PROMAC Championships, a competitor must:

- (a) Be a registered PROMAC member
- (b) Compete in the division at three different PROMAC events in any region

SEEDING

The top two regional competitors of each division will receive a seed in said division at the Championships. All other qualified competitors will compete as a wildcard.

XIV. ADDITIONAL UNRATED DIVISIONS

The following optional divisions are not rated by PROMAC and not eligible for year end awards. When offered will use the following rules:

XIV.1. PADDED SWORD

Padded Sword Sparring is a form of Point Sparring Competition.

- a) Points in Padded Sword Sparring are scored by striking or stabbing with the weapon to a legal target area (same target areas as Point Sparring.)
- b) Each bout is scheduled for one, 90 second round or the first competitor to score 5 points wins. Calls are made just as in Point Sparring.
- c) The strike or stab must be effective and under control to be considered a scoring technique by the judges.

- d) The competitor cannot score using the handle of the weapon and competitors must keep two hands on the sword at all times.
- e) Competitors must wear a headgear and face shield. All other equipment is optional.

XIV.2. KARATE FLAG

Karate Flag may be compared to flag football.

- a) Each match is scheduled for one 60 second round.
- b) Use your speed, dexterity, footwork, cunning and strategy to pull your opponent's four flags from their belt while protecting your own.
- c) No striking, punching, kicking, pushing or grabbing allowed (Only pulling out of the flags!)
- d) If you pull out all your opponent's flags, you Win! If time elapses, whichever competitor still has the most flags wins.
- e) Ties are broken by competing to next flag pulled.
- d) Competitors must wear a headgear and face shield. All other equipment is optional.

XIV.3. CONTINUOUS SPARRING

GENERAL EVENT DESCRIPTION

- a) Competition should be executed as its name implies, **Light Contact Sparring in a Continuous Manner**. Under no circumstances should light contact continuous sparring simulate full contact kickboxing.
- b) Utilizing well-controlled techniques, ring craftsmanship and combination skills, **competitors should attempt to "outscore" rather than "overpower" their opponent**. Competitors will fight continuously until the referee's command to STOP.
- c) All techniques must be well controlled. Techniques should not "strike through" or "push through" the target. **Striking with excessive contact, or uncontrolled striking of any kind will lead to disqualification.**
- d) Emphasis must be placed on **both punching and kicking techniques**. Punching or "boxing" only, for an extended period of time without throwing kicks will downgrade the judge's evaluation of your performance.
- e) Each match is carried out with running time. The center referee and two judges will evaluate the relative effectiveness of each fighter based on the number, quality and variety of scoring strikes, defense and conditioning. **Rules violations (whether penalized by the referee or not) will downgrade the judges evaluation of the offending fighter.** The three officials will determine the winner of each match by majority decision.

UNIFORMS AND EQUIPMENT

Requirements are the same for Point Sparring.

TIME AND ROUNDS

Each match will consist of one 90 second round.

WEIGHT DIVISIONS AND WEIGH-IN PROCEDURES

See 'Divisions' listing on website and in event program.

LEGAL TARGET AREAS

Legal and illegal target are the same as in Point Sparring.

LEGAL TECHNIQUES – SCORING

- a) Both hand and foot strikes should be used and are defined as those which are legal for Point Sparring.
- b) In evaluating each fighter's performance the judges will give more credit to the athlete that is effective with a balanced attack of kicks and punches thrown in combination. Punching or "boxing" only for an extended period of time without throwing kicks may be cause for penalization or may downgrade the judge's evaluation of a fighter's performance.
- c) The authorized striking area of the hand or foot may only make "**Clean/ Controlled**" **Light contact**. The fighter must be looking at the point of contact when executing the technique. All techniques must be well executed.
- d) Weak techniques or techniques that simply touch or brush or push an opponent will not be scored.
- e) Excessive contact, mauling, pushing or rough-housing will be grounds for penalization, downgrading in the judges evaluation and/or disqualification.
- f) If a fighter jumps in the air to attack, he must land inside the ring to score, and he must keep his balance (it is not allowed to touch the floor with any part of the body except the feet).
- g) Competitors MUST throw a minimum of ten kicks per match.**
 - a. Failure to do so will result in disqualification.
 - b. Kicks do not need to score, but must be deemed a valid attempt to score.
 - c. Each side judge will count and verify kicks for the competitor on their side.

ILLEGAL TECHNIQUES, TARGET AREAS AND BEHAVIOR

Any technique which illegal in Point Sparring is also illegal in Continuous Sparring.

It is prohibited to:

- a) Attack the throat, lower abdomen, kidneys, back, legs, joints, groin and to the back of the head or neck.
- b) Attack with the knee, elbow, knife-hand, head-butts, thumb and shoulder or a spinning hand strike.
- c) Turn one's the back to the opponent, run away, fall down, intentional clinching, blind techniques, wrestling and ducking below opponent's waist.
- d) Attack an opponent who is falling to the floor or is already on the floor, that is, as soon as one hand or knees touches the floor.
- e) Leave the ring without any permission.
- f) Continue after the command "stop" or "break" or the end of the round has been sounded.
- g) Oil the face or body.
- h) Striking below the belt, hooking, tripping, and hitting with knees or elbows.
- i) Butting with the head, shoulders, forearms and elbows, strangling the opponent, crushing his face with arm or elbow and pushing back the opponent.
- j) Hitting with open gloves, with the inside of the gloves or with a wrist.
- k) Hitting the opponent's back, particularly on the nape of his neck, head and kidneys.
- a) Lying down, wrestling or not fighting at all.
- b) Attacking an opponent who is on the floor on getting up.
- c) Clinching.
- d) Hitting while hooking the opponent, or pulling the opponent into the blow.
- e) Hooking or holding opponent's arm or putting an arm underneath the arm of the opponent.

- f) Suddenly lowering one's head below opponent's belt in a way that would be dangerous for the latter.
- g) Using artificial means for a passive defense and falling down intentionally, in order to avoid a blow.
- h) "Spoiling". Intentionally preventing your opponent from engaging you by moving around the ring or clinching your opponent in order to cut down on round time.
- i) Using insulting and aggressive language during a round.
- j) Refusing to withdraw after the order "BREAK".
- k) Trying to land a blow on the opponent immediately after a "BREAK" order and before withdrawing.
- l) Assailing or insulting the referee at any time.
- m) Exiting the ring during the fighting competition
 - a. 1st violation or exit – Verbal caution
 - b. 2nd violation or exit – Official warning
 - c. 3rd violation or exit - Disqualification

Violations of the rules and regulations will lead to cautions, warnings, and/or disqualification. Referees may warn or penalize a competitor at their discretion depending upon the severity or repetitive nature of the rules violation.

The Center Referee is the arbiter of the rules. If he perceives that a violation has occurred he has the discretion to issue one of the following:

- a) A **Caution:** A "Caution" may be issued without stopping the action of the fight.
- b) An Official Warning: An "Official Warning" is issued by stopping action of the fight. The "Official Warning" indicates that if the referee has to stop the match again for the same or a similar infraction the offending athlete will be disqualified.
- c) A Disqualification: A "Disqualification" awards the match to the offending fighter's opponent.

The referee has the discretion to use Cautions, Warnings and Disqualification according to the severity of the offense. A fighter does not have to be Cautioned in order to receive an Official Warning. Nor does he have to receive an Official Warning prior to being Disqualified.

The following may lead to immediate disqualification:

- a) Excessive contact resulting in an injury
- b) Repeatedly striking with excessive contact
- c) Uncontrolled or malicious attacks
- d) Excessive or continuous hitting after "stop" command
- e) Extreme unsportsmanlike conduct of a fighter such as insulting the referee or the opponent

INJURIES

The match should be interrupted if an injury occurs. In the event of injury, time may only be interrupted until the doctor decides on the seriousness of the injury, that is, whether or not the fight can continue or whether it must be stopped. Treatment of the injury can only be done in between rounds or after the match. If the injury needs to be treated, the match must be stopped. In any case, cuts cannot be taped. If the match is stopped due to injury, the officials must decide:

- Who caused the injury?
- Whether or not it was intentional.
- Whether or not it was self-inflicted.
 - If the injury is due to his own fault, the uninjured fighter may be declared the winner.
 - If the injury is due to a violation of the rules, the responsible fighter may be disqualified.

The Center Official may consult the judges but the Center is the sole arbiter concerning disqualification.

OFFICIALS' POWERS AND RESPONSIBILITIES:

The Center Referee has the power to:

- Stop a fight at any moment if he/she finds it to be too one-sided.
- Stop a fight at any moment if one of the fighters has received an unauthorized blow or is wounded, or if he considers a fighter unable to continue.
- Stop a fight at any moment if he finds the fighters behaving in an "unsportsman-like" manner. In such a case, he must disqualify one fighter.
- Warn a fighter or stop the bout and give a minus point or warning to a fighter for an offense.
- Disqualify a coach or fighter who has broken the regulations.
- Disqualify (with or without a warning) a fighter who has committed an offense.
- Interpret the rules as long as they are applicable or compatible with the fight that is taking place, or, at a special moment, decide on a move which does not appear in the rules.
- If a fighter breaks the rules but does not necessarily deserve a disqualification, the referee must stop the fight and give a warning to the fighter of a foul. Before the warning, the referee must order the fighter to stop fighting. The warning must be given clearly, so that the fighter understands the reason and cause of the penalty. The referee must hand signal to each judge that a particular warning has been given and clearly show which fighter has been punished. After having given the warning, the referee orders the fighters to fight again. If a fighter has given three official warnings within the same bout, he is disqualified.
- Give a caution to a fighter. A caution means a warning given by a Center referee to a fighter for breaking the rule. In order to do this he doesn't need to stop the fight, and may reprimand the fighter during the fight.

The Officials have a responsibility to:

- Check the safety equipment and clothes of the fighters
- Make sure that the rules of fair play are strictly observed.
- Supervise the whole bout.
- Consider the merits of the two fighters and chose the winner according to the regulations.
- At the end of a bout, call for the decision by show of hands.
- A corner official must not announce the winner by raising a fighter's arm or in any other way before the Center Official announces the decision.
- Each official must independently consider the merits of the two fighters and chose the winner according to the regulations.

SCORING SYSTEM

Every round is separately evaluated by each of the judges according to a positive criterion that will gain a fighter points and negative criteria that will deduct points:

Positive Judging Criteria (That Will Earn a Fighter Credit towards Victory)

- Clean and controlled scoring strikes
- The demonstration of effective combination striking
- The effectiveness of the fighters defense
- The variety of strikes used (hands and feet)
- Excellent physical conditioning and stamina
- Ability to control the pace and flow of the match
- Effective movement including the ability to disengage and then reengage

Negative Judging Criteria (Reduces a Fighters Credit towards Victory)

- Rules Violations whether cautioned or warned by the Center Referee or not
- Cautions and/or Warning by the referee for rules violations
- Any effort to overpower an opponent rather than demonstrate superior skill
- Lack of combination striking
- Lack of variety in strikes (hands and feet)
- Poor physical conditioning
- Inability to move in and out of range

