



NATIONAL ALL STYLES

N.A.S. Point Sparring Competition - Rules

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NAS Point Sparring Competition - Rules

1. Organisation of the Match

1.1 The competition area, called the ring, shall be clean, flat and free of all hazards.

1.2 The size of the ring shall be 6 X 6 metres of competition area.

Note: In the case of a matted area there shall be a safety zone of one metre surrounding the ring making a total mat area of 8 x 8.

1.3 The ring should be either;

- a) A padded surface, or
- b) Outlined with adhesive tape or other marking around the perimeter.

Note: If a raised surface is used there must be sufficient space around the ring to act as a safety zone between the ring and the edge. If safety mats not available, at no time are take-downs permitted in any event

1.4 The competition may, at the discretion of the Tournament Director, be organised into;

- a) Individual competitions
- b) Team competitions

1.5 Individual competitions may be categorised according to;

- a) Gender (male and/or female)
- b) Age
- c) Grade/experience
- d) Weight division

Note: In all NAS competitions a contestant must compete in that division in accordance with the highest grade or level of experience achieved regardless of their current grade. For example, a contestant who reached a second kyu/level in one club/style and then changed club/style and is currently a novice grade in the new club/style must compete in the second kyu/ advanced level event.

1.6 Matches will comprise one, two or three or more rounds of sparring in line with the official NAS draw. Each round comprises a series of bouts where individuals are paired against each other. The draw sheet will allocate one contestant to the red side and another to the white side.

1.7 Team competitions will comprise an odd number of competitors.

- a) The Tournament Director will stipulate the number of competitors and the category of competition (age, gender, grade, and weight) and whether reserves are permitted.
- b) The Tournament Director will notify, in advance of the tournament, the structure of the team matches. For example, each bout must produce a winner (no ties) or normal rules where ties are permitted.

- 1.8 Team member names and order of competition must be submitted to the officials prior to the commencement of the team bout.
- 1.9 In team competition any variation to the team order or members names will result in the team being disqualified.
- 1.10 All divisions other than adult male & female Blackbelt divisions will be 1 ½ minutes in duration or such other time as the Tournament Director decides.
- Note:*** *Male and female Black Belt contests two minute duration. National Championships, all open & weight divisions finals 3 minute duration or as the Tournament Director decides.*
- 1.11 In the event of a draw the referee will announce an extension of the match. The bout will be extended 1 ½ minutes or until first point scored.
- 1.12 In a bout extension the first contestant to be awarded a score will be declared the winner and the bout shall terminate. If there is no point scored at the finish of the extension the senior referee must decide the winner.

Note: In deciding the winner (after an extension) the officials will have recognition of the skills, techniques and 'fighting spirit' demonstrated by the competitors.

2. Conduct of the Match

- 2.1 At the commencement of the tournament competitors shall assemble for official bow in: they will face officials, bow, turn face audience, bow, face the front again. **Note:** All other bowing during match will be to officials or competitors only.
- 2.2 The NAS bowing formality for officials will be as follows. Standing upright with heels together and feet at a 45-degree angle, hands flat to the sides, the official will bend from the waist 10 to 15 degrees only.

Note: Formal bowing may become very uncoordinated due to the different bowing forms adopted by different systems, styles and nationalities. Imagine a line up of officials with one bowing as if to a monarch, another performs the Kyokushin Oos form (Japanese), another places open hand on closed fist (Kempo) and yet another adopts a cat stance and places an open hand over a clenched fist (Kung Fu), etc. Seeing the different variations from Indonesia, Philippines, Northern China, Southern China, Korea, and so on performed at as part of an official line up at a tournament would look dreadful. This standardised formality, which is NOT part of the preparation for combat (on the part of the officials) aims to keep the bowing simple and uniform.

- 2.3 All NAS officials are to be addressed as Mr., Mrs. Miss or Ms whilst officiating at NAS tournaments.

Note: Because we have so many systems, styles, clubs etc. in NAS all have different formal titles that relate to their position/rank within their own organisation/club. Addressing all officials by the title Mr or Mrs or Miss or Ms avoids confusion, embarrassment (no mistakes) and it also engenders a greater community of spirit in the officials. It removes the seniority or subservience to higher grades that, whilst integral to the practice of the martial arts is inappropriate to the officiating of the sporting event. We must remember that after all a high grade in a martial art could be a NAS Level 1 whilst a lower grade could be a NAS Level 2. This in no way interferes with or denigrates the martial arts grading system. In the sporting context it is an attempt to, amongst other things, remove the follow-the-leader mentality where one official is intimidated or influenced by another. (That is, it seeks greater objectivity and independence.)

- 2.4 The UK National Technical Director, or his/her delegate, will act as Chief Referee/Arbitrator at national tournaments. The Regional Technical Director, or his/her delegate, will act as Chief Referee at Regional Tournaments.

- 2.5 Match officials comprise one centre referee and two judges. A scorekeeper and timekeeper assist them. Arbitrator/Marshals are also appointed to oversee the smooth conduct of the competition.

Note: Only the referee and judges have power to vote on a score or penalty.

- 2.6 Each judge is allocated one half of the ring to occupy i.e. a corner.

Note: The judge must attempt to remain on the outside of the ring perimeter.

- 2.7 A judge must carry a red and a white flag, corresponding to the red and white competitors, and a whistle. These are used to communicate opinions, warnings, and votes to the referee.

- 2.8 The referee faces the official table at which is seated the timekeeper and scorekeeper. Thus the red side is to the referee's right.

Note: The referee faces the official table in order that she/he has good vision and control over the scorekeeping and timekeeping activities. It does not matter that the referee's back may be turned to the audience.

- 2.9 The nearest corner judge must inspect the competitor for the proper attire and safety equipment.

- 2.10 All competitors will stand at the designated coloured side (Red or White side) of the ring, as they have been allocated/ advised by the ring officials. They will remain there unless they are advised by the ring officials to change sides.

- 2.11 After the competitor has been checked, he/she will wait for the centre referee to indicate to the competitors to bow (to the referee) and then turn face each other from the outside of the ring and bow into the ring; the referee will then indicate to the competitors to enter the ring. The referee will begin the bout once confirming the judges and table officials are ready he/she will then command **“Start”** to begin the bout.

Note: When exiting the competition the referee will requests competitors the bow to each other, shake hands, move to the outside of the ring, face the referee and bow.

- 2.12 Prior to the centre referee starting the bout he/she checks that the corner judges, the timekeeper and scorekeeper are ready to commence.
- 2.13 During a bout, the timekeeper does not suspend the time when the referee calls **“Stop”** unless the referee also calls **"time"** specifically to the Timekeeper. Timing is always resumed on the command **“Start”**.

Note: Under normal circumstances only the referee may ask time to be stopped. However, the judges and/or Arbitrator/Marshal may call for time to be stopped if they observe an injury or other incident likely to cause a discontinuity of the time and the referee has not signaled the timekeeper to suspend time.

- 2.14 The centre referee may interrupt the bout by calling **“Stop”** for the following reasons;
- a) To consider the judges opinion.
 - b) To award a score.
 - c) To bring the competitors back to the centre of the ring.
 - d) To prevent injury.
 - e) To issue a penalty or a warning in relation to an infraction of the rules.
 - f) To adjust a competitors safety equipment or uniform.
 - g) For any other reason connected to the smooth operation or administration of the match.
 - h) Advise/ caution coaches breaching code of conduct

- 2.14 Coaches’ conduct during the event must be in line with the NAS code of behaviour. During a bout the coach of the competing competitor will sit in the designated areas (as set by the National Director). Reference 7.9

3. Legal Target Areas & scoring distance required

- 3.1 Point Sparring is a non-contact event: The following are the legal target areas & scoring distance for NAS point sparring competition.
- a) The head, including the face, side, forehead, neck, back of the head including front of face.
 - b) The torso above the belt, including the front, the side and the back.
 - c) Limbs and joints are not target areas
 - d) Scoring distance required 10-15cm from target area

Note: Any kicking technique, kicked above the head that is not blocked or evaded will be scored on provided it meets the NAS criteria on distance 10 – 15cm

4. Legal Techniques.

- 4.1 All martial art techniques are valid in NAS competitions with the following exceptions;
- a) Open finger techniques.
 - b) Uncontrolled sweeping techniques that cause injury
 - c) Take-downs, grappling or wrestling techniques
 - d) Stomping on a fallen opponent.

Note: ‘Open finger techniques’ refer to techniques where the fingers are the weapon rather than the palm heel or the side/ridge or the hand.

Sweeping techniques are distinguished from throwing techniques. Their main purpose is to destabilise the opponent. For example, sweeping the ankle to break the competitors balance. Throws (or other techniques) that involve whole-of-body effort or which place the opponent in danger (because he/she cannot land safely) are categorically prohibited.

Spinning kicks will be scored if they pass above or in front/side of opponents head if - the technique was controlled;

- *it was within the capability of the competitor to land the technique by a minor change in trajectory;*
- *the other competitor makes no effort to evade or block the technique*
- *meets the required scoring distance 10 -15cm*

5. Illegal Techniques

5.1 The following techniques are illegal:

- a) Point sparring is a non-contact event, target area 10 – 15 centimeters
- b) Techniques that make contact and or may cause injury to head/body
- c) Excessive uncontrolled attacks directed to the head, arms & body.
- d) Attacks directed below the belt (including fake groin kicks).
- e) Wrestling, grappling or take downs of any description.
- f) Attacking an official whether inside or outside the ring.
- g) Stomping on a fallen opponent.
- h) Other dangerous or uncontrolled techniques, such as an uncontrolled spinning back fist, elbow and knee attacks, head butts, uncontrolled hook and uncontrolled spinning hook kick, uncontrolled spinning sweep using the heel or uncontrolled axe kick.
- i) Uncontrolled foot sweep and stomping an opponent

- Note:*
- *All attacks or attempted attacks to the limbs are prohibited. This includes high sweeps to the thigh, knee region or attacks to the ankle that are intended (or that is judged likely) to injure rather than destabilize.*
 - *Deflecting, unbalancing, sweeping, etc. must be followed up immediately with a valid hand technique. Opponent may counter from the floor with any hand or leg technique, time allowed 3 seconds*
 - *An illegal technique does not need to make contact or to be intentional in order to be penalised. It is sufficient that the illegal technique was attempted.*
 - *Injury, whether severe or superficial, can result from uncontrolled techniques, deliberate acts or from clashing (simultaneously executed techniques by each competitor). It is not necessary for the action to be deliberate for it to be illegal.*
 - *In instances where injury results from an accident the officials will confer in order to reach a decision regarding penalties/points.*
 - *The officials will ensure that there are minimum injuries by enforcing safety requirements to protect competitors in relation to attacks directed at the head or body in junior, novice, veterans and all senior ranked divisions. .*
 - *One measure of the degree of damage or injury caused by a technique is its ability to reduce a competitor's capability to continue unimpeded. This applies to both intentional and unintentional contact. In assessing the degree of damage the officials must consider:*
 - *Whether the damage was caused in part by the injured competitor.*
 - *Whether there was a failure to defend.*
 - *Whether the injury was carried forward from a previous bout or was pre-existing.*

5.2 The following actions are illegal:

- a) Traveling outside the perimeter of the ring.
- b) Disregard for personal safety.
- c) Unsporting conduct including abusive language, swearing, offensive gestures/behavior or threatening language.
- d) Pretending injury in order to gain time or influence the official decision.
- e) Competitor avoiding combat

- Note:*
- **Traveling** is not illegal if it involves a momentary exit of one foot only whilst maneuvering. Time allowed 3 seconds or penalty will be incurred
 - Traveling is also not illegal if a competitor is pushed, thrown, kicked or knocked from the ring ie still actively engaged in combat. However, for safety reasons the bout must be suspended and the contestants moved to the centre of the ring to resume the contest.
 - If a judge observes a contestant leave the competition area she/he blowing her/his whistle and makes the appropriate hand signal to alert the referee. The contestants are then returned to the ring centre for safety reasons. When returning to their corner the judge will only indicate the travel hand signal if a penalty is warranted. That is only if the traveling is considered illegal.
 - If two judges give an opinion of a traveling violation the referee must issue an official warning. A verbal warning may be issued when only one judge (or no judge) indicates a violation. As can be seen from the above notes the NAS rules already apply a very liberal interpretation to traveling. This is consistent with the interpretation of awarding other penalties and scores where the referee can not overrule the opinion of two judges. (See rules 7.2, 8.2 and 8.3.)
 - **Disregard for personal safety** includes not blocking or attacking without defense (**For example**, “leading with the chin”, closing the eyes during an attack, looking away, etc.).

6. Scoring & Criteria

6.1 A score is registered when the majority of officials identify an effective, legal technique delivered with good control to a legal target area scoring distance required 10 – 15 centimeters.

- a) 3 points awarded: for spinning, jumping kicks to upper target area, being defined as face the head above and behind including neck area
- b) 2 points awarded: for upper kicks, being defined as face, head and behind the neck and or kicks coming in a down ward motion to the head. Note! Including spinning kicks to mid section that rotate in a 360 degree rotation to mid section
- c) 1 point awarded: for punches above the torso area including face, side and back of shoulders, forehead, neck and back of head. A single point will also be awarded for kicks directed above the waist and below shoulder height. A single point awarded for foot-sweep techniques followed up with a valid hand technique

Note: It is not required that punches and kicks make contact with an opponent in order for the judges to consider them effective. Under

NAS rules an effective technique demonstrates superior control because it does not make contact.

Contact often results from a deficiency in one of the elements of an “effective technique”.

“Effective” refers to the ability of the technique to cause serious injury, to disable and/or to stun an opponent if delivered with full force. Hence, for example, a punch delivered at an opponent who is “backpedaling” is unlikely to be effective because the timing and distance are changing thereby negating the landing/impact potential of the technique. In the same manner even a small deflection/block/sidestep may be sufficient to dissipate the power of an opponents attack. An effective technique relies on concentrated effort.

*The main aspects of an effective technique are **power, timing, distance, and balance**. These aspects of the attack should all come together at the focus point. Techniques delivered to the biceps/arm region will not score. (Sometimes referred to as a body block)*

“Control” in this context, comprises

- a) Power and speed such that, although evident, the full force of attack is held in reserve.*
- b) Correct technique delivered with spirited intent (not malicious or “wild”) and within a range or distance considered close having regard to the skill level of the division.*
- c) Awareness of the combat circumstances and potential to continue the attack or defend the counter attack. The contestant must maintain guard and remain involved in the contest until the referee says, “stop”.*
- d) Execution of the technique must be completed within the ring. That is, at least one foot must remain inside the ring perimeter and the technique must be delivered within 3 seconds before the referee calls “stop” due to the traveling rule. In the instance of aerial techniques the competitor may land outside the ring but the technique itself must be completed inside the ring.*

Note! Once a competitor with one foot in the ring and the other outside of the ring lifts his front foot he is declared out

6.2 One competitor must be declared the winner when

- a) At the expiration of time she/he has accumulated a majority of points.
- b) One competitor gains a clear majority lead of eight points or reaches a maximum of fifteen points.
- c) One competitor is disqualified.
- d) One competitor fails to attend, withdraws or is declared unfit.
- e) Draw situation, extension bout first person to score declared winner

6.3 When a judge observes a scoring technique he/she shall communicate using the whistle and at the same time extending the appropriate flag to indicate the scoring competitor.

- 6.4 Judges must hold their flags in position, until the referee announces a decision.
Note: Awarding point/s based on the sound of a strike or kiai (yell) is not permitted.

NAS scoring criteria ~ Flow Chart

Duration of bout	<ul style="list-style-type: none"> • 1 ½ minute duration • Note! Male/ female black belt division 1st, 2nd, 3rd finalist – 2 minute duration
Unlimited points	<ul style="list-style-type: none"> • Winner declared - 8 Point majority lead or maximum 15 points Draw situation – extension bout, first competitor to score declared winner
Term	Technical Criteria
3 points awarded for	<ul style="list-style-type: none"> • Spinning kicks, clock-wise or anti clock-wise in a 360 degree rotation to head • Jumping kicks to upper target area, being defined as face, the head above & behind and including neck area. • Scoring distance required 10 to 15 centimeters
2 Points awarded for	<ul style="list-style-type: none"> • Upper kicks, upper being defined as face, head, behind the neck and or kicks coming in a down ward motion to the head • Spinning kicks, clock-wise or anti clock-wise in a 360 degree rotation to mid section • Scoring distance required 10 to 15 centimeters
1 Point awarded for	<ul style="list-style-type: none"> • Kicks – The torso above the belt and below shoulder height • Punches - The torso above the belt including face, side and back of shoulders, forehead, neck and back of head • Any hand and leg combination techniques • Unbalancing the opponent, followed up immediately with a valid hand technique • Scoring distance required 10 to 15 centimeters <p><i>Note; Sweeping techniques are distinguished from throwing techniques. Their main purpose is to destabilize the opponent. Must be followed up with a legal hand technique</i></p>
NAS None contact event!	<ul style="list-style-type: none"> • First infringement – Official warning • Second infringement – Foul, one point awarded to opponent • Third infringement – Disqualification <p><i>Note: In relation to excessive contact to head/ body, senior referee can escalate penalties if two judges indicate a penalty. (In relation to a specific rule infringement) may issue only 1 verbal warning. A second violation of the same nature must receive an official warning. Referee must confer with both judges prior to imposing disqualification – refer 7.2</i></p>
Penalties	
Penalties Avoiding combat	<p>To indicate a competitor avoiding combat or retreating without effective counter, who clinches unnecessarily, or who deliberately exits the area rather than allow the opponent an opportunity to score must be warned or penalized. The referee will raise hand above head to indicate 10 second warning is now in place. Competitor/s must initiate combat within 10 seconds with hand/ leg technique to avoid penalty, once combat is initiated within 10 seconds referee will lower hand. Avoiding combat penalties as follows;</p> <ol style="list-style-type: none"> 1. First infringement – Point other side 2. Second infringement – Disqualification

7. Penalties

7.1 Penalties must be applied in respect to any illegal technique, actions or when contact is made.

7.2 The scale of penalties is as follows:

First infringement	Official warning.
Second infringement	Foul, one point awarded to opponent.
Third infringement	Disqualification

Note: The referee (in relation to a specific rule infringement) may issue only one verbal warning. A second violation of the same nature must receive an official warning. If two judges indicate a penalty, eg for grabbing, contact etc the referee is obliged to issue an official warning. She/he can not overrule the two judges and issue a verbal warning.

7.3 The referee must confer with the judges prior to imposing a penalties/ disqualifications.

*Note: - If there are two judges' flags indicating a penalty for the same technique the referee must issue an official warning.
- It is sufficient for the referee to rely on the judges' flag signals. However, if the referee considers the rule infraction warrants escalating the penalty e.g. going straight to the second level she/he must obtain the support of at least one of the judges. Third level & disqualification, Referee must council with judges

- The referee may issue a verbal warning without the support of either judge or with the support of only one judge.
- If an infringement (this does not include traveling infringements but is intended to capture abuse, contact, etc.) is incurred and the same contestant during the same exchange scores a point, the infringement takes precedence over the score.*

7.4 The referee cannot award a point/points and a penalty to the same competitor for the same technique.

7.5 A warning or foul is carried throughout the bout and into an extension. It does not carry over into succeeding bouts.

7.6 All penalties for official warnings and fouls accumulate throughout the bout (That is, they are added together) with the exception of traveling penalties. A separate tally must always be maintained for traveling breaches.

7.7 Separate verbal warnings may be imposed for different categories of rule infraction eg a verbal warning for abusive language, a verbal warning for contact and a verbal warning for attacking a joint. Verbal warnings do not aggregate. However, once a penalty of one point is imposed aggregation commences.

- 7.8 A competitor who fails to conform to all the NAS rules as outlined in this document will not be allowed to participate in the competition.
- 7.9 **Coaches conduct of behaviour:**
- a/ At no time are coaches permitted to engage in disrespectful conduct of any sort including profanity, sledging, offensive gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to Officials
 - b/ 1st infringement – official warning to coach; Competitor is at risk of being disqualified.
2nd infringement- competitor will be disqualified and Coach, Instructor will be asked to leave the competition area for duration of competition
 - c/ Once a competitor is disqualified due to the coach’s breach of the NAS code of behaviour, the coach and/or club may be at risk of suspension from any NAS event for period of time or indefinitely.

Note! Recognize that all Officials and referees are volunteers who give up their time to provide their services. Treat them with the utmost respect

8. **Awarding Points, Warnings and Penalties.**

- 8.1 If the referee sees actions that he/she considers to be a valid point/s or a rule infraction, and a corner judge confirms by blowing his/her whistle the referee will command, **“Stop”**. The referee counts the flags and awards a point or points, a warning or a penalty if appropriate.

Note: The referee may not stop the bout to award a point/penalty/warning independently of the judges. It is necessary for a judge to first communicate that he/she has observed such action.

- 8.2 If one of the judges sees an action that he/she considers is a valid point, warning or penalty he/she must signal to the referee immediately who will command **“Stop”**. All ring officials must then signal their opinion. A minimum of two officials out of the three must have witnessed the same technique to award point/s. In the event that there are two flags of the same colour raised the competitor of the corresponding colour will be awarded the point.

Note: If both judges indicate a score for the same contestant the referee may ask for clarification of the technique that the judges are scoring. If the judges are scoring different techniques, for example, one scores a punch and one scores a kick, the referee is not obliged to automatically pay a point. If contact is made the referee will ask judges to reconsider point being awarded. In these circumstances the referee must make a brief announcement explaining the outcome to the contestants and the immediate public.

- 8.3 If the two judges indicate the same opinion in relation to valid point/points, penalty or warning in respect to the same contestant the referee may request them to review their call.

Note: To request a review after stopping the bout the referee will make the appropriate hand signal to communicate the circumstance to be reconsidered. For example, to indicate contact, too short, too long, missed, blocked, lack of defence, etc. The referee then raises both hands palm upward to mid-section height. The judges then have an opportunity to review the action and reconsider their call in the light of the new information (time allowed, 5 seconds). The judges are not obliged to alter their call after the review

- 8.4 If one official (judge) awards red and the other awards white then the referee will have the deciding say. The referee may either award point/points or disregard the technique.

Note: The referee must always look to award point/points in the first instance. A clash of techniques at precisely the same time is very rare. The referee must seek to identify the technique that scored first or the one that should be disregarded because it was deficient in one or more of the scoring criteria rather than take the easy way out and declare 'no confirmation'.

9. Flag and Hand Signals

9.1 Judges use the red and white flags to communicate their opinions in the following ways (see also 15.1 regarding whistle signals);

- | | |
|-------------------------|---|
| <u>3 Points</u> | a) To indicate 3 points: Judges will raise his/her corresponding hand straight up at a 45-degree angle with palms facing outward, opposite hand at face height and with index finger moving in a circular motion |
| <u>2 Points</u> | b) To indicate 2 points: Judges will raise his/ her corresponding hand straight up at a 45 degree angle with palms facing outward |
| <u>1 Point</u> | c) To indicate 1 point: Judges will lower his/ her corresponding hand diagonally to the side with palms facing outward |
| <u>Clashing</u> | d) Fists touching in front of the midsection for clashing or non-confirmation. |
| <u>Un sighted</u> | e) Palms open with the knuckles facing out and in front of the eyes to express that the judge was unsighted in respect to the particular technique or target area or unable to confirm whether a scoring technique/foul. Non-confirmation. |
| <u>Contact</u> | f) Flag wrapped around the fist, extended out from the shoulder and pointing toward the side of the ring to indicate contact. |
| <u>Traveling</u> | g) Flag waved along the ring edge to indicate that the contestant has traveled outside the ring perimeter. On returning to the corner of the ring the judge maintains the signal to indicate a travelling infringement. If there is no rule infringement the judge keeps her/his hands to the side. |
| <u>Blocked</u> | h) To communicate that a technique was blocked, one hand is used to tap the upper part of the opposite arm. |
| <u>Too short</u> | i) To communicate that a technique is short of its target, the hands are held 20 centimeters apart in front of the abdomen. |
| <u>Too close</u> | j) To indicate that a technique was too close (incorrect distance) both open hands are crossed in an x shape and pointed upwards; hands on the chest. |
| <u>Missed target</u> | k) To communicate that a technique missed its target, one fist is moved horizontally across the abdomen. |
| <u>Grabbing</u> | l) To indicate that a competitor was grappling/wrestling/pulling outside the rules the judge grasps one forearm with her/his hand and tugs. |
| <u>Lack of defence</u> | m) To indicate that a competitor shows lack of defense (including charging and leading with the chin) & illegal technique the appropriate flag is waved in a circle above the judge's head. |
| <u>Ineffective tech</u> | n) To indicate that a competitor's technique was deficient in one of the main aspects of power, timing, distance or balance, was sloppy, lacking in "awareness", or that the attacker closed her/his eyes or looked away the judge will cross her/his open hands (knuckles facing out) in front of the lower part of the body. (Refer rule 6.1) |

9.2 Hand and Signals

A referee uses the following hand signals and terminology when announcing his/her decisions:

- | | |
|-------------------------|--|
| <u>Winner</u> | a) To indicate a winner the referee raises his/her corresponding hand (red or white) diagonally to the side above head height with the palm facing outward. The referee announces the score and "red (or white) side, winner." |
| <u>Award point</u> | b) To award point/s the referee announces "red (or white) side, point/s" whilst taking the corresponding arm across the chest and bringing it down at a 45 degree angle to the side of his/her body with the palm facing outward |
| <u>Draw</u> | c) To announce a draw the referee crosses his/her arms in front of his/her face and brings them down diagonally to the side at a 45 degree angle to the side with the palms facing outwards and says "draw." |
| <u>Official warning</u> | d) To signal a warning/penalty for a contact violation the referee turns to the appropriate competitor and raises one hand in a fist with the other hand covering it. At the same time he/she announces "red (or white) side, warning/foul for contact." Scale of penalties reference 7.2 |
| <u>Traveling</u> | e) To signal a warning/penalty for traveling the referee turns to the appropriate competitor and executes a rolling motion with his/her hands (right hand over left). The referee simultaneously announces "red (or white) side, warning/foul for traveling." |
| <u>Reconsider</u> | f) To request the judges to reconsider their decision the referee makes the appropriate hand signal to indicate the deficiency and then raises both palms upward to midsection height. (Refer rule 8.3) |
| <u>Avoiding combat</u> | g) To indicate a competitor avoiding combat or retreating without effective counter, who clinches unnecessarily, or who deliberately exits the area rather than allow the opponent an opportunity to score must be warned or penalized. The referee will raise hand above head to indicate 10 second warning is now in place. Competitor/s must initiate combat within 10 seconds with hand/leg technique to avoid penalty, once combat is initiated within 10 seconds referee will lower hand |

Note: Awarding penalty; referee will turn, face competitor bringing both feet together and with index finger pointing downward, moving in a circular motion, indicating competitor has failed to engage in combat

10. Stopping the Match

- 10.1 Only the referee has the power to stop the match. A competitor does not stop on the sound of a whistle but only on the referee's command. A competitor may request a time out to check an injury or to check his/her equipment.

Note: The referee does not have to grant time out if he/she feels it would take away the advantage of the other competitor. Time outs should be kept to a minimum. If the referee feels the competitor is using time outs to rest or prevent the other competitor from scoring, a warning shall be issued for the delay of the match.

10.2 Only the Arbitrator/Marshal or their appointed representative may interrupt the bout from outside the ring. They must attract the attention of the referee who shall then call "Stop."

10.3 If a coach wishes to lodge a complaint or protest, he/she shall notify Head table person, directly after bout who will then advise Chief Arbitrator/ Marshal

Note: Arbitrator/ Marshal will over-see all protests. After council with coach, senior referee and individual judges, he will make decision. The maximum time available to resolve a protest is 5 minutes.

10.4 Time out is not generally called to issue points or penalties. The referee should always do this quickly to ensure each competitor the benefit of the total time allowed for the bout.

10.5 The Chief Referee or Arbitrator/Marshal may replace referees and/or judges who are not proficient in administering the bout quickly, fairly and according to the NAS rules.

11. **Injuries**

11.1 In the case of an injury to one of the competitors, the bout shall only be stopped long enough for the First Aid Officer to decide whether or not the competitor can continue.

11.2 Once the FAO arrives at the ring, he/she has only one minute to decide if the injury requires treatment. All treatment must be done at the ring and must be completed within two minutes from the referee's announcement to "Stop" the bout.

11.3 If the injury is so serious that the above rule cannot be complied with, the bout must be terminated.

11.4 If a competitor falls, is pushed, swept, thrown or knocked to the mat and the referee does not consider a time stoppage is warranted due to contact or for medical or other assistance, the competitor must stand, unassisted within 10 seconds and resume the engagement. If a competitor fails to comply with this "10 second rule" he/she will be deemed unfit to continue and withdrawn from the competition.

Note: In other words, if the referee considers that the competitor has been injured as a result of the contest a Medical Officer will be called and the bout will be halted. If the referee considers that the competitors equipment is faulty and must be replaced an appropriate directive will be issued by the referee. In any other circumstance the competitor has 10 seconds to re-engage.

- 11.5 If the bout is terminated because of injury the officials must decide:
- a) The cause of the injury.
 - b) Whether or not it was an intentional injury.
 - c) Whether or not the injured competitor contributed to the injury.
 - d) The extent of the injury. (Superficial or severe.)
- 11.6 If the bout is terminated and one contestant is unable to continue but no rules were violated by the uninjured competitor, then that competitor wins by forfeiture.
- 11.7 If the uninjured competitor violated rules and this infraction caused or contributed to the injury, then the injured competitor wins by disqualification.
- 11.8 If the injured competitor is declared fit to continue by the FAO, then the bout shall resume.
- 11.9 A competitor who has been knocked out is prohibited from competing in the remainder of the competition.

Note: This prohibition covers all events including demonstrations and forms.

Note: If a competitor has blood on his/her gloves or uniforms he/she must replace the gloves or uniform prior to continuing the bout (for health reasons).

12 **Officials**

- 12.1 The UK Referee Board is responsible for the officiating at all NAS tournaments.
- 12.2 The Referee Commission is formed to consider protests and other major problem areas. It comprises of the Arbitrator/ Technical Director, the ring referee and one or more marshals/referees selected by the Technical Director.
- 12.3 The Technical Director acts as the Chief Official (CO) for the Region under the Chairman UKRB and National Technical Director.
- 12.4 Referees are appointed to administer the bouts.
- ❖ The Technical Director will exercise overall control of the rings where point sparring is being conducted and:
 - ❖ is empowered to interrupt the bout (refer to 10.2) to answer or deal with protests.
 - ❖ is empowered to interrupt the bout (refer to 10.2) if he/she feels the rules are not being applied correctly.
 - ❖ will act as Chief Arbitrator for point fighting.
 - ❖ is empowered to remove officials who are not performing at an acceptable standard.
- 12.5 The Technical Director may also appoint Arbitrator/Marshals as his/her delegate to oversee the general conduct of the officials and administration of the tournament.

13. Referee Powers

- 13.1 The power of the centre referee is as follows;
- a) The Technical Director shall appoint the referee to administer divisions/rounds/bouts.
 - b) The referee will be empowered to control the ring and the competitors.
 - c) The referee's first responsibility is the safety of competitors.
 - d) The referee may stop the bout to award points, warnings or penalties to ensure the smooth running of the bout.
 - e) The referee is the only person empowered to stop the bout.
 - f) The referee may issue unofficial warnings without confirmation of the judges.
 - g) The referee shall not award points or penalties without at least one judge voting to confirm his/her call.
 - h) The referee is also empowered to request judges to reconsider their opinion but is not authorised to over rule a majority decision.
 - i) All commands must be in English.
 - j) The referee will be responsible for the enforcement of the rules throughout the competition and to ensure that all scores, penalties and warnings are recorded.

Note! The referee must not be involved in any adverse discussion that affects character and or bias towards competitor during and after match

14. Arbitrator/Marshals

- 14.1 Arbitrator/Marshals are appointed to assist the administration of the competition, to oversee the conduct of the officials and to ensure the rules are applied correctly.
- 14.2 Arbitrator/Marshals may intervene to;
- a) Ensure the smooth operation of the match.
 - b) Ensure that the rules are applied correctly and fairly.
 - c) Ensure that the rules are applied uniformly and consistently.
 - d) Protect the safety of the competitor.
 - e) Uphold the standard of the refereeing and judging.
 - f) Clarify the application or the interpretation of the rules.
- 14.3 The types of intervention by the Arbitrator/Marshals are as follows;
- a) Halting the bout and asking an official for an explanation.
 - b) Halting a bout to counsel an official
 - c) Halting a bout and asking an official to reconsider a decision when a rule is contravened.
 - d) Removing an official who is not performing satisfactorily.
 - e) Halting a bout to warn coach breaching NAS code of behaviour.
 - f) Will hear and resolve all protests – maximum time allowed 5 minutes

15. Judges (two corner judges per match)

- 15.1 Judges are responsible for the following;
- a) The corner judges are to assist the referee to ensure the safety of the competitors.
 - b) The judges shall check the competitors before each match to ensure proper safety equipment is being used.
 - c) When the corner judge sees what he/she considers a legal score, he/she must indicate to the referee by means of a sharp whistle blast whilst at the same time raising the appropriate flag.
 - d) When one of the competitors leaves the ring the judge notifies the referee by blowing a series of blasts on the whistle and waving his/her flag along the ring perimeter.
 - e) If a judge observes an action that he/she feels is a violation of the rules, he/she must blow a series of short blasts on his/her whistle indicating to the referee and communicating his/her views.
 - f) If the referee is preoccupied the judge may call for time to be suspended in the case of injury or other incident likely to disrupt the continuity of the bout.
 - g) The corner judges/ referee will insure correct points are awarded before continuing match

Note: The red corner judge is charged with attaching and removing the red indicator belt/sash/cloth to the appropriate competitor. The white corner judge is responsible for ensuring that the scorekeeper displays the correct score.

16. Timekeeper

- 16.1 The timekeeper will be in charge of the clock.
- 16.2 The timekeeper will normally stop and start the time only on the command of the referee. However, at certain times the judges or Arbitrator/Marshals may delegate for the referee and call for time to be stopped.
- 16.3 At the exact moment time has run out the timekeeper calls “**time**” and throws the sponge into the ring.

17. Scorekeeper

- 17.1 The scorekeeper records all scores, warnings and penalties awarded by the referee.

The scorekeeper shall notify the referee when either competitor achieves an eight-point to nil lead or 15 points is achieved by either competitor

- 17.2 The scorekeeper must notify the referee when the official warnings add up to an automatic disqualification.

Note: The scorekeeper and timekeeper must be totally concentrated on the ring and their duties. They are bound by the same rules of impartiality and independence as binds the referee and judges ie they are not permitted to coach or cheer competitors.

18. Ring Assistant

- 18.1 The ring assistant shall organise the competitors so that there will be no delay between fights.

19. Uniforms and Equipment

- 19.1 All competitors must comply with the following;
- a) Each competitor must wear his/her traditional school uniform, subject to the following uniform requirements. The uniform must be in good condition. **NO STREET CLOTHES** are permitted. Further, hakama or other loose fitting clothing such as gowns or dresses are not permitted nor are any loose or swinging items of apparel such as cords scarves or long sleeves.
 - b) Sponsors advertising or logos may, subject to prior approval of the Technical Director, be worn on the uniform in the following manner;
 - I) Top of the upper sleeve, shoulder. The area must not be larger than 4 X 4 inches approximately 100mm.
 - II) Pants, on the side between the knee and the hip area.
 - III) If the promoter's sponsors do not want the competitors to wear advertising other than belonging to the official sponsor, then the promoter and the official sponsors must be prepared to provide equal sponsorship to the competitors. (The official sponsors' rights will always take precedence over other sponsorship arrangements where a conflict of interest arises.)
 - c) The safety gloves (open hand type) must have soft padding of no more than 2.5 cm when measured at the knuckle, be of robust construction and be manufactured from soft materials. All gloves must conform to 'The NAS policy on Competition Gloves' that provides guidance on the type of gloves that are acceptable and those that are not acceptable. For example, contestants may not wear boxing gloves, hard surface gloves or gloves in a dilapidated condition.
 - d) Foot protectors must have padding that will not slip out of place and must be large enough to cover 75% of the instep.
 - e) Shin/instep guards are compulsory and must not contain any reinforcing (hard components such as plastic, metal, wood, or bamboo).
 - f) Under no circumstances will competitors be permitted to don footwear in NAS competitions.

- g) All competitors in sparring events must wear Mouth guards.
- h) Male competitors must wear groin guards. All groin guards must be worn under the uniform pants.
- i) Safety gear may not have any buckles, straps or tape that might in any way cause injury during the bout.
- j) All competitors must have short (and safe) fingernails and toenails.
- k) All jewelry must be removed before a competitor enters the ring. This includes, but is not limited to, necklaces, bracelets, anklets, finger rings, nose rings, earrings, etc. Any metal or other rigid/sharp materials, for instance on belts or sleeves, must be removed.
- l) The Technical Director must approve non-compulsory safety equipment, such as headgear, bandaging, prosthetic limbs, or splints.
- m) Optical glasses are not permitted to be worn during competition for safety reasons; only contact lenses or optical goggles are permitted.
- n) Adult female competitors may wear an approved chest protector. Junior female competitors are encouraged to wear an approved chest protector. Groin guards are optional for female competitors.
- o) Hair must be arranged appropriately so that it cannot cause injury to the contestant or her/his opponent eg by swinging into the eyes. Hair clips bobby pins and other ornaments are not permitted. If a headband is worn it must be safe so that it cannot swing into the eyes of either competitor.
- p) The Technical Director or ring referee must be advised in advance of any physical or other medical conditions (including handicaps) that may inhibit or impact the performance of either competitor or the smooth running of the competition. For example, illness, disease, impaired hearing, artificial limb, etc. The referee will decide whether it is appropriate/ safe to for the competition to proceed.
- q) Officials must wear the official NAS uniform. That is, black trousers; white long sleeved shirt, official NAS tie, black socks and NAS approved footwear eg black kung fu slippers (canvas sole). Street shoes must be removed when officiating on the mat.
- r) For officials' non-regulation attire must not be worn on the ring (For example, bum bags etc.), nor as a substitute for the official uniform e.g. white sports/running shoes. If a long sleeve shirt is standard uniform the sleeves must not be rolled up. If clothing is worn under the white shirt is must be plain white without logos, advertising, pictures or other designs. Coloured singlet's undershirts or brassieres are not permitted.

Note: At all times Officials must abide by the NAS code of behaviour and are not permitted to hold positions as coaches within their own Organisations while officiating with the NAS, also while not officiating must not be seen, heard slandering, sledging or degrading other NAS Officials

20 Age

Age of competitors will be determined as of the 1st January in the current competition year..

21 Blood rule

Contaminated mitts and uniform/clothing must be changed (not taped over) to ensure no possible contamination to any other person results.

22. Miscellaneous

- 22.1 The UK Referee Board is empowered to develop guidelines in relation to NAS official's code of conduct, procedures and duty of care under the direction of NAS/ WASO Chairman Referees Board

Mr James Casey
Chairman NAS/ WASO
National, International Referee Board

V6.5 February 2009