



NATIONAL ALL STYLES

N.A.S. Forms Competition Rules

Traditional Weapons - Creative Weaponry Extreme - Demonstration Competition

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NAS Forms (open hand & weapons) and Demonstration competition – rules

1. Competition area

- 1.1. The Competition area shall be known as the ring.
- 1.2. The size of the ring shall be 8 x 8 metres of flat, clean competition area free of all hazards.
- 1.3. The ring surface may be padded or unpadded so long as all competitors in the same competition perform on the same surface.

Note. If the competition area is a raised surface, there must be sufficient space between the ring and the edge to allow safe competitor movement.

It is the responsibility of the referee to examine the ring to ensure that it is safe for competition.

- 1.4 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 as part of an official line up at a tournament would look dreadful. This standardised formality, which is NOT part of the preparation for fighting (on the part of the officials) aims to keep the bowing simple, neutral and uniform.

- 1.5 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. Competition rules

- 2.1. The official judging panel will consist of either:
 - a) One ring referee and two judges. State & National events
 - b) One ring referee and four judges. Nationals (senior male/ female black belt divisions)
- 2.2. The competitor(s) shall enter the ring from the outside area and choose an appropriate location from which to commence the performance. (This need not be the centre of the ring.) The competition will be conducted with the contestant facing the audience.
- 2.3. The officials will be located outside the ring area in the following manner:
 - a.) The ring referee shall be positioned in front of the competitor, two judges positioned to the left and right of the competitor.
 - b) The ring referee shall be positioned in front of the competitor, four judges positioned at each corner of ring
- 2.4. Competitors will perform the form/demonstration of their choice for evaluation by the officials. The performance will be judged from the competitor's commencing formality or salutation until the concluding formality.

Note! After formal bow-in is completed, time will start from first movement forward, side or backwards. End of match will finish last movement forward, side or backwards

- 2.5. The form/demonstration shall not be less than 20 seconds in duration nor shall it exceed three minutes in duration. 11 years and under will be exempted from the less than 20 second ruling, however all forms/ demonstrations should not exceed three minute.

Note! **Forms competition only**, the first competitor has an option to repeat her/his performance at the end of the round. The second result is the deciding factor for the competitor. There is no second chance for the first competitor if there are less than 6 competitors. This removes any bias that the first competitor may suffer because the Officials are still settling into their task; Ref 6.6

2.6. Musical accompaniment is permitted in the following events:

- a) Permitted for Demonstration/ Creative weaponry extreme - Weaponry competitions only (Not for standard forms competition).
 - b) Music is permitted at preliminary and National Championship with the following conditions.
 - c) Competitor will supply battery powered players and music
 - d) Recorder will be placed at corner of competition area
 - e) At no time is offensive language in music permitted at any NAS competition
 - f) Music will be kept to a minimum volume as not to distract other competitors in adjoining rings
- 2.7 All competitors will line up and sit at the opposite side on the ring to the Table Officials. This side being the side where the Chief Judge is seated during the Forms, Demonstrations and Weaponry events.

Note! In a team match all team members must face the same direction i.e. towards the audience.

3. Individual Forms and Team Forms competition

- 3.1. There shall be two categories of form/ demonstration competition:
- Individual
 - Team
- 3.2. Individual competitions will be exclusively male or female. However, male and female competitions within a division may be combined.
- 3.3. Team form competitions must comprise three competitors. That is, more than three competitors or less than three competitors do not constitute a team for this competition.
- 3.4. Synchronised Teams Forms competition;
- Adult male and female black belt teams can be all male, all female teams or mixed teams
 - Adult male and female novice teams can be all male, all female teams or mixed teams
 - Junior teams can be mixed male/female, 17 years and under

Note! Adult 18 years and above are not permitted in junior State synchronised team forms

- 3.5. In a multiple round event (two or three rounds) the competitors selected to progress beyond the first round will be listed for performance from the lowest to the highest score. That is, the lowest scoring competitor will perform first, and the highest scoring competitor will perform last.
- 3.6. Judging panel, Tie situation:
National All Styles tournaments where a panel of 3 judges are used
- All 3 judges award a score.
 - All 3 judges scores are calculated
 - Forms competition: If a tie situation occurs, second different form is required, Note! All divisions' other than male/female black belt open divisions are required to repeat same form.
 - If tie situation persists and the high/low system cannot determine a winner the Chief referee will decide winner.
 - Draw situation traditional weapons, all demonstration competition: Reference 5.8: page 9
- 3.7 National Championship: Male / Female Black belt forms will consist of a panel of 3 or 5 judges. Reference to a tie situation, refer 3.6

Note! In the event of a tie in the first or second rounds a second, different form must be performed, if the high/low method is not used. This tie-breaking form can be repeated in a subsequent round. In respect to junior, Veteran and novice/intermediate grades the tie breaking form does not have to be a different form.

4. For the purposes of NAS competitions, weapons are defined as implements that are:

- a) Traditional weaponry – 1 person only to perform in this event
- b) Employed in a combative manner i.e. in defensive and offensive manoeuvres;
- c) Not of a projectile nature;
- d) A genuine weapon is one that is not an imitation, a fake or sub-standard. That is, it must be a real, authentic weapon. Homemade weapons, Light weigh aluminium weapons will not be accepted in Senior traditional weaponry competition
- e) Considered safe in the NAS tournament environment i.e. are in good repair and not likely to break, fall apart or in some other manner endanger competitors, spectators or officials;
- f) Weapons performances must not cause damage to rings (mats) or the surrounding area equipment, e.g. striking the mat with a sword, staff or a sharp object
- g) All weaponry demonstrations must not endanger or cause harm to any NAS official during performance; reference (c)

Note! Non-authentic weapon “XMA” style or non-traditional aluminium, alloyed are not permitted in traditional weapons competition.

- 4.1 For the purposes of NAS demonstrations competitions all equipment, materials and ordinance (including clothing) for use in the demonstration must be deemed safe and appropriate by the NAS Chief Judge e.g. glass, pyrotechnics, projectiles, sprays, sharp objects, etc. may be ruled ineligible.
- 4.2 The ring referee is empowered to inspect all weapons and equipment, as discussed in rules 4.1 above, and to decide if they comply with the NAS safety and competition standards.
- 4.3 All weapons and demonstrations competitors are required to present weapons and equipment, as discussed above, to the ring referee for inspection and approval prior to the competition.

Note! Music is not permitted

5. Creative Weaponry Extreme

<u>Creative Weaponry Extreme</u>	Will be judged on the entertainment value
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The NAS Creative weaponry, will be judged on the entertainment value; interpretation, difficulty, execution, entertainment and theatrical performance

- a) Interpretation & difficulty is indicated by its degree of complexity and the techniques contained therein. A variety of directional changes, numerous variations of speed, the length of the demonstration, and multiple combinations may point to a high degree of difficulty. High-risk techniques such as explosive flying kicks, acrobatic skills, front or back flips, cartwheels, front or side leg splits, gymnastic movements or extreme exhibitions of flexibility.
- b) Execution involve: power and grace of movements, stance, posture and balance. Crucial aspects are also the correct application of strikes, blocks jump and other martial manoeuvres and techniques. These must be delivered with accuracy and, especially when in combination, they must be fully completed. All stances must be functional.
- c) Entertainment/Theatrical: All movements must be explosive & functional. They must be martial in character, reflecting martial principles. Along with the other essential features this demonstrates the contestants clear understanding of the movements. These must be presented with conviction, competence and sense of realism. In other words, the demonstration is not simply an exercise or a dance.

Note! Make reference to divisions on page 7 and their criteria.

5.1 Demonstration Competition:

Competitors will be judged with an emphasis on the entertainment value of the performance.

- a) Teams must consist of 2 or more persons.
- b) The demonstration must be martial art in character
- c) The performance must remain within the confines of 8x8 ring
- d) Adult props are prohibited in junior demonstrations
- e) Children 17 years & under are not permitted to compete in adult demonstration
- f) Demonstrations subject to the 3 - minute time rule; (rule 2.5)
- g) Music and battery-operated stereo to be provided by competitor

Note! Adult 18 years and above are not permitted in junior Demo/Creative weapons division

5.2 Creative Weaponry Extreme Competition:

Creative Weapons: non-authentic “XMA” weapons are permitted to be used in demonstration as Creative Weapons.

- a) 1 or more persons permitted.
- b) Scoring criteria: reference point 5, a, b and c
- c) The performance must remain within the confines of the ring and is still subject to the 3-minute time rule. (Rule 2.5)
- d) Music and battery-operated stereo to be provided by competitor

5.3 Demonstration Competition: Tameshi-wari (breaking techniques) are prohibited in NAS competition

5.4 Accepted Weapons Chart: Adult and children

Demonstration Competition: all rankings Accepted weapons, / Creative weapons competition. Reference chart below;

Note! All junior 17 years and under are prohibited from using a live blade weapon etc, during creative weaponry & demonstration competition.

<p><u>Creative Weaponry</u> Extreme</p> <p>ACCEPTED WEAPONS Adult - Children</p> <p>PERMITTED Aluminium weapons Alloyed weapons</p>	<ul style="list-style-type: none"> • Adult - Bokken or Wooden sword, Samurai sword blunt • Children - The Bokken or Wooden sword, Aluminium Samurai sword • Children - Nunchaku – foam padded - aluminium • Adult - Nunchaku – wooden - aluminium • Children/ Adult - Bo, Jo or Staff • Children/ Adult - Fighting sticks • Children/ Adult - Wooden, Aluminium, Alloyed kama (NO point or sharp edging) • Children/ Adult - Sai, Tonfa, Tetsubo • Children - Rubber knives – (adults blunt blade) • Children/ Adult - Chinese long pole with no point or sharp edging • Children/ Adult - Chinese single ended spear with no point or sharp edging • Children/ Adult - Wushu Sword – (blunt blade) • Children/ Adult - Tessen – Iron fan
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5.5 If there is a tie in a demonstration event and there are three judges the victor will be decided according to the ‘high/low’ system. If in any other circumstance or if the ‘high/low’ system fails to produce a result the Chief Judge will cast a deciding vote to select the victor.

Note: Because the tie may involve two or more contestants the chief judge may be required to decide not only a single victor but also second and third placing.

6. Scoring

- 6.1 Forms & traditional weapons competition: contestants will be measured against the NAS judging criteria, as outlined in Appendix 1: page 12
- Officials will award marks against each criterion to a maximum score as illustrated by the NAS tally sheet. Appendix 2: page 13
 - The rating scale of the NAS judging criteria indicates the characteristics against which officials must judge each competitor. Appendix 3: page 14
 - The essential features of the NAS judging criteria are further explained in Appendix 4: page 15. These features must be understood and strictly applied by each official in the judging

- 6.2 Creative Weaponry Extreme: will be judged according to the entertainment value. Reference, point 5 a, b and c

- 6.3 Competitors must remain within the confines of the ring (see rule 1.2) for the entire performance of their form, demonstration or weaponry. Failure to conform to this requirement will result in disqualification.

Note! This standard is particularly relevant to National and International competition; all competitors at this level are aware of the official size of the ring area and therefore should have structured their form, demonstration or weaponry to be performed within the confines of the 8x8. At no time can any part of a weapon leave the competition area, failure to conform to this requirement will result in disqualification

- 6.4 When scoring team (open hand and weapons) matches the Officials will apply the methodology outlined for individual competition in the above-mentioned rules.
- In addition, the Officials will consider the synchronisation of the team members
 - Will award marks according to the unison of timing, movement, rhythm, focus, power and technique.

Note: The breathing pattern should not be used as a timing signal. Judges will take into consideration any audible or visual signals that are used to synchronise the team performance when allocating marks. Generally speaking, teams that rely on audible or visual signals are unlikely to demonstrate high complexity or rhythm aspects. i.e. these cues are not associated with advanced performances regardless of the level of the form itself. In addition, the martial realism may be lacking as the unison is regimented or forced, sometimes giving the performance a robotic appearance.

- 6.5 **Forms Competitor Only**: The first competitor has an option to repeat her/his performance at the end of the round. The second result is the deciding factor for the competitor. There is no second chance for the first competitor if there are less than 6 competitors.

Note: This removes any bias that the first competitor may suffer because the officials are still settling into the task. However, there is no second chance for the first contestant in Demonstration events or Team Form events.

- 6.6 Draw situation: Team events – demonstrations, traditional weaponry & creative weaponry and creative forms competition:
- Team events: In the event of a draw, high/low procedure will be put in play, however if unable to separate the draw situation, Chief Judge will decide winner
 - Demonstrations, traditional weaponry, creative weaponry and creative forms divisions: In the event of a draw, high/low procedure will be put in play, however if unable to separate the draw situation, Chief Judge will decide winner

- 6.7 At the conclusion of the performance;
- The competitor will stand and wait for the judges scores
 - Once scores have been awarded and judges have finished displaying their scores to the table Officials, competitor will bow and exit the ring

Note: The timekeeper will read the scores out aloud as the scorekeeper records them. This allows the judges to verify that the score displayed is correct.

7. Penalties

7.1 Forms Contestants Penalties/ Disqualifications:

- Any competitor leaving the ring area 8x8 will incur disqualification.
- Adult male and female black belt competitor interrupt, forget the performance, fall unintentionally or leave the ring: Disqualification
- Junior ranks (veterans, novice and intermediate) divisions interrupt, forget the performance, fall unintentionally or leave the ring: Will incur a full point deduction from all judges
- Team forms competitors will be disqualified for the following, leaving 8x8 ring or forgetting form.
- Penalised 0.1 mark for every second by which the form exceeds three minutes or is shorter than 20 seconds.
- Team Forms - Disqualified if the team comprises less than or more than three contestants.

Note: Junior ranks (veterans, novice and intermediate) divisions are permitted to restart if they fall, forget or interrupt their performance. However senior Black Belt contestants are not permitted to restart after an unintentional fall, step outside the competition area, a lapse of memory or an interruption.

- 7.2 Table official will stand and advise to the ring and audience the time violation. The chief judge will then stand, announce to the ring and audience that the point deduction will be taken away by the chief judge's score only and the other judge scores unaltered.

7.3 Traditional Weaponry Competition-Penalties/ Disqualifications:

- Weapons may be placed on floor during demonstration with **no penalty**.
- Disqualification will occur for any weapon (any parts of) exiting the 8x8 competition area and forgetting form.
- If the weapon is dropped during the event, one (1) full point will be deducted from every Judge's score (the judges will deduct the point themselves prior to indicating to the table their score).
- Penalty of one full point from all judges will be incurred for the following: Back flips, side splits, and aerobic / gymnastic movements, twirling of weapon in the air or side to side. At no time is aluminium or homemade weapons permitted in traditional weapons division; reference note.
- Accidentally touching/striking mats will incur NO penalty, however deliberate, malice striking to mats; competitor may incur cost of repair or replacement of mats

Note! At no time is aluminium weapons, light bow/ jo or any other weapon that gives the competitor the edge in regard to speed and agility permitted in this division...also must capture the essence of classic martial art movement, showcasing the traditional techniques, stances, foot work and weapon...competitor will be disqualified!

7.4 Creative/Weaponry/Extreme competition -Penalties/ Disqualifications:

- Weapons may be placed on floor during demonstration with **no penalty**.
- Disqualification will occur for any weapon (any parts of) exiting the 8x8 competition area and forgetting form.
- If the weapon is dropped during the event, one (1) full point will be deducted from every Judge's score (the judges will deduct the point themselves prior to indicating to the table their score).

- d) Accidentally touching/striking mats will incur NO penalty, however deliberate, malice striking to mats; competitor may incur cost of repair or replacement of mats
- e) Team competitors will be disqualified for the following, leaving 8x8 ring or forgetting form.
- f) Penalised 0.1 mark for every second by which the form exceeds three minutes or is shorter than 20 seconds.

Note! Two or more competitors permitted in this divisions

- 7.5** Procedures on penalising a contestant by deducting points and or disqualification of a contestant; the judging panel will implement the following:
- a) Disqualification; Centre referee will stand proceed to competitor, advise him/ her of disqualification returning to seat, indicate to judging panel to raise their scores
 - b) 1 full point deduction; Centre referee will stand, inform the judges of the need to penalise the contestant for a rule infringement.
 - c) Time violation; Centre referee will stand, inform judges of the need to penalise the contestant for this rule infringement. Centre referee ONLY will deduct penalty points from competitor
 - d) The judges then prepare to display their score and the referee blows her/his whistle etc. as normal.
- 7.7** A competitor who fails to comply with all the NAS rules as outlined in this document will not be allowed to participate in the competition. If the Judges or Arbitrator/Marshals observe a rule infraction the performance may be stopped immediately, and the circumstances considered. If the infraction is considered serious or blatant or deliberate the competitor may be disqualified.

8. Officials

- 8.1** The Technical Commission shall comprise:
- a) The State Director who acts as the Chief Official (CO) acting under the Chairman National All Styles.
 - b) The Ring Judges, acting under the Technical Director.
- 8.2** The State Director may appoint Arbitrator/Marshals to assist in the administration of the competition and to develop the general judging and refereeing standard. The Arbitrator/ Marshals are empowered to intervene in matches to resolve problems and maintain the correct NAS standards. Types of intervention and examples of problems are contained in Appendix 5.
- 8.4** The Chief Judge is responsible for overseeing the conduct of the forms/demonstration match. The Chief Judge:
- a) Is empowered to begin, suspend, interrupt or conclude matches;
 - b) Deals with any protests by referring them in the first instance to the Arbitrator/Marshal, who may then decide to convene the Technical Commission if necessary;
 - c) Has responsibility for ensuring that all rules are complied with in accordance with the NAS Rules and Regulations.
 - d) is responsible for the attendance of all officials;
 - e) is responsible for the performance of the judges;
 - f) is responsible for the roles of the scorekeeper and timekeeper.
- 8.5** Officials will maintain an alert, involved attitude throughout the match. They must direct total attention and concentration to their ring.
- 8.6** The scorekeeper acts under the direction of the ring referee to:
- a) Consult the timekeeper to ascertain if there are any penalty demerits after each performance.
 - b) Calculate the score for each competitor.
 - c) Record the score and the timekeepers' advice on the scoresheet.

- 8.7 The timekeeper acts under the direction of the Chief Judge to:
- Announce the name of each competitor prior to their performance.
 - Time each performance.
 - Advise the scorekeeper of the time elapsed for each performance.
 - Publicly announce the individual judges' scores for the scorekeeper to notate.

9. **Uniforms/ Jewellery**

- 9.1 Each competitor in open hand and weapons competitions must wear his/her traditional martial arts school uniform, pertaining to his/her school and in good condition. NO STREET CLOTHES are permitted.
- 9.2 Notwithstanding the uniform rules referred to above, forms competitors will not be required to wear safety equipment such as gloves, pads, mouth guards.
- 9.4 Open hand forms competitors must not wear:
- Jewellery: on any part of the body is prohibited...competitor will be refused entry into event. Covering piercing with a band aid is not acceptable
 - Footwear: Reference 9.6 under note.
 - Loose clothing which obscures observation of the form e.g. Hakama or Japanese split pants, overmantel, dresses/gowns, etc.
- 9.5 Demonstration competitors are not bound by the uniform rules (c) contained in this section.
- 9.6 Weapons competitors are permitted to wear loose clothing such as Hakama.

Note! The chart below 'outlines' NAS rules on this issue in plain fashion

Open hand forms	NO Hakama	Traditional Kung-Fu Shoes Permitted
Weapon form	Hakama – Permitted	NO footwear
Demonstration	Hakama – Permitted	NO footwear
Sparring events	NO Hakama	NO footwear

10. **Age**

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

11. **Blood Rule**

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

Appendix 1. Objective Criteria

NAS Judging Criteria

The NAS uses three fundamental criteria for judging forms/ traditional weaponry. These criteria are the yardstick by which all competitors are measured.

The NAS forms & traditional weapon Judging

Forms / Weapon	Criteria
	Difficulty
	Interpretation
	Execution

These criteria are based on the principles of objectivity, equity and transparency. The difficulty and interpretation criteria have a number of essential features that provide the judge with guidelines for awarding marks. In addition, the execution criterion is further comprised of a number of major points such as technique, power, focus and rhythm, each of which contains its own essential features.

Appendix 2. Essential features Criteria

Scoring forms/ traditional weapons

Criteria	Major Aspects	Essential features
Difficulty	Complexity	Combinations, directional changes, Variations of speed, length of form, difficulty Of technique
	Level	Level of the form: related to the competitors experience and skill level
Interpretation		Virtuosity. Projection. Understanding of movements, competence and realism of performance. Conviction of contents
Execution	Technique	Stances, posture, balance. Correct application of strikes, blocks, kicks etc. Accuracy. Fully completed techniques and manoeuvres
	Power	Speed, body movements, breath control, Strength, tension
	Focus	Concentration of energy. Eye intensity. Precision of technique. Timing
	Rhythm	Fluid, continuous movement. Balance of hard and soft aspects. Contrast fast and slow movements. Smooth transition between stances and during directional changes. Constancy and continuity

Forms/ traditional weapons

SCORE	CHARACTERISTICS
7.46 – 8.00	<u>(Aura of excellence)</u> Not used unless required, very high level of skill, Master quality
7.25 – 7.45	<u>(Excellent)</u> Performed with virtuosity, excellent technique and form. Exceptional martial expression. Consistent rhythm, timing and focus of attention. Harmonious balance of power, speed and breathing
7.10 – 7.24	<u>(Above Average)</u> Minor errors of technique, rhythm, form or posture. Competent performance. Eye intensity, breath control very good
6.80 – 7.09	<u>(Average)</u> Minor errors of technique, rhythm, form or posture. Competent performance. Eye intensity, breath control good
6.50 – 6.79	<u>(Below Average)</u> Pronounced deficiencies in one or more of the essential features (poor posture, loss of balance, lacking in martial interpretation) numerous errors
6.00 – 6.49	<u>(Poor)</u> Poor execution. Numerous omissions. Major errors
0.00	Disqualification

Appendix 4 NAS Forms/ Traditional Weapons Judging

Essential Features

The NAS rules comprise three basic criteria for judging forms/weapon

Each criterion is composed of a number of essential features. These are common to all martial arts systems. They have been selected to provide an objective and transparent method of assessment that, whilst maintaining the essence of the martial arts, can be applied equally to all competitors. Under this method the judges are encouraged to reward effort and virtuosity.

Difficulty: Scores are awarded according to the difficulty of the form demonstrated. There are two aspects of difficulty, the first of which is concerned with the form itself.

A forms' difficulty is indicated by its degree of complexity and the techniques contained therein. A variety of directional changes, numerous variations of speed, the length of the form, and multiple combinations may point to a high degree of difficulty. High-risk techniques such as flying kicks or a single leg balance may also influence the difficulty factor.

The second aspect is related to the correct choice of form by the competitor. A form should be selected which is of an appropriate level according to the competitor's skill and experience. An inexperienced competitor who performs a high level or difficult form risks being penalised if the performance does not match the demands of that form. Similarly, an experienced or highly skilled competitor will not be rewarded if a low level form is selected.

Interpretation: The competitor's interpretation is the expression of those features that distinguish martial arts forms from a pure athletic performance. Often referred to as "spirit", these features are not easily described in a tangible fashion that permits easy identification. Nevertheless, they must be identifiable in order that they may be judged. Spirit, for example, is intangible, it is not measurable, it has a different a meaning for different people and it may be subject to a system or style's particular interpretation.

In the competition environment, these features are considered by judges as complementary to the physical technique of the form.

The virtuosity of a competitor is projected in the meaning of the form. Along with the other essential features this demonstrates the contestants clear understanding of the movements. These must be presented with conviction, competence and sense of realism. Excessive or flamboyant movements, unnecessary facial expressions and non-combat related movements detract from the form. "Tricks" such as slapping the uniform, repetitious basic movements, should not distract from the basic form.

It is the competitor's individual interpretation of the form that is presented but it should not be dramatic or theatrical. (These elements are demeaning to forms. They are reserved for demonstration events and are not rewarded in a form competition.) All movements must be functional. They must be martial in character, reflecting martial principles. In other words, the form is not simply an exercise or a dance.

Execution: Four major aspects are identified as part of the execution criterion. To a degree each is interrelated and dependent upon the others and yet each remains distinct. These major aspects are technique, power, focus and rhythm. Each has its own essential features.

- Techniques involve the correct demonstration of stance, posture and balance. Crucial aspects are also the correct application of strikes, blocks and other martial manoeuvres and techniques. These must be delivered with accuracy and, especially when in combination, they must be fully completed. All stances must be functional.

- Power refers to the correct application of force as dictated by the appropriate combination of speed, body movement, breath control, strength and tension. An excess of any of these or a deficiency of any diminishes the effective transmission of power. The application of power relies also on maintaining the correct centre of gravity throughout a sequence.
- Focus refers to the concentration of the competitor and the attention to each aspect of the form. It refers also to the precise application of technique. To this extent timing is also an important element of this feature.
- Rhythm is the glue which binds together the form. Rhythm combines the techniques into a fluid continuum. It balances the hard and the soft aspects, contrasts the fast and the slow, introducing a smooth transition between stances and directional changes. It provides the constancy and the continuity of the form so that it is not merely a series of unrelated movements.

Appendix 5 Arbitrator/ Marshal Intervention

Type of intervention:

- Halting the match and asking a referee or judge for an explanation
- Halting a match to counsel a referee or judge(s)
- Halting a match and asking a referee or judge to reconsider a decision when a rule has been contravened.
- Replacing a referee or judge (this can include a form competition if the referee or judge's performance is sufficiently poor)
- Counselling immediately after an event and special monitoring of the next performance.
- Over-ruling a match & asking judging panel to redo a match due to rule infringement

Reasons for intervention

- Ensure the smooth operation of the match
- Ensure that the rules are applied correctly and fairly
- Ensure that the rules are applied uniformly and consistently
- Protect the competitor's safety
- Uphold the standard or the refereeing and judging
- Clarify the application or interpretation of the rules or over-rule a decision

Examples of problem areas – forms competition

- Judges posture signifies he/she is losing concentration
- Judge is looking at other courts, or otherwise distracted, appears disinterested, etc.
- Inconsistent scoring (often a retrospective assessment)
 - are high or low scores consistently awarded to a particular system/style/club/region
 - scores should not vary greatly between judges at a senior competition
 - is there a pattern to emerge from the scoresheets?
 - Look at the spread of each individual judge's scores. Do they fluctuate widely? Are they relatively consistent with the scores of the other judges?

Examples of bias/discrimination:

- A judge does not get his/her eye in for the first couple of contestants.
- One judge is less experienced and does not recognise the skills required in, for instance, a soft Chinese form.
- A momentary lapse means a judge misses a stumble or loss of balance
- A judge "glazes over" and fails to recognise a superior execution of form

- e) A judge holds strong personal preferences e.g. for high kicks, for many loud kiai's, for athletic features such as somersaults, etc.
- f) A judge has just watched 5 performances of the same form. The first competitor to do a different form may be disproportionately rewarded.
- g) There will generally speaking, always be a degree of bias for your own style/club/region etc. A less experienced or conscientious judge may not control this adequately.
- h) Conversely, a judge may be more severe on a style/club that he/she is familiar with because of a personal conviction that the form "should be done this way".

CODE of CONDUCT

Instructors, Competitors take notice!

The rights and dignity of all officials must be protected at all times during competition and at no time are instructors, coaches, competitors or parents permitted to abuse, make offensive gestures or threaten any NAS official. Please remember they are volunteers and give their time freely for the good of martial arts!

Parent's attending NAS events, Code of Conduct:

Parents are not permitted to protest or air their concerns directly to NAS Officials this is the responsibility of Coaches from within their style their child/children train under.

Note! All complaints/concerns are to be forwarded to your club instructor. Instructor, if he/she feels it is necessary will forward complaint/concerns to State Director

They will abide by the NAS conduct, be a good sport! Abusive language, offensive gestures, booing of other competitors/Officials will not be tolerated you risk being evicted from the days competition and attending any further NAS events

Coaches conduct during match

At no time are coaches permitted to show unsporting conduct during competition towards officials

Abusive language, swearing, offensive gestures or finger pointing, encouraging officials to change decision is not permitted at any NAS event

1st Warning: Official warning and advised by official you risk your competitor being disqualified. Instructor's put-on notice to refrain from out-bursts

2nd Warning: Competitor will be disqualified. Instructor put on notice any further out bursts throughout the day you will be asked to leave the event immediately also you risk entry into any further NAS events competition will incur suspension from further NAS events

Competitor's, Coaches & Parents; conduct during match

At no time are competitors to show unsporting conduct towards Management, competitors or officials.

Abusive language, swearing, offensive gestures or encouraging officials to change decision is not permitted at an -NAS event

Notice to all competitors, Coaches & Parents: you risk being severely penalized, disqualified or suspended from any further NAS events throughout Australia

Mr James Casey
Chairman NAS/ WASO
Australian Referee Board