



PRO-MAC RULE BOOK 2017

The Complete Rules for PRO-MAC Sanctioned Martial Arts Tournaments

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PROFESSIONAL MARTIAL ARTS CONFERENCE, INC
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Article I. GENERAL COMMENTARY

Section 1.01 General Commentary

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

Section 1.02 Mission and Goals

The mission of the Professional Martial Arts Conference is to unite like-minded promoters with the common goal of growing and enhancing the sport of competitive martial arts.

In order to accomplish its mission, the PRO-MAC has established the following goals:

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

Article II. OFFICIALS CERTIFICATION

Section 2.01 Purpose

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

Section 2.02 Requirements of Certification

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

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

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

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



Section 2.03 Benefits of Certification

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

Section 2.04 Officials Dress Code

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

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

Article III. BASIC PRO-MAC RULES

Section 3.01 COMPETITOR

Each competitor must present him/herself to the referee suitably attired with proper uniform and equipment and physically prepared to compete. If he/she is not prepared to compete as deemed by the center official, the competitor may be penalized for delay of time.

Section 3.02 COMPETITOR RESPONSIBILITIES

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

Section 3.03 LEGAL AGE RULE

All competitors have the option of competing in the same division all year long for rating purposes, by establishing a legal competition age for the year. The age a competitor is on June 30th of the current competition year is their legal competition age for that year. They can compete all year at that age so he/she can earn rating points in one age division all year. A competitor can always compete in his/her chronological age if they chose.

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



Section 3.04 PROOF OF AGE RULE

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

Section 3.05 RANK RULE

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

Section 3.06 LATE ENTRIES

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

Only exception to this rule is the "Fairness Rule" at the end of this rules summary.

Section 3.07 UNDER BLACK BELT RULES

PRO-MAC does not regulate UBB rules, but has guidelines for promoters to follow for the purpose of safety. Some promoters will post the rules to be used in the UBB competition. This is not regulated by PRO-MAC. PRO-MAC does however have a set of standard divisions promoters use for the purpose of ratings. PRO-MAC is constantly revising these divisions for fairness and competitiveness. Please always contact the tournament promoter concerning Under Black Belt rules.

Section 3.08 WEIGHING-IN

It is mandatory for all adult fighting competitors – who are in weighed divisions – to weigh in before competition. Only one official weigh-in is required. All competitors must fight in his/her weight division. A competitor cannot fight 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.

Section 3.09 RING REQUIREMENTS

The size of the fighting and form adult black belt rings shall be approximately 20' x 20'.

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

Section 3.10 FAIRNESS RULE

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



Section 3.11 DIVISIONAL, TOURNAMENT, AND ORGANIZATIONAL DISQUALIFICATION

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

Article IV. EQUIPMENT AND UNIFORMS

Section 4.01 UNIFORM

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

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

Section 4.02 REQUIRED AND RECOMMENDED SAFETY EQUIPMENT

PRO-MAC approved headgear; hand and footpads, mouthpieces, groin cups (for male competitors only) and chest guards & face shields (for all competitors 17 year old and younger) are recommended but not required.

The competitor's equipment will be checked and if it is deemed unsafe, he/she will be asked to change the equipment before he/she can compete. Insufficiently padded gloves, foot, chest and head gear will not be allowed. Equipment must be in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury.

The tournament's official rules arbitrator ultimately determines the approval or denial of the equipment. Shin pads, elbow pads and rib/chest guards are highly recommended for additional safety to all sparring competitors in all divisions.

- (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. (Note – PRO-MAC has approved the use of “Ringstar” sparring shoes in all sparring divisions, with the same stipulations placed on other approved sparring gear.)
- (c) **Head Gear:** The front, sides and back of the head must be covered by a soft padded surface. In addition to the head gear, a face shield is recommended but is not 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. Rib guards that cover only the abdomen area are not approved chest guards.
- (e) **Mouthpiece:** A properly fitted mouthpiece is required.

Article V. OFFICIALS

Section 5.01 ROLES AND RESPONSIBILITIES

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

- (a) The **Judges** call points and rule infractions as they see them. They also vote on disqualifications. The Center Official also calls points and rules infractions but is also in complete control of the ring and ring personnel.
- (b) The **Center Official** make all final decisions on penalty points and warnings (except for disqualifications) but can consult judges before making their decisions.
- (c) The majority vote of the judges and referee determines a scoring point and/or a competitor's disqualification.

Section 5.02 CENTER OFFICIAL

The Center Official is the most experienced official in the ring and is thoroughly versed on 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) awards points;
- (c) makes penalty decisions;
- (d) administrates the voting of the other judges;
- (e) communicates clearly with the scorekeeper and timekeeper;
- (f) and announces the winner of each match.

Section 5.03 ADDED POWERS TO THE CENTER OFFICIAL:

The Referee is also maintains responsibility for the following additional powers:

- (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 power to disqualify a competitor who receives (3) penalty points;
- (f) Has power to issue time-outs. A competitor can ask for a time-out, but it is the determination of the referee to issue one.
- (g) NOTE – The disqualification of a competitor, where disqualification is not automatic, is determined only by a majority vote of the judges.

Section 5.04 NUMBER OF OFFICIALS

2 or 4 PRO-MAC judges and one PRO-MAC referee are allowed in all weapons, forms, and sparring divisions (4 or 6 judges and 1 referee are allowed in weapons and forms grand championships). **If only two judges and one referee are used in the weapons and form divisions, the Maximum Deviation Rule will be used in all form and weapon divisions.**



Section 5.05 REMOVAL OF OFFICIALS

If a competitor feels that an official should be removed from a form or weapon division for good reason, he/she must file a protest before the division begins. If a competitor feels that an official should be removed from a sparring division, he/she may file a protest at any time. It is totally up to the center referee and the rules arbitrator to determine if an official should be removed.

Section 5.06 PROTEST

A competitor has the right to protest an infraction of the rules or if a possible mistake was made (not a judgment call).

- (a) If a competitor wishes to protest, he/she should first let the referee know he/she believes there has been an infraction of the rules or a mistake has been made.
- (b) The referee will summon the arbitrator to the ring (if the referee cannot properly settle the protest to the players satisfaction) to render a decision.
- (c) All protests must be made in an orderly, proper and sportsmanlike manner.
- (d) All protests must be made immediately.
- (e) Protests are not allowed once competition has resumed (after the fact protest).
- (f) A competitor may be penalized or even disqualified if he/she is protesting improperly or without proper cause.

Section 5.07 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/s, he/she shall call out the word, "STOP!" in a loud voice. The referee shall then returns the competitors to their starting marks and addresses the judges by saying "JUDGES CALL!" All judges and the center referee cast their votes simultaneously and assertively in the following manner.

- (a) **Judge Sees a Point** – He/she should hold up both colors or hold up one arm if colors are not being used. At the same time, he/she yells out the word "CALL!" in a loud, clear voice to let the referee know he/she has a call.
- (b) **Point Calling** – When signaled by the referee (referee says the competitor who scores the point. If a competitor scores a two point kick, the officials should hold up or point with two fingers (index and middle fingers). If only one point is being called, the "Judges Call" in a loud clear voice) a judge raises the appropriate color (red or white usually) if colors are being used or points to judge should point with only one finger (Index finger).
- (c) **No Point Scored** – An official crosses his/her wrist at waist level or holds both colors down to indicate that he/she believes that a point was not scored.
- (d) **Did Not See If A Point Was Scored** – The officials holds 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 position to see if a point scored. (When using this signal, it has the same effect as saying "no point", but it indicates to the referee, competitors and fans the reason why you are not calling the point).
- (e) **Clash** – Officials make a motion as though they are hitting both fists together, indicating that both competitors scored at the same time.
- (f) **Penalty** – The judge waves the color of the offending competitor in a circular motion. If no colors are used the judge waves the hand and arm in a circular motion while pointing at the offending competitor.



- (g) **Disqualification** – A disqualification vote is taken separately from any other vote. When a disqualification vote is asked for, the referee will say, “JUDGES CALL”. The judges will then hold the color or point to the competitor who is to be disqualified. If the judge does not feel the competitor should be disqualified, he/she crosses his/her wrist or holds both colors down at waist level.

Section 5.08 LATE CALLS

All officials should make their calls at the same time. If, in the opinion of the referee, the corner judges are making a late call intentionally, the referee 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).

Article VI. SCORING RULES – SPARRING (See Also Article XI – Black Belt Team Sparring)

Section 6.01 ORDER OF COMPETITION

Once the final call for the sparring division are made at ringside, the division is ready to run. The competition cards should be collected and counted (if competition cards are not used, count the competitors) to see if byes are needed. If byes are needed, they will be picked randomly.

- (a) Competitors cannot pick whom they want or do not want to fight.
- (b) Matches should always be selected by random, but certain allowances may be given to competitors from the same school or team that are matched up in the first round of competition. They may be separated randomly from each other in the first round if possible.
- (c) In the youth division, the competitors should be lined up by height (smallest to the tallest) and split into tall and short divisions if required or offered.
- (d) Determining tall and short divisions is for safety reasons, not just to split the division equally.
- (e) At PRO-MAC/ NASKA world tour events, a true break in size should be found to determine the taller competitors from the shorter competitors.
- (f) Once the tall and short divisions are determined by height, determine who fights whom by random draw.
- (g) Consideration should be given to competitors who are from the same school or team that have been drawn to fight each other in the first round.

Section 6.02 LENGTH OF MATCH

The length of a match will be two minutes running-time unless a competitor is seven points ahead (Seven Point Spread Rule) before time has expired.

- (a) If a match is tied at the end of two minutes, a sudden victory (first person to score a point) overtime period will determine the match.
- (b) At the 1 minute 45 second mark of a sparring match, the time keeper will shout out “FIFTEEN SECONDS”.
- (c) Overall Grand Championship matches are two, two-minute rounds.



Section 6.03 WHAT IS A POINT

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

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

Therefore, only sport karate techniques that would have incapacitated the opponent, at least momentarily, if the technique had not been controlled, are considered points. (Ex. A front hand to the body that does not have "focused control" is not considered a proper sport karate scoring technique.)

Section 6.04 GENERAL RULES

- (a) All regular PRO-MAC **Light** touch point calling rules will apply.
- (b) Out of Bounds, falling down or excessive running (as determined by the head official) around the ring will be considered an attempt to avoid competition and the other competitor will be awarded a point.
- (c) A competitor is consider out of bound when they have both feet off the sparring area (mat). If the competitor is out of bounds without being kicked out or physically pushed out of bounds, their opponent will receive 1 point. (See also Section 4.18)
- (d) If a competitor goes out of bounds while the other competitor is kicking or punching, near the competitor WITHOUT actually touching the competitor, the competitor will be considered leaving the sparring area to avoid competition and the other competitor will receive a point. A fighter must stay engaged in the match if he goes at of bounds not to be penalized.
- (e) If the out-of-bound competitor is scored on, with a legal technique, before the center official calls STOP, then the in-bounds competitor can receive a score for the technique and the penalty point from the other competitor going out of bounds to avoid fighting.
- (f) If a fighter touches the ground / mat with, with any part of their body, except their feet or 1 hand, they are consider down.
- (g) A point cannot be scored by a down competitor and a downed competitor cannot be scored on. If an upright competitor strikes a down competitor, they can be penalized.
- (h) A competitor who leaves their feet while in-bounds, must land with 1 or feet in-bound to score a point

Section 6.05 POINT VALUES AND WINNER DETERMINATION

- (a) All legal hand techniques that score will be awarded one (1) point.
- (b) All legal kicking techniques that score will be awarded two (2) points.
- (c) All jump spinning kicks to the head are 3 points.
- (d) All penalty points awarded will be awarded one (1) point.
- (e) The competitor who is ahead by 7 points (7 point spread rule) before the end of the two minute time period is automatically declared the winner or whoever is ahead at the end of the two minutes is declared the winner.
- (f) All grand championship matches have a two-minute running time with a 10 Point Spread Rule or whoever is ahead at the end of two minutes.
- (g) All Black Belt Grand Championship and Overall Grand Championship matches, competitors must win by two points.



Section 6.06 MAJORITY OF VOTES

Points are awarded by a majority vote of all judges. The majority of judges do not have to agree on the same technique being scored, only that a point was scored. A majority of the judges calling the point must call a two (2)-point kick before two points can be awarded. Otherwise only one point is awarded.

Section 6.07 LEGAL, ILLEGAL, AND NON-TARGET AREAS

- (a) **Legal Target Areas:** Entire head and face, ribs, chest, abdomen, collarbone and kidneys.
- (b) **Illegal Target Areas:** Spine, back of neck, throat, sides of the neck, groin, legs, knees and back.
- (c) **Non-Target Areas:** Hips, shoulders, buttocks, arms, and feet.

Section 6.08 LEGAL & ILLEGAL TECHNIQUES

- (a) **LEGAL TECHNIQUES** are all controlled sport karate techniques, except those listed as illegal.
- (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 on a hard surface, any stomps or kicks to the head of a downed competitor, slapping, grabbing for more than one second, uncontrolled blind techniques, any uncontrolled throws, takedowns or sweeps and any other uncontrolled dangerous techniques that are deemed unsafe in sport karate.

Section 6.09 GRABBING

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

Section 6.10 SWEEPS, TAKEDOWNS, AND GROUND FIGHTING

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

- (a) A sweep must be deemed a proper sweep and not a kick, to be legal.
- (b) Controlled Takedowns and sweeps that are meant to take down an opponent are not allowed.
- (c) A point is awarded only when the legal sweep or takedown is followed up effectively legally and **immediately** with an appropriate sport karate technique.

Section 6.11 LIGHT TOUCH CONTACT

Light Touch Contact means there is no penetration or visible movement of the competitor because of the contact. Light touch is required to all legal target areas in all black belt sparring divisions. The face shield of a headgear along with the headgear is a legal target area.

Section 6.12 MODERATE TOUCH CONTACT

Moderate Touch Contact is defined as slight penetration or slight target movement. Moderate touch contact may be made to all legal target areas except the headgear, face shield and face.

Section 6.13 WARNINGS AND PENALTIES

- (a) NO WARNINGS are issued in PRO-MAC Black Belt sparring. Penalty points are issued immediately for breaking the rules.
- (b) A penalty point will be issues if a competitor, as determined by the center official:
 - (i) Goes out of bounds to avoid competition;
 - (ii) Falls down to avoid competition;
 - (iii) Runs around the ring to avoid competition;
 - (iv) Stalling and/or not attempting to engage the other competitor;
 - (v) Excessive contact, as deem by the center official;
 - (vi) Pushing a competitor out of bound, as deemed by the center official;
 - (vii) A coach stands up or leaves the coaches chair during the match;
 - (viii) Competitor refuses to leave the immediate sparring area and additional penalty point may be issued;
 - (ix) Late strikes after call to stop;
 - (x) Retaliation strike from a competitor.
- (c) Once a competitor receive 3 penalty points they are disqualified.

Section 6.14 DELAY OF TIME PENALTY

An automatic warning will be issued to the competitor. A penalty point will be issued for each minute the competitor is not properly ready to compete. Upon 3 penalty points the offending competitor will be disqualified

Section 6.15 OTHER PENALTY RULES:

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. If, in the opinion of the referee and/or the medical personnel, a competitor cannot continue because of an injury caused by an illegal penalized attack executed by his/her competitor, the offending competitor shall be automatically disqualified.

Section 6.16 OTHER CAUSES FOR PENALIZATION

Attacking illegal and non-target areas, using illegal techniques, running out of the ring to avoid fighting, falling to the floor to avoid fighting, continuing after being ordered to stop, excessive stalling, blind, negligent or reckless attacks, uncontrolled techniques, showing unsportsmanlike behavior by the competitor, his/her coaches, friends, etc., excessive contact, and delay of time are just some examples of possible penalization. (See new **Limiting Contact between Officials and Competitors for other possible penalizations.**)

Section 6.17 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 warned 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.

Section 6.18 OUT-OF-BOUNDS

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

Section 6.19 COACHING

The luxury of having a coach is something that most competitors do not have access to. Therefore, it sometimes can become an unfair advantage over a competitor who does not have a coach. The rules are made and enforced so no one competitor has an advantage or disadvantage over another competitor. Therefore, coaching is allowed but only under the following guidelines:

- (a) A **Coach** is defined as anyone who is trying to help one competitor in anyway. A coach could be but is not limited to a friend, parent, teammate, or an official coach.
- (b) Never, at any time, can a coach enter the ring without the referee's permission;
- (c) No abusive, violent, unsportsmanlike or overzealous coaching;
- (d) Coaches cannot ask for a time out unless they are protesting a rules violation (only the competitor may ask for a time out).
- (e) Coaches can never, at any time, interfere with the proper running of the ring or the decisions of the judges. The center referee can issue a warning to a competitor for each time his/her coach is interfering with a match or disrupting fair play between contestants. A referee can ask for a disqualification of a contest, but requires a majority vote of all judges.
- (f) If a coach's chair is provided, the coach must stay in the chair during the match. A coach's player can be penalized during a match if they leave the chair without permission of the head judge. The head judge determines the severity of the penalty base on the coach's conduct.

Section 6.20 INJURED COMPETITOR

- (a) If a competitor is injured not due to a penalty they are allowed **4** minutes to determine if they can continue. After the time has expired, they must continue or will be declared unable to continue.
- (b) If it is determined the injured competitor cannot continue due to a penalty as determined by center referee and judges the uninjured competitor is **disqualified**.
- (c) If the competitor cannot continue **due to a penalty**, the injured competitor will receive 7 points as a results of the disqualification. The competitor who committed the violation will get 0 points.
- (d) If a competitor cannot continue because of an injury where there is no penalty call, the uninjured competitor will receive a 7 point spread.



- (e) If something happens in any PRO-MAC sparring competition that cannot be answered by the rules stated, the "PRO-MAC Fairness Rule" will come into play.

Article VII. SCORING RULES – FORMS AND WEAPONS

Section 7.01 MAXIMUM DEVIATION RULE (See also Article XI)

Since the high and low scores are not dropped when three officials are used in form and weapons, the maximum deviation rule limits the impact of a single judge's score to control with his/her high or low score the outcome of placement. The judge's score that is between the other two judges scores (middle score) is considered the middle score. Once that score has been determined, the other two judges cannot be higher or lower than .02 points of that middle score. If their score is higher or lower than .02, they must adjust their score up or down accordingly to that .02 maximum deviation. See complete Maximum Deviation Rule for more details.

Section 7.02 DELAY OF TIME PENALTY

A .01 point will be deducted from the offending competitor's final score. Each minute the competitor is not ready to compete, .01 points will be deducted for his/her final score. If a competitor is still not ready to compete after 3 minutes, he/she will be disqualified.

Section 7.03 TIME LIMIT

Each divisional form or weapons routine must be three (3) minutes or less. The time starts once the competitor enters the competition ring. Four (4) minutes is allowed for each form or weapons routine in the Night Time Finals. Each team form and/or demo routine as a four (4) minutes time limit. Any competitor, team form or team demo that goes over the allowed time limit is automatically disqualified. At the 2 minute 45 second mark of a competitor's form the time keeper will shout out "FIFTEEN SECONDS".

Section 7.04 ORDER OF COMPETITION

The competitor will be drawn randomly for the order of competition using the **myUventex** scoring and registration system. 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 also Article VIII).

Section 7.05 SCORING RANGES OF FORM 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 gave the same score for the tied competitor, the judge that gave the same scores must be ask to make a decision and break the tie.
- (b) All judges must make scoring decisions by giving different scores to the competitors.
- (c) Ties for 5th through 8th place are never broken. They will remain tied and all will receive points and awards. If there is a tie and there is not a majority judge's decision and no judge gave the same score to any one competitor, the tied competitors will compete again and be scored again.



Section 7.06 DROPPING A WEAPON

If a competitor drops his/her weapon during the eliminations they will not be scored and will be disqualified. They are encouraged to complete their form but are not required to continue.

If a competitor drops their weapons during the finals, they are not disqualified unless they drop twice or do not finish their weapons form. (See Section 8.07 for complete dropped weapons rules).

If a competitor drops their weapon and it goes out of bounds or hits anyone, they will be disqualified and will not receive any score.

Section 7.07 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 the center referee will instruct the scorekeeper to subtract **.50 points** from the competitor's final score.
- (b) The three-minute time limit will start over.
- (c) A competitor can only start over one time for scoring.
- (d) If a competitor has to start over not due to his/her negligence, he/she will not be penalized on the start over.

Article VIII. RELATIVE RANKING

Section 8.01 RELATIVE RANKING RULE

The Relative Ranking Rule has replaced the old "score-as-you-go" system in all divisions at all PRO-MAC 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 starts with very low scores gradually raises his/her scores as the divisions progresses.

Section 8.02 HOW IT WORKS

For the Relative Ranking Rule to operate properly, all judges must use the scoring worksheets provided in the ring boxes. As each competitor runs their form, they are given a place number relative to the competitor who has already run. (For example, each judge gives the first competitor up a "1" next to his/her name on the worksheet.)

The next competitor gets a "2" if their form is not as good; or if their form is better, they get a "1" and the first competitor get his "1" changed to a "2". The third competitor then gets a number that grades his form relative to the first two, and so on down the division. When all competitors have run, each judge's Worksheet will have all the competitor's names listed in the order they ran, but with numbers next to their names that reflects their place relative to one another.

EXAMPLE IF FOUR COMPETITORS ARE IN DIVISION

JOHN DOE	II	9.98	2 nd
BOB SMITH	III	9.96	3 rd
KEN BLACK	I	9.99	1 st
LARRY JAY	IIII	9.95	4 th



The Center Judge will then allow up to two minutes for the judges to assign decimal scores to each competitor based on their relative ranking. Each judge decides how high to score his number "1" competitor – usually a 9.99 or 9.98 in the black belt divisions – and assigns that score to the top competitor. The number "2" competitor will be scored one-hundredth lower at 9.98 or 9.97 (or even lower if the judge feels there was a great gap between the number "1" and number "2" competitors). Number "3" will get a score at least one-hundredth lower than number "2, and number "4" will get a score at least one-hundredth lower than number "3".

This is done until all the competitors are ranked relative to each other. None of the top four competitors ever receives the same score, and the top four scores a judge gives are only given once. A judge may give the same score to competitors he/she has ranked as "5" or lower, though it is discouraged unless there are many competitors in the division and giving incrementally lower scores would take the lower-ranked competitors to scores that were undeservedly low. (Judges may prefer to use slash marks rather than numbers to rank each competitor: I, II, III, IIII and so on. By using this method you do not have to mark out or erase as often, you only add slashes.)

Once all judges are ready, the Center Judge will have each competitor step forward as his or her scores are announced, using the Maximum Deviation Rule.

Article 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.

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

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

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

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

Article X. PRO-MAC FORMS AND WEAPONS DIVISIONS

Section 10.01 TRADITIONAL

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

Forms may be unmodified or modified from what a system or school considers to be the original version of the form; however, performance of the following movements will result in a downgrade of the form, or upon unanimous vote of the judges, a "no score" as a form inappropriate for the division:



- (a) Movements that involve more than a 360 degree spin;
- (b) Require the body to be inverted more than parallel to the floor;
- (c) More than two kicks with the same leg without putting the foot down in between;
- (d) Front or back flips;
- (e) Cartwheels;
- (f) Front or side leg splits;
- (g) Releases of the weapon other than simple hand switches;
- (h) or any other gymnastic movements or extreme exhibitions of flexibility or agility with the body or weapon that are deemed in the opinion of the judges to be inappropriate for the division pursuant to the general guidelines set forth here. (EXCEPTION – A Forward Roll is a legal Traditional Technique.)

Commentary

There has been a great deal of debate among reputable martial artists regarding whether a form or series of moves are outside of the bounds of the Traditional Division. Because PRO-MAC is a tournament circuit open to all styles and schools (across the nation and around the world) and from which judges are utilized, each competitor must make his or her own decision regarding whether to include movements, which might be to be objectionable for the Traditional Division. Just like the extreme and creative competitors, the traditional competitors will try to extend the base of the rules that govern the traditional divisions to gain an advantage over their competition. If there is something performed in a traditional form or weapon division that is not covered by the above rules, the PRO-MAC Commissioner and Director of Officials will make the decisions if a technique is a legal or illegal move.

Section 10.02 CREATIVE

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

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

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

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

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

NEW – The following techniques are legal in the Creative Divisions and will be score as any other techniques (power, speed, balance, and proper execution):



- (a) Butterfly kick;
- (b) Illusion kick;
- (c) Forward Roll;
- (d) Kip Up.

Commentary

The Creative Division is intended for those competitors who do not wish to compete with a strictly traditional form, and/or do not wish to compete against other participants who execute extreme gymnastic-type movements.

Over the past several years, it was often observed that judging these "creative" forms in the same division with forms including extreme martial arts "tricks" was essentially comparing apples and oranges, and to be more fair to the participants these divisions should be separated. PRO-MAC has therefore created a separate "Extreme Division", as detailed below, separate and distinct from the Creative Division, thus allowing the Creative Division to include only those forms with movements that originate more inherently from the classic martial arts systems.

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

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

New Revisions

The following are techniques that are legal in the Creative form/weapon divisions: Butterfly Kick, Illusion Kick, Forward Roll and Kip Up. They will be scored as any other techniques: power, speed, balance and proper execution.

Section 10.03 EXTREME

The Extreme Divisions allow the competitor to perform any movements whether they originate from traditional or contemporary martial arts systems or otherwise. However, (1) at least half of the form must originate from martial arts techniques, and (2) the competitor must execute at least one technique that involves an inverted move or greater than 360 degree spin.

Emphasis is placed on:

- (a) the quality of execution of techniques and movements;
- (b) martial arts skills,
- (c) balance, speed, and power;
- (d) 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. Inclusion of other movements, or the performance of a form or weapons form meeting the criteria above for a Traditional or Creative form, will



result in a downgrade by the judges, or upon a unanimous vote of the judges, a “no score” as a form inappropriate for the division.

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

Commentary: As martial arts evolves from the Traditional to Creative to Extreme, this category allows for the integration of techniques and movements from all martial art styles, gymnastics, acrobatics, dance, and athletic disciplines. If a competitor wishes to participate in a division with moves not permitted in the Traditional and Creative Divisions but meeting the guidelines described here, the competitor should compete in the Extreme Division.

Section 10.04 MUSICAL

The Musical Divisions requires an empty hand form or weapons form to meet all the above criteria for a Traditional, Creative, and Extreme form, and additionally meet the requirements of the “Divisional Music Rule” below.

Section 10.05 DIVISIONAL MUSIC RULE

Music Choreography should be judged as follows:

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

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

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

Commentary: If a competitor receives a “no score” decision by the judges because they feel the competitor’s form is not appropriate for the division, the competitor is not allowed to redo his/her form or weapon form in that division. It is the responsibility of the competitor to read and understand the rules of the division he/she is competing in before competition starts.

Section 10.06 GRAND CHAMPIONSHIPS AND OVERALL GRAND CHAMPIONSHIPS

All competitors must compete in any Grand Championship and/or Overall Grand Championship with the style of form 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 of the divisions they won.

All competitors may still use music in all Overall Weapons and Forms Grand Championships and Runoffs, but in Divisional Weapons and Form Grand Championships, music may only be used by competitors in the CMX Divisional Grand Championships (this includes creative and extreme winners).

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

Section 10.07 LOSS OF WEAPON CONTROL IN FINALS AND OVERALL RUN-OFFS

- (a) Loss of Control is divided into three categories and penalties:
 - (i) *Category 1 = bobble but no interruption of form = .01 to .03 deduction (Discretion of the judges)*
 - (ii) *Category 2 = form interrupted (usually a drop) = .05 deduction*
 - (iii) *Category 3 = if the weapons goes out of bounds and/or off platform, or the competitor strikes a spectator, judge, or other person with the weapon regardless of intent = disqualification*
- (b) Deductions are mandatory, and each judge deducts from his or her score before figuring their Relative Ranking order.
- (c) If a competitors drops their weapons twice they will be disqualified.
- (d) Score after deductions is subject to adjustment by Maximum Deviation Rule just like any other score.
- (e) If Category 1 or 2 occurs, competitor may continue and be scored, or may bow out and not be scored or placed.
- (f) Disqualification for Category 3 is decision of Center Judge or a majority of other judges. Judges-only conference is held as soon as weapon goes out of bounds.
- (g) Weapon break is treated as a Loss of Control. If break prevents weapon from being used as intended in the form, it is a Category 3.
- (h) Rule is used during finals and overall runoffs in all black belt divisions.
- (i) In all regular eliminations Weapons Divisions a competitor will be disqualified if they drop a weapons and no points or placement is awarded.

Article XI. BLACK BELT TEAM SPARRING

Section 11.01 TEAM DIVISIONS

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



Section 11.02 ADULT TEAMS

Competitors must be 18 years old or older (PRO-MAC Age Rule). No youth competitor can participate in Adult sparring competition.

- (a) Teams must submit a roster for their team to PRO-MAC at the beginning of the year or at the time a new team is formed to earn points and use their seed.
- (b) Teams are allowed to add a new member to their team. They must submit the new member to PRO-MAC to earn points and use their seed.
- (c) A team may pick up and use a competitor/competitors that are not listed on their roster with PRO-MAC at any event/tournament. However, they will not earn any points or be allowed to use their seed.
- (d) Pick up teams are allowed; however, the teams will not earn any rating points until they register with PRO-MAC. To earn points and a seed, each team member must be a registered PRO-MAC member.
- (e) A team may have multiple coaches but only one coach can be designated to coach at one time. The coach will be required to sit in a chair and follow the rules for coaching. (See Section 9.08)
- (f) All teams must obtain a team card at registration or from the tournament PRO-MAC Black Belt Coordinators with all names declaring who will participate at the event/tournament.
- (g) All team competitors, 3 or 4 for men, 2 or 3 for women, must be listed on the card and submitted at the ring prior to start of the first match of the division. It is the responsibility of the promoter to provide the team cards for competition.
- (h) When teams are called to the sparring surface (mat), only the 3 or 4 male competitors and 1 coach or 2 or 3 women competitors and 1 coach can appear on the mat. All other team members and coaches must remain off the mat and/or sparring area.
- (i) A team may only declare 3 or 4 male team competitors per event/tournament or 2 or 3 female team competitors. In other words, a team may not bring in a 5th competitor for men or a 4th for women at that event/tournament.

Section 11.03 SENIOR AND JUNIOR SPARRING TEAMS

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

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

Section 11.04 SUBSTITUTIONS

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 **substitute** player. 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 substitute (extra player) 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, at the start of the first team round. The competitors 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 fighters that are declared can be used in any additional rounds at a single tournament. A specific team player does not have to be named as the substitute since any 4 players on men's teams and any 3 players on women's teams can be used equally in the 3 men fights and 2 women fights.

Section 11.05 ALTERNATES

An alternate competitor can be used in a match, but must be declared when the competitors are called to the match (mat) at the **start** of the team round. After the start of the team round and the three fighter are declared, the alternate fighter cannot be used in that team round unless there is an injury (see injury rule below).

A team may only have 1 alternate at a tournament and cannot be changed during the tournament.

An alternate 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 disqualification of team fighters and points awarded.

Section 11.06 MATCH RULES

- (a) A flip of a coin will determine who sends out the first competitor. The winner of the coin flip can decide to send the first competitor or have the other team send out first. After the first competitors, the teams then alternate who must send out a fighter first to be matched by the other team.
- (b) All matches are 90 seconds long.
- (c) The competitor who earns a 10-point spread or is ahead at the end of 90 seconds is declared the winner of the first 2 matches (first match only in 2 –women teams). If either or both of the first 2 matches end in a tie, they remained tied. No run-off of ties in the first 2 matches (or match 1 of 2-women)
- (d) The final match is total points match using the full 90 seconds.
- (e) The team with the most accumulated points wins.
- (f) If at the end of the final match the accumulated score is a tie, the final match continues using the sudden victory rule (first competitor to score wins).
- (g) A coin toss will determine who will send out a fighter to break the tie. The winner of the coin flip can decide to send out first or have the other team send out first.

Section 11.07 GENERAL RULES – TEAM SPARRING

- (a) All regular PRO-MAC **Light** touch point calling rules will apply.
- (b) Out of Bound, falling down or **excessive** running (as determined by the head official) around the ring will be considered an attempt to avoid competition and the other competitor will be awarded a point.
- (c) A competitor is considered out of bound when they have both feet off the sparring area (mat). If the competitor is out of bounds without being kicked out or physically pushed out of bounds, their opponent will receive 1 point.



- (d) If a competitor goes out of bounds while the other competitor is kicking or punching, **near the competitor WITHOUT actually touching the** competitor, the competitor will be considered leaving the sparring area to avoid competition and the other competitor will receive a point. A fighter must stay **engaged** in the match if he goes at of bounds **not to be penalized**.
- (e) If the out-of-bound competitor is scored on, with a legal technique, before the center official calls STOP, then the in-bounds competitor can receive a score for the technique and the penalty point from the other competitor going out of bounds to avoid fighting.
- (f) If a fighter touches the ground / mat with, with any part of their body, except their feet or 1 hand, they are consider down.
- (g) A point cannot be scored by a down competitor and a downed competitor cannot be score on. If an upright competitor strikes a down competition they can be penalized.
- (h) A competitor who leaves their feet while in-bounds, must land with 1 or feet in-bound to score a point
- (i) All scoring techniques to regular legal targets will be:
 - (i) 1 point for any hand technique
 - (ii) 2 points for any kicking technique
 - (iii) 3 point for a jump-spinning kick to the head.

Section 11.08 COACHES

- (a) Teams may have a coach or coaches but only one **designated** coach at a time.
- (b) Only the designated coach at the time of a protest and arbitration can speak on behalf of the player.
- (c) Coaches may be team members.
- (d) Coaches may be changed from one fight to another but if a change is made the Center Official must be notified of the change for it to be **official**.
- (e) The **designated** coach of a team must stay seated in the designated coaching chair anytime a match is in progress.
- (f) A coach may stand before a match is started, between rounds, during timeouts and once the sparring match is over.
- (g) **Coaching Penalty:** If a coach leaves his/her chair, during a sparring match, a penalty point will be awarded to the opposing team for the first, second and third time it occurs. On the 3rd occurrence in any one round the coach and coach's competitor will be disqualified. (See Section 10.11)
- (h) A disqualified player and coach can be replaced for further team rounds/matches.
- (i) Penalty points on coaches are issued on the coach's player of that round.
- (j) Since the coach and player are considered the same as far as penalties go, if a player already has a penalty point and the coach receives 2 penalty points for standing, etc. the player is automatically disqualified because 3 penalty points were received in one round.
- (k) Just like a player, coaches can be penalized or disqualified for unsportsmanlike behavior. If a coach is disqualified they can be replaced.

Section 11.09 INJURED COMPETITOR

- (a) If a competitor is injured not due to a penalty they are allowed **4** minutes to determine if they can continue. After the time has expired, they must continue or will be declared unable to continue. If they are declared unable to continue the **alternate competitor** completes the sparring match in progress.
- (b) If it is determined the injured competitor cannot continue due to a penalty as determined by center referee and judges the uninjured competitor is **disqualified**.



- (c) If the competitor cannot continue **due to a penalty**, the injured competitor will receive 10 points as a results of the disqualification. The competitor who committed the violation will get 0 points for that round.
- (d) 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 it happen in the last match, the other team will be declared the winner even if they have less points at that time.
- (e) If a competitor is disqualified in the last match the other team automatically will be declared the winner of that team match.
- (f) Once a competitor is injured and replaced by the alternate, the injured competitor cannot compete for the remainder of the team sparring competition.
- (g) If something happens in the team sparring competition that cannot be answered by the rules stated, the "PRO-MAC Fairness Rule" will come into play.

Section 11.10 PENALTIES AND WARNINGS

- (a) NO WARNINGS are issued in team sparring. Penalty points are issued immediately for breaking the rules.
- (b) A penalty point will be issues if a competitor, as determined by the center official:
 - (i) Goes out of bounds to avoid competition;
 - (ii) Falls down to avoid competition;
 - (iii) Runs around the ring to avoid competition;
 - (iv) Stalling and/or not attempting to engage the other competitor;
 - (v) Excessive contact, as deem by the center official;
 - (vi) Pushing a competitor out of bound, as deemed by the center official;
 - (vii) A coach stands up or leaves the coaches chair during the match;
 - (viii) Team members refuse to leave the immediate sparring area and additional penalty point may be issued;
 - (ix) Late strikes after call to stop;
 - (x) Retaliation strike from a competitor.
- (c) Once a competitor receive 3 penalty points they are disqualified.

Section 11.11 DISQUALIFIED COMPETITOR

- (a) Loses all points they have earned in the match.
- (b) If during the final match, his/her team cannot win, the opposing team will be declared the winner.
- (c) Any competitor who injures a competitor with an illegal techniques.
- (d) Any competitor, team member, or coach who enter the sparring area, in the event an altercation happens, and accelerate the altercation / does not attempt to control their competitor, will be disqualified. (EXAMPLE – A fight between 2 competitors, if any the above enters the sparring area and throws a punch or kick, they will immediately be disqualified.)
- (e) If anyone refuses to leave, security will be called and a suspension and/or tournament disqualification (Tournament Disqualification is where the disqualified person(s) must leave the tournament site) would be given to that individual or individuals.
- (f) If 2 or more members, of any team are disqualified in one match, the team is automatically disqualified and cannot continue.
- (g) A disqualified competitor cannot be used in any remaining matches in a tournament team event.



- (h) In the event that a team sparring competitor continues to fight after the match is called to stop, it is the responsibility of the Center Official and Corner Judges to control the competitors. If a coach(s) and/or team member(s) come into the ring during this time and restrict the officials from following through on their responsibility of controlling the competitors, the team or teams can be disqualified.

Article XII. TEAM SYNCHRONIZED FORMS AND TEAM DEMONSTRATION

Section 12.01 TEAM SYNCHRONIZED FORMS DEFINITION

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

Section 12.02 TEAM SYNCHRONIZED FORMS JUDGING

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

Section 12.03 TEAM SYNCHRONIZED FORMS GENERAL RULES

- a) Teams are comprised of 2 – 5 members; however, **60%** of the original declared team must be present for the team to earn points;
- b) 4 Minute Maximum Time Limit – Time starts when the first team member steps into the competition ring and ends when the team is obviously finished in the opinion of the Center Official.
- c) Empty Hand Forms, Weapons Forms or combinations of both are legal.
- d) All the technical Martial Arts skills are graded for execution, presentation and difficulty.

Section 12.04 TEAM DEMONSTRATION DEFINITION

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

Section 12.05 TEAM DEMONSTRATION GENERAL RULES

- a) Teams are comprised of 2 – **15** members; however, **60%** of the original declared team must be present for the team to earn points.
- b) A team may compete and have their score counted, if
 - a. They are competing with the original declared members;
 - 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:

- a. A team registers its' team with 3 members – 2 original members must compete in the team event to be considered a legal team;
- b. A team registered its' team with 10 members, 6 original members must compete in the team event to be considered a legal team



- c) 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.
- d) 4 Minute Maximum Time Limit – Time starts when the first team member steps into the competition ring and ends when the team is obviously finished in the opinion of the Center Official.
- e) All the technical Martial Arts skills are graded for execution, presentation and difficulty.

Section 12.06 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 clean up. If a team has any question about their Team Synchronize Form or Team Demonstration, they should ask the Center Official before competition starts.

Article XIII. PRO-MAC RATINGS RULES

Section 13.01 GENERAL OVERVIEW

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

Section 13.02 COMPETITOR RECORD RESULTS FORMS

In each membership package, there will be Competitor Results Record Forms. This Record Results Form is for you to keep a record of your personal competition wins in PRO-MAC tournaments.

- (a) Always keep an original tabulations sheet for your records. Record sheets are for your reference only. There is no need to mail-in or keep up with your own points. The **myUventex** scoring system will do that for you.
- (b) Once a competitor is a member, ratings will be tabulated automatically. No points will be tabulated into your file until we receive your MEMBERSHIP FEE.
- (c) The promoter's results will be used to check the system's tabulation sheet creating a double-checking procedure for accuracy if there are any discrepancies or protest.
- (d) All tournament scores will be used in determining the world Black Belt champions and tour rankings.
- (e) *World Black Belt Team Synchronized Form, Team Demonstration and Men, Women and Youth Team sparring will be rated using all tournament scores not just the Best of Scores.*
- (f) The PRO-MAC Ratings Office will use all tournaments scores for each Black Belt competitor's final record.

Section 13.03 RATINGS GUIDELINES

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

- (a) Make sure the tournaments you are entering are PRO-MAC rated. Some tournaments advertise as PRO-MAC rated but are not. Check the PRO-MAC Website calendar of events or email the PRO-MAC office to verify if a tournament is PRO-MAC rated. Make sure you know the correct name of the tournament. Keep a flyer of the tournament in case there is a question whether the tournament was officially rated by PRO-MAC.



- (b) You must be a current registered PRO-MAC member with a current PRO-MAC membership application filled out and on file in the PRO-MAC office. This can be done through tournament registration in the **myUventex** system.
- (c) The PRO-MAC rating period is on a calendar year (January thru December). However, points will accrue starting with the Music City SMACDOWN.
- (d) All competitors have the right to compete in one age group for the whole 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 in the PRO-MAC rules.)
- (e) Transfer of Points
 - (i) **Black Belt Divisions:** No points can be transferred from any under black belt division into a black belt division. No points can be transferred from one black belt division to another. You can only earn points in the black belt division/s you compete in. If you compete in several different black belt divisions and place, you will be rated in each division.
 - (ii) **Beginner, Intermediate and Advance: Black Belt Tall and Short 17 and younger divisions:** Because a youth black belt competitor cannot control whether they are put in a tall or short Black Belt sparring division (safety rule determined by the officials) they will be rated in the division that they compete in the majority of the time. All of their point will go toward this division even if they did not win the points in that division.
- (f) After each tournament in 2017, new ratings will be tabulated. A competitor's rating points will only count in the ratings if he/she is a current PRO-MAC member with a current registration application on file with the PRO-MAC office. Rating will be available via the PRO-MAC website within 24 hours of the previous tournament competition.
- (g) It is the goal of the PRO-MAC rating office to have the most accurate and timely ratings as possible. For this to happen there needs to be a good working relationship between the competitor, the promoter(s, and the PRO-MAC office.
- (h) If a competitor is totally suspended from the PRO-MAC tournament circuit for any reason, he/she will be excluded from the ratings.





2017 PRO-MAC EXECUTIVE COMMITTEE

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Eric Rudolph
Ronnie Presley
Greg Ruth
Jason Warren

Executive Director
Chairman
Conference Director
Commissioner
Director of Officials

2017 PRO-MAC BOARD OF DIRECTORS

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2017 PRO-MAC CONFERENCE TOUR

East West Karate Challenge	Madisonville, KY	April 22
Arkansas Open Karate Championships	Jonesboro, AR	May 6
Battle of Atlanta World Karate Championships	Atlanta, GA	June 15 – 17
Middle Tennessee Classic	Murfreesboro, TN	July 22
Dixieland Nationals	Myrtle Beach, SC	August 18 – 19
Music City SMACDOWN	Lebanon, TN	October 2017

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