

SELF-DEFENSE

(Note: All penalties and rules not contained herein will be the same as FORMS COMPETITION.)

NBL ONLY () **OPEN RULES** - NBL tournaments without separate traditional and contemporary (choreographed fight scene) self-defense divisions will automatically qualify the division as being an open competition.

I. PLAYING AREA AND EQUIPMENT:

A. NAME (same as forms)

B. FLOOR SPECIFICATIONS

- () 1. **COMPOSITION** - The ring area floor will be made of wood or covered with carpet or may be covered with a mat. If mats are not provided, the player may supply their own.

C. RING SPECIFICATIONS (same as forms)

II. OFFICIALS: (same as forms)

III. PLAYER UNIFORM AND EQUIPMENT:

A. UNIFORM

- () 1. **UNIFORM SPECIFICATIONS** - Martial arts uniforms are not required. The attire worn by both the player(s) and any person(s) acting as a prop(s) must not be offensive or display any foul language. **EXCEPTION** - Also see V. **PLAYER DIVISIONAL CRITERIA, E. DIVISIONS 2a STYLE CRITERIA** and *Self Defense* in **APPENDIX A** for other uniform requirements of the division.

() **PENALTY** - Any player or person acting as a prop with attire that is offensive or displaying foul language automatically disqualifies the player.

Acceptability and offensiveness of attire is the decision of the Rules Arbitrator.

- () 2. **REMOVAL OF UNIFORM TOP** (same as forms)

- () 3. **JEWELRY** (same as forms)

B. PROPS

- () 1. **A PERSON(S) AS A PROP** - (same as forms excepting that props, performing as a partner(s) in traditional self defense, are allowed).

- () 2. **A PERSON(S) AS A PROP(S) - UNIFORM CODE** - Any person(s) being used as a prop has no specific uniform requirement unless the division is labeled traditional. In a traditional division any person(s) being used as a prop must follow the same uniform requirements as required by the player(s).

- () 3. **WEAPON** - Weapons are allowed by the player(s) and/or person(s) being used as props. Sharp weapons are not allowed.

- () 4. **OTHER PROPS** - (same as forms with the following exception)
Traditional divisions allow the use of a chair and table.

IV. RATINGS: (same as forms)

V. PLAYER DIVISIONAL CRITERIA: (same as

forms except E and H)

E. DIVISIONS / EVENTS

- () 1. **AMOUNT OF DIVISIONS A PLAYER MAY COMPETE IN** - (same as forms).

- () 2. **STYLE CRITERIA** - (same option must be used as was chosen for forms)

- () 2a **STYLE CRITERIA** - The Specific Forms Criteria for each self defense division in **APPENDIX A** must be adhered to in each division or the player will, in all probability, be disqualified.

- () 2b **STYLE CRITERIA** - General Forms Criteria applies.

GENERAL FORMS CRITERIA

OPEN - If the division is "open" then any of the below criteria applies.

CONTEMPORARY - (Choreographed Fight) - The players being judged may use martial arts or non-martial arts techniques in both offensive and defensive situations. Every player will be judged (except person(s) used as props) on dynamics of techniques, acting ability, dialog ability and ability to convey a realistic or abstract story through the use of martial arts in a skit routine. Music is allowed.

TRADITIONAL - The player(s) being judged may only use martial arts techniques and gymnastics in both offensive and defensive situations. Judging will be based on the player(s)' ability at offensive and defensive techniques only, not on the ability of the people used as props. The performance will consist of as many routines as the player wishes to perform in the allowed time. Dialogued skits are not allowed, but the player at his discretion may or may not explain each set and may or may not perform each set slowly before executing it. No other dialog is allowed. Music is not allowed.

- () **PENALTY** - Any player using dialogued skits, music, props (other than specified) or non-martial arts techniques (by the player being scored) will be disqualified by the Center Referee, or Rules Arbitrator.

H. TWO MAN SETS/GROUPS

Two man sets and group routines are allowed. The set will be scored

as one entity by the judges with one team name receiving rating points as a unit, only if the performance is announced to be judged as a team at the presentation. One of the player(s) must announce to the judges what persons must be judged as part of the routine so that the judges take into consideration those players performances to determine the group's score. If only certain players are to be scored, then the other person(s) being used are considered to be props only and are not scored as part of the routine. All persons being judged as part of the routine must qualify as players for that division while people used as props do not need to qualify and must not be judged as part of the performance. (See PROPS under **PLAYER UNIFORM AND EQUIPMENT** and **MULTIPLE PLAYER SCORING VII-C-2**).

VI. SEQUENCE OF PLAY: (same as forms)

VII. RULES OF PLAY: (same as forms)

VIII. FINALS: (same as forms)

IX. PROTESTS: (same as forms)