

World Nunchaku Association



www.nunchaku.org

Freestyle Rulebook Version 1.2

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Warning: The WNA cannot be held responsible for any misuse of the nunchaku. The WNA strongly condemns all illegal activities involving the nunchaku. When using the official WNA safety-nunchaku, please be aware of the safety instructions. Visit www.nunchaku.org for more information.

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FREESTYLE VALUATIONS

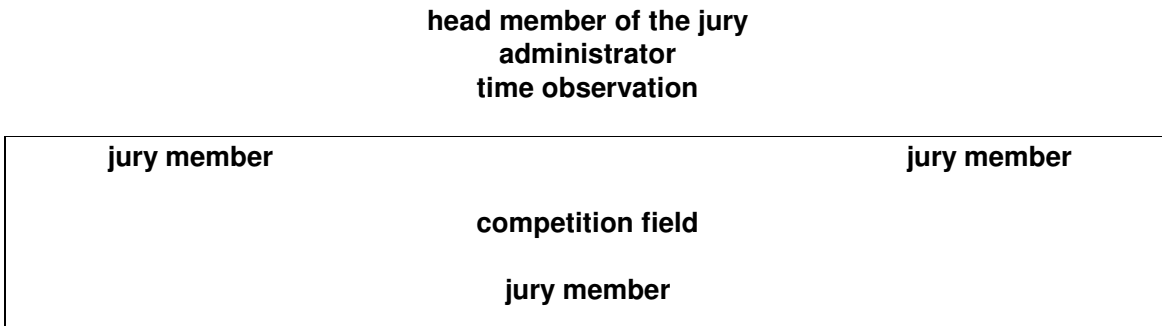
Goal of the valuations regulations

These valuation regulations are created to ensure an objective and uniform judgment of the freestyle exercises at nunchaku-do, which are organized under the responsibility of the WNA (World Nunchaku Association). Another reason is to increase the knowledge and abilities of the jury members as well as giving both nunchaku-ka and teacher a guiding expedient to prepare a freestyle contest or to create exercises. The jury members are to follow these regulations without any deviation in order to make an objective and uniform judgment possible.

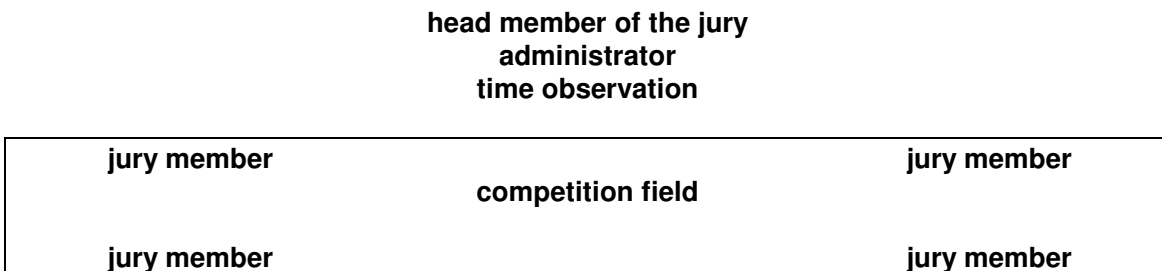
The jury and her organization

The judgment of the freestyle exercise takes place by three or four jury members. The three or four jury members judge independent from each other. They note the grades on a jury letter and give this note the head member of the jury in order to compare the grades. In order to exercise their task, all jury members must possess a jury certificate

Position of the three jury members with respect to the competition field:



Position of the four jury members with respect to the competition field:



Determining the final grade

With three jury members

The three grades of the jury members are gathered. The lowest grade falls due. The remaining two grades are added to each other. This total is the final grade.

Example:

Jury member A	7,2 points
Jury member B	7,3 points
Jury member C	7,4 points

7,3 + 7,4 = 14,7 points

FINAL GRADE: 14,7 points.

With four jury members

The four grades of the jury members are gathered. The highest and the lowest grade fall due. The remaining two grades are added to each other. This total is the final grade.

Example:

Jury member A	7,2 points
Jury member B	7,3 points
Jury member C	7,3 points
Jury member D	7,1 points

$7,2 + 7,3 = 14,5$ points

FINAL GRADE: 14,5 points.

Competition organization

There are no particular classes in freestyle. Everybody can enter, notwithstanding gender, age, height or graduation level.

RIGHTS AND OBLIGATIONS

Rights and obligations of the head member of the jury (specific)

- He or she checks the competition field for the right dimensions, with which the norms of the SNN count as normal (during the contest);
- He or she checks for a correct working method of the other members of the jury;
- He or she checks the grades of the jury members;
- He or she checks the correct exercises concerning diverging materials on the competition field, crossing the borders, exceeding the time limit, incorrect clothing. He or she also notes potential deduction of points with special errors;
- He or she has in cases of great differences or incorrect judging the right to call the jury members together in order to discuss this;
- He or she gives before the beginning of every exercise a sign to the nunchaku-ka, to start.

Rights and obligations of the jury members and the head member of the jury

- They must judge the exercise accurately, objective and expert;
- They must note:
 - the total of technical value;
 - the total of technical execution;
 - the total of composition and contents;
 - the total of bonus value;
 - the total deduction for common and specific errors;
 - the final grade.
- They must fill in the jury letter fast and clearly, and with it:
 - check the name of the nunchaku-ka;
 - Fill in the own name (jury member) and provide it with his or her initials;
- Wearing the by the SNN advised jury clothing is obligatory for all jury members.

Rights and obligations of the nunchaku-ka

- The nunchaku-ka must with regard to the valuation regulations, be informed by his or her guidance and behave in accordance with the regulations.
- The nunchaku-ka must be able to present a legitimate passport before the start on the day of the contest.
- The nunchaku-ka must wear the prescribed cloths, supplied with the SNN logo.
- It is not allowed for the nunchaku-ka to wear jewelry of any kind (watches, rings, hangers, etc).
- The nunchaku-ka presents him- or herself both before the start as well as after the exercise to the head member of the jury, except when otherwise agreed before the commencement of the contest.
- Any form of advertisement is forbidden without permission of the SNN. This prove of approval must be shown before the start of the contest.
- Permission will never be given for advertisement on the nunchaku cloths. Ignoring this rule could lead to disqualification.
- In the case of interruption during the exercise wherewith the nunchaku-ka cannot be blamed, he or she has the right to completely retry the freestyle without deduction. When this right is refused the part that is done until that moment will be judged.
- The use of other material than the customary safety nunchakus should be presented in writing to the freestyle commission. Only after the permission of the commission, are other materials allowed on the competition floor.
- Unless otherwise agreed with the freestyle commission by means of a request in writing before the start of the exercise, and the permission that comes with it, a nunchaku-ka may never deviate from the rules.
- The nunchaku-ka is responsible for the deliverance of the music to the contest table. The music may be on CD or MD. The cassette or CD must be directly ready to play the music. The nunchaku-ka is always solely responsible for the quality of the given material.

Rights and obligations of the coach and guidance

- The coach (guidance) is obligated to inform the contestants concerning the valuation regulations.
- The coach (guidance) must be familiar with the valuation regulations and hold him- or herself strictly to these regulations.
- The coach (guidance) must keep sufficient distance during the contest; the coach may also not hinder the sight of the jury members.
- It is not allowed for the coach (guidance) to give the nunchaku-ka signs or talk during the exercise.

GENERAL DEFINITIONS CONCERNING THE FREESTYLE

- Time span of the freestyle exercise must be between the 90 and 180 seconds. The chronometer is started when the nunchaku-ka makes the first move of his or her exercise. The chronometer is stopped as soon as the nunchaku-ka met ends the last move of his or her exercise.
- The part that is performed after the maximum time has passed will not be judged.
- The exercise should be in accordance with the character of the music.
- The competition floor is 8 x 8 meters. The complete floor should be used. If the competition floor is exceeded, the jury members will subtract points. When this is perceived, the jury member must report this by means of raising his or her hand.
- There should be variation in the exercise between forward, sideward and backward movements.
- Correct nunchaku cloths and nunchaku material is obligated, except when otherwise is agreed with the freestyle commission (in writing).

COMPOSITION AND CONTENTS OF A FREESTYLE EXERCISE

GENERAL

The harmony is an important factor, which strongly influences the progress of movement and performance. Temporarily halts that disturb the harmony of the freestyle should be avoided. A concentration stop for two seconds before the start of a risk element is allowed. Dropping the nunchaku, with both parts on the floor, will be punished with 0,5 points subtraction for every drop.

The exercise must contain at least:

- basic techniques,
- fragments,
- basic freestyle forms,
- own (self designed) techniques.

The freestyle exercise will be furthermore judged on the following points:

- pace and rhythm of the nunchaku during the complete exercise;
- preservation of speed during the diverse techniques;
- variation in techniques;
- control and movement;
- showmanship and entertainment;
- the use of two nunchakus;
- one risk element with one nunchaku;
- one risk element with two nunchakus;
- unique nunchaku techniques;
- the use of the entire competition field;
- budospirit.

The freestyle exercise is divided in four items:

- 1) composition and contents of the freestyle exercise;
- 2) technical execution of the freestyle exercise;
- 3) technical value of the freestyle exercise;
- 4) bonus points for the freestyle exercise.

For the first three items, for every item separate, a maximum valuation of 3,0 points can be given. The fourth item has a maximum valuation of 1,0 point. A complete exercise has therefore a maximum valuation of 10,0 points. For the first two items, composition and contents and technical execution, are per item points subtracted. Depending on the majority of the fault: 0,1; 0,2; 0,3; 0,4 or 0,5 points. For the third item, technical value, are per item 0,5 points added to the total. In the case of bonus points, points can only be added, from 0,1 points until 1,0 point. This goes per tenth. Furthermore there is made a difference between common and specific errors. These can vary from the lack of a closing ceremony until dropping the nunchaku with both parts on the floor. These deductions are the last ones that the jury member works up in the final grade.

Variation in the exercise is created by:

- strikes with much space in the movements;
- varied series in speed, height and fast parts;
- dynamical transitions between slow and fast movements which for example come forth through the character of the music;
- variation between forward, sideward and backward movements, as well as movement on the competition field.

A series can exist out of two or three the same strikes directly after each other, aimed at an imaginary opponent.

A risk element is letting lose the nunchaku(s) and catch them again after at least one rotation of the nunchaku(s).

A unique element is an element that shows much originality, dare, grace, space and/or virtuosity. This is an element that hasn't been performed by any other participants ever before.

Common and specific errors

These deductions concern every separate action a time. Example: Three times in the freestyle exercise, the nunchaku falls with both parts on the floor. The complete deduction becomes $3 \times 0,5 = 1,5$ points.

Common errors	Small errors	Large errors
• dropping the nunchaku		0,5 point
• concentration stop for more than 2 sec.	0,2 point	
• lack of motivation of the contestant		0,5 point
• starting before the jury gives the sign	0,2 point	
• no closing ceremony		0,5 point
• hinder of the jury by the coach		0,5 point
• failure of begin or end in coherence with the music	0,2 point	
• incorrect clothing according to agreement	0,2 point	

Specific errors	Small errors	Large errors
• exceeding the competition field	0,2 point	
• extra material on the competition field without permission		0,5 point
• time used is too short		0,5 point
• time used is too long	0,2 point	
• using other material than the official safety nunchaku without permission,		0,5 point

freestyle jury form

Name nunchaku-ka: Jury member:.....

deductions						
Composition and contents						
Exercise without culminating points	0,0	0,1	0,2	0,3	0,4	0,5
Music and movement do not correspond	0,0	0,1	0,2	0,3	0,4	0,5
No entertaining value of the music	0,0	0,1	0,2	0,3	0,4	0,5
Presentation and care of the exercise	0,0	0,1	0,2	0,3	0,4	0,5
The nunchaku-ka is not the center of the exercise	0,0	0,1	0,2	0,3	0,4	0,5
Not using the entire competition field	0,0	0,1	0,2	0,3	0,4	0,5
total composition	3 -					=
Technical execution						
Pace, rhythm of the nunchaku during the complete exercise	0,0	0,1	0,2	0,3	0,4	0,5
Space in the movements	0,0	0,1	0,2	0,3	0,4	0,5
Preservation of speed during the diverse techniques	0,0	0,1	0,2	0,3	0,4	0,5
Uninterrupted progress in movement during the exercise	0,0	0,1	0,2	0,3	0,4	0,5
Variation in techniques	0,0	0,1	0,2	0,3	0,4	0,5
Posture, attitude and movement of the nunchaku-ka	0,0	0,1	0,2	0,3	0,4	0,5
total technical execution:	3 -					=
plus points						
Technical value						
Risk single nunchaku	0,0	0,5				
Risk double nunchaku	0,0	0,5				
Unique part with the nunchaku	0,0	0,5				
Budo spirit	0,0	0,5				
total technical value:	0 +					=
Bonus points						
Bonus points technical value (bonus) (0,0 t/m 1,0)				total:		
Bonus points show- and entertainmentvalue (0,0 t/m 1,0)				total:		
total bonus points:	0 +					=
Subtotal:						
Deduction						
Dropping the nunchaku (max. 5x 0,5)				total:		
Deduction general errors (from 0,0 until 1,5)				total:		
total deduction:	0 +					=
grade:						
Deduction time span (-90 sec. or + 180 sec.)	0,0	0,5				--
Final grade:						