

## **Chakus Competition Rules** (9/4/2010)

## **General Regulations:**

- Any personal member of the ASN Federation may enter in the Chakus Competition
- Any students of a member school may enter in the Chakus Competition
- All competitors must announce their participation by the date posted on the invitation
- All videos must be at the ASN Fedaration headquarters before the date posted on the invitation
- Practitioners will compete in their own branch, black belts in the black belt branch and so forth.
- All competitors must follow additional rules stated by the ASN Federation on the invitation

## **Competing Procedure:**

- Every competition entry must be filmed between the dates stated on the invitation. No entries filmed before or after that will be valid.
- The name of the competitor must be stated in the beginning of the video
- The competitor must demonstrate the correct form for his/her branch.
- The video is filmed from one angle only, starting with the competitor looking straight into the camera.
- Video must be of good quality with sufficient lighting.
- Video must include sound
- The video may not be edited afterwards.
- The video must be delivered in a format that we can open.

## **Disqualification:**

- The entry will be disqualified if the quality of the video is not good enough
- The entry will be disqualified if the competitor does not do the correct form, or in another manner breaks the rules of the competition