

# “no-spin”

## Style

No-Spin is an instinctive style of throwing and has a variety of ways to perform the technique. Release, stance, arm motion, arm position and body movement and grip will vary. As long as the competitor stays within the defined rules and regulations as described below, we encourage you to have fun and compete fairly and in the spirit of our sport.

## Sequence of throws

This will consist of 60 throws from immediately behind 5 distance markers. There will be 3 throws per distance and 4 rounds (totalling 60 throws). The competitor will throw at 3 targets from left to right.

## Definition of technique

The knife must be thrown with a “No-Spin” technique, which means it completes an approximate  $\frac{1}{4}$  rotation or less. Since there are several techniques in performing a no-spin upon release, as long as the knife is held by the handle, and hits the target point first without a rotation greater than approximately 120 degrees (an “in the spirit” compromise accepting a stick may be achieved within a range of greater or lesser than 90 degrees but cannot be a half spin 180 degrees).

## Targets

Standard KATTA-UK Targets will be used along with traditional scoring with 5 points awarded to the center bulls-eye, 4 to the outer circle decreasing to 1.

Three KATTA-UK regulation targets will be used throwing from left to right. These have 10 cm or 4 inch center (5 points), 20cm ring (4 points), a 30 cm outer ring (3 points), 40 cm ring (2 points) and a 50 cm ring worth 1 point.

Knives are scored as they stick, and a thrower may call for a score to be “marked” if concerned the next 2 throws may cause displacement. Heights of targets are top targets 60 inches to center, center target 50 inches to center.

If a target is struck unintentionally or out of order it will count as zero (no score).

## Knives

Three (3) near identical knives are needed for this event. The knives and the contestants technique will be approved in advance of the start of the competition by the Range Officer on a practice lane to make sure the competitors technique is acceptable, safe for viewers/competitors and that the knives stay within the following rules:

The knives used will not exceed 16" (40.64cm) long from tip to handle.

The minimum length is 10" (25.4cm) from tip to handle.

The minimum weight is 8oz (226g).

Bo Shuriken or Spikes longer than 10" (25.4cm) and less than 16" (40.64cm) in length and at least 5oz (141.7g) in total weight are also permitted.

If the knife is unconventional or non-traditional or in question from any reasonable source, the Range Officer must approve the knife before competition. The range officer, umpire or course organizer (whichever is immediately relevant) shall have absolute discretion and authority in this regard.

Handles are permitted on knives, Bo Shuriken and Spikes.

Any material is acceptable: Tape, Sports Wrap, Para-cord, and Twine with Epoxy coat.

Throwing implements not permitted in competition

\*Gyro knives, Flying Knives, or any other knife that allows air to pass through the handle to hinder spin is not permitted. Fletching, tassels, are also not permitted. Lengths of cordage or chain cannot be attached to the knife to be thrown like a rope-dart.

Short spears are not permitted. The regulations for this event define a spear as over 13" (33.02cm) in length with a point/blade which length makes up for less than a third of the implements overall length.

### Grips

For competition over these distances the knife will be gripped by the handle. The point of the blade upon release is either pointing upwards or slightly toward target. At further distances, the point of the blade may be slightly beyond the 12:00 position (technically, slightly above a  $\frac{1}{4}$  spin, see previous comments).

The knife can be held or palmed as high on the blade as one desires. However, the thrower is not permitted to touch the last inch of blade closest to the point when throwing.

\*Note that sidearm releases are permissible.

**\*Note that underhand releases are NOT permissible.**

### Distances

The thrower must throw behind these respective lines:

3 throws behind; 3m (9'10"), 4m (13'1"), 5m (16'5"), 6m (19'8") and 7m (23')  
4 rounds will be completed.

If the competitor accidentally steps over the set boundary line, he will be warned by the lane official and any score discounted but a single further throw allowed. If it happens again, the score for that throw will be zero (no score) regardless of the knife's impact.

The competitor must stay within their designated target lanes. It is not allowed to cross into another competitor's lane, for example, in using a sidearm throw. This would constitute unfair distraction or intimidation of the other competitor and as with verbal actions with this intent will not be tolerated.

