The WABA League Handbook for Competitors and Arbiters

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by

Tony Buzan

Inventor of the Mind Map

and edited by

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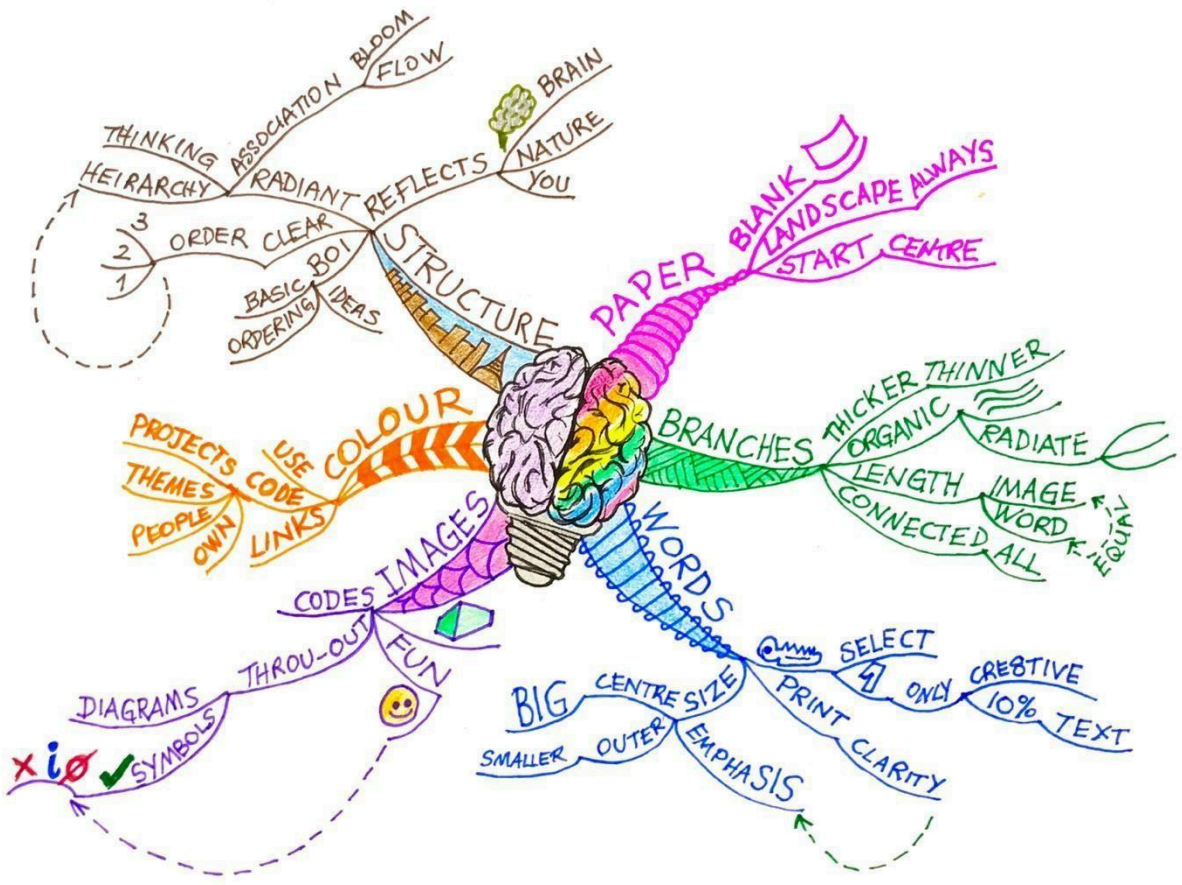


CHAPTER 1: An Introduction

THE STORY OF The WORLD ASSOCIATION FOR BRAIN ATHLETES

The genesis of the WABA League began with Nicolas Lisiak, Jerome Hoarau, Mehmet

Tashanligil and Raymond Keene, who founded and originated the league in line with Tony Buzan's ambition to create the new Mind Sports Olympics to stretch the limits of human mental power. Tony realised that almost every activity of a competitive nature had evolved from informal comparisons amongst friends, small local groups, and clubs into National and then World League status. This observation held true even for proprietary games such as Monopoly and Rubik's Cube.

Therefore, Tony reasoned, why not Memory power and, by extension, Mind Mapping and Speed-Reading? Tony originated the World Memory Championships, and the first Championships in Mind Mapping and Speed-Reading were staged at London's Royal Festival Hall in 1997. Since then, the Championships has travelled worldwide, with venues in London, Oxford University, Manchester, Chengdu, Beijing, Hong Kong, Singapore, and Poland.

Our newly refurbished Combined Handbook is based on Tony Buzan's writings and, more recently, by other authors who are experts in Mind Mapping and Speed-Reading, a free online resource for all Competitors and Arbiters.

The WABA League Championships are held under the authority of the WABA League and GOMSA, which are responsible for the rules and regulations of both Championships.

We welcome everyone to our League; there is no restriction on gender, religious beliefs, or age. The WABA League is open to all, especially those who wish to train as Competitors or as Arbiters.

On behalf of Tony Buzan and the founders of the WABA League, we look forward to welcoming you to the worldwide family of Mind Sports enthusiasts, competitors, and champions.

Ray Keene OBE
Co-Founder and Global President
The World Mind Mapping Championships
The World Speed-Reading Championships
The World Mind Mapping and Speed-Reading Sports Councils

Marek Kasperski
Global Chief Arbiter, *The World Mind Mapping Championships*
Global Chief Arbiter, *The World Speed-Reading Championships*
President, *The Independent Guild of Mind Sports Arbiters*

Nicolas Lisiak
Co-founder, *Waba League*
Vice President,*Tony Buzan International*
Vice President, *World Mind Sports Council*
Co-founder, *Neoboost Speed Reading Training App*
Co-author, *"Doublez votre vitesse de lecture en 30 jours"*

Jérôme Hoarau

Co-founder, *Neoboost Speed Reading Training App*
Co-author, *"Soft Skills"*
MindMapping World Champion 2018

Mehmet Tashanligil
Founder, *Superread*
Licenced Trainer for the Tony Buzan Foundation

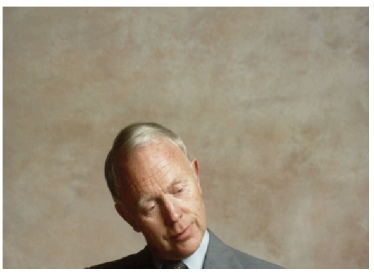
TONY BUZAN, INVENTOR OF THE MIND MAP

Tony Buzan (1942-2019), our founder and inspiration, was originally motivated by the question of "*who is intelligent?*". During his time at school, young Tony was struck by the anomaly that one boy, who had a tremendous knowledge of nature, repeatedly failed school tests on his favourite topic because of an inability to express himself.

Unsurprisingly, this boy was consigned to the bottom of the class, even though Tony knew his knowledge was far superior to his own. The 'authorities' had decided who was intelligent and who was not. Tony experienced this as grotesquely unfair, eventually developing three beliefs.

1. The first was that an operations manual was needed for the human brain, not its medical functions, but the way it works.
2. That every human has a spark of genius within, but the problem was to ignite it.
3. Tony's third insight was his invention of the Mind Map, a tool for recording thoughts, plans and, enhancing memory, igniting creativity, which bypassed conventional academic norms. The Mind Map was predicated on radiant thinking, spreading out from a dominant central concept, utilising colour, dimension, and association.

However, Tony's enduring legacy will be those generations of readers of his books and attendees at his lectures who found unsuspected depths within themselves and were inspired to maximise what Tony frequently referred to as that sleeping giant – the human brain.



PROFESSOR MAREK KASPERSKI, Global Chief Arbiter in Mind Mapping & Speed-Reading.

Marek is the Vice President of the Tony Buzan Company.

He was appointed the Global Chief Arbiter in Mind Mapping and Speed-Reading.

As president, Marek presides over the independent Guild of Memory Sports Arbiters (G.O.M.S.A.).

Marek is a Grand-Master trainer teaching the Tony Buzan disciplines of Mind Mapping, Speed-Reading, and Memory, one of only three Grand-Master trainers worldwide. Marek has trained over 18,000 students worldwide.

Marek conducts the training and assessment of all Mind Mapping and Speed-Reading arbiters.

As a very close friend of Tony Buzan, Marek is in a unique position to train in Mind Mapping, as Tony Buzan taught him.

The rules, or criteria, for the WABA are based on the National and World competitions criteria. They closely follow Tony Buzan's vision and have been modified to suit the wide range of competitors. In particular, the criteria allow for online and in-person competitions.

Chapter 2: The World Association of Brain Athletes Mind Map Competition

The Mind Map Discipline

Creative Mind Map from a keyword

Competitors create a Mind Map based on a keyword that organisers will supply. Credit will be given for creative expression within the Mind Map Laws.

Competitors may use any material to create their Mind Map such as marker pens, pencils, ink, watercolour, etc.

The Speed reading Discipline

Participants dive into a new book prepared by our organisers, racing against the clock to absorb its contents. After the reading sprint, they face 20 open-ended questions—no book access allowed. Points are awarded for both speed and comprehension, creating an exhilarating blend of velocity and intellect.

The Jury

Two arbiters will revise every copy of Mind Map. The members of the jury are arbiters from different countries. They are all level 4 arbiters or the Global Chief Arbiter.

This will maintain the integrity and transparency of the competition.

Chapter 3: How to Mind Map.

Creating a Mind Map

Competitors are strongly recommended to complete the Mind Map Practitioner course or the How to Become a Mind Map Champion course. This handbook is not suitable for learning Mind Mapping. Course enquiries can be made at info@tonybuzan.com.

Start by assembling your favourite pens, other creative tools, and an A3 blank sheet of paper in landscape orientation. Draw an image of the desired topic in the centre of this blank, unlined A3 paper, using at least four colours. This represents the core concept of your Mind Map.

Always use a central image: an image automatically focuses the eye and the brain. It triggers numerous associations and is astoundingly effective as a memory aid. In addition, an image is attractive – on many levels. It attracts you; it pleases you, and it draws your attention to itself.

Always use curvilinear branches: branches radiate outwards, showing various ideas relating to the main subject. Mind Maps have a radiant hierarchy: the most important facts are grouped close to the central image, with details flowing out towards the outer branches.

Branches must be curvilinear (flowing and not straight) as this mirrors the brain's dendrites.

Mind Maps are read from the central image, the first branch is created from the one o'clock position, and each subsequent branch flows outwards from the central image, working clockwise around the central image. Each major branch is spaced out equidistantly from the other major branches in the central image.

Use images throughout your Mind Map: images benefit your memory and creativity wherever possible. The brain uses images all the time. If you think of a random object, say a 'banana'… what do you see in your mind? A blank page with typed black and white letters appearing slowly… B A N A N A?

Or do you see a picture of a yellow banana; a bunch of bananas; or a tree full of bananas; other images might appear like a monkey with a banana. Images are a part of all our Brains' Language.

Use colour throughout your Mind Map: colours stimulate memory and creativity, enabling you to escape the danger of monochrome monotony. They add life to your images and make them more attractive. The human brain is programmed to enjoy colour. There is vibrant colour all around us in nature. Rather than create monotonous (monotone) notes in black pen on white paper, delight in using multi-coloured notes.

Use dimension in images and around words: dimension makes things 'stand out', and whatever stands out is more easily remembered and communicated. The most important elements in your Mind Map can be emphasised by being drawn or written in three dimensions.

Use synaesthesia (the blending of the physical senses): wherever possible, you should include in your Mind Maps words or images that refer to the senses of sight, hearing, smell, taste, touch and kinaesthesia (physical sensation). This technique has been used by many famous memorisers and great writers and poets throughout history.

Use only one keyword per branch: each individual word has thousands of possible associations. Placing one per branch gives you associational freedom, like giving a limb an extra joint. Important phrases are preserved, and all your options are kept open.

Ensure your Mind Map has Association: association is the other major factor in improving memory and creativity. It is the integrating device our brains use to make sense of our physical experience, the key to human memory and understanding – the power of association can take your brain into the depths of any subject.

Ensure your Mind Map has Clarity: obscurity veils perception. Aid the flow of your associative thinking and memory recall by keeping things clear and easy to understand.

Connect branches: connecting the branches to the other branches on your Mind Map enables you to connect the thoughts in your mind. Branches can be transformed into

arrows, curves, loops, circles, ovals, triangles, polyhedrons, or any other shape from your brain's limitless store.

Create shapes with the branches in your Mind Map: when a Mind Map branch is completed, it has a unique shape. This unique shape can then trigger the memory of the information contained in that branch.

Print your letters: printed letters have a more defined shape and are therefore easier for your mind to 'photograph'. Printing also encourages brevity, and both upper- and lower-case letters can be used to show the relative importance of words on your Mind Map. All upper-case keywords are preferred as they are much easier to read.

Make branch length equal to word length: this makes placing words near each other easier, thus facilitating association. In addition, the space saved enables you to include more information in your Mind Map.

Make the central branches thicker and organic: through emphasis, thicker branches immediately signal to your brain the importance of your central ideas. The organic, curved branches add more visual interest.

Keep your paper placed horizontally in front of you: the horizontal ('landscape') format gives you more freedom and space to draw your Mind Map than the vertical ('portrait') position. A horizontal Mind Map is also easier to read. Inexperienced Mind Mappers often keep the body and pen in the same position while rotating the paper.

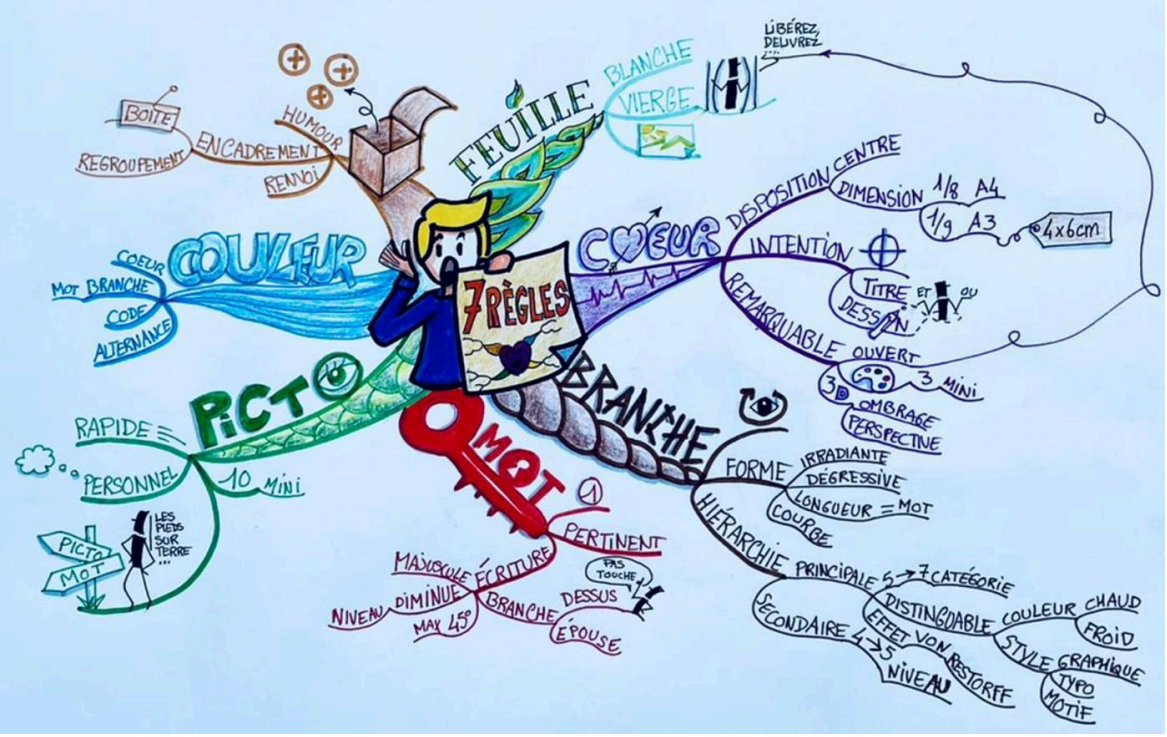
This may not cause any problems while mind mapping, but re-reading the Mind Map will require physiological contortions that would test the abilities of a yoga master!

Keep your Mind Map as upright as possible: keeping your Mind Map upright gives your brain easier access to the thoughts expressed. If you keep your lines as close to horizontal as possible, your Mind Map will be much easier to read. Try to keep to a maximum angle of 45%.

Use organised spacing: organised spacing increases the clarity of the image, helps in the use of hierarchy and categorisation, leaves the Mind Map 'open' to additions, and is aesthetically pleasing.

Use appropriate spacing: leaving the right amount of space around each item will give your Mind Map order and structure. The space between items can be as important as the items themselves. For example, in Japanese flower arranging, the entire arrangement is based on the space between the flowers.

Mind Maps highlight the information and its sub-themes and emphasise the connections and relationships between the ideas. All Mind Maps are different – one of the key reasons they are so effective. However, they follow established rules that work harmoniously with the brain's functions. Following these, you can learn how to use the technique of Mind Mapping to improve your creativity, take more effective notes, and boost your solution-finding skills.



Chapter 4: Top 10 Mind Map Tips

1. Use the right paper and pens

Make sure you use plain paper and hold it so you see it in landscape format – a landscape page can contain more information than a portrait one and is more compatible with your wide peripheral vision. Choose an appropriate size of paper for your Mind Map task (better to start big!), and make sure you have lots of colourful pens and highlighters too.

2. Branch off from the centre and follow your brain

The central picture will trigger associated processes in your brain. Follow the hierarchy suggested by your brain. Do not focus too much on having a good structure in the first place. Often, this structure comes naturally by following the free association process. You can freely move from one branch to another. Nothing prevents you from returning to a previous branch to add new ideas.

3. Make distinctions

The main branches will contain your basic ordering ideas and therefore need to draw more attention. Write them in upper case.

4. Use keywords and pictures

Add on the branch just what you need to retrieve your idea afterwards – use only one keyword or one picture. It is important to ensure that all branches, words and pictures form an organic whole to boost the optimal synergy of both hemispheres. Make your branches just as long as the word.

5. Make connections

Take an overall view of your Mind Map from time to time. Look for links between different items on your map. Make these links visible by using connections, arrows, codes or colours.

Sometimes, the same word or concept in your Mind Map will appear on different branches. This is not unnecessary redundancy; it is the Mind Map discovering a new theme that weaves throughout your thinking on the topic. It is useful to highlight such important discoveries. They can lead to paradigm shifts!

6. Have Fun

Free your mind (for example, by putting on some music) and don't think 'too hard'. Let your associative mind flow and put your ideas on paper in a very personal and fun way. Fun is a key element of efficient information management. Use everything you can to have fun when making your Mind Map (music, drawings, colours).

7. Review

When learning to Mind Map, you should review other Mind Maps, images and works of art. This is because your brain is designed to learn by copying and then creating new images or concepts from those it has copied. Your reticular activating system (a sophisticated 'sorting station' at the base of your brain) will automatically look out for information that will help you improve your Mind Mapping skills.

8. Commit to the absurd

Especially in the initial creative stages of any Mind Map, all 'absurd' or 'silly' ideas should be recorded, allowing any additional ideas to flow from them. This is because ideas that seem absurd or silly are usually those that are far from the norm. These same ideas often turn out to be the ones that contain the great breakthroughs and new paradigms, which are also, by definition, far from the norm.

9. Prepare your workspace / environment

Like your materials, your working environment can evoke in you a negative, neutral, or positive response. Your surroundings should be comfortable as possible to put you in the best frame of mind. Try to use natural light where possible to relax, not strain your eyes, have plenty of fresh air (one of your brain's main foods is oxygen), and use furniture to ensure you have a comfortable upright posture.

10. Make it memorable

Your brain is naturally attuned to beauty, so the more beautiful, striking, and colourful your Mind Map, the more you will remember it. Therefore, spend time colouring in the branches and images and adding dimension, flourishes, and motifs to the Mind Map overall.

Chapter 5: Mind Map Competition Staging

The Online Competition Room

Photograph courtesy of TTL, Viet Nam

Supplies

Plentiful supplies of good quality A3 paper should be made available to the competitors. All submitted Mind Maps should have their specific competitor number on the reverse side. For a WABA event, a written text should be supplied – this text should be provided in the competitor's native language, and although the same text need not be provided for all competitors, it should be of the same style / source / difficulty, for example – a magazine, a whole book, or a scientific paper.

It is the responsibility of the Competitors to bring their own writing equipment, pens, paints, pencils and A3 paper.

League

Our online league features three mind-bending Mind Mapping competitions. In 'The Talk,' participants synthesise a 20-minute speech into a visual masterpiece. 'Magazine' challenges contestants to read and map a never-before-published magazine in just two hours. And in 'Creativity,' minds ignite as participants craft a Mind Map based on a given keyword—all within a two-hour window.

But that's not all! Engage in our thrilling Speed-Reading competition. Participants dive into a new book prepared by our organisers, racing against the clock to absorb its contents. After the reading sprint, they face 20 open-ended questions—no book access allowed. Points are awarded for both speed and comprehension, creating an exhilarating blend of velocity and intellect.

Think of the league as a dynamic sports arena where your skills propel you up the ranks. Like in tennis, our league boasts a permanent ranking system. Participants earn points based on their performance in each event. The leaderboard is updated regularly, showcasing the brightest minds and fastest readers in our community.

As we embark on this intellectual journey, we invite you to be part of our community. Whether you're a Mind Mapping maestro or a Speed-Reading virtuoso, the World League of Mind Mapping and Speed Reading welcomes you.

Visit our website for more details and join us in shaping the future of intellectual competition by registering now:

1. Create account at WABAleague.com

2. Validate your account/confirm email.
3. Use your login details back on the WABA website on the day of the competition to begin competing!

Speed readers! - read the provided text and answer the questions the 20 questions before the time runs out.

Mind Mappers! - examine your subject and make your Map at home, then upload a clear image of the map at the end of the competition.

The Arbiting Process

The Arbiters' online Room

The Arbiters are to mark the Mind Maps on the provided online platform. Two Arbiters must mark each Mind Map. Both Arbiters shall mark each Mind Map independently, and if the results are the same, the marking procedure is completed, and the score is submitted to the Chief Arbiter. If the scores differ, then both Arbiters must discuss to reach an agreed resolution for the final score.

The arbiters have 2 weeks to make the corrections.

Tony Buzan and Prof. Marek Kasperski in the arbiter's room

Marking Criteria

The Official Buzan Marking Scheme is used to assign points to each Mind Map.

In addition to the Mind Map laws, the accuracy of the information on the Mind Map will also be considered.

The Official Buzan Marking Scheme

The official Tony Buzan Marking Scheme for the WABA League is constantly under review. Competitors must be kept up to date with any amendments. The version number will appear at the bottom of the criteria document.

The latest marking criteria can be found by checking the WABA League website at www.wabaleague.com

About this handbook

This Handbook is designed as a technical manual for competitors and arbiters. The best way to learn is to complete one or both of the following training sessions:

- The Tony Buzan Practitioner in Mind Mapping Course
- The Mind Map Arbiters course, which can be completed by watching a series of online training videos. There is a modest fee for this comprehensive course. Both these courses are facilitated by the Global Chief Arbiter in Mind Mapping, Professor Marek Kasperski.

THE OFFICIAL TONY BUZAN WABA League MARKING CRITERIA (v240301)

Criterion 1: 10 points

The main primary branches are directly connected to the central image in an effective way.

Criterion 2: 5 points

All branches are connected end to end. Deduct points for bad and/or unclear connections.

Criterion 3: 5 points

All words are placed on top of their respective branches. No words on the side, underneath, or keywords on branches that are difficult to read.

Criterion 4: 6 points

Colours are used throughout the Mind Map. Same colour for branches and words. Contrasting colour for branch sets. Deduct 1 point per branch set

Criterion 5: 10 points

The central image uses 4 or more colours or tone variations. Colour is used in an effective and skilful way.

Criterion 6: 3 points

All branches are curvilinear and organic and the main branches are tapered. Deduct 1 point for every straight branch.

Criterion 7: 10 points

Primary branches are appropriately and proportionately drawn to a maximum length of 40mm. Each Primary branch is distinctive from other branches.

Criterion 8: 10 points

The Mind Map has one word per branch within its main structure. (Subtract 1 per point multiple words or no words)

Criterion 9: 10 points

The length of the words is equal to the length of their branches.

Criterion 10: 10 points

Words on the Primary, secondary, and tertiary branches are proportionally smaller. For example, Heading 1, Heading 2, Normal. Deduct 2 points for each branch set that breaches this criterion.

Criterion 11: 5 points

The size of an image on the branch is equal to the length of their branches except for icons and symbols. Add 1 mark for each example.

Criterion 12: 3 points

All images are placed on or close to their respective branches, not dissociated or floating. Deduct 1 mark for each incorrect placement.

Criterion 13: 3 points

The central image is represented by an image and does not rely on any words.

Criterion 14: 10 points

The central image is the appropriate size and centred. 95mm maximum. A template will be supplied to arbiters.

Criterion 15: 5 points

Use of visual puns or playfulness. Use of humour. Add a mark for every use of humour or puns.

Criterion 16: 5 points

Relationships are shown by colour, codes, arrows, symbols, or icons. Add 1 mark for each example.

Criterion 17: 10 points

The Mind Map fills the whole page and incorporates sufficient negative space. It uses the space elegantly. STRUCTURE.

Criterion 18: 10 points

The Mind Map's central image is captivating and represents the subject of the Mind Map. If the central image does not represent the subject of the Mind Map, the entry will be disqualified. BOOK & LECTURE DISCIPLING ONLY. NOT FOR FREESTYLE

Criterion 19: 10 points

Accuracy and completeness of the information. BOOK & LECTURE DISCIPLING ONLY. NOT FOR FREESTYLE

Criterion 20: 10 points

The BOIs show a clear order in the structure of the Mind Map. BOOK & LECTURE DISCIPLING ONLY. NOT FOR FREESTYLE

Criterion 21: 5 points

Mind Map uses Von Restorffian elements, patterned primary branches and highlights.

Criterion 22: 5 points

Use of Synaesthesia.

TIE-BREAKER

Criterion 23: 10 points

Overall WOW Factor

Chapter 6: Speed-Reading

Background

Reading is our window into the world. It is a more vital skill today than ever with the explosion of printed and online text sources. Speed-Reading allows you to get to grips with the information in your life to make better-informed decisions.

The 21st century has revealed thousands and thousands of discoveries and new information to which we have unlimited access. Yet, it is also the era where the ability to concentrate has been reduced to 30 seconds of a TikTok story.

To improve our reading skills, we must measure speed and comprehension. This is exactly what the marking scheme does. We use questions the author sets, which require one or two sentences to answer (not multiple choice). These refer to specific events or facts revealed in the book and not the reader's subjective opinions.

Two arbiters mark each comprehension script as a verification check, making it robust and accurate. Our scheme can be replicated in any country to run competitions and find the winners!

The Tony Buzan World Speed-Reading Championship was the dream of Tony Buzan and is the culmination of 40 years of research into the brain and its potential. Tony Buzan said,

“Reading is to the mind as aerobic training is to the body.”

It was Tony's unassailable belief that the human brain knows no limits.

The Speed-Reading Championships are living proof that he was right.

Championship Structure

Competitors read an **unpublished** fictional text as quickly as possible, with a maximum of two hours.

Translations into different languages are available on request for the World Speed-Reading Championship.

After reading, competitors are given a comprehension test consisting of no less than 20 questions, set by the author, with a further 30 minutes to answer.

Notes may be made during the reading phase but not used when answering the questions. The book cannot be used after reading time has been declared.

'Effective Speed' is calculated as 'Raw Speed' multiplied by comprehension. The competitor with the fastest effective speed wins!

Speed-Reading Text

The chosen text must be an **unpublished**, fictional novel or film script (not anything factual), as it is important for the Competitors to have no prior knowledge.

The author or publisher should state the number of words in the book – ideally around 50,000 words. Books with fewer words can be used with approval from the Global Chief Arbiter appointed to the competition. This is usually the Global Chief Arbiter for Speed-Reading.

If possible, the author should be invited to attend the tournament to assist with marking queries, presenting awards, and signing books for competitors.

Comprehension Questions

The comprehension test must consist of at least 20 questions, ideally set by the author. The passages these refer to should be evenly spaced throughout the book. They must be detailed, require 1-2 sentences to answer, and **strictly not multiple choice**.

Questions should be specific to events or facts revealed in the book and not the reader's subjective opinions.

Model answers and the page number where the answer is located should be listed for consultation if necessary when marking.

The Competition Room

Ideally, the room should be spacious with lots of natural light. If not, the artificial light should cast an even light over all the desks. The room should be completely silent so competitors can concentrate on reading.

Room Layout
There should be a large, flat, stable table for each competitor. The table should be big enough so the reader can rest their arms to hold the text comfortably and have space to make notes on A3 paper.

All tables should be positioned facing forwards.

A clock should be clearly visible, or a timer projected or displayed on a video screen.

Supplies
Plentiful A4 and A3 paper supplies should be made available to the competitors for note-taking.

It is the responsibility of the Competitors to bring their own writing equipment. Printed comprehension question papers with space to write several sentence answers under each question. One copy per competitor plus a stock of spares.

Bottled water is allowed but not open glasses in case of accidental spillage.

Awards
A dedicated area for presenting the awards to the winners should be established. Facility for the Press and other photographs and videos should be made available. All Competitors, Arbiters and everyone who helped make the event a success should be celebrated.

Advice for Competitors
When finishing, the usual procedure is to close the book, push it away to the edge of the desk and raise a hand.

Competitors are permitted to make notes if they wish. The questions are concerned with specifics from the book, but the Speed-Reading Championship does not intend to test memory. Making notes during the comprehension test acts as a useful aid to their memory. Of course, the more time spent making notes, the slower the reading speed will be.

It is important to be aware that passages to which questions relate will be approximately evenly spaced throughout the book, so notes should reflect this.

Timing
Competitors have a maximum of two hours of reading time. They are given the comprehension questions immediately after finishing their reading and have the remainder of the two hours or 30 minutes, whichever is greater, to answer them.

During the reading phase, the following timing announcements should be made:

- “You have 1 hour remaining”
- “You have 15 minutes remaining”
- “You have 5 minutes remaining”
- “You have 1 minute remaining”

The Arbiter's Role in the Competition Room

Each arbiter is responsible for 3-4 competitors with a mobile phone app or stopwatch. If using a phone, this must be set to silent mode.

When a competitor has finished reading, their time is recorded, the book is taken away, and they are given the comprehension question paper.

After two hours, competitors must stop reading. If they still need to complete the book, their final page number is recorded, the book is taken away, and they are given the comprehension question paper.

The Arbiters' Room
A separate quiet room should be set aside for the Arbiters to mark the comprehension papers.

A plentiful supply of 'model answer' marking schemes and copies of the book to refer to should be made available for the Arbiters.

A computer to collate and record all marks should also be provided for the Arbiters Room, with the final score sheet forwarded to the Chief Arbiter.

Marking Criteria
Competitors' papers are marked against a set of model answers with a maximum of five points per question. Arbiters need to make a judgment of how many points to award. (Only work in whole numbers - no half points are permitted).

For non-native speakers, papers are assigned to an arbiter who speaks the relevant language.

Each question has a page number indicating the passage to which the question refers. The book can be consulted if there is any doubt about the correct answer. If doubt remains, the query can be referred to the author or the Global Chief Arbiter assigned to the competition. Two arbiters must mark each paper.

If a competitor has not completed the book, only the questions are marked to the point they stopped. It is important to remove the tendency to guess the answer.

Scores are converted to percentages, and papers are passed on for data entry.

Several calculations are performed when calculating the final score. The following numbers are required.

- **STEP 1. NUMBER OF WORDS READ** – This represents the number of words read in a specific time, represented as words per minute (WPM).
- **STEP 2. TOTAL TIME SPENT READING** – The amount of time, hours, minutes, and seconds spent reading during the allotted time.
- **STEP 3. COMPREHENSION TEST SCORE** – Represented initially as a percentage but divided by 10 to make the final score (effective score) easy to read.
- **STEP 4. EFFECTIVE SCORE** – This is a competition number and **NOT WPM**. This number is what arbiters will use to determine ranking. The higher the number, the better.

STEP 1: HOW TO CALCULATE YOUR WORDS PER MINUTE (WPM)

Let us use an example.

Number of words read (W): 55,231.
Scenario 1: If the competitor finishes the book, the number of words will equal the total number of words in the book.

Scenario 2: If the competitor does not finish the book, the Arbiter must immediately establish and note the page number. This will help calculate the number of words read.

Time spent reading (M): 58 minutes 21 seconds.

The first step is calculating the Words Per Minute or WPM using the following formula.

Formula: $WPM = \frac{Number\ of\ Words\ (W)}{Time\ spent\ reading\ (M)}$

IMPORTANT:

You must convert the time spent reading (hours, minutes, and seconds) to calculate WPM as a decimal.

To achieve this, you can use the formula below.

Seconds x 0.0166An Excel spreadsheet is available from the Global Chief Arbiter for Speed-Reading, Professor Marek Kasperski (marek@tonybuzan.com)

If there were 33 seconds, the decimal equivalent would be 33 x 0.0166 or 0.55 seconds.

ALTERNATIVE

The table below shows the decimal value of seconds from 1 to 10.

Seconds	Decimals
1	.016
2	.033
3	.050
4	.066
5	.083
6	.100
7	.116
8	.133
9	.150
10	.166
11	.183
12	.200
13	.216
14	.233
15	.250

Seconds	Decimals
16	.266
17	.283
18	.300
19	.316
20	.333
21	.350
22	.366
23	.383
24	.400
25	.416
26	.433
27	.450
28	.466
29	.483
30	.500

Seconds	Decimals
31	.516
32	.533
33	.550
34	.566
35	.583
36	.600
37	.616
38	.633
39	.650
40	.666
41	.683
42	.700
43	.716
44	.733
45	.750

Seconds	Decimals
46	.766
47	.783
48	.800
49	.816
50	.833
51	.850
52	.866
53	.883
54	.900
55	.916
56	.933
57	.950
58	.966
59	.983
60	1.00

To apply this formula to our example, 58 minutes 21 seconds, our decimal time would be 58.35 minutes.

We can now calculate our words per minute, WPM.

Number of words read (W): 55,231
Time spent reading (M): 58.35 seconds

3 minutes and 21 seconds will be 3.35.

Now calculate your words per minute.

WPM = $\frac{55231}{58.35}$ = **947 WPM** (words per minute)

Note: the WPM score is rounded to a whole number, do not use a decimal point

CALCULATE YOUR COMPREHENSION SCORE

Let us extend our current example.

The comprehension test will comprise 20 (N) questions. Each question will be roughly divided into equal sections from the book.

The questions will require a written answer.

To calculate your comprehension score, add the number of correct answers.

Let us assume we correctly answered 14 questions. We divide your score of 14 by 20 and multiply by 100 to calculate your percentage comprehension.

COMPREHENSION IS $\frac{C}{N} x\ 10$ **= 7 Comprehension score**

A competitor must score 40% or more to achieve effective speed. This low score benchmark can be changed at the discretion of the Global Chief Arbiter for Speed-Reading.

If the competitor did not finish the book in the two hours allocated, we need to determine how many words they read.

Fraction read = Page number reached ÷ Number of pages in the book
Number of words read ≈ Fraction read x Number of words in the book

EXAMPLE

Then calculate as before.

CALCULATE YOUR EFFECTIVE SCORE

The purpose of the effective score is not to establish a reading speed based on comprehension but to create a score capable of separating competitors with similar speed and comprehension scores.

In our example, we have calculated the WPM: 946.5WPM
The comprehension score is 70%, or 7.

CALCULATING THE EFFECTIVE SCORE.

EFFECTIVE SCORE = WPM x C = 6,625 **Effective Score** (to the nearest whole number)

REMEMBER:
The higher the effective score, the better. The highest number will win

Chapter 7: WABA Leaderboard and Scoring

Think of our league as a dynamic sports arena where your skills propel you up the ranks. Like in tennis, our league boasts a permanent ranking system. Competitions are held every three months, and participants earn points based on their performance in each event. The leaderboard is updated regularly, showcasing our community's brightest minds and fastest readers.

Registration is open to anyone up to the challenge, and we host our events once every three months.

WABA League 2024 Schedule	
Spring	23rd-24th March
Summer	22nd-23rd June

Autumn	21st-22nd September
Winter	7th-8th October

Chapter 8: G.O.M.S.A.

The independent **G**uild **o**f **M**ind **S**port **Arbiters**

All competitive sports rely on sets of rules to ensure fairness. The same principle applies to mind sports.

The independent Guild of Mind Sports Arbiters (G.O.M.S.A.) was founded by Tony Buzan, Raymond Keene, and Chris Day,

G.O.M.S.A. was founded to provide an independent, trusted network of qualified arbiters for Mind Sports.

G.O.M.S.A. Founder, Chris Day

Professor Marek Kasperski created the GOMSA logo in March 2023. It replaces the old logo that has been in use for many years.

The central feature shows a seahorse. The seahorse was chosen as the word represents an acronym commonly used to summarise memory techniques. **S**enses, **E**xaggerate, **A**ction, **H**umour, **O**rder, **R**epetition, **S**ymbols, and, best of all, **E**njoy.

The globe in the background represents the global nature of the guild, promoting mind sports worldwide. The top of the head features warm colours, red, orange, and yellow. This represents the sparks of imagination, creativity, and associations.

The seahorse is very colourful. This is very deliberate. Tony Buzan was an advocate for colour. He believed that colour forms a strong memory trace and is critical for recall.

If you look closely at the background map, you will see a small red dot placed to mark London, England. This pays homage to the birthplace of GOMSA.

Arbiters

WABA League arbiters are trained by the President of G.O.M.S.A., Professor Marek Kasperski.

This training will ensure uniformity and the highest level of professionalism.

Arbiters are anyone trained by the Guild of Mind Sports Arbiters (G.O.M.S.A.) at Levels 2, 3 and 4

GOMSA also is responsible for refining Mind Mapping and Speed-Reading criteria. As the competitions become more competitive, decisions need to be made regarding what standard is acceptable and what is not permitted to score points.

This isn't easy and not always easily agreeable to all competitors. Therefore, an independent organisation, such as GOMSA, must be an independent organisation that reviews and makes decisions and publishes those decisions worldwide via its website.

Mind Mapping and Speed-Reading criteria are frequently reviewed.
GOMSA are also responsible for training Arbiters and issuing their certificates of competence upon completion of training. These certificates are valid for three years and can be renewed for three years once a refresher course is completed.

Chapter 8: Arbiters Pledge

The Arbiters' Pledge
By registering as an Official Accredited Arbiter, each trained Arbiter agrees to act following the Arbiter's Pledge:

"I pledge to always act as an Ambassador for the Mind Sports of Mind Mapping, Memory, and Speed-Reading. I pledge that all my decisions will be unbiased, fair, and balanced and that I will treat all competitors without discrimination. I commit to acting honourably and to promoting the benefits of becoming a Mental Athlete.

I pledge to uphold the principles of fair play and transparency in accordance with the rules and regulations of the Sport of Mind Sports and the World Sports Councils for Mind Mapping, Memory and Speed-Reading and in the spirit of the Magna Memoria. Dendritae Jubilent! ((May your brain cells rejoice!)"

The Competitors' Pledge
By registering as an Accredited Competitor, each Competitor agrees to act in accordance with the Competitors' Pledge:

"I agree to always act as an Ambassador for the Mind Sports of Mind Mapping, Memory, and Speed-Reading and actively promote the benefits of becoming a Mental Athlete. I pledge to always conduct myself in a civilised and dignified fashion, whether representing my nation or myself.

I pledge to uphold the principles of fair play and transparency in accordance with the rules and regulations of the Sports of Mind Mapping, Memory and Speed-Reading and in the spirit of the Magna Memoria. Dendritae Jubilent! (May your brain cells rejoice!)"

Chapter 9: The Magna Memoria

Left: Raymond Keene OBE with Tony Buzan

The Magna Memoria was originally designed and written by Ray Keene OBE on paper napkins, jointly with Tony Buzan, on a flight they were both on from Seoul, South Korea, to London, United Kingdom, in 1992.

The Magna Memoria means 'The Great Memory Charter'.

Ray and Tony had designed The Magna Memoria to state the principles for the Sport of Memory. And we now use The Magna Memoria as a basis for all Mind Sports in three disciplines of Mind Mapping, Memory, and Speed-Reading.

The Magna Memoria: The Great Memory Charter

Reasons to get involved with WABA.

1. Innovation
    a. To create a new Mind sport.
    b. To open up fresh and significant opportunities for mental athletes.
    c. To introduce a new field for mental combat based on the fundamental cognitive function of the Human Brain – Memory.
    d. To demonstrate that Memory is the twin of Creativity, that Memory is a fundamentally creative act, and that investing energy in Memory produces greatly enhanced creativity.

    e. To provide media, employment, and financial opportunities for Memory athletes.

    f. To provide a mental playground in which imagination and association provide the basis of fun for all learning and Memory.
2. Scientific
    a. To define the art and the science of Memory anew.
    b. To reformulate and refute psychological estimates of the limits of human potential in Memory, Learning and Thinking.
    c. To push back the boundaries while exploring the infinite universes of Memory.
    d. To stretch the limits of the human brain to as close to infinite capacity and efficiency as possible.
    e. To establish eye-catching and astounding new benchmarks and records for memory.
    f. To provide national and international norms for measuring and grading Memory performance.
    g. To stretch the potential and limits of the human brain using verifiable benchmarks and establishing ongoing records.
    h. To provide certification of levels of achievement in the art and science of Memory.
    i. To establish a rating system that allows competitors in a national and international competition to achieve global ranking.
    j. To establish International Master and Grand Master norms as in chess.
    k. To demonstrate that the limits placed on human performance, particularly in Memory, are inappropriate and result from a misunderstanding of the true nature of memory and its functions.
    l. To establish new statistical norms to measure Memory's expanding parameters.
3. Educational
    a. To create a Mind Sport with educational impact.
    b. To reintroduce Memory as a fundamental in early childhood education.
    c. To inspire the youth of the world to take on new mental challenges.
    d. Similarly, to inspire their elders to increase their own brainpower.
    e. To reinvigorate faith and enjoyment in Memory and the development of mental skills for learning purposes.
    f. To inspire all students with the knowledge that by developing mental skills, they can reduce study time by as much as 80% while simultaneously improving their grades and having more fun.
    g. To confirm that the mnemonic systems of previous tribes, nations and civilisations and the oral tradition of passing down tribal history as a mnemonic story were correct and need to be revisited.
    h. To provide educational beacons to help and inspire teachers to realise and nurture the previously unexplored parameters of human performance in Memory, Creativity and Learning.
4. Posterity and the Future
    a. To give hope.
    b. To revive the traditions of oral memory.
    c. To create new Brain Stars in the field of Mind Sports and Memory.

    d. To provide these Brain Stars as role models for younger children, incorporating the spirit of mens sana in corpore sano (a healthy mind in a healthy body).
    e. To achieve the Royal Patronage of Memory Sports, as chess did with Tsar Nicholas II in 1914.
5. Social and Philanthropic
    a. To create a global community and network of like-minded individuals free from the boundaries of age, gender, race, religion, and politics, a community fascinated by the exploration of the power and potential of Memory and the Human Mind.
    b. To provide a deeper understanding of the art and science of Memory and to spread this information globally for the benefit of all who wish to understand and improve their memory skills and performance.
    c. To defend the human brain against relying on excessive tools and props.
    d. By creating enhanced self-worth enables the individual to contribute more successfully to society.
    e. To convince governments worldwide that Memory is a worthy subject to be approved and taught in academic institutions.
    f. To spread global peace, harmony and understanding by organising international championships.
    g. To support and empower all those who seek to improve their memory.
    h. To give the individual a competitive edge and to enhance the sense of self-worth and confidence.
    i. To create a competition which is truly global and human, which open to all people, regardless of race, language, creed, gender, or physical ability, and which promotes the positive human values of understanding, mutual respect, open exchange, and cooperation.
    j. To wield Memory as a weapon against ageism.
    k. To show that properly used Memory can stave off senility, senescence, and Alzheimer's Disease.
    l. To release people and the planet from the tyranny of linear, industrial-military thought.
    m. To reverse the global misconception that Memory gets worse with age; to demonstrate, by example, that it should get better.