



# **ARBITRATION REGULATION FORMS**

**JANUARY 2018 EDITION**

# OFFICIAL REGULATIONS

## GENERAL

### INTRODUCTION

### TRADITIONAL

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#### 1. TRADITIONAL FORMS

Any person who executes a form must express a realistic, mental and physical approach to the different defense scenarios that he is trying to emulate. The movements that integrate the form must be according to the style that is being executed.

The movements must be performed with full force, focus and explosion. When the form is being made, the basic movements must be executed logically and must be in accordance with the chosen form.

The name of the competitor, form and club (or country) in all styles must be announced to the judges.

In each modality 4 people will be classified for the final, and they will make their exhibitions in the opposite order. In state competitions, it is optional to choose the winner after the first round. In all world competition, if there are rankings, qualifying rounds must be established.

The referee of forms must have a traditional formation, and be, at least, a black belt of the first degree.

It is up to the criterion of the host country (for example: of the promoter) to decide whether padded or non-padded surfaces will be used in the area.

## **1.2 PUNCTUATION**

Five judges will score the competitors. Once the scores have been recorded, the highest and the lowest will be removed.

Five judges will score without the highest and lowest scores. The points will be given with a single decimal. In the preliminary rounds the score will range between 6'0 and 8'0 (with 7 as the starting point). In the finals, between 8'0 and 9'9 (taking 9 as the starting point).

Only 4 people will be in charge of scoring the finals of all modalities. The current world classifieds will be pre-selected. For example: the world classified in 1st position will be the last. In the finals, competitors will be pre-selected according to their score in the playoffs.

In case of a tie in the modalities of Hardstyle and Softstyle, the competitors will be asked to perform a second different form. In state and international competitions, all competitors must be able to execute two different ways. If the competitor can not perform a different form, he may repeat the first with a penalty of 0.5 points for each judge. The same form or kata can be repeated in all Freestyle categories.

If the competitor carries a weapon and drops it during the execution of the form, it will be considered as a lack of control and a minimum penalty of 0.5 points will be applied for each judge.

If the competitor is using two weapons (for example: Kama or Sai) they can not crash abruptly or a penalty of 0.5 points per judge will be applied. This also applies to Freestyle.

If necessary, a timekeeper will be appointed. Shouting in every movement will not dazzle the judges; of this force is not constituted.

## **1.3 PRESENTATION**

### **UNIFORM**

The competitor must wear a martial arts uniform. T-shirts, including club shirts, can not be worn. The uniform must be clean and secure.

The belt of the corresponding grade must be worn. No jewelry can be worn.

You can not wear costumes or use special effects (for example: dry ice), lasers, smoke, etc. Dance movements may not be included in the form.

The competitor must announce the style and club or country to which it belongs, depending on whether it is a state or international competition. The competitor must have presence and attitude during the presentation and execution of the kata or the form.

#### **1.4 PRESENCE, ATTITUDE AND GOOD MANNERS**

The competitor must show respect and discipline at all times inside or outside the competition area. You must show respect to other competitors.

The good attitude on the part of the competitor consists in making a bow when entering the competition area and approaching the judges.

The competitor must make a presentation (See "General Rules"). Next, the competitor must ask permission to begin, bow to the judges and prepare to begin the execution of the form.

The competitor must show a martial arts discipline at all times. You must maintain focus and focus on what you are doing.

After completing the execution of the form, the competitor must wait for the judges to give him permission to leave the competition area.

#### **1.5 FORMS HARDSTYLE (JAPAN)**

The competitor must show respect and discipline at all times inside or outside the competition area. You must show respect to other competitors.

The good attitude on the part of the competitor consists in making a bow when entering the competition area and approaching the judges.

The competitor must make a presentation (See "General Rules"). Next, the competitor must ask permission to begin, bow to the judges and prepare to begin the execution of the form.

The competitor must show a martial arts discipline at all times. You must maintain focus and focus on what you are doing.

After completing the execution of the form, the competitor must wait for the judges to give him permission to leave the competition area.

## **1.6 FORMS HARDSTYLE (KOREAN)**

In the Korean Hardstyle forms, only traditional movements can be used. A traditional form, poomse or Korean tulle should resemble a traditional execution. An adaptation will be accepted as long as movements of traditional origin are added.

You can execute a high kick over the head of the competitor himself. A Freestyle form (machine gun kicks, etc.) will not be accepted.

A traditional Gi or Dobok should be worn. The use of weapons is not allowed. Music is not allowed, and there will be no time limit.

When scoring, judges must take into account:

The basic techniques, the postures, the punches, the balance when executing the kicks, the blocks, the balance, the strength, the concentration and a good transition between the movements.

## **1.7 FORMS SOFTSTYLE (WU-SHU) TAICHI**

Gymnastic movements are allowed, as long as they are within the style (for example: Wu-Shu). They should be practical and be part of the style. An adaptation will be accepted whenever traditional movements are added to the Soft style that is being executed.

You must wear a traditional clothing. The use of weapons is not allowed. Music is not allowed

At a maximum time limit of 3 minutes. A timekeeper will be assigned.

This is not a Freestyle modality, so a Freestyle form (submachine kick, etc.) will not be accepted.

When scoring, judges must take into account:

The basic techniques, the postures, the punches, the balance when executing the kicks, the blocks, the balance, the strength, the concentration and a good transition between the movements.

## **1.8 FORMS TRADITIONAL WEAPONS (KOBUDO)**

In Traditional Weapon forms, only traditional movements should be used. A traditional form or kata should resemble a traditional execution. An adaptation will be accepted as long as movements of traditional origin are added. You can not execute a high kick over the head of the competitor

himself. A Freestyle form (machine gun kicks, etc.) will not be accepted. A traditional Gi, Dobok or Wu-Shu must be worn. The use of weapons is mandatory. Music is not allowed

The use of scene elements such as lasers, smoke, fire or dry ice is not allowed. Dance moves or costumes are not allowed.

The duration of a Weapon Traditional form should be between 1 and 3 minutes. Time begins with the first movement of the form, not with presentation. A timekeeper will be assigned. All weapons must be safe, be in good condition and be recognized as weapons of martial arts.

The traditional weapons used in traditional forms must respect their traditional state (for example: that the Bo be made of wood and measure 1.80 cm or that the Sai be made of metal, etc.) and not be homemade. The judges have the right to review the weapons before the beginning of the form.

Score: The form will be scored by the use of weapons, not by the execution of kicks or other techniques.

When scoring, judges must take into account:

The handling of the weapon, the speed of the movements, the degree of difficulty, good management, spectacularity, balance, basic postures, strength and concentration.

## **1.9 FORMS CREATIVE - EXTREME**

### **GENERAL EXPECTATIONS OF A CREATIVE OR EXTREME FORM**

All the competitors of CREATIVE and EXTREME forms will execute it once, and then the score will be given. The highest score wins. In case of a tie between the first, the second or the third, the forms will be executed again. The two tied competitors will be scored. The one that obtains the highest score will be the winner of the tie. In case of a second draw, the judges will proceed to a vote by show of hands.

The competitors who execute the form must express a realistic, mental and physical approach to the opponents. The movements must be carried out, when necessary, with maximum strength, focus and explosiveness. When a form is executed, the movements must be carried out logically. KIAI or shouts must be included in the form, but not in each movement.

The judges must take into account: basic techniques, postures, speed and definition in the execution. Gym tricks or movements involving a high risk or difficulty should be executed accurately at all times. The form must be

fluid and continuous, and the time in which it is still must be minimal. All aspects of the competitor's physical ability will be taken into account, for example:

**flexibility, strength, speed, resistance and attitude.**

It encourages you to be creative, and high-risk moves and combos will score high if they run without falling. Forms with weapons will be scored mainly for the use of the weapon. The main objective during the execution of the form must be the handling and creativity with the weapon. The weapon can not be disregarded once the form has begun.

### **DURATION OF THE FORM**

In all musical modalities, a maximum of 30 seconds are allowed for the presentation. The time begins to count when the competitor comes into contact with the competition area.

The minimum time allowed for the execution of any musical form is 1 minute, and the maximum time of 2. The time will begin to count from the first movement after the consent of the judges to start.

If the minimum time limit is not reached or the maximum is exceeded, a reduction of 0.5 points of the form will be applied by all the judges.

### **RELEASES (RELEASE THE WEAPON)**

RELEASE means the loss of intentional contact between the body and the weapon so that it is thrown into the air or left in balance on the ground.

When making a throw (throw release), the weapon should be released and collected accurately. If the weapon falls to the ground, each judge will discount 0'5 points of the final score. If the weapon leaves the competition zone, the competitor will be disqualified.

A balance of the weapon (balance release) occurs when the weapon is in balance on the ground. For example: when a Bo stays upright. If the weapon falls to the ground, each judge will discount 0'5 points of the final score.

### **MUSIC**

It should fit with the form that is running. Synchronization with music is not mandatory, but will show a higher level of preparation.

Music may not be used with insulting, derogatory, or incendiary comments. This will mean disqualification.

## **MUSICAL FORMS FREE STYLE WITHOUT ARMS**

Creative forms without weapons: They are Hard Style forms of own creation, with music, but without movements of gymnastics, horizontal rotations or turns of more than 360°. The creative form without weapons should only include the use of basic movements of martial arts, accompanied by individual variations.

Extreme forms without weapons: They are Hard Style forms of own creation, with music, and with unlimited use of movements and techniques of gymnastics. The extreme form without weapons should include the use of basic movements of martial arts, accompanied by individual variations.

Music should be used, and choreography will be of great importance.

The use of weapons is strictly prohibited.

The use of scene elements such as lasers, smoke, fire or dry ice is not allowed.

Dance moves or costumes are not allowed.

The duration of a Freestyle form must range between 1 and 2 minutes. Time will begin with the first movement of the form, not with the presentation.

A timekeeper will be assigned.

Although in the extreme modalities an unlimited number of gymnastic movements and tricks can be included, the form must resemble the forms of martial arts. If this is not achieved, this will imply a lower score for the competitor. They must show extreme MARTIAL ARTS.

When scoring, judges must take into account:

Synchronization with music, spectacularity, speed of movement, degree of difficulty, basic movements of hands and feet, balance, basic postures, strength and concentration

All the skills mentioned above must be executed with the power and strength according to the basic movements.



## **MUSICAL FORMS FREE STYLE WITH ARMS**

Creative forms with weapons: They are Hard Style forms of own creation with weapons, with music, but without movements of gymnastics, horizontal rotations or turns of more than 360°. The weapon can be released 3 times maximum. The weapon will be used throughout the execution, and should be kept in constant use. The basic use of the weapon, accompanied by a creative management of it, will grant the main score.

Extreme forms with weapons: They are forms Hard Style of own creation with arms and with unlimited use of movements and techniques of gymnastics. The weapon can be released as many times as desired. The weapon will be used throughout the execution, and should be kept in constant use. The basic use of the weapon, accompanied by a creative management of it, will grant the main score.

Music and weapons must be used, and the choreography will be of great importance.

The use of scene elements such as lasers, smoke, fire or dry ice is not allowed.

Dance moves or costumes are not allowed.

The duration of a Freestyle form must range between 1 and 2 minutes. Time will begin with the first movement of the form, not with the presentation.

A timekeeper will be assigned.

All weapons must be safe, be in good condition and be recognized as weapons of martial arts. The judges have the right to review the weapons before the beginning of the form.

Although it can include an unlimited number of gymnastic movements and tricks, the form should resemble the forms of Martial Arts.

The fact of not showing movements and basic postures during the execution of the form will suppose a reduction of the score.

When scoring, judges must take into account:

The synchronization with the music, the handling of the weapon, the speed of the movements, the degree of difficulty, a good handling, the spectacularity, the balance, the basic postures, the strength and the concentration.

The form will be scored by the use of the weapon, not by kicks or other movements

<b>CATEGORIES FORMS (MALE AND FEMALE)</b>
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- **EMPTY HAND FORMS (Karate – Taekwondo – Kung Fu ...)**  
-10, -14, -18, 18-40, +40 years
- **SOFT FORMS (Taichi...)**  
-10, -14, -18, 18-40, +40 years
- **FORMS WEAPONS**  
-10, -14, -18, 18-40, +40 years
- **EXTREME MUSICAL FORMS (Free Style)**  
-10, -14, -18, 18-40, +40 years
- **MUSICAL FORMS WEAPONS**  
-10, -14, -18, 18-40, +40 years
- **TEAM FORMS (By Teams)**  
-16, +16 years
- **TEAM FORMS MUSICAL (By Teams)**  
-16, +16 years

**IMPORTANT NOTE: Team FORMS will be made without weapons.**