

# APPENDIX A

## Specific Forms Criteria

(Includes Weapons, Self-Defense, Choreographed Fighting and Breaking)

Unless option 02-2a (Forms V.E.2.a.) is specifically required by the tournament's sanctioning body or is required according to the tournament's brochure, this criteria is not required at a tournament, but is enforced at the Super Grands

JUDGES: The following criteria apply specifically to NBL divisions, not necessarily SKIL. All NBL scoring must be 8.00 to 10.00, with 9.00 as an average score. Base all the rest of your scores on the first player's performance.

### FORMS DIVISIONS

#### A. HARD CONTEMPORARY FORMS (Creative & Musical)

##### CENTER REFEREE

- EXPLAINS CRITERIA** - The Center Referee must read aloud to the players this entire forms criteria section applicable to the division. However, even if this criteria is not read it does not negate the enforcement of this criteria if an arbitration is sought.
- PLAYER DEMONSTRATION** - The Center Referee should ask for any player to demonstrate any portion of their form which the player feels may be in violation, so as to determine whether the form (or portion thereof) will be allowed or disallowed before the division starts.
- DISQUALIFICATION** - The Rules Arbitrator makes all the forms criteria final decisions and must disqualify any player in violation of the AUTOMATIC DISQUALIFICATION CRITERIA. (He/she may confer with the division's Judges before finalizing a disqualification).

##### AUTOMATIC DISQUALIFICATION CRITERIA

- UNIFORM** - Uniform (top and pants) must be a traditional, school or sport martial arts hard stylist's uniform which is not unsightly or with foul language on it. The uniform top can be removed only after entering the ring.
- ILLEGAL TECHNIQUES** - Soft style techniques, Wu-shu techniques (i.e., butterfly)
- REQUIRED TECHNIQUES**
  - Series of at least five (5) consecutive hand movements.
  - Spinning kick landing to a hand technique or split.
  - Series of at least three (3) kicks without touching down with the kicking leg from a standing position or three (3) sequenced aerial kicks without touching down.
  - Either a jumping front thrust kick, flying side kick, split kick, tornado kick, whip (slingshot) kick, two or more kicks while airborne, gyroscope kick or capoeira kick.
- FORM** - Must be a created form derivative from a hard style Korean, Japanese or Okinawan base.
- GYMNASTICS** - Up to seven (7) gymnastic techniques are allowed and can enhance the player's performance and score. However, gymnastics must not be the main criteria for judging. More than seven (7) gymnastic techniques will automatically disqualify a player. Combinations of gymnastic techniques count as one per technique: i.e., a round-off back flip counts as two (2) gymnastics techniques. Gymnastics movements allowed specifically include only the following:
  - Cartwheels
  - Round-offs
  - Cartwheel aerials (with or without twists)
  - Front and back hand springs
  - Front and back flips
  - Full front and side splits
  - Kip-ups
  - Barrel rolls
- PERCENTAGE OF MUSIC PLAYING** - The performance must have music played throughout at least 75% of the form if it is a division where music is required.

##### FORM GENERALIZATION

- STANCES** - Solid, variety.
- BLOCKS, PUNCHES** - Linear, strong.
- KICKS** - Variety, generally thrust.
- KIAI** - Variety acceptable.
- DIFFICULTY** - Difficulty of technique is important.
- ENTERTAINING** - The form should be dynamic and entertaining.
- MUSIC CHOREOGRAPHY (hard musical only)** - The form must be choreographed to the music. Background music is not acceptable for best scoring. Choreography means that the player's focus, movements and techniques synchronize or alternate with various beats in the music.

##### SCORING

(NOTE: In contemporary divisions a performance error should not necessarily be the determining factor for a Judge to give a player a score lesser than he gives his opponents. If the Judge feels that the player's overall performance is still superior to his opponent's then the Judge may still award the player that erred with the highest score).

(NOTE: Musical forms must be choreographed to the music. Despite the quality of the form, a Judge must deduct severely if choreography to the music is poorly attempted and must score a player with the lowest possible score if no attempt was made at choreographing the form to the music at all. At the Center Referee's discretion, if he feels that little or no choreography was attempted and that his Judges did not deduct severely enough, then he may require the Scorekeeper to deduct up to one (1) full point off that player's total score.)

(NOTE: Scoring must not be influenced by crowd, team, school, national or regional enthusiasm)

25% of score: BASICS - Speed, power, kiai, focus, balance, breathing.

25% of score: PERFECTION OF TECHNIQUES - Kicks, hand techniques, stances and gymnastics.

25% of score: DEGREE OF DIFFICULTY - Kicks, hand techniques, stances and gymnastics (and choreography - only if music is used)

25% of score: ENTERTAINMENT - Showmanship, creativity (and choreography - only if music is used).

### CONTEMPORARY FORMS DEGREE OF DIFFICULTY CHART

TECHNIQUE	PERFECTION OF TECHNIQUE					
	GOOD	D	BETTER	D	BEST	D
Cartwheel		1		2		3
Back Handspring		3		4		5
Front Handspring		3		4		5
Cartwheel Aerial		4		5		6
Front Split		2		4		6
Round off Back Flip		4		5		6
Side Split	Attempted full split	2	Full split w/use of hands to get up	4	Full split bouncing up to stance or using leg strength to rise slowly	6
Back Flip		5		6		7

Note: All revisions since 8/99 SKITA are underlined

TECHNIQUE	PERFECTION OF TECHNIQUE					
	GOOD	D	BETTER	D	BEST	D
<b>GYMNASTICS (continued)</b>						
Barrel Roll		5		6		7
Front Flip		6		7		8
Barrel Roll to Front Split		7		8		9
Round off Back Twist		8		9		10
Back Flip to Front Split		8		9		10
<b>KICKS</b>						
	GOOD	D	BETTER	D	BEST	D
Spinning Crescent		3		4		5
Hook		2		4		6
Inverted Roundhouse		2		4		6
Jump Spinning Crescent		4		5		6
Sissors Front Thrust		2		4		6
Sling Shot (whip)		2		4		6
Spinning Hook		4		5		6
Crescent		1		4		7
Jump Front Thrust		3		5		7
Jump Spin Hook		5		6		7
Round House		1		4		7
Side	Kick w/chamber/recoil & waist high	1	Chamber/recoil & locked thrust & chest high	4	Chamber recoil & locked thrust & knife edge & vertical	7
Front	Kick w/chamber/recoil	1	Chamber/recoil & locked thrust	4	Chamber recoil & locked thrust & ball-outward	7
360°		3		5		7
Flying Sissors Kick		4		6		8
Gyroscope		4		6		8
Hook Return	Low kick w/o use of hands	4	High kick w/slight support by hand	6	High/vertical kick w/o support by hand	8
Jump Split		4		6		8
Two Kicks Airborne		6		7		8
Capoeira		5		7		9
Jump Spin Split		7		8		9
Tornado (540°)		3		6		9
Three Kicks Airborne		8		9		10
720°		8		9		10
<b>WEAPONS</b>						
	GOOD	D	BETTER	D	BEST	D
Weapon Leaves Hand		3		7		10

**CHART NOT COMPLETED AS OF PRINTING**  
 (Send us your thoughts or additions)

D = Degree of difficulty (10 = most difficult, 1 = least difficult)

## B. SOFT CONTEMPORARY FORMS

### CENTER REFEREE

- EXPLAINS CRITERIA** - The Center Referee must read aloud to the players this entire forms criteria section applicable to the division. However, even if this criteria is not read it does not negate the enforcement of this criteria if an arbitration is sought.
- PLAYER DEMONSTRATION** - The Center Referee should ask for any player to demonstrate any portion of their form which the player feels may be in violation, so as to determine whether the form (or portion thereof) will be allowed or disallowed before the division starts.
- DISQUALIFICATION** - The Rules Arbitrator makes all the forms criteria final decisions and must disqualify any player in violation of the AUTOMATIC DISQUALIFICATION CRITERIA. (He/she may confer with the division's Judges before finalizing a disqualification).

### AUTOMATIC DISQUALIFICATION CRITERIA

- UNIFORM** - Uniform (top and pants) must be a traditional, school or sport martial arts soft stylist's uniform which is not unsightly or with foul language on it. The uniform top can be removed only after entering the ring.
- ILLEGAL TECHNIQUES** - Hard style, linear techniques.
- FORM** - Must implement soft style techniques. Must be a created form derivative from a soft style Chinese, Korean or Japanese base.
- GYMNASTICS** - Gymnastics are allowed and can enhance the player's performance and score.
- PERCENTAGE OF MUSIC PLAYING** - The performance must have music played throughout at least 75% of the form if it is a division where music is required.

### FORM GENERALIZATION

- STANCES** - Solid, variety.
- BLOCKS, PUNCHES** - Circular.
- KICKS** - Variety.
- FLUIDITY** - Internal application.
- ENTERTAINING** - The form should be dynamic and entertaining.
- MUSIC CHOREOGRAPHY (applicable only if music is used)** - The form must be choreographed to the music. Background music is not acceptable for best scoring. Choreography means that the player's focus, movements and techniques synchronize or alternate with various beats in the music.

### SCORING

(NOTE: In contemporary divisions a performance error should not necessarily be the determining factor for a Judge to give a player a score lesser than he gives his opponents. If the Judge feels that the player's overall performance is still superior to his opponent's then the Judge may still award the player that erred with the highest score).

(NOTE: Musical forms must be choreographed to the music. Despite the quality of the form, a Judge must deduct severely if choreography to the music is poorly attempted and must score a player with the lowest possible score if no attempt was made at choreographing the form to the music at all. At the Center Referee's discretion, if he feels that little or no choreography was attempted and that his Judges did not deduct severely enough, then he may require the Scorekeeper to deduct up to one (1) full point off that player's total score).

(NOTE: Scoring must not be influenced by crowd, team, school, national or regional enthusiasm)

25% of score: BASICS - Speed, power, fluidity, focus, balance, breathing.

25% of score: PERFECTION OF TECHNIQUES - Kicks, hand techniques, stances and gymnastics.

25% of score: DEGREE OF DIFFICULTY - Kicks, hand techniques, stances and gymnastics (and choreography - only if music is used).

25% of score: ENTERTAINMENT - Showmanship, creativity (and choreography only if music is used).

## C. HARD TRADITIONAL FORMS

The criteria for this division shall follow exactly the same as the Japanese/Okinawan or Korean forms division criteria, depending upon which style the player is representing.

## D. JAPANESE / OKINAWAN FORMS

### CENTER REFEREE

1. **EXPLAINS CRITERIA** - The Center Referee must read aloud to the players this entire forms criteria section applicable to the division. However, even if this criteria is not read it does not negate the enforcement of this criteria if an arbitration is sought.
2. **PLAYER DEMONSTRATION** - The Center Referee should ask for any player to demonstrate any portion of their form which the player feels may be in violation, so as to determine whether the form (or portion thereof) will be allowed or disallowed before the division starts.
3. **DISQUALIFICATION** - The Rules Arbitrator makes all the forms criteria final decisions and must disqualify any player in violation of the **AUTOMATIC DISQUALIFICATION CRITERIA**. (He/she may confer with the division's Judges before finalizing a disqualification).

### AUTOMATIC DISQUALIFICATION CRITERIA

1. **UNIFORM** - Uniform (top and pants) must be a pure white, plain traditional uniform only. A maximum of two (2) association, style, school, team, sponsor and/or flag emblems can be affixed to the chest or shoulder area only. A legitimate sponsor or team name or emblem may be affixed to the back of the uniform top (wording or emblems such as instructor, world champion, blackbelt club, etc., are strictly prohibited). Nothing can be affixed to the uniform pants unless it is a makers tag that is completely covered by the uniform top. Exposed manufacturer's tags (names and logos) of not more than 2" x 2" are allowed on the corner of the bottom front uniform top only. All other manufacturer's tags must be unexposed or will be counted as one of the emblems. No "T" shirt or articles of clothing can be worn under the uniform top by males. Females are allowed to wear only a solid white sports bra, sleeveless or sleeved "T" shirt under the uniform top. The wearing of any jewelry is prohibited. Jewelry that cannot be physically removed must be taped with white tape to be invisible (specifically wedding bands). The uniform top and/or pants cannot be turned inside out to hide any sewn on emblems. The uniform top can be removed only after entering the ring. The player will be given five (5) minutes to correct a uniform and/or jewelry violation to avoid being disqualified for a violation before the division starts. After the division starts the player will be automatically disqualified for a violation.
2. **ILLEGAL TECHNIQUES** - Splits, gymnastics, rolls, elevated spinning kicks (splits, crescents, hooks, etc.), combination high kicks, kicks above the player's own chest height (chest height is determined as the chest height of the player in a standing position), combination of two or more traditional forms, altered traditional forms, more than four (4) kiai.
3. **FORM** - Must be a traditional, unaltered Japanese or Okinawan form. No music is allowed.

### FORM GENERALIZATION

1. **STANCES** - Solid, low.
2. **BLOCKS, PUNCHES** - Linear, strong.
3. **KICKS** - Low, powerful, generally snapped, limited amount, mostly front snap and side kicks.
4. **BODY DYNAMICS** - Hip rotation, centralized power.
5. **KIAI** - Short, from the diaphragm (four (4) maximum).
6. **BUNKAI** - Must have logical reasoning behind each technique, with an end result. Bunkai may be demonstrated with a partner(s) in the finals, at the player's discretion.

### SCORING

(NOTE: Scoring must not be influenced by crowd, team, school, national or regional enthusiasm)

50% of score: BASICS - Speed, power, kiai, focus, balance, breathing.

50% of score: PERFECTION OF TECHNIQUES - Stances, hand techniques, kicks.

## E. KENPO / POLYNESIAN FORMS

### CENTER REFEREE

1. **EXPLAINS CRITERIA** - The Center Referee must read aloud to the players this entire forms criteria section applicable to the division. However, even if this criteria is not read it does not negate the enforcement of this criteria if an arbitration is sought.
2. **PLAYER DEMONSTRATION** - The Center Referee should ask for any player to demonstrate any portion of their form which the player feels may be in violation, so as to determine whether the form (or portion thereof) will be allowed or disallowed before the division starts.
3. **DISQUALIFICATION** - The Rules Arbitrator makes all the forms criteria final decisions and must disqualify any player in violation of the **AUTOMATIC DISQUALIFICATION CRITERIA**. (He/she may confer with the division's Judges before finalizing a disqualification).

### AUTOMATIC DISQUALIFICATION CRITERIA

1. **UNIFORM** - Uniform (top and pants) must be a black, plain traditional uniform only. A maximum of two (2) association, style, school, team, sponsor and/or flag emblems can be affixed to the chest or shoulder area only. A legitimate sponsor or team name or emblem may be affixed to the back of the uniform top (wording or emblems such as instructor, world champion, blackbelt club, etc., are strictly prohibited). Nothing can be affixed to the uniform pants unless it is a makers tag that is completely covered by the uniform top. Exposed manufacturer's tags (names and logos) of not more than 2" x 2" are allowed on the corner of the bottom front uniform top only. All other manufacturer's tags must be unexposed or will be counted as one of the emblems. No "T" shirt or articles of clothing can be worn under the uniform top by males. Females are allowed to wear only a solid black sports bra, sleeveless or sleeved "T" shirt under the uniform top. The wearing of any jewelry is prohibited. The uniform top and/or pants cannot be turned inside out to hide any sewn on emblems. The uniform top cannot be removed during any part of the player's performance. The player will be given five (5) minutes to correct a uniform and/or jewelry violation to avoid being disqualified for a violation before the division starts. After the division starts the player will be automatically disqualified for a violation.
2. **ILLEGAL TECHNIQUES** - Splits, gymnastics, butterfly and kicks above the player's own chest height (chest height is determined as the chest height of the player in a standing position).
3. **FORM** - Must be a traditional Kenpo, Kajukenbo or Polynesian form. No music is allowed.

### FORM GENERALIZATION

1. **STANCES** - Solid, high or low.
2. **BLOCKS, PUNCHES** - Linear and circular, strong, blocks and strikes can be the same movement.
3. **KICKS** - Generally low, snapped.

### SCORING

(NOTE: Scoring must not be influenced by crowd, team, school, national or regional enthusiasm)

50% of score: BASICS - Speed, power, kiai, focus, balance, breathing.

50% of score: PERFECTION OF TECHNIQUES - Stances, hand techniques and kicks.

## F. KOREAN FORMS

### CENTER REFEREE

1. **EXPLAINS CRITERIA** - The Center Referee must read aloud to the players this entire forms criteria section applicable to the division. However, even if this criteria is not read it does not negate the enforcement of this criteria if an arbitration is sought.
2. **PLAYER DEMONSTRATION** - The Center Referee should ask for any player to demonstrate any portion of their form which the player feels may be in violation, so as to determine whether the form (or portion thereof) will be allowed or disallowed before the division starts.
3. **DISQUALIFICATION** - The Rules Arbitrator makes all the forms criteria final decisions and must disqualify any player in violation of the **AUTOMATIC DISQUALIFICATION CRITERIA**. (He/she may confer with the division's Judges before finalizing a disqualification).

### AUTOMATIC DISQUALIFICATION CRITERIA

1. **UNIFORM** - Uniform (top and pants) must be a pure white (with or without traditional black or dark blue trim), plain traditional or v-neck uniform only. A maximum of two (2) association, style, school, team, sponsor and/or flag emblems can be affixed to the chest or shoulder area only. A legitimate sponsor or team name or emblem may be affixed to the back of the uniform top (wording or emblems such as instructor, world champion, blackbelt club, etc., are strictly prohibited). Nothing can be affixed to the uniform pants unless it is a makers tag that is completely covered by the uniform top. Exposed manufacturer's tags (names and logos) of not more than 2" x 2" are allowed on the corner of the bottom front uniform top only. All other manufacturer's tags must be unexposed or will be counted as one of the emblems. No "T" shirt or articles of clothing can be worn under the uniform top by males. Females are allowed to wear only a solid white sports bra, sleeveless or sleeved "T" shirt under the uniform top. The wearing of any jewelry is prohibited. The uniform top and/or pants cannot be

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turned inside out to hide any sewn on emblems. The uniform top cannot be removed during any part of the player's performance. The player will be given five (5) minutes to correct a uniform and/or jewelry violation to avoid being disqualified for a violation before the division starts. After the division starts the player will be automatically disqualified for a violation.

2. **ILLEGAL TECHNIQUES** - Splits, gymnastics, rolls, "machine gun" kicks, more than three (3) kicks without putting the kicking leg down, tornado kicks, whip (slingshot) kicks, cartwheel kicks, combination of two or more traditional forms, altered traditional forms, more than five (5) kihap.
3. **FORM** - Must be a traditional, unaltered Korean form recognized by the USTU, ATA, ITF, WTF, AAU and USTSDMDK. No music is allowed.

#### **FORM GENERALIZATION**

1. **STANCES** - Solid, high.
2. **BLOCKS, PUNCHES** - Linear, strong, limited amount.
3. **KICKS** - Generally high, powerful, generally thrust.

#### **SCORING**

(NOTE: Scoring must not be influenced by crowd, team, school, national or regional enthusiasm)

50% of score: BASICS - Speed, power, kiai, focus, balance, breathing.

50% of score: PERFECTION OF TECHNIQUES - Stances, hand techniques and kicks.

## **G. SOFT TRADITIONAL FORMS**

#### **CENTER REFEREE**

1. **EXPLAINS CRITERIA** - The Center Referee must read aloud to the players this entire forms criteria section applicable to the division. However, even if this criteria is not read it does not negate the enforcement of this criteria if an arbitration is sought.
2. **PLAYER DEMONSTRATION** - The Center Referee should ask for any player to demonstrate any portion of their form which the player feels may be in violation, so as to determine whether the form (or portion thereof) will be allowed or disallowed before the division starts.
3. **DISQUALIFICATION** - The Rules Arbitrator makes all the forms criteria final decisions and must disqualify any player in violation of the AUTOMATIC DISQUALIFICATION CRITERIA. (He/she may confer with the division's Judges before finalizing a disqualification).

#### **AUTOMATIC DISQUALIFICATION CRITERIA**

1. **UNIFORM** - Uniform (top and pants) should preferably be a traditional frog button Kung Fu uniform or black Kuk Sool Won uniform. A maximum of two (2) association, style, school, team, sponsor and/or flag emblems can be affixed to the chest or shoulder area only. A legitimate sponsor or team name or emblem may be affixed to the back of the uniform top (wording or emblems such as instructor, world champion, blackbelt club, etc., are strictly prohibited). Nothing can be affixed to the uniform pants unless it is a makers tag that is completely covered by the uniform top. Exposed manufacturer's tags (names and logos) of not more than 2" x 2" are allowed on the corner of the bottom front uniform top only. All other manufacturer's tags must be unexposed or will be counted as one of the emblems. The uniform top cannot be removed during any part of the player's performance.
2. **ILLEGAL TECHNIQUES** - Hard style linear techniques. Contemporary Wu-shu, Kenpo and Polynesian forms are not allowed if the tournament has a soft contemporary (or Kenpo/Polynesian) forms division. As a general rule most gymnastics are not allowed.
3. **FORM** - Must implement soft style techniques generally associated with the style being demonstrated. No music is allowed.

#### **FORM GENERALIZATION**

1. **STANCES** - Variety.
2. **BLOCKS, PUNCHES** - Circular.
3. **KICKS** - Variety.
4. **FLUIDITY** - Internal application.

#### **SCORING**

(NOTE: Scoring must not be influenced by crowd, team, school, national or regional enthusiasm)

50% of score: BASICS - Speed, power, fluidity, focus, balance, breathing.

50% of score: PERFECTION OF TECHNIQUES - Stances, hand techniques and kicks.

## **WEAPONS DIVISIONS**

## **A. HARD CONTEMPORARY WEAPONS (Creative & Musical)**

#### **CENTER REFEREE**

1. **EXPLAINS CRITERIA** - The Center Referee must read aloud to the players this entire forms criteria section applicable to the division. However, even if this criteria is not read it does not negate the enforcement of this criteria if an arbitration is sought.
2. **PLAYER DEMONSTRATION** - The Center Referee should ask for any player to demonstrate any portion of their form which the player feels may be in violation, so as to determine whether the form (or portion thereof) will be allowed or disallowed before the division starts.
3. **DISQUALIFICATION** - The Rules Arbitrator makes all the forms criteria final decisions and must disqualify any player in violation of the AUTOMATIC DISQUALIFICATION CRITERIA. (He/she may confer with the division's Judges before finalizing a disqualification).
4. **WEAPONS CHECK** - The Center Referee must check the weapons for appropriateness for the division and will allow the player to exchange an unacceptable weapon and to locate an acceptable weapon within the two (2) minutes allowable time frame. The weapons must be checked before the division starts, not during the player's timed performance.

#### **AUTOMATIC DISQUALIFICATION CRITERIA**

1. **UNIFORM** - Uniform (top and pants) must be a traditional, school or sport martial arts hard stylist's uniform which is not unsightly or with foul language on it. The uniform top can be removed only after entering the ring.
2. **ILLEGAL TECHNIQUES** - Soft style techniques, Wu-shu techniques (i.e. butterfly).
3. **FORM** - Must be a created form deriving from a Korean, Japanese or Okinawan base.
4. **WEAPON CONSTRUCTION/SIZE/WEIGHT/AUTHENTICITY** - Weapons must have a resemblance and evolution to traditional Asian martial arts weaponry. The weapon cannot be of plastic or foam. Modern aluminum, light weight and slim lined weapons are allowed as long as they represent that of a traditional Asian weapon which could do damage.
5. **GYMNASTICS** - Up to seven (7) gymnastic techniques are allowed and can enhance the player's performance and score. However, gymnastics must not be the main criteria for judging. More than seven (7) gymnastic techniques will automatically disqualify a player. Combinations of gymnastics techniques count as one per technique: i.e., a round-off back flip counts as two (2) gymnastics techniques. Gymnastics movements allowed specifically include only the following:
  - a. Cartwheels
  - b. Round-offs
  - c. Cartwheel aerials (with or without twists).
  - d. Front and back hand springs
  - e. Front and back flips
  - f. Full front and side splits
  - g. Kip-ups
  - h. Barrel rolls
6. **PERCENTAGE OF WEAPON USAGE** - Ninety percent (90%) of the player's performance time must be with a weapon in the hand.
7. **PERCENTAGE OF MUSIC PLAYING** - The performance must have music played throughout at least 75% of the form if it is a division where music is required.

#### **FORM GENERALIZATION**

1. **STANCES** - Solid, variety.
2. **BLOCKS, PUNCHES** - Linear, strong.
3. **KICKS** - Variety, generally thrust.

4. **KIAI** - Variety acceptable.
5. **DIFFICULTY** - Difficulty of weapon manipulation is important.
6. **ENTERTAINING** - The form should be dynamic and entertaining.
7. **MUSIC (applicable only if music is used)** - The form must be choreographed to the music. Background music is not acceptable for best scoring. Choreography means that the player's focus, movements and techniques synchronize or alternate with various beats in the music.

**SCORING**

*(NOTE: In contemporary divisions a performance error should not necessarily be the determining factor for a Judge to give a player a score lesser than he gives his opponents. If the Judge feels that the player's overall performance is still superior to his opponent's then the Judge may still award the player that erred with the highest score).*

*(NOTE: Weapons players should be judged primarily on their ability with, and manipulation of, the weapon, not just hand strikes, kicks and gymnastics.)*

*(NOTE: Musical forms must be choreographed to the music. Despite the quality of the form, a Judge must deduct severely if choreography to the music is poorly attempted and must score a player with the lowest possible score if no attempt was made at choreographing the form to the music at all. At the Center Referee's discretion, if he feels that little or no choreography was attempted and that his Judges did not deduct severely enough, then he may require the Scorekeeper to deduct up to one (1) full point off that player's total score.)*

*(NOTE: Scoring must not be influenced by crowd, team, school, national or regional enthusiasm)*

25% of score: **BASICS** - Speed, power, kiai, focus, balance, breathing as applied to the use of the weapon.

25% of score: **PERFECTION OF TECHNIQUES** - Weapons, kicks, hand techniques, stances and gymnastics.

25% of score: **DEGREE OF DIFFICULTY** - Weapons, kicks, hand techniques, stances and gymnastics.

25% of score: **ENTERTAINMENT** - Showmanship, creativity (and choreography - only if music is used).

## **B. HARD TRADITIONAL WEAPONS**

### **CENTER REFEREE**

1. **EXPLAINS CRITERIA** - The Center Referee must read aloud to the players this entire forms criteria section applicable to the division. However, even if this criteria is not read it does not negate the enforcement of this criteria if an arbitration is sought.
2. **PLAYER DEMONSTRATION** - The Center Referee should ask for any player to demonstrate any portion of their form which the player feels may be in violation, so as to determine whether the form (or portion thereof) will be allowed or disallowed before the division starts.
3. **DISQUALIFICATION** - The Ruler Arbitrator makes all the forms criteria final decisions and must disqualify any player in violation of the **AUTOMATIC DISQUALIFICATION CRITERIA**. (He/she may confer with the division's Judges before finalizing a disqualification).
4. **WEAPONS CHECK** - The Center Referee must check any weapons for appropriateness for the division and will allow the player to exchange an unacceptable weapon and to locate an acceptable weapon within the two (2) minutes allowable time frame. The weapons must be checked before the division starts, not during the player's timed performance.

### **AUTOMATIC DISQUALIFICATION CRITERIA**

1. **UNIFORM** - Uniform (top and pants) must follow the uniform code of the style which the player is representing (see Japanese/Okinawan or Korean). Additionally, the player is allowed to wear a hakama if they are performing a Japanese/Okinawan weapons form. The hakama must be solid blue, black or white. No "T" Shirt or articles of clothing can be worn under the uni form top by males. Females are allowed to wear only a solid white (Japanese/Okinawan, Korean forms) sports bra, sleeveless or sleeved "T" Shirt under the uniform top. The wearing of any jewelry is prohibited. The uniform top and/or pants cannot be turned inside out to hide any sewn on emblems. The uniform top cannot be removed during any part of the player's performance. The player will be given five (5) minutes to correct a uniform and/or jewelry violation to avoid being disqualified for a violation before the division starts. After the division starts the player will be automatically disqualified for a violation.
2. **ILLEGAL TECHNIQUES** - Techniques must follow the legal technique criteria of the style that the player is representing (see Japanese/Okinawan or Korean), the weapon(s) cannot be manipulated differently than the traditionally accepted way that is innate to the style of the weapons form.
3. **FORM** - Must be a traditional, unaltered Japanese/Okinawan or Korean weapons form. No music is allowed.
4. **WEAPON SPECIFICATIONS** - The only acceptable weapons are hoko (2 ended spear), kai (eku-bo/oar), kama (sickle) (no rope), katana (sword), long bo, naginata, nunchaku, sai, and the yari (spear). Players will be disqualified for sharpened weapons or weapons constructed of plastic, foam, aluminum and/or bamboo (excepting the hilt on katana and alloy blades of katana). Unadorned means without any design whatsoever. A makers trademark is not considered adornment as long it is contained within a 1" x 2" area. Weighing and measuring of the weapon is to be done by the conference Arbitrator or his directee. The weapons requirements are as follows:

**a. Kai (eku-bo/oar):**

Construction - Must be hardwood, unadorned

Length - Must be at least the height of the player's shoulders and the width of the blade must not exceed five (5) inches

Weight - Must be at least one and one half times the weight of a regulation long bo the same length

**b. Kama (no rope):**

Blade - Must be unsharpened, made of steel, no vented blades (blades with holes), unadorned

Handle - Must be hardwood, unadorned

Lengths - Handle must be at least the length of the distance between the players elbow and wrist (forearm length) and blade must be at least half that same distance

Weight - (See chart below) (Effective starting December 1, 1999)

**c. Katana:**

Blade - Must be unsharpened, made of steel or alloy metal, unadorned

Length - (see chart below)

Age	11-	12-14	15-17	18+
<b>Katana Total Length</b>	24"+	28"+	32"+	36"+
<b>Minimum Weight (Each)</b>	7 oz	8 oz	9 oz	10 oz

**d. Long Bo:**

Construction - Must be hardwood, unadorned

Length - Must be at least the height of the player and can be to a maximum of four (4) inches taller than the player

Weight / Thickness - According to below chart

Length of Bo	3'-3'6" (36"-42")	3'6"-4' (42"-48")	4'-4'6" (48"-54")	4'6"-5' (54"-60")	5'-5'6" (60"-66")	5'6"-6' (66"-72")	6'-6'5" (72"-78")
<b>Min. Required Wgt.</b>	15.8oz (450g)	18.4oz (525g)	21.7oz (600g)	23.7oz (675g)	26.2oz (750g)	28.9oz (825g)	31.5oz (900g)
<b>Required Center</b>	7/8" - 1 1/4"	7/8" - 1 1/4"	7/8" - 1 1/4"	7/8" - 1 1/4"	1" - 1 1/2"	1" - 1 1/2"	1" - 1 1/2"
<b>Required End</b>	5/8" - 1 1/8"	5/8" - 1 1/8"	5/8" - 1 1/8"	5/8" - 1 1/8"	3/4" - 1 1/4"	3/4" - 1 1/4"	3/4" - 1 1/4"

**e. Naginata:**

Construction - Must be an unadorned hardwood pole with unadorned steel blade

Length - Pole and blade must be height of player or longer and blade must encompass at least 20% of the total length of pole.

Weight - Must be at least one and one half times the weight of a regulation long bo the same length.

**f. Nunchaku:**

Cord - Must be nylon, no metal chains

Sticks - Must be hardwood, unadorned

Length - Each stick must be at least the length of the distance between the players elbow and wrist (forearm length)

**g. Sai:**

Construction - Must be steel, unadorned

Length - Must extended beyond the player's elbow when held by a side tang of the sai in the "V" part of the hand between thumb and index finger with the wrist kept straight

**h. Tonfa:**

Construction - Must be Hardwood, unadorned

Length - Must extend beyond the player's elbow when held by the handle with the wrist kept straight

i. **Yari / Hoko:**

Construction - Must be an unadorned hardwood pole with steel unadorned blade(s)

Length - Pole and blade(s) combined must extend at least one (1) foot beyond the total height of the player.

**FORM GENERALIZATION**

1. **WEAPON** - The weapon must be manipulated in such a fashion as to demonstrate the traditional offensive and defensive purposes of the weapon. (Japanese/Okinawan weapons practitioners may demonstrate Bunkai with a partner(s) in the finals, at their discretion.)

**SCORING**

(NOTE: Weapons players should be judged primarily on their ability with and manipulation of the weapon, not just hand strikes and kicks.)

(NOTE: Scoring must not be influenced by crowd, team, school, national or regional enthusiasm)

50% of score: WEAPONS BASICS - Speed, power, kiai, focus, balance, breathing.

50% of score: PERFECTION OF TECHNIQUES - Weapon, stances, hand techniques and kicks.

## C. SOFT WEAPONS

**CENTER REFEREE**

1. **EXPLAINS CRITERIA** - The Center Referee must read aloud to the players this entire forms criteria section applicable to the division. However, even if this criteria is not read it does not negate the enforcement of this criteria if an arbitration is sought.
2. **PLAYER DEMONSTRATION** - The Center Referee should ask for any player to demonstrate any portion of their form which the player feels may be in violation, so as to determine whether the form (or portion thereof) will be allowed or disallowed before the division starts.
3. **DISQUALIFICATION** - The Rules Arbitrator makes all the forms criteria final decisions and must disqualify any player in violation of the AUTOMATIC DISQUALIFICATION CRITERIA. (He/she may confer with the division's Judges before finalizing a disqualification).
4. **WEAPONS CHECK** - The Center Referee must check the weapons for appropriateness for the division and will allow the player to exchange an unacceptable weapon and to locate a acceptable weapon within the two (2) minutes allowable time frame. The weapons must be checked before the division starts, not during the player's timed performance.

**AUTOMATIC DISQUALIFICATION CRITERIA**

1. **UNIFORM** - Uniform (top and pants) must follow the uniform code of the style (contemporary or traditional) which the player is representing (see soft contemporary, soft traditional or Kenpo)
2. **ILLEGAL TECHNIQUES** - Hard style, linear techniques.
3. **FORM** - Must implement soft style techniques.
4. **WEAPON** - Weapons must be authentic to soft style or Kenpo martial arts. The weapon cannot be of plastic or foam. Modern aluminum, light weight and slim lined weapons are allowed as long as they represent that of a soft style or Kenpo weapon that could do damage.
5. **GYMNASTICS** - Gymnastics are allowed and can enhance the player's performance and score.

**FORM GENERALIZATION**

1. **STANCES** - Solid, variety.
2. **BLOCKS, PUNCHES** - Circular.
3. **KICKS** - Variety.
4. **FLUIDITY** - Internal application.
5. **DIFFICULTY** - Difficulty of weapon manipulation is important.
6. **ENTERTAINING** - The form should be dynamic and entertaining.
7. **MUSIC CHOREOGRAPHY (applicable only if music is used)** - The form must be choreographed to the music. Background music is not acceptable for best scoring. Choreography means that the player's focus, movements and techniques synchronize or alternate with various beats in the music.

**SCORING**

(NOTE: In contemporary divisions a performance error should not necessarily be the determining factor for a Judge to give a player a score lesser than he gives his opponents. If the Judge feels that the player's overall performance is still superior to his opponent's then the Judge may still award the player that erred with the highest score).

(NOTE: Weapons players should be judged primarily on their ability with and manipulation of the weapon, not just strikes, kicks and gymnastics.)

(NOTE: Scoring must not be influenced by crowd, team, school, national or regional enthusiasm)

25% of score: BASICS - Speed, power, fluidity, focus, balance, breathing.

25% of score: PERFECTION OF TECHNIQUES - Weapons, kicks, hand techniques, stances and gymnastics.

25% of score: DEGREE OF DIFFICULTY - Kicks, hand techniques, stances and gymnastics (and choreography - only if music is used)

25% of score: ENTERTAINMENT - Showmanship, creativity (and choreography - only if music is used).

## SELF DEFENSE DIVISIONS

### A. CONTEMPORARY SELF DEFENSE (Choreographed Fight)

**CENTER REFEREE**

1. **EXPLAINS CRITERIA** - The Center Referee must read aloud to the players this entire forms criteria section applicable to the division. However, even if this criteria is not read it does not negate the enforcement of this criteria if an arbitration is sought.
2. **PLAYER DEMONSTRATION** - The Center Referee should ask for any player to demonstrate any portion of their form which the player feels may be in violation, so as to determine whether the form (or portion thereof) will be allowed or disallowed before the division starts.
3. **DISQUALIFICATION** - The Rules Arbitrator makes all the forms criteria final decisions and must disqualify any player in violation of the AUTOMATIC DISQUALIFICATION CRITERIA. (He/she may confer with the division's Judges before finalizing a disqualification).
4. **WEAPONS CHECK** - The Center Referee must check any weapons for appropriateness for the division and will allow the player to exchange an unacceptable weapon and to locate an acceptable weapon within the two (2) minutes allowable time frame. The weapons must be checked before the division starts, not during the player's timed performance.

**AUTOMATIC DISQUALIFICATION CRITERIA**

1. **UNIFORM** - Martial arts uniforms are not required. The attire worn by both the player(s) and person(s) acting as a prop(s) must not be offensive or display foul language on it. The wearing of any jewelry is prohibited unless the jewelry is specifically used as a prop. The player will be given five (5) minutes to correct a uniform and/or jewelry violation to avoid being disqualified for a violation before the division starts. After the division starts the player will be automatically disqualified for a violation.
2. **GYMNASTICS** - Up to seven (7) gymnastic techniques are allowed and can enhance the player's performance and score. However, gymnastics must not be the main criteria for judging. More than seven (7) gymnastic techniques will automatically disqualify a player. Combinations of gymnastic techniques count as one per technique: i.e., a round-off back flip counts as two (2) gymnastic techniques. Gymnastics movements allowed specifically include only the following:
  - a. Cartwheels
  - b. Round-offs
  - c. Cartwheel aerials (with or without twist)
  - d. Front and back hand springs
  - e. Front and back flips
  - f. Full front and side splits
  - g. Kip-ups
  - h. Barrel roll

**CHOREOGRAPHED FIGHT GENERALIZATION**

1. **APPLICATION** - To demonstrate basic, complex or exaggerated self-defense in skit form, portraying a realistic or abstract story. It is not intended to be a synchronized forms division (two or more people demonstrating the same form synchronized, alternating or in choreographed fashion) but a small portion of the form may allow this.
2. **BASICS** - Martial arts basics shall apply but "street style" fighting is accepted as part of the story routine or to exemplify realism.
3. **DIFFICULTY** - Difficulty of technique is important.

4. **ENTERTAINING** - The form should be dynamic and entertaining.
5. **MUSIC** - The routine may or may not use music and does not have to be choreographed.

### **SCORING**

(NOTE: In contemporary divisions a performance error should not necessarily be the determining factor for a Judge to give a player a score lesser than he gives his opponents. If the Judge feels that the player's overall performance is still superior to his opponent's then the Judge may still award the player that erred with the highest score).

(NOTE: Scoring must not be influenced by crowd, team, school, national or regional enthusiasm)

25% of score: BASICS - Speed, power, kiai, focus, balance, breathing.

25% of score: APPLICATION - Kicks, hand techniques, locks/holds, throws and gymnastics.

25% of score: PERFECTION OF TECHNIQUES/DEGREE OF DIFFICULTY - Kicks, hand techniques, locks/holds throws and gymnastics.

25% of score: ENTERTAINMENT - Showmanship and creativity.

## **B. TRADITIONAL SELF DEFENSE**

### **CENTER REFEREE**

1. **EXPLAINS CRITERIA** - The Center Referee must read aloud to the players this entire forms criteria section applicable to the division. However, even if this criteria is not read it does not negate the enforcement of this criteria if an arbitration is sought.
2. **PLAYER DEMONSTRATION** - The Center Referee should ask for any player to demonstrate any portion of their form which the player feels may be in violation, so as to determine whether the form (or portion thereof) will be allowed or disallowed before the division starts.
3. **DISQUALIFICATION** - The Rules Arbitrator makes all the forms criteria final decisions and must disqualify any player in violation of the AUTOMATIC DISQUALIFICATION CRITERIA. (He/she may confer with the division's Judges before finalizing a disqualification).
4. **WEAPONS CHECK** - The Center Referee must check any weapons for appropriateness for the division and will allow the player to exchange an unacceptable weapon and to locate an acceptable weapon within the two (2) minutes allowable time frame. The weapons must be checked before the division starts, not during the player's timed performance.

### **AUTOMATIC DISQUALIFICATION CRITERIA**

1. **UNIFORM** - Uniform (top and pants) must be a traditionally styled uniform only. A maximum of two (2) association, style, school, team, sponsor and/or flag emblems can be affixed to the chest or shoulder area only. A legitimate sponsor or team name or emblem may be affixed to the back of the uniform top (wording or emblems such as instructor, world champion, blackbelt club, etc., are strictly prohibited). Nothing can be affixed to the uniform pants unless it is a makers tag that is completely covered by the uniform top. Exposed manufacturer's tags (names and logos) of not more than 2" x 2" are allowed on the corner of the bottom front uniform top only. All other manufacturer's tags must be unexposed or will be counted as one of the emblems. No "T" shirt or articles of clothing can be worn under the uniform top by males. Females are allowed to wear only a pure white or black (same color as uniform) sports bra, sleeveless or sleeved "T" shirt under the uniform top. The wearing of any jewelry is prohibited. The uniform top and/or pants cannot be turned inside out to hide any sewn on emblems. The uniform top cannot be removed during any part of the player's performance. The player will be given five (5) minutes to correct a uniform and/or jewelry violation to avoid being disqualified for a violation before the division starts. After the division starts the player will be automatically disqualified for a violation.
2. **GYMNASTICS** - Up to seven (7) gymnastic techniques are allowed and can enhance the player's performance and score. However, gymnastics must not be the main criteria for judging. More than seven (7) gymnastic techniques will automatically disqualify a player. Combinations of gymnastic techniques count as one per technique: i.e., a round-off back flip counts as two (2) gymnastic techniques. Gymnastics movements allowed specifically include only the following:
  - a. Cartwheels
  - b. Round-offs
  - c. Cartwheel aerials (with or without twist)
  - d. Front and back hand springs
  - e. Front and back flips
  - g. Kip-ups
3. **ILLEGAL ROUTINES** - Dialog (other than to explain the routine), use of props (other than people, weapons, a chair and a table) and techniques other than martial arts techniques by the player being scored. Skits and music are not allowed. Players who do not present partners as part of their group routine to be equally judged as a team effort will thus leave the Judges with the assumption that the player giving the presentation is the only one to be judged. This player must be the defender of each defense routine and ultimately the "winner" of each individual self defense routine of each separate attack.

### **SELF DEFENSE GENERALIZATION**

1. **APPLICATION** - The self defense routine should show application of defending against an opponent.
2. **BASICS** - Martial arts basics shall apply.
3. **DIFFICULTY** - Difficulty of technique is important.

### **SCORING**

(NOTE: Scoring must not be influenced by crowd, team, school, national or regional enthusiasm)

25% of score: BASICS - Speed, power, kiai, focus, balance, breathing.

25% of score: APPLICATION - Kicks, hand techniques and throws.

25% of score: DEGREE OF DIFFICULTY - Kicks, hand techniques, locks/holds and throws.

25% of score: PERFECTION OF TECHNIQUE - Stances, kicks, hand techniques, locks/holds and throws.

## **BREAKING DIVISIONS**

## **A. BREAKING**

### **CENTER REFEREE**

1. **EXPLAINS CRITERIA** - The Center Referee must read aloud to the players this entire breaking criteria section applicable to the division. However, even if this criteria is not read it does not negate the enforcement of this criteria if an arbitration is sought.
2. **PLAYER DEMONSTRATION** - The Center Referee should ask for any player to demonstrate any portion of their form which the player feels may be in violation, so as to determine whether the form (or portion thereof) will be allowed or disallowed before the division starts.
3. **DISQUALIFICATION** - The Rules Arbitrator makes all the forms criteria final decisions and must disqualify any player in violation of the AUTOMATIC DISQUALIFICATION CRITERIA. (He/she may confer with the division's Judges before finalizing a disqualification).
4. **WEAPONS CHECK** - If weapons are used, the Center Referee must check the weapons for appropriateness for the division and will allow the player to exchange an unacceptable weapon and to locate acceptable weapon(s) within the two (2) minutes allowable time frame.

### **AUTOMATIC DISQUALIFICATION CRITERIA**

1. **UNIFORM** - Uniform (top and pants) must be a traditional, school or sport martial arts uniform that is not unsightly or with foul language on it (no "T" shirts or sweatshirts in pace of uniform tops). The uniform top can be removed only after entering the ring.
2. **ILLEGAL ROUTINES** - Dialog (other than to explain the routine), use of props (other than people, weapons and breaking materials and the set-up for the breaking material). Skits and music are not allowed.
3. **REQUIRED ATTEMPTED BREAKS** - Players must attempt at least five (5) breaks. At least one (1) must be with a kick.

### **BREAKING GENERALIZATION**

1. **APPLICATION** - To demonstrate basic martial arts application by breaking materials.
2. **BASICS** - Martial arts basics shall apply.
3. **DIFFICULTY** - Difficulty of break(s) is important.
4. **COMPLETION** - Completion of break(s) is important.

### **SCORING**

(NOTE: Scoring must not be influenced by crowd, team, school, national or regional enthusiasm)

25% of score: BASICS - Speed, power, kiai, focus, balance, breathing.

25% of score: SUCCESSFULNESS FOR DIFFICULTY - Number of breaks, strength of material, success ratio for difficulty.

25% of score: DEGREE OF DIFFICULTY - Kicks, hand techniques and other techniques

25% of score: ENTERTAINMENT - Showmanship and creativity.