

INTERNATIONAL **ONLINE** MARTIAL ARTS COMPETITIONS

TOURNAMENT RULES

Version 1.0 - March 2020



**OFFICIAL RULES FOR THE
INTERNATIONAL ONLINE MARTIAL ARTS COMPETITIONS
(IOMAC)**

National Martial Arts Committee of Great Britain In Partnership with Emma Elmes Freestyle

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Forms Divisions

ARTICLE 1 - GENERAL FORM RULES

1.1 **Gender** - Every division will be divided into Male and Female categories.

1.2 **Age Divisions** – All Forms, except where otherwise indicated.

Description	Age Grouping
Peewees	5 to 7
Children	8 to 10
Youth	11 to 13
Junior	14 to 17
Adult	18 to 25
	26 to 35
	36 to 45
	46 & Over

1.3 **Grade Divisions** - Due to the diversification of a mixed martial arts event the following guide will serve as the basis for determining the appropriate grade division of an individual. Competitors **MUST** wear the appropriate belt colour.

Description	Belt Colour
Intermediate	10 th Kup/Kyu – 5 th Kup/Kyu
Advanced	4 th Kup/Kyu – 1 st Kup/Kyu
Black Belt	Black Belt

1.4 **Scoring** – Scoring will be as outlined under the individual event.

1.5 **Definitions:**

1.5.1 **Traditional Forms** - Traditional Forms (Empty Hand & Weapon Forms) are those which are accepted to be from a recognised Traditional Martial Art, or Martial Arts Style.

1.5.2 **Differences In Styles** - Every Instructor will teach their own opinion of what the Traditional Form should be. However, the Original Form must be recognisable as that form and not changed dramatically.

1.5.3 **Form** - For the sake of this document, the word Form will be taken to represent all Kata, Poomse, Patterns, Forms and any other title which is given in the various Martial Arts.

ARTICLE 2. CHINESE EMPTY HAND FORMS DIVISION

2.1 **Uniform** – All uniforms should be of the representative style.

Competitors may wear appropriate footwear. Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which is not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

2.2 **Performance** – Competitors must perform a Form which is recognised as being from a 'Traditional' Chinese Martial Art.

2.3 **Performance Area** - The Performance Area should be safe and free from obstacles.

2.4 **Number of Judges** – The Form will be judged by five Judges, who will assess the video performance individually without conferring and then they will present their score.

2.5 **Entering & Exiting the Performance Area** – Competitors will introduce themselves, sharing the following information

- Name
- School
- Country
- Kata/Poomsae/Pattern/Form

Competitors are required to make an appropriate bow, or salutation, before and after their performance.

2.6 **Scoring** – Competitors will be scored on the following criteria:

1. Correct Introduction Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Appropriate Mental Focus
6. Overall Performance/Energy Of The Form

Points will be awarded between 9.0 and 9.9

Notes:

1. In the case of a tie, Intermediate athletes will be notified and the Judges will converse and come to a decision.
2. In the case of a tie, Advanced and Black Belt Athletes will be notified and will be required to submit a different Kata/Poomsae/Pattern/Form
3. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

ARTICLE 3. JAPANESE/OKINAWA EMPTY HAND FORMS

3.1 **Uniform** - All uniforms should be of the representative style.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

3.2 **Performance** - Competitors must perform a Kata or Form which is recognised as being from a 'Traditional' Japanese/Okinawa Martial Art.

3.3 **Performance Area** - The Performance Area should be safe and free from obstacles.

3.4 **Number of Judges** – The Form will be judged by five Judges, who will assess the video

3.5 **Entering & Exiting the Performance Area** - Competitors will introduce themselves, sharing the following information

- Name
- School
- Country
- Kata/Poomsae/Pattern/Form

Competitors are required to make an appropriate bow, or salutation, before and after their performance.

3.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Introduction Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Appropriate Mental Focus
6. Overall Performance/Energy Of The Form

Points will be awarded between 9.0 and 9.9

Notes:

1. In the case of a tie, Intermediate athletes will be notified and the Judges will converse and come to a decision.
2. In the case of a tie, Advanced and Black Belt Athletes will be notified and will be required to submit a different Kata/Poomsae/Pattern/Form
3. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

ARTICLE 4. KOREAN EMPTY HAND PATTERNS

4.1 **Uniform** - All uniforms should be of the representative style.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

4.2 **Performance** - Competitors must perform a Pattern or Form which is recognised as being from a 'Traditional' Korean Martial Art. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

4.3 **Performance Area** - The Performance Area should be safe and free from obstacles.

4.4 **Number of Judges** – The Form will be judged by five Judges, who will assess the video performance individually without conferring and then they will present their score.

4.5 **Entering & Exiting the Performance Area** - Competitors will introduce themselves, sharing the following information

- Name
- School
- Country
- Kata/Poomsae/Pattern/Form

Competitors are required to make an appropriate bow, or salutation, before and after their performance.

4.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Introduction Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Appropriate Mental Focus
6. Overall Performance/Energy Of The Form

Points will be awarded between 9.0 and 9.9

Notes:

1. In the case of a tie, Intermediate athletes will be notified and the Judges will converse and come to a decision.
2. In the case of a tie, Advanced and Black Belt Athletes will be notified and will be required to submit a different Kata/Poomsae/Pattern/Form
3. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

ARTICLE 5. WEAPONS FORMS DIVISION

5.1 CHINESE SHORT WEAPONS FORMS

5.1.1 **Uniform** - All uniforms should be of the representative style.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

5.1.2 **Performance** - Competitors must perform a Form which is recognised as being a Traditional Chinese Weapon Form. The following are considered Short Weapons:

Jian – Traditional Straight Sword
Dao – Traditional Broad Sword

Illegal or prohibited weapons cannot be used in any weapons routine. Please check the martial art's weapons restrictions in your area, prior to your performance.

5.1.3 **Performance Area** - The Performance Area should be safe and free from obstacles.

5.1.4 **Number of Judges** – The Form will be judged by five Judges, who will assess the video performance individually without conferring and then they will present their score.

5.1.5 **Entering & Exiting the Performance Area** - Competitors will introduce themselves, sharing the following information

- Name
- School
- Country
- Kata/Poomsae/Pattern/Form

Competitors are required to make an appropriate bow, or salutation, before and after their performance.

5.1.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Introduction Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Manipulation of the Weapon
6. Appropriate Mental Focus
7. Overall Performance/Energy of The Form

Points will be awarded between 9.0 and 9.9

Notes:

1. In the case of a tie, Intermediate athletes will be notified and the Judges will converse and come to a decision.
2. In the case of a tie, Advanced and Black Belt Athletes will be notified and will be required to submit a different Kata/Poomsae/Pattern/Form
3. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

5.2 CHINESE LONG WEAPONS FORMS

5.2.1 **Uniform** - All uniforms should be of the representative style.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

5.2.2 **Performance** - Competitors must perform a Form which is recognised as being a Traditional Chinese Weapon Form. The following are considered Long Weapons:

Rope Dart
Sectional
Staff
Spear

Illegal or prohibited weapons cannot be used in any weapons routine. Please check the martial art's weapons restrictions in your area prior to the event.

5.2.3 **Performance Area** - The Performance Area should be safe and free from obstacles.

5.2.4 **Number of Judges** – The Form will be judged by five Judges, who will assess the video performance individually without conferring and then they will present their score.

5.2.5 **Entering & Exiting the Performance Area** - Competitors will introduce themselves, sharing the following information

- Name
- School
- Country
- Kata/Poomsae/Pattern/Form

Competitors are required to make an appropriate bow, or salutation, before and after their performance.

5.2.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Introduction Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Manipulation of the Weapon
6. Appropriate Mental Focus
7. Overall Performance/Energy of the Form

Points will be awarded between 9.0 and 9.9

Notes:

1. In the case of a tie, Intermediate athletes will be notified and the Judges will converse and come to a decision.
2. In the case of a tie, Advanced and Black Belt Athletes will be notified and will be required to submit a different Kata/Poomsae/Pattern/Form
3. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

5.3 TRADITIONAL JAPANESE/OKINAWA WOODEN WEAPONS

5.3.1 **Uniform** - All uniforms should be of the representative style.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which are not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

5.3.2 **Performance** - Competitors must perform a Form which is recognised as being a Traditional Japanese/Okinawa Wooden Weapons Form. Illegal or prohibited weapons cannot be used in any weapons routine. Please check the martial art's weapons restrictions of your area prior to the event.

5.3.3 **Performance Area** - The Performance Area should be safe and free from obstacles.

5.3.4 **Number of Judges** – The Form will be judged by five Judges, who will assess the video performance individually without conferring and then they will present their score.

5.3.5 **Entering & Exiting the Performance Area** - Competitors will introduce themselves, sharing the following information

- Name
- School
- Country
- Kata/Poomsae/Pattern/Form

Competitors are required to make an appropriate bow, or salutation, before and after their performance.

5.3.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Introduction Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Manipulation of the Weapon
6. Appropriate Mental Focus
7. Overall Performance/Energy of the Form

Points will be awarded between 9.0 and 9.9

Notes:

1. In the case of a tie, Intermediate athletes will be notified and the Judges will converse and come to a decision.
2. In the case of a tie, Advanced and Black Belt Athletes will be notified and will be required to submit a different Kata/Poomsae/Pattern/Form
3. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

5.4 TRADITIONAL JAPANESE/OKINAWA BLADED WEAPONS

5.4.1 **Uniform** - All uniforms should be of the representative style.

Competitors are not permitted to wear any costume/theatrical dress, mask or other items, including jewellery which is not in keeping with the practice of traditional Martial Arts. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

5.4.2 **Performance** - Competitors must perform a Form which is recognised as being a Traditional Japanese/Okinawa Bladed Weapons Form. Illegal or prohibited weapons cannot be used in any weapons routine. Please check the martial arts' weapons restrictions of your area prior to the event.

5.4.3 **Performance Area** - The Performance Area should be safe and free from obstacles.

5.4.4 **Number of Judges** – The Form will be judged by five Judges, who will assess the video performance individually without conferring and then they will present their score.

5.4.5 **Entering & Exiting the Performance Area** - Competitors will introduce themselves, sharing the following information

- Name
- School
- Country
- Kata/Poomsae/Pattern/Form

Competitors are required to make an appropriate bow, or salutation, before and after their performance.

5.4.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Introduction Procedures
2. Correct Movements in Correct Order
3. Proper Technique
4. Appropriate Balance, Speed, Power and Control of the Body
5. Manipulation of the Weapon
6. Appropriate Mental Focus
7. Overall Performance/Energy of the Form

Points will be awarded between 9.0 and 9.9

Notes:

1. In the case of a tie, Intermediate athletes will be notified and the Judges will converse and come to a decision.
2. In the case of a tie, Advanced and Black Belt Athletes will be notified and will be required to submit a different Kata/Poomsae/Pattern/Form
3. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

ARTICLE 6. CREATIVE FORMS

6.1 CREATIVE EMPTY-HAND FORMS

6.1.1 **Uniform** – Traditional or Freestyle Uniform. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.

Competitors from Chinese based systems are permitted to wear appropriate footwear. Competitors are not permitted to wear any costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

6.1.2 **Performance** - Competitors must perform a Form without Weapons, Music, Gymnastic movements, and no kicking rotations greater than 360 degrees, which is of their own creation of not less than 1 minute and not longer than 2 minutes duration. Forms are solo demonstrations of individual competitor's Martial Arts ability. The techniques used are based in the Martial Art(s) which the competitor trains in.

6.1.3 **Performance Area** - The Performance Area should be safe and free from obstacles.

6.1.4 **Number of Judges** - The Form will be judged by five Judges, who will assess the video performance individually without conferring and then they will present their score.

6.1.5 **Entering & Exiting the Performance Area** - Competitors will introduce themselves, sharing the following information

- Name
- School
- Country

Competitors are required to make an appropriate bow, or salutation, before and after their performance.

6.1.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Introduction Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Appropriate Mental Focus
5. Complexity and Creativity of the Form Performed
6. Overall Performance/Energy of the Form

Points will be awarded between 9.0 and 9.9

Notes:

1. In the case of a tie, athletes will be notified and the Judges will converse and come to a decision.
2. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

6.2 CREATIVE WEAPONS FORMS

6.2.1 **Uniform** - Traditional or Freestyle Uniform. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted. Competitors from Chinese based systems are permitted to wear appropriate footwear. Competitors are not permitted to wear any costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

6.2.2 **Performance** - Competitors must perform a Form with a Weapon, without Music, Gymnastic movements, and no kicking rotations greater than 360 degrees, which is of their own creation not less than 1 minute and not longer than 2 minutes duration. Forms are solo demonstrations of individual competitor's Martial Arts ability. The techniques used are based in the Martial Art(s) which the competitor trains in. Please check the martial arts' weapons restrictions of your area prior to the event.

6.2.3 **Performance Area** - The Performance Area should be safe and free from obstacles.

6.2.4 **Number of Judges** – The Form will be judged by five Judges, who will assess the video performance individually without conferring and then they will present their score.

6.2.5 **Entering & Exiting the Performance Area** - Competitors will introduce themselves, sharing the following information

- Name
- School
- Country

Competitors are required to make an appropriate bow, or salutation, before and after their performance.

6.2.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Introduction Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Manipulation of the Weapon
5. Appropriate Mental Focus
6. Overall Performance/Energy of the Form

Points will be awarded between 9.0 and 9.9

Notes:

1. In the case of a tie, athletes will be notified and the Judges will converse and come to a decision.
2. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

ARTICLE 7. MUSICAL FORMS

7.1 MUSICAL EMPTY-HAND FORMS

7.1.1 **Uniform** - Traditional or Freestyle Uniform. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted. Competitors from Chinese based systems are permitted to wear appropriate footwear. Competitors are not permitted to wear any costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

7.1.2 **Performance** - Competitors must perform a Form without Weapon, which is of their own creation to music of not less than 1 minute and not longer than 2 minutes duration. The form must not contain any Gymnastic movements, and no kicking rotations greater than 360 degrees. Forms are solo demonstrations of individual competitor's Martial Arts ability to music. The techniques used are based in the Martial Art(s) which the competitor trains in. Musical Forms are not a dance and will be judged accordingly.

7.1.3 **Performance Area** - The Performance Area should be safe and free from obstacles.

7.1.4 **Number of Judges** – The Form will be judged by five Judges, who will assess the video performance individually without conferring and then they will present their score.

7.1.5 **Entering & Exiting the Performance Area** - Competitors will introduce themselves, sharing the following information

- Name
- School
- Country

Competitors are required to make an appropriate bow, or salutation, before and after their performance.

7.1.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Introduction Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Appropriate Mental Focus
5. Complexity and creativity of the Form Performed
6. Keeping to the beat of the Music
7. Overall Performance/Energy of the Form

Points will be awarded between 9.0 and 9.9

Notes:

1. In the case of a tie, athletes will be notified and the Judges will converse and come to a decision.
2. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

7.2 MUSICAL WEAPONS FORMS

7.2.1 **Uniform** - Traditional or Freestyle Uniform . Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted. Competitors from Chinese based systems are permitted to wear appropriate footwear. Competitors are not permitted to wear any costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

7.2.2 **Performance** - Competitors must perform a Form with a Weapon, which is of their own creation to music of not less than 1 minute and not longer than 2 minutes duration. The form must not contain any Gymnastic movements, and no kicking rotations greater than 360 degrees. Forms are solo demonstrations of individual competitor's Martial Arts ability to music. The techniques used are based in the Martial Art(s) which the competitor trains in. Musical Forms are not a dance and will be judged accordingly. Please check the martial arts' weapons restrictions of your area prior to the event..

7.2.3 **Performance Area** - The Performance Area should be safe and free from obstacles.

7.2.4 **Number of Judges** - The Form will be judged by five Judges, who will assess the video performance individually without conferring and then they will present their score.

7.2.5 **Entering & Exiting the Performance Area** - Competitors will introduce themselves, sharing the following information

- Name
- School
- Country

Competitors are required to make an appropriate bow, or salutation, before and after their performance.

7.2.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Introduction Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Manipulation of the Weapon
5. Appropriate Mental Focus
6. Keeping to the beat of the Music
7. Overall Performance/Energy of the Form

Points will be awarded between 9.0 and 9.9

Notes:

1. In the case of a tie, athletes will be notified and the Judges will converse and come to a decision.
2. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

ARTICLE 8. EXTREME FORMS

8.1 EXTREME EMPTY-HAND FORMS

- 8.1.1 **Uniform** - Traditional or Freestyle Uniform. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted.
Competitors from Chinese based systems are permitted to wear appropriate footwear. Competitors are not permitted to wear and costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.
- 8.1.2 **Performance** - Competitors must perform a Form without Weapon, which is of their own creation to music of not less than 1 minute and not longer than 3 minutes duration. The form must contain Gymnastic movements, and at least one kicking rotation that is greater than 360 degrees. Forms are solo demonstrations of individual competitor's Martial Arts ability to perform extreme and traditional movements to music. Extreme Forms are not a dance and will be judged accordingly.
- 8.1.3 **Performance Area** - The Performance Area should be safe and free from obstacles.
- 8.1.4 **Number of Judges** – The Form will be judged by five Judges, who will assess the video performance individually without conferring and then they will present their score.
- 8.1.5 **Entering & Exiting the Performance Area** - Competitors will introduce themselves, sharing the following information
- Name
 - School
 - Country

Competitors are required to make an appropriate bow, or salutation, before and after their performance.

- 8.1.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Introduction Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Appropriate Mental Focus
5. Complexity of the Form/Pattern/Kata Performed
6. Keeping to the beat of the Music
7. Difficulty of Extreme kicking movements
8. Difficulty of Gymnastics movements
9. Overall Performance/Energy of the Form

Points will be awarded between 9.0 and 9.9

Notes:

1. In the case of a tie, athletes will be notified and the Judges will converse and come to a decision.
2. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

8.2 EXTREME WEAPONS FORMS

8.2.1 **Uniform** - Traditional or Freestyle Uniform. Competitors with long hair are permitted to use a plain hair tie. Prescribed glasses are permitted. Competitors from Chinese based systems are permitted to wear appropriate footwear. Competitors are not permitted to wear any costume/theatrical dress, mask or other items which are not in keeping with the practice of Martial Arts.

The Weapon which the competitor uses is considered a part of the uniform and must be free from any defects, or sharp edges.

8.2.2 **Performance** - Competitors must perform a Form with a Weapon, which is of their own creation to music of not less than 1 minute and not longer than 3 minutes duration. The form must contain Gymnastic movements, and at least one kicking rotation that is greater than 360 degrees. Forms are solo demonstrations of individual competitor's Martial Arts ability to perform extreme and traditional movements to music. Extreme Forms are not a dance and will be judged accordingly. Please check the martial arts' weapons restrictions of your area prior to the event.

8.2.3 **Performance Area** - The Performance Area should be safe and free from obstacles.

8.2.4 **Number of Judges** – The Form will be judged by five Judges, who will assess the video performance individually without conferring and then they will present their score.

8.2.5 **Entering & Exiting the Performance Area** - Competitors will introduce themselves, sharing the following information

- Name
- School
- Country

Competitors are required to make an appropriate bow, or salutation, before and after their performance.

8.2.6 **Scoring** - Competitors will be scored on the following criteria:

1. Correct Introduction Procedures
2. Proper Technique
3. Appropriate Balance, Speed, Power and Control of the Body
4. Manipulation of the Weapon
5. Appropriate Mental Focus
6. Keeping to the beat of the Music
7. Difficulty of Extreme kicking movements
8. Difficulty of Gymnastics movements
9. Overall Performance/Energy of the Form

Points will be awarded between 9.0 and 9.9

Notes:

1. In the case of a tie, athletes will be notified and the Judges will converse and come to a decision.
2. Due to the differences in various schools of the same system, obvious school differences will not constitute a mistake in the Form.

THE INTERNATIONAL ONLINE MARTIAL ARTS COMPETITIONS TOURNAMENT RULES

Established in 2020

The National Martial Arts Committee of Great Britain in Partnership with Emma Elmes Freestyle
Control the Official Rules Governing the International Online Martial Arts Competitions

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