

## SYNCHRONIZED FREESTYLE FORMS COMPETITION

*Competitors may wear a Traditional Taekwondo, Team, or Specialty Uniforms.*

*Team Names and TA schools must be submitted when registering for Team Competitions.*

**Speaker system with auxiliary cord.** Competitors are responsible for supplying the correct adapter for the device with their music. Crowd-friendly **music is ENCOURAGED but not required.** Songs should be downloaded to the device since Wi-Fi can be unpredictable.

**Competition Area** 2 standard rings (5x10 with a one-mat safety border)'

### RULES / PROCEDURE

- The Scorekeeper starts the stopwatch once the music starts OR the competitor starts their form. Time is stopped once the Team returns to Ready Stance.
- **Judging / Scoring**
  - Teams only receive one chance to demonstrate their form.
  - Forms can be a TA form OR a free design form but must only include traditional taekwondo techniques. Example: No spins greater than 360's, no acrobatics, and no weapons.
  - Teams should perform Taekwondo America forms and are judged on how well they stay together during synchronized sections and how well they perform non-synchronized sections of the forms. The expected ratio of synchronized to non-synchronized should be 70:30.
  - One point deductions include:
    - Exceeding the 90 second time limit
    - Leaving the competition area to perform a technique or because of balance failure (1 point for each instance)
    - Doing "extreme" movements. These include gymnastic or tricking moves like cartwheels, flips, round offs, or spins greater than 360s.
    - Starting and stopping the form (except due to music malfunction)
  - Judges score the overall quality of the form based on:
    - SYNCHRONIZATION: How well does the team stay together? Creative set-ups and sequences (staggering, back to back, mirroring, starting in separate corners) are allowed but 70% of the movements should be synchronized.
    - ORIGINALITY: The more unique & exciting the form, the higher the score.
    - EXECUTION: Good technique, snap & power; comparable to what you would expect during a regular forms competition.
    - ENTERTAINMENT: The creativity and appeal to the audience.
  - Each competitor is scored immediately following their form on a 1/10th point scale from 5.0 to 10.0  
In the event of a tie, each student receives 1 opportunity to perform their form in a run-off.  
Medals are awarded for 1st, 2nd, 3rd, and 4th place.