

## EXTREME FORMS COMPETITION

Competitors may wear a Traditional Taekwondo or Specialty Uniforms.

**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** 1 standard ring (5x5 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 **Competitor** returns to Ready Stance.
- **Judging / Scoring**
  - Competitors only receive one chance to demonstrate their form.
  - Because the competitors will be demonstrating free-design forms with extreme moves and/or weapons there are no technique mistake deductions.
  - 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)
    - Losing control of or unintentionally dropping weapons during the form. Placing the weapon on the ground is allowed but must clearly be intentional to avoid the deduction. (1 point for each instance)
    - Starting and stopping the form (except due to music malfunction)
  - **Tumbling or Tricking** moves are allowed for the competition but should be used with caution. *Never attempt a move you cannot safely execute!* Examples include:
    - Forward or backwards rolls
    - Cartwheels, handsprings, and round-offs
    - Handstands, walkovers, and splits
    - Aerial kicks (for instance 360s and 540s)
  - **Weapons allowed for competition:** All traditional martial-arts weapons may be used. All weapons must be blunt or practice weapons to ensure the safety of competitors, judges, and spectators.
  - Judges score the overall quality of the form based on:
    - ORIGINALITY: The more unique & exciting the form & use of weapons is, 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. The Scorekeeper records the scores.
  - 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.