



# WKU BC FORMS RULES





## Table of Contents

- 1. Competitor Responsibilities**
- 2. Time Limit**
- 3. Weapons and Safety**
- 4. Music**
- 5. Starting a Form Over**
- 6. Scoring**
- 7. Protest:**
- 8. Age Criteria**
- 9. Fitness to Continue**
- 10. Hard Traditional Forms**
- 11. Hard Open Forms**
- 12. Soft Traditional Forms**
- 13. Soft Open Forms**
- 14. Traditional Weapons**
- 15. Open Weapons**



## 1. Competitor Responsibilities

- It is the responsibility of the Competitor to know the rules and be ready for competition when called to do so. Competitors must be dressed in a clean and proper uniform.
- Any loose jewelry may not be worn by Forms and Weapons Competitors.
- Three (3) calls will be made for competition at ringside. If the Competitor is not at their ring ready to compete when competition begins, they will not be able to compete.
- If a competitor leaves the ring after the competition begins and is not present when their name is called to compete, they will be called three (3) times at ringside. If they are still not present to compete, they will be disqualified.
- If a competitor feels that a Judge should be removed from a Form or Weapons Division for good reason, they must request it before the Division begins. They must ask the Arbitrator in a proper and sportsmanlike manner.

## 2. Time Limit:

- Each Form or Weapons routine must be three (3) minutes or less.
- The time starts when the Competitor enters the ring. The time stops at the completion of the form.
- If a competitor exceeds the three (3) minutes they will be disqualified.

## 3. Weapons and Safety:

- If a competitor recklessly or carelessly misuses their weapon, they may be penalized or disqualified.
- A competitor who unintentionally drops their weapon will be automatically disqualified.
- If a competitor's weapon breaks or comes apart, they will automatically be disqualified.
- The Center Judge may inspect the weapons before the division starts and have the right to disqualify weapons or enforce a replacement.

## 4. Music:

- No lyrics. Words to any song are not allowed.
- If a competitor(s) uses lyrics in their music, they will receive 0.50 deduction from their final total score.
- If the music has strong profanity or racial comments the Competitor(s) will be disqualified.



## 5. Starting a Form Over:

- If a Black Belt or advanced competitor has a memory lapse or forgets their form, they may start again but they will be given the lowest score possible (9.80/9.80) by all Judges.
- If an under belt, novice or intermediate competitor has a memory lapse or forgets their form they may start again with no penalty.
- If the music system malfunctions or anyone mistakenly steps across the competition area, the Competitor(s) may start their Form over with no penalties or deductions.

## 6. Scoring:

- Judges will be looking at basic techniques which include stances, punches, blocks, kicks executed with balance, strength, and focus.
- Three (3) judges will be used in all Forms & Weapons Divisions.
- A scoring range of 9.90 to 9.99 will be used for Black Belt or Advanced divisions.
- A scoring range of 9.80 to 9.89 will be used for Under Belts or Nov/Int divisions.
- In case of a tie score, the Competitors have the option of performing their original Form or a new one to break the tie.
- In case of a tie, the Judges will point, using a hand signal, to the Competitor who they thought was better. Two (2) out of three (3) judges determine the winner.

## 7. Protest:

- The scoring of the Judges is final.
- Protests of the decisions of a Judge can only be accepted in the event that the competition rules have not been correctly applied.
- A Judges verdict given at the conclusion of any division shall be binding and may be altered only if the Center Judge and Arbitrator deem that one of the following circumstances has occurred:
  - A conspiracy has taken place, or an illegal agreement has been entered into affecting the result of the match.
  - The addition of the scorecards is faulty; one judge mixed up the corners, resulting in the victory being given to the wrong Competitor.
  - A clear violation of the rules and regulations directly affecting the outcome of the match has been perpetrated.
- Protests shall be directed to the Center Judge and shall state the reason in a proper manner for the complaint along with any supporting evidence that a wrong decision has been made (video will not be accepted). The arbitrator will decide on the protest after hearing evidence from the protesting side and the Judges concerned. (Video will not be accepted). His/her decision is final.

## 8. Age Criteria:

- The age of a competitor is on June 30th of the current competition year and is their legal competition age for that year.

## 9. Fitness to Continue:

- Decisions of the first aid attendants on the fitness of a competitor to continue will be final.

## 10. Hard Traditional Forms

- Hard Style forms must use traditional moves only.
- Any altered or added moves are acceptable if added moves are traditional.
- A Korean or Japanese/ Okinawan form with high kicks is acceptable.
- A Free Style form is not acceptable (no machine-gun kicking etc.)
- A traditional gi or doe boke must be worn.
- No music is allowed.
- A maximum of four (4) kias are allowed or the competitor will be disqualified.

## 11. Hard Open Forms

Hard Open forms must use technique rooted in hard style systems but, at the competitor's discretion, may also include:

- Music
- Tricking
- Up to 5 gymnastic moves
- Teams
- Demos
- Unlimited kias

Hard Open forms may not include:

- Dance moves, or theatrical costumes are allowed.
- Stage props such as lasers, smoke, fire, or dry ice.

- For scoring judges must take into account:

- Showmanship
- Speed of the techniques
- Degree of difficulty
- Basic techniques
- Balance
- Strength
- Focus.

## 12. Soft Traditional Forms:

- Soft traditional must use traditional moves only.
- Any altered or added moves are acceptable if added moves are traditional.
- A form with high kicks is acceptable.
- A Free Style or Wushu form is not acceptable.
- A traditional uniform must be worn.
- No music is allowed.

## 13. Soft Open Forms

- Soft Open forms must use technique rooted in soft style systems but, at the competitor's discretion, may also include:
  - Music
  - Tricking
  - Up to 5 gymnastic moves
  - Teams
  - Demos
  - Wushu
- Soft Open forms may not include:
  - Dance moves, or theatrical costumes are allowed.
  - Stage props such as lasers, smoke, fire, or dry ice.
- For scoring judges must take into account:
  - Showmanship
  - Speed of the techniques
  - Degree of difficulty
  - Basics
  - Techniques
  - Balance
  - Strength
  - Focus
  - Fluidity

## 14. Traditional Weapons:

- Must meet all the criteria for Hard or Soft Traditional forms.
- The weapon must be traditional and be of traditional weight.
- Scoring will be based primarily on what the competitor does with the weapon.

## 15. Open Weapons:

- Must meet all the criteria for Hard or Soft Open forms.
- Light weight weapons or unorthodox weapons are acceptable.
- You may do wrist rolls, palm rolls and release moves.
- The weapon may go around the body and neck.
- All weapons must be safe and clean.
- The judges have the right to inspect weapons prior to the start of the division.
- No magnetic weapons are allowed.



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