



EMPTY HAND AND WEAPONS CRIATIVE FORMS COMPETITION

CHAPTER 1 COMPETITION ORGANIZATION

- In this Competition, the athlete shows his skill with a Form of is choice.
- During the competition athletes may execute Forms from the official technical program of his Method/Style with the alterations and/or variations they should fit.
- The competitors may execute a different Form in each eliminator.
- The competitors may accompany their Form with music being compulsory to inform the Judges table.
- The use of traditional weapons, auxiliary or additional equipments it is only allowed in the Creative Weapons Forms.

CHAPTER 2 CATEGORIES

Athletes will be divided by age.

JUNIOR – 13 to 17 – OPEN

SENIOR – over 18 - OPEN.

CHAPTER 3 LENGHT

The performance cannot be longer than 5 minutes.

CHAPTER 4 CRITERIA OF JUDGING

In Weapons Forms all the judging criteria must consider the relation between the competitor and the weapon. This must be maneuvered as an extension of their own body.

1. **Presence** - Respectful attitude, introduction and spirit showed by the athletes;
2. **Execution** – Correct sequence of the Form, coordination.
3. **Choreography** – interpretation of the techniques, acrobatic and spectacular effects of the Form;
4. **Technique** - Defined, clear and understandable gestures;
5. **Energy** – Mental strength and energy used in the correct moment;
6. **Breathing** – Correct breathing applied to the execution of the technique;
7. **Posture** – Correct positioning of the body while executing the techniques;
8. **Balance** – Keeping the equilibrium during the execution of the Form;
9. **Rhythm** – Fluidity of the different Form rhythms;
10. **Difficulty** - Level of difficulty of the Form execution considering the age and graduation of the athlete;



CHAPTER 5 SCORING

- The competitor with the highest score shall be declared the winner.
- The scores are given by the Central Referee or Jury and Side Referees.
- In the event of draw, the competitors may perform another Form or the Central Referee and Juries will decide indicating at the same time the competitor with the best performance.
- The scores can be given directly by the Juries by displayer or recorded in paper.

The initial score in a National Championship is 6,5.

The initial score in a Continental Championship is 7,5.

The initial score in a World Championship is 8,5.

For each point of the 10 evaluated criteria, the competitor will receive:

- - 0,05 if he has a bad performance;
- + 0,05 if he has a excellent performance;
- If he makes a mistake but continues his demonstration the athlete will receive - 0,5;
- If the athlete stops the demonstration he will receive 0,0 as final punctuation.

Any situations missing in this Regulation shall be resolved by the proof arbitration responsible.

The Arbitration Commission reserves the right to amend this regulation until one day before the competition starts.