



EMPTY HAND FORMS COMPETITION

CHAPTER 1 COMPETITION ORGANIZATION

- In Empty Hand Forms Competition, the athlete shows his skill with a Form of his choice.
- Empty Hand Forms Competition is divided in *Soft Styles* and *Hard Styles* (categories till 12 years old only compete in *Soft style*).
- The competitors may execute a different Form in each eliminatory.
- The use of traditional weapons, auxiliary or additional equipments it is not allowed.

CHAPTER 2 CATEGORIES

The athletes will be divided by age and graduation.
Female and Male competitors compete in separate divisions.

- – 4 and 5 years – open (all color belts)
- – 6 and 7 years –open (all color belts)
- – 8 and 9 years – Color belts/ Brown and black belts
- – 10 to 12 years – Color belts/ Brown and black belts
- – 13 and 14 years – Color belts/ Brown and black belts
- – 15 and 16 years – Color belts/ Brown and black belts
- – 17 and 18 years – Color belts/ Brown and black belts
- – 19 to 29 years – Color belts/ Brown and black belts
- – 30 to 39 years – Color belts/ Brown and black belts
- - over 40 years – Color belts/ Brown and black belts

CHAPTER 3 LENGHT

The performance cannot be longer than 5 minutes.

CHAPTER 4 CRITERIA OF JUDGING

1. **Presence** - Respectful attitude, introduction and spirit showed by the athlete;
2. **Execution** – Correct sequence of the Form, coordination;
3. **Application** – Realistic demonstration of the meaning of the Form;
4. **Technique** - Defined, clear and understandable gestures;
5. **Energy** - Correct execution of the techniques showed;
6. **Breathing** – Correct breathing applied to the execution of the technique;
7. **Posture** – Correct positioning of the body in 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, 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.