



TEAM EMPTY HAND FORMS COMPETITION

CHAPTER 1 COMPETITION ORGANIZATION

- Teams are made up of a minimum of 3 athletes (Small Teams) to a maximum of 5 athletes (Large teams).
- Mixed Teams are allowed.
- In Team Empty Hand Forms Competition, the athletes show their skills with a Form of their choice.
- The competitor team may execute a different Form in each eliminatory.
- The use of traditional weapons, auxiliary or additional equipments it is not allowed.

CHAPTER 2 CATEGORIES

- **CHILDREN** (4 to 12 years old) – Open;
- **JUVENILE** (13 to 15 years old) – Colour belts; brown and black belt;
- **JUNIOR** (16 to 17 years old) - Colour belts; brown and black belt;
- **SENIOR** (18 to 29 years old) - Colour belts; brown and black belt;
- **MASTER** (+ 30 years old) - Colour belts; brown and black belt;

Mixed teams are allowed.

CHAPTER 3 LENGHT

The performance cannot be longer than 5 minutes.

CHAPTER 4 CRITERIA OF JUDGING

In Team Empty Hands Form, all the judging criteria consider the coordination and harmony between the several elements of the team.

1. **Presence** - Respectful attitude, introduction and spirit showed by the athletes;
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;



CHAPTER 5 SCORING

- The team 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 team 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 team will received:

- - 0,05 if he has a bad performance;
- + 0,05 if he has a excellent performance;
- If the team makes a mistake but continues the demonstration the team will receive - 0,5;
- If the team stops the demonstration they 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.