



# **WAKO RULES**



## **CHAPTER 6**

## **FORM RULES**



## Chapter 6. Form rules

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## **Article 1. Form rules - general**

### **Article 1.1. Definitions of forms**

A musical form is a sort of imaginary fight against one or more opponents in which the performer uses techniques coming from Oriental Martial Arts.

### **Article 1.2. Competitors in forms**

In kickboxing discipline FORMS, kickboxers can compete in the following age categories:

- Children (CH) (7, 8, 9 years old),
- Younger cadets (YC) (10, 11, 12 years old),
- Older cadets (OC) (13, 14, 15 years old),
- Juniors (J) (16, 17, 18 years old),
- Seniors (S) (19 to 40 years old)

### **Article 1.3. Performance of forms**

- Competitors competing in both disciplines (musical forms and creative forms) must perform a totally different Creative form to their Musical form, therefore developing two separate disciplines.

### **Article 1.4. Team event categories**

- There is a minimum of two (2) in a team for Musical / Creative forms, maximum will be three (3)
- Teams may be mixed boys / girls (meaning - 1 boy 2 girls - 2 boys 1 girl - 2 boys - 2 girls - 1 boy - 1 girl)
- Teams can be mixed age categories, ie.
  - TEAM 1 - Children and Younger Cadets
  - TEAM 2 - Older Cadets and Juniors
- This means a country at the World and continental championships or club at other international and national championships and cups can make up a team from all their competitors age groups
- Each country at the World and continental championships or club at other international and national championships and cups is allowed 2 teams in each team group
- Competitors cannot switch from one team to another in the same category. If this rule is broken both teams will be disqualified by technical disqualification, (minimum marks 7.0)

#### **Article 1.4.1. Team rules**

- Teams can perform with synchronisation to gain higher scores in their form.
- Teams do not need to be synchronised in the Team Events, BUT could gain higher marks if they are,
- Competitors will only be scored on the contents within their form, this means good techniques, good hand and kicking combinations performed with clean, sharp precise movements
- Teams can choose to use weapons or Open hand or a mixture of Open hand and Weapons in their team form,
- Teams can use any weapons they wish including mixing them together, but if a competitor drops their weapon a full point 1.0 will be deducted from every judge from the team scores,
- If there is a second drop of the weapon/s they will be deducted another full point 1.0,
- If that same team drops another weapon (3 times) then the team will be disqualified by technical disqualification (minimum marks 7.0)
- There are NO LIMITS to the Team forms,
- It can be a mixture of Musical and Creative,
- Team members can perform as many gymnastic techniques, tricks, or weapon releases as they want,
- Each competitor will be scored on their performance within the team form, meaning, If anyone falls or makes mistakes that individual competitor will lose marks,



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- If a competitor breaks off their performance and does not carry on the team will be disqualified by technical disqualification (minimum marks 7.0)
- If they carry on then they will be deducted the marks accordingly for stopping within the form,

### **Article 1.5. Uniforms**

- Competitors competing in forms may wear any kind of legally recognised kickboxing or uniform as traditional kimono,
- Uniform must be in a clean and decent state,
- Competitors must wear a traditional martial arts belt,
- No soft form uniforms or sashes will be allowed,
- T-Shirts will NOT BE ALLOWED
- Competitors are allowed to wear sweat bands on arms / wrist,
- Competitors are not allowed to wear any jewellery or piercings of any kind,
- If a competitor is seen wearing any jewellery, they will be deducted 0.3

#### **Article 1.5.1. State of weapons**

- Each competitor is responsible for the perfect / safe state of their weapon/s.
- Competitors cannot change their weapon/s during the competition.
- Competitors will be allowed to use magnetic weapons,
- The Chief Referee can ask to inspect the competitor's weapon/s if they wish to do so.
- No live blades (sharp weapons) can be used in any competitor's performance
- No "soft style" weapons are allowed.

### **Article 1.6. Presentations / length / time**

- There are time limits for all form's categories. There is 3 minutes maximum time, and 1 minute minimum (including presentation), the competitor starts his / her form after their presentation from their first movement after their presentation, this can be a Trick, Gymnastic or Martial arts technique,
- If a competitor performs any gymnastic techniques or weapon releases in their presentation these will be counted as part of their form,
- Teams do not need to be synchronised in the team events, BUT could gain higher marks if they are,
- Competitors will only be scored on the contents within their form, this means good techniques, good hand and kicking combinations performed with clean, sharp precise movements,

### **Article 1.7. Tatami size**

- The area for forms performances will be 10 x 10 square meters,
- There will be no tables / chairs or objects within 1 meter of the tatami,
- No one will be permitted to stand behind the judging panel,
- No one will be allowed to interfere with the scoring table,
- Competitors who step OFF the tatami during their performance will be deducted 0.5, ONLY if the tatami is 10 x 10 meters. If the tatami is smaller than 10 x 10 meters then no deductions will be awarded for stepping out of the area,

### **Article 1.8. Seeding**

- Competitors will be seeded, i.e. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place only from the previous World or continental championships.
- However, Continental champions cannot be seeded in the World championships.
- If any of the top three are not present at the above championships they lose their ranking.



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- The placing for competitors who are not seeded will have their names / order selected by the following method: names of all un-seeded competitors will be randomly picked and seeded by SportsData. This will then be the order for the competition.

### **Article 1.9. Scoring**

- After a form's performance 4 / 6 judges and 1 Chief referee will score the performance as follows:
- Children (CH), Younger cadets (YC), Older cadets (OC), Juniors (J), Senior (S): From 7.0 to 10.0 in all official tournaments including World and Continental championships
- In World Championships there will be 6 Judges and 1 Chief Referee,
- No more than two (2) of the six (6) Judges may be from a Continental Federation.
- For example, a judge panel should be made up of:
  - Judge No 1 - Must be from Europe,
  - Judge No 2 - Must be from Pan American,
  - Judge No 3 - Must be from Africa
  - Judge No 4 - will be the Chief Referee they can be from any Country,
  - Judge No 5 - Must be from Oceania,
  - Judge No 6 - Must be from Asian,
  - Judge No 7 - Can be from any Continent - Europe / Pan America / Africa / Oceania / Asian
- If any Judge from the other continents is not in attendance, then the next qualified judge available will be used,
- At the Continental championships each of the 5 / 7 Judges will be from a different country,
- At the end of each performance, the judges make up their decisions according to the established criteria,
- The Chief referee will advise the judges how many points to deduct if there were any illegal techniques or violation of the rules,
- After the competitor has finish their performance, at the command of the Chief referee, they will raise their score boards, visible to the competitors and the audience, and keep them in the air until announcer in office has counted all marks,
- Highest and lowest marks will be deducted. The three / five remaining marks will make the final score.
- In case of a draw for first, second or third place (all 5 / 7 scores are compared, and the highest scores are highlighted)
- The competitor with the most highlighted scores wins. If there is still a draw both competitors will compete again.

### **Article 1.10. Dance movements**

- Dance movements will not be allowed accepted or tolerated during musical and creative forms performances.
- Competitors who choose to incorporate dance moves such as "break", "jazz", "body popping", or even "classical" dancing will receive the lowest mark 7.0 from each judge.

### **Article 1.11. Costumes and make-up**

- Theatrical costumes, including make-up, masks or any type of uniform that is not recognised as a legal Martial Arts uniform will not be accepted,
- Infractions to the above-mentioned rule will lead to the immediate disqualification by technical disqualification of the competitor.
- Competitors are not allowed to cover their eyes (blind folded) with bands during their performance

### **Article 1.12. Special effects**

- Any special effects, such as lasers, smoke, fire, explosions, water etc. will not be tolerated.



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- Infractions to the abovementioned rule, will lead to the immediate disqualification by technical disqualification of the competitors.

### **Article 1.13. Judges**

- Judges will sit apart at least 1 meter away from each other,
- No talking will be allowed only to discuss with the Chief referee
- All Creative Forms Judges must have knowledge and understanding of Creative Forms / Team Forms / Martial arts techniques in Open hand, weapons, weapon releases and weapon body rolls,

#### **Article 1.13.1. Criteria for judging**

Each judge must take into consideration, before awarding any decisions, the criteria below:

##### **Article 1.13.1.1. Basics**

Stances, punches, kicks and blocks according to the basic technique of the original styles

##### **Article 1.13.1.2. Balance**

Strength, focus (perfect balance and movements done with energy)

##### **Article 1.13.1.3. Degree of difficulty**

Kicks, jumping kicks, spinning kicks, tricks, combinations hand / kicking techniques, gymnastic movements

##### **Article 1.13.1.5. Manipulation of Weapons**

With regard to weapons.

- The competitor must show perfect control with blocks, strikes and mastery of the weapon being used by doing outstanding work with their weapon/s, this will be the first criteria to be considered in the weapons category,
- Competitors who do tricks, gymnastic movements within their performance, will be judge on the manipulation of the weapon first, then the tricks and gymnastics movements,
- This is a weapons form (HSW) not an Open hand - hard style (HS) form with weapon/s,
- Starting the form with weapons on the floor: competitors are allowed to start with their weapon/s on the floor, BUT once they have picked the weapon/s up they cannot put them back on the floor again,
- If the competitor places his weapon/s on the floor it will be counted as dropping the weapon and a full 1.0 will be deducted,
- If it is placed on the floor a 2<sup>nd</sup> time, then the competitor will be disqualified by technical disqualification.
- When 2 weapons are used in the form: both weapons should be brought in by the competitor during the presentation.
- They can be the same kind of weapons or two different kinds of hard style weapons,
- Competitor can place one weapon on the floor (tatami) during / after the presentation, but before the form starts, competitor may pick up the second weapon at any time during the form, but once he has picked it up he has to finish the form holding both weapons in the hand/s,
- Alternatively, it is allowed to changing weapon during the form as long as it has been presented as part of the presentation. Meaning: allowing to place the first weapon on the floor and without any breaks or stops, pick up and continue the form with the second weapon,
- Competitor cannot change back to the original weapon he started with,
- The following are not considered “Dropping Weapon”
  - Placing a weapon on the floor (tatami) during / after the presentation, but before you start the form



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- Picking up a second weapon during the form as long as it has been bought in and presented during the presentation
- Dropping weapon is considered losing control of weapon during the manipulation if it falls on the floor / throw weapon on the floor, or placing weapon on the floor in any other way or situation other than described above.
- If a competitor's weapon/s breaks or falls apart, they will be disqualified by technical disqualification (minimum marks 7.0). Competitor cannot carry on performing form with the broken weapon,
- Only Five (5) complete releases allowed i.e. throwing the weapon/s in the air is allowed. More than five (5) releases, the competitor will be disqualified. Weapons that are rolled around another weapon such as Kama, Swords, Bo's, Sai's, etc will not be counted as releases if the weapon is caught back in the competitor's hand whilst still in contact with the other weapon,

### **Article 1.13.1.6. Showmanship**

- Competitor's presence and role playing, and the presentation of choreography, the competitor may touch the floor with his weapon when performing gymnastics and tricks, but the weapon/s must be kept in his hand/s,
- Competitors can spin / roll the weapon/s around their body (neck / arms and hands). These are not counted as a release.

## **Article 1.14. Minus points**

### **Article 1.14.1. Minus 1 point**

#### **A full 1.0 point will be deducted:**

- If the competitor drops his weapon/s on the floor, they will be deducted 1.0 from each judge,
- If the competitor changes his weapon back to the original weapon he first started with,
- If the competitor in CREATIVE FORMS performs any gymnastic techniques, or any disallowed movements, he will be deducted 1.0 from each judge,

### **Article 1.14.2. Minus 0.5 points**

#### **Up to 0.5 will be deducted:**

- For every gymnastics technique performed in MUSICAL FORMS over the allowed number of gymnastic techniques (more than 5 (five) gymnastic movements),
- If the competitor's belt fall onto the floor,
- If the competitor loses control of the weapon, and it touches the floor whilst still in the hands,
- If the competitor loses balance, stumbles, or falls on his front, back, knees, side, backside, or touches the floor with his hands, or struggles to control his weapon/s,
- If the competitor loses synchronization with music,
- If the competitor performs any disallowed movements
- Competitors who step off the Tatami during their performance if the tatami is 10 x 10 meters'

### **Article 1.14.3. Minus 0.3 points**

#### **Up to 0.3 points will be deducted:**

- If the competitor is wearing jewellery or piercings of any kind (i.e. earrings, rings, belly piercing, chains, bracelets)

### **Article 1.14.4. Minimum marks (lowest score 7.0)**

- If a competitor breaks off / stops their performance before the end, the judges will give the minimum marks 7.0.



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- During all weapons categories the weapons/s can only be released five times (5) from the competitors' hand,
- If the competitor releases their weapons more than five (5) times, the judges will give the minimum marks 7.0.

### **Article 1.14.4.1. Technical disqualification**

- If the competitor drops their weapon a second time they will be disqualified by technical disqualification (minimum marks 7.0)
- If the competitor's weapon/s breaks or falls apart, they will be disqualified by technical disqualification (minimum marks 7.0).
- If swear words are heard in the music the performer will be disqualified by technical disqualification (minimum marks 7.0)
- If a competitor uses props i.e.: blindfolds, theatrical costumes, etc they will be disqualified by technical disqualification (minimum marks 7.0)



## Article 2. Musical form rules

### Article 2.1. Definition

A musical form is a sort of imaginary fight against one or more opponents in which the performer uses techniques coming from Oriental Martial Arts to specifically chosen music. The choice of music is personal

### Article 2.2. Categories

- In Musical Forms competitions there are two (2) categories both for men and women,
  - **Hard styles (HS):** Which are techniques coming from Kickboxing, Traditional Karate and Taekwondo
  - **Hard Styles Weapons (HSW):** Kama, Sai, Tonfa, Nunchaku, Bo and Katana,
- Competitors in Musical Forms can enter only 2 divisions in World and Continental Championships, Open Hand and Weapons,
- In World / Continental championships 2 competitors can represent their country in the same categories / divisions,
- In all other tournaments there are no limit to how many competitors from each country / club can enter / compete,
- Competitors can choose Hard forms (HS), (i.e. Hard - Open Hand (HS) + Hard Weapons (HSW),
- Competitors can also enter the Creative forms: Open Hand (CF) + Weapons (CFW) and also Team Events
- All competitors who wish to compete in the Team events must have competed as in individual first

### Article 2.3. Rhythm

- All Musical forms categories must be performed to music. Martial arts techniques must go according to the rhythm.

### Article 2.4. Music

- All Competitors must have 1 track / file on their CDs / iPod / Smart Phones for Open Hand (HS) / Weapons (HSW), competitors must have their name, country, discipline on their CDs,
- If a competitor's music stops unintentionally during their form the competitor can continue without music or they can restart their performance again,
- There will be NO penalty or minus points awarded in these circumstances'

#### Article 2.4.1. Synchronization:

Perfect timing, the relationship between movement and music;

### Article 2.5. Gymnastic movements

- ONLY Five (5) Gymnastics movements are allowed in Musical forms. Violation of this rule will lead to a 0.5-point deduction from each judge for each extra gymnastic technique performed,
- A gymnastic movement is a movement with no martial art purpose (no striking). Some gymnastic movements can be modified by adding a kick / kicks to the movement. In that case, it is not considered a gymnastic movement.
- These are classed as gymnastic techniques: forward roll / backward roll, hand stands, all cartwheels including two (2) handed / one (1) handed, elbow cartwheels, all round offs including two handed, one handed, elbow round offs, hand springs / head springs, back flips with hands touching the floor (even if the legs are split or not) kip ups, front and back somersaults, tucked / straight or picked, back somersaults with full (1) twist / double (2) twists, Arabian front somersaults,
- Hand down raize / websters / capoeira kicks are classed as tricks),



## Article 3. Creative form rules

### Article 3.1. Definition:

A Creative form is a sort of imaginary fight against one or more opponents in which the performer uses techniques coming from Oriental Martial Arts.

### Article 3.2. Categories

In Creative Forms competitions there are 10 divisions,

- Men, Women, Boys, Girls, Teams
- **Creative Open Hand (CF),**
- **Creative Weapons (CFW),**
- **Creative forms Teams (CFT),**
- Competitors can enter either of the Open Hand, Weapons, and Teams

### Article 3.3. Music

Creative forms competitors cannot use music of any sort, ALL FORMS will be performed WITHOUT MUSIC.

### Article 3.4. Gymnastic movements

- No gymnastics techniques are allowed, only 1 kip up is allowed,
- NO INVERTED techniques are allowed
- The following movements are not permitted:
  - Any movement that involves more than 360-degree spins whilst in the air
  - Any movement that requires the body to be inverted more than parallel to the floor, or are similar to movements found in gymnastics / and or / none Martial Arts disciplines

### Article 3.5.1.4. Techniques not allowed

- Competitors cannot perform any spins beyond 360 degrees whilst in the air, or parallel to the floor,
- Competitors cannot perform any inverted techniques,

### Article 3.5.1.5. Competitors may perform

- Butterfly kicks, butterfly twist and illusion kicks, these are the ONLY TRICKS - KICKS that can be performed in the Creative form categories,