



**2013 GCO/WKU Forms Rules
World President of Forms is Lori Stanley**



GCO WKU



GCO Official
Rulebook
2012

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.
- All Competitors must have in their possession their ID badge on a lanyard at all times to enter access to the Venue and competition area when called on by the Center Judge. It also shows proof of who you are and the Divisions you are registered to compete in.
- 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 Center Referee or Lori Stanley in a proper and sportsmanlike manner.

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.

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.
- If a Competitor drops their weapon in the Eliminations they are not allowed to the advance to the Finals even if there are less than four (4) Competitors.
- If a Competitor drops their weapon in the Finals they will automatically receive the lowest score and Bronze medal. In the case of only two (2) Competitors they will receive Second place and a Silver medal.

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 score. If the music has strong profanity or racial comments the Competitor(s) will be disqualified.
- All music must be on one (1) CD and have only the song they are using for that particular Division. All CD's must be marked with the Competitors name, their Country and their Division.

Starting a Form Over:

- If a Competitor in the Eliminations has a memory lapse or forgets their form they may ask and start again. But they will be given the lowest score possible (9.85) from all Judges and cannot advance to the Final.
- If a Competitor in the Finals has a memory lapse or forgets their Form they may not start again and receive the lowest score possible (9.96) from all Judges. If two (2) or more forget their Form in the Finals, they must perform their Form again but will have the two (2) lowest scores in the Finals.
- 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.

Scoring:

- Judges will be looking at basic techniques which include stances, punches, blocks, kicks executed with balance, strength and focus.
- Five (5) judges will be used in all Forms & Weapons Divisions.
- A scoring range of 9.85 to 9.99 will be used in the Eliminations.
- A scoring range of 9.96 to 9.99 will be used in the Finals.
- The highest and lowest scores from the Judges will be dropped and the remaining three (3) scores will be added for the Competitors score.
- In case of a tie score in the Freestyle and Weapons Divisions, the Competitors have the option of performing their original Form or a new one to break the tie.
- In case of a tie score in the Hard Style, Korean, Soft Style, Japanese/Okinawan and Traditional Karate, the Competitors must perform a different Form from the previous one.
- In case of a tie, the Judges will point, using a hand signal, to the Competitor who they thought was better. Three (3) out of five (5) judges determine the winner.
- In all Divisions, four (4) Competitors may advance to the Finals.
- Current World Champion ranked Medalists will be seeded according.
- Current World ranked Gold Medalists will go last in the Eliminations.
- Current World ranked Medalist who moves up a division by age does not carry their seed.
- In the Finals, the Competitors will be seeded according to their score in the Eliminations. The highest score will go last in the Finals.
- If a Forms Competitor advances to the Finals, they have the option to compete with the same or different Form in that particular discipline.

- If a Weapons Competitor advances to the Finals, they have the option to compete with the same or different Weapon in that particular discipline.

Protest:

- The scoring of the Judges is final.
- Protests against 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 in the event that the Center Judge and Supervisor deem that one of the following circumstances has occurred:
 1. A conspiracy has taken place or an illegal agreement has been entered into affecting the result of the match.
 2. The addition of the scorecards is faulty; one judge mixed up the corners, resulting in the victory being given to the wrong Competitor.
 3. 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 protest must be accompanied by a processing fee of Hundred (100) Euros. The fee will be returned if the protest is found to be valid.

- The protest fee will be transferred to the account of the training of future referees.
- The Center Judge 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.
- Decisions of the official Doctor can be subject to protests if a second Doctor is present at the event. The second Doctor will make a decision about the protest.

Medical Examination:

- All Competitors must present a medical check no older than 12 months from the first day of competition undersigned by physician. Otherwise a Competitor must undergo a medical check by the present Doctor who is designated by the promoter of the tournament. Whenever there are male and female participants, the medical examinations must be held in separate rooms or in case of availability of one room only, during different times.
- If a Competitor does not have in possession his or her Fight-Book with the annual license stamp at the time of the physical examination and the weigh-in, he or she shall not be permitted to compete.

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.
- Male and Females are in separate Divisions except for Team Forms
- Only Veterans and Executives are allowed to drop down one (1) age Division.

- No one is allowed to compete up in a Division.

Divisions by Age:

- Kids 11 years old and under
- Juniors 12 14 years old
- Teens 15-17 years old
- Adults 18-34 years old
- Veterans 35-44 years old
- Executives 45 years old and up

Divisions for Kids, Juniors and Adults:

Males and Females are in separate Divisions except for Team Forms

- Hard Style
- Korean Style
- Japanese/Okinawan Style
- Chinese Style
- Free Style
- Weapons with Music
- Weapons No Music
- Traditional Karate Weapons
- Hard Style and Traditional Team Forms
- Free Style Team Forms

Divisions for Veterans:

Men and Woman are in separate Divisions

- Veterans Traditional
- Veterans Hard/Soft Style
- Traditional Karate Weapons
- Weapons No Music
- Veterans with Music

Divisions for Executives:

Men and Women are in separate Divisions

- Executive Traditional
- Executive Hard/Soft Style
- Traditional Karate Weapons
- Weapons No Music

Forms & Weapons Divisions

Hard Style:

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 use of weapons, no music is allowed.

Korean Style:

Korean Style forms must use traditional moves only. This is a Tae Kwon Do and Tang Soo Do division. Any altered or added moves are acceptable if added moves are traditional. Kicking above the head is acceptable. A Free Style form is not allowed. A traditional doe boke or gi must be worn. No use of music or weapons is allowed.

Japanese/Okinawan Style:

Traditional unaltered forms from the Japanese/Okinawa systems. (Examples: Shotokan, Shito ryu, Wado ryu, Isshinryu, Goju, Shorin ryu, Shorei ryu etc.) A traditional form/kata from the Japanese/Okinawan styles is acceptable. No more than 4 kiais are allowed. Kicks must be no higher than the top of his/her head. The form/kata can not be altered; however timing and execution of various traditional skills may slightly differ depending on style of Karate. A traditional white gi must be worn. No music or weapons is allowed.

Chinese Style:

Chinese style is for Kung fu and Wushu forms only. Gymnastic type moves are permissible, provided that they are within the style. Added or alter forms are acceptable if moves are traditional to Chinese styles. A Chinese uniform must be worn. No use of music or weapons is allowed.

Free Style:

Music must be used. **No lyrics (words) are permitted in the music.** No dance moves, or theatrical costumes are allowed. The use of stage props such as lasers, smoke, fire, or dry ice is not allowed. All martial arts, tricking skills 540's, 720's etc. and tumbling are acceptable. (Tumbling is limited to 5 skills only.) Splits, kip-ups flash kicks, gainers, jackknives, aerial cartwheels are not considered tumbling but kicking. Two footed landings standing tucks, roundoffs, sideswipes are considered tumbling. For scoring judges take into account: Showmanship and speed of the techniques, degree of difficulty, basic techniques, balance, strength, and focus.

Weapons with Music:

Music must be used. No lyrics (words) allowed in music. Use of the weapon is mandatory. The use of stage props such as lasers, smoke, fire or dry ice is not allowed. No dance moves or theatrical costumes are allowed. All tumbling and

tricking techniques are limited to five (5) skills only. All weapons must be safe and clean and recognized within the martial arts. The judges have the right to inspect weapons prior to the start of the division.

Weapons No Music:

Use of the weapon is mandatory. Super light weapons are acceptable. The weapons form can be a traditional or free style. You may do wrist rolls, palm rolls; the weapon may go around the body and neck. You may not throw the weapon in the air and catch, and there is no tumbling. A gi or doe boke must be worn. No dance moves or theatrical costumes are allowed. All weapons must be safe and clean and recognized within the martial arts. The judges have the right to inspect weapons prior to the start of the division.

Traditional Karate Weapons:

Traditional Karate Weapons forms from the Japanese/ Okinawan styles. Forms/Kata must be unaltered traditional weapons forms for the Japanese/Okinawan systems. The form/kata can not be altered; however, timing and execution of various traditional skills may slightly differ depending on style of Karate. A white traditional gi must be worn. No music is allowed. Heavier weapons should be used. No ultra light weapons. Only 4 kiais are allowed.

Veterans/Executives Traditional:

Traditional form must be using traditional moves based on Korean, Japanese, Okinawan, or Chinese styles. A Free Style form is not permitted. High kicks are acceptable and forms may be altered as long as they resemble the styles listed. No tumbling, tricking, weapons, music or free style skills allowed. A traditional uniform must be worn. (Korean, Japanese, Chinese)

Veterans with Music:

Veteran/Executive
See Free Style with music.

Veterans Weapons with Music:

Veteran/Executive
See Weapons with music.

Hard Style and Traditional Team Forms:

Hard Style and Traditional Team forms must be using traditional moves based on Korean, Japanese, Okinawan, or Chinese Styles only. (Wushu should enter free style). A Free Style form is not acceptable. No Free Style skills or tumbling are allowed. High kicks are acceptable. No music or weapons are allowed.

Free Style Team Forms:

The Free Style Team Forms includes the Open with music, wushu, and weapons divisions. This is a synchronized free style division. Synchronization is important.

The use of stage props are not allowed (lasers, smoke, fire, dry ice, costumes or dance moves.) Tumbling is allowed.

ITF: (Traditional Tae Kwon Do)
Traditional International Tae Kwon Do Federation forms rules only.

