**Traditional Open Hand Forms**

General Rules and Regulations for Poom-se (Forms/Patterns) Competition.

1.     Competition shall be divided by age and division (novice, intermediate, advanced, blackbelt). Forms competitions are co-ed.

* Groups may be collapsed to form equitable brackets as necessary.

2.     All forms competitions will be bracketed based on the number of competitors. Largest bracket is 12 competitors; all brackets will be single elimination.

3.    Competition will begin with Blackbelt forms (beginning with youngest division). Underbelt forms will continue after Blackbelt forms are complete beginning with the lowest ranking/youngest division.

4**.**     Due to the variety of Martial Arts styles involved in this event, judges will award the winning performance based on **power, technique, and focus as well as grace/beauty of the form.**

**Judging Procedure**

A.    Two competitors will perform their form/pattern simultaneously.

* Note: Blackbelt performers who require more space may take turns.
* After bowing in, Participant will bow to judges, then introduce themselves by name, school, and name of form.
* Participant 1 will be red; participant 2 will be blue.

B.    Three judges will determine the winner who advances on in the bracket. The middle judge will serve as the Referee of the event. Referee will state “Judges call” and judges will indicate red or blue (raising red/blue bandana) as the winner.

C.   Judging criteria will include: power, technique, and focus as well as grace/beauty of the form.

D. Gold, silver, and bronze medals will be awarded for each division (ranking, age).