**Freestyle Open Hand Forms**

General Rules and Regulations for Poom-se (Forms/Patterns) Freestyle Open Hand 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.

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 **creativity,** **power, technique, and focus as well as grace/beauty of the form.**

* **In addition, freestyle elements will be evaluated in the performance (i.e., skill of trick/flip/movement, execution of technique, power, energy).**

5**.** Freestyle forms are expected to be **creative in nature** and may include any of the following:

* Trick kicks
* Flips (i.e., aerials)
* Martial arts movements that have been combined into a freestyle creative format
* Opportunity to showcase participants’ skills in a creative format

**Judging Procedure**

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

* Note: Performers who require more space may take turns with one performer (red) going first, followed by the second performer (blue).
* 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: creativity, power, technique, and focus as well as grace/beauty of the form. In addition, freestyle elements will be evaluated in the performance (i.e., skill of trick/flip/movement, execution of technique, power, energy). No music is allowed due to time constraints.

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