



Arnold Creative Forms and Creative Weapons Rules

RANK RULE: A competitor must compete at the highest belt level they have earned in the martial arts. A competitor can never compete in a division of which he/she had not earned that rank. Once a competitor competes as a black belt legally, he/she must always compete as a black belt. A competitor can never compete in a lower belt division than the level of belt he/she has earned in the Martial Arts.

PROOF OF AGE RULE: All competitors must have a proof of age document. If there is a legitimate reason to question a competitor's age, he/she must present a proof of age (birth certificate, driver's license, or other acceptable documents) to prove his/her age.

LEGAL AGE RULE: All competitors have the option of competing in the same division all year long for rating purposes, by establishing a legal competition age for the year. The age a competitor is on June 30th of the current competition year is their legal competition age for that year. They can compete all year at that age so he/she can earn rating points in one age division all year. A competitor can always compete in his/her chronological age.

UNIFORM: All competitors must wear a complete (top and bottom) traditional or professional sport karate (Kung Fu, Tae Kwon Do, etc.) uniform in a good state of repair. The appropriate color belt or sash must be worn in competition. **Form & Weapons:** T-shirts, tank tops and sweatshirts are allowed in form if they are part of the competitor's official school uniform. Uniforms in the form and weapons divisions are allowed more liberties because form is not one-on-one competition where the uniform could cause a decisive disadvantage or advantage to a competitor. Removal of the uniform top is allowed if the removal is considered relevant to the artistic expression or safety of the competitor. Shoes may be worn in form competition if they do not damage or mark the competition floor.

COMPETITOR RESPONSIBILITIES: It is the responsibility of the competitor to know the rules and be ready for competition when called to do so. He/she must be suitably attired and at the appropriate ring when competition begins. Three calls will be made for competition at ringside. If the competitor is not at his/her ring ready to compete when competition begins, he/she will not be able to compete (see delay of time rule). If a competitor leaves the ring after the competition begins and is not present when his/her name is called to compete, his/her name will be called three times at ringside. If he/she is still not present to compete, he/she will be disqualified (see delay of time rule).

FORM RULES

TIME LIMIT: Each form or weapons routine must be three (3) minutes or less. The time starts once the competitor enters the competition ring. Each team form and/or demo routine must be four (4) minutes or less. Any competitor, team form or team demo that goes over the allowed time limit is automatically disqualified.

SCORING RANGES OF FORM AND WEAPONS: The scoring range will be 9.50 to 10.00 points. This is not to say that the level of proficiency of a 9.75 white belt form score is the same as a 9.75 black belt form score. We are grading white belts against white belts and black belt against black belts, etc. One scoring range simplifies form and weapon scoring. The scoring range will be determined by the center referee for each division.



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TIES: If there is a tie for 1st thru 3rd place, the majority of the judge's scores determine the winner. If, with the scores that were given, there is still not a majority of judges for one competitor, they must be asked on the center referee's command to point to the competitor who they feel should win. All judges must make a decision for only one competitor.

TRADITIONAL, CREATIVE, MUSICAL AND EXTREME DIVISIONS: Competitors in these divisions must exhibit a form or weapon routine that reflects the essence and values of the division name in which they are competing. Otherwise, the competitor risks disqualification or downgrading. **Traditional** forms and weapons must capture the essence of classic martial arts movements, showcasing the traditional techniques and stances. **Creative** forms and weapons allow contemporary martial arts techniques that have evolved over the last 30 years. No extreme gymnastic-type movements are allowed in the creative form and weapons divisions. **Musical** forms and weapons require choreography of moves to the music. **Extreme** forms and weapons allow movements whether they originated from traditional or contemporary martial arts systems or otherwise. However, at least half of the form must originate from martial arts techniques and the competitor must execute at least one technique that involves an inverted move or greater than a 360 degree spin.

WEAPON DIVISIONS: Safety Rule: A competitor who unintentionally drops his/her weapon will be automatically disqualified. If a competitor recklessly or carelessly misuses his/her weapon, he/she may be penalized or disqualified. If a competitor's weapon breaks or comes apart during his/her routine, he/she will be disqualified.

RESTARTING A FORM: If a competitor starts his/her form over because of a memory lapse or any other reason due to his/her own negligence, he/she may perform the form again. The officials will score as though there was not a mistake, but the center referee will instruct the scorekeeper to subtract .50 points from the competitor's final score. The three-minute time limit will start over. A competitor can only start over one time for scoring. If a competitor has to start over not due to his/her negligence, he/she will not be penalized on the restart.

FOR ADDITIONAL INFO CONTACT

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