IMAC - ICO Forms / Kata Rules -

Competitors MUST wear garments associated with their chosen discipline.

I.E - Korean (Dobok) Hardstyle (Wrap Gi) Softstyle (Chinese Softstyle Suits)

Competitors will ask for entry on to the mats to be judged via a hand out signal to the centre judge.

Judging will commence from when the competitor enters the mats.

Introduction is not compulsory but if the competitor does wish to introduce and ask to begin then that is fine, however will not cause any additions to the scoring.

Once the Form or Kata has been completed, the competitor will bow and move to the rear of the mats to await scoring. If there are only 2 in the division, then both competitors will perform after one another and the judges will stand to give their verdict. Competitors will face a way and a show of hands from all three judges will determine the outcome. The scores will be 8.9 - 8.9 - 8.9 for the victor, and 8.7 - 8.7 - 8.7 for 2nd place.

This also applies in the event of a tie that can not be dealt with via the means of highest single score (if within medal contention).

If 3 or more in the division, then the 9.9, 9.8, 9.7 system will be applied to award a winner within the tie. The overall scores will then be adjusted for the top 3 places.

In the event of a tied overall score, the scorekeeper will look to remove the highest score, and the lowest score to find a middle average. I.e

8.7, 8.8, 8.9 competitor 1.

8.7,8.7,9.0 competitor 2.

Competitor 1 = 8.8 Winner

Competitor 2 = 8.7

Scoring ranges from 8.0 - 9.9.

If the competitor forgets their pattern, they have the option to restart the form but will incur a 0.5 deduction of their score from each judge.

In the event of a Default such as falling or dropping a weapon, then the default score is 7.0..

The Katas are judged on the following principles:

Technical Ability

Traditional Technique

Stances

Intensity

Weapon Control

Trick Difficulty / Execution

Synchronisation / Co-ordination

Specific Discipline Requirements:

Traditional Katas across all disciplines will be judged on what is shown, not if it's 100% true to the original form.

As such, adjustments to Traditional Katas can be made but must still fall under Traditional techniques.

No Gymnastic based movements.

Freestyle Forms / Weapons -

Must be traditional in nature. These are patterns created either by the club or individual using only traditional techniques but can be unique to them.

Can include movements such as Tornado Kicks and Jump Spins but no Gymnastic movements or Inverted motions.

Creative Forms / Weapons -

Either Club or Personally made routines, must have traditional elements but can also include up to 360 degree in the air rotations but not inverted (Head can not be below where the belt would be) and kicks such as Butterfly Kicks (including Butterfly Twist but with a maximum of 1 spin).

No Gymnastic movements, No Dance movements and No Music.

Up to 3 release and catch movements are allowed in each form, the weapon can only rotate a maximum of 720 degrees (2 spins).

Extreme Forms / Weapons -

Music is optional but encouraged.

Intermediate Categories can have no gymnastic elements more difficult than a 2 hand cartwheel or variant of a 2 hand cartwheel. (No 1 hand cartwheels, handsprings or aerials)

Advanced Categories can have up to 3 inverted movements in the form (a movement where there is nothing on the ground and the head is below where the belt would be).

No limit on rotations.

Must contain traditional elements but movements such as headbutts and elbows are permitted.

Master Categories can have more than 3 inverted elements, and advanced movements such as Front / Back Somersaults would move the competitor directly into advanced.

Weapons can touch the ground but must be in control for example if using kamas to do a cartwheel based trick, but if the weapon is not in control i.e dropped then a default score will be given.

Gymnastic movements permitted.

* Technical Ability
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