



## Free-Style Weapons Forms Competition

1. **Divisions** — Competitors will be divided into divisions by rank, age, and/or skill level
    - Beginners: Weapon training for one year or less
    - Intermediate: Weapon training for one to two years
    - Advanced: Weapon training for two to three years
    - Expert: Weapon training for three or more years
  2. **Time Limits** —
    - Beginner/Intermediate competition: 60 seconds max
    - Advanced competition: 90 seconds max
  3. **Judging Criteria** —
    - Overall control and fluid handling of the weapon
    - Equal precision of the left and right sides of the body
    - Difficulty
    - Originality and presentation
    - Practical application of the weapon (accurate, effective strikes)
    - Stances
    - Timing and rhythm
  4. **Scoring** —
    - Competitors are scored on a scale of 8.00 -10.00 with precision of up to two decimal places.
    - If the weapon is *dropped* there will be a 1 point deduction from **total score**. There are two ways to recover weapon:
      1. Traditional Recovery: drop to one knee and pickup weapon
      2. Awesome Recovery: use movements that recover the weapon in a manner that looks “planned”
    - If the weapon is *broken*, competitor has 30 seconds to replace the weapon and continue.
    - The use of music is optional. The audio device and operator must be supplied by the competitor.
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