



Freestyle

Rules

1 – Music

Music is optional.

2 – Duration

The performance may not exceed 3 minutes which includes the presentation. Otherwise, there will be a penalty of 0.1 points. The performance must be longer than 30 seconds or else the minimum score will be awarded.

3 – Age

There are 2 types of competition:, Empty hands and Weapons

PULCINI : until 8 yo

SPERANZE: 9-11 yo

GIOVANI : 12-14 yo

CADETTI: 15-17 yo

JUNIOR: 18-20 yo

SENIOR: 21-40 yo

MASTER: over 40 yo

4 – Divisions

There are 6 different divisions:

- 1) Hard style: free hands form with power and kime as Karate, Taekwondo, Kung Fu Yang
- 2) Soft style: free hands form with no kime as Tai Chi, Wushu
- 3) Hard style weapons: same as the first division but with the use of weapons such as Bo, Kama, nunchaku, Bokken etc.
- 4) Soft style weapons: same as the second division but with the use of weapons as Katana, Tai chi sword, Naginata, Wushu staff or chain etc.
- 5) Extreme freestyle: free hands form with acrobatic movements, not only from martial arts, but from gymnastics too
- 6) Extreme freestyle weapons: every kind of weapon may be used with acrobatic movements

5 – Uniforms

Competitors must wear the appropriate dress for their style of martial arts. It must be clean and in good condition.

6 – Weapons

The Competitor must be responsible for his own weapon. The weapon cannot be used or exchanged by another competitor. The Judge may ask to examine the weapon before the competition. All weapons cannot be sharpened.

7- Acrobatic Movements

Acrobatic movements are only permitted in extreme freestyle and extreme freestyle weapons divisions. It may not be used in any other division.

8 – Parameters of Score

- 1) Synchronization
- 2) Coordination
- 3) Attitude

- 4) Breathing
- 5) Balance
- 6) Power
- 7) Acrobatic movements (extreme freestyle)
- 8) Weapon control
- 9) Flow of Movement (soft style)
- 10)Harmony of Movement (soft style)

9- Score

- 1) Scoring will be between 6.0 to 8.0, deleting the highest and lowest score. The remaining scores will be added. If there is a draw, the lowest score and possibly the highest score will be added.

Negative scores:

- The competitor stops the performance -0.5 points
- The competitor becomes out of synchronization -0.3 points
- The competitor loses balance -0.2 points
- The competitor does not complete his form: minimum score
- The competitor drops his weapon: minimum score