

Rule for Individual Forms Competition



- 1) Competitors will perform form/patterns facing the Judges. Either one or two at a time. (This will be determine by number of competitors in that division)
- 2) Judges shall be seated in a row in front of competitors, score cards will be used.
- 3) Points shall be awarded by an Official for what that Official deems to be an average performance for that age and rank division in which the player competes.
- 4) Judges shall display the score of each competitor.
- 5) The Total scores will be added up, In the case of a tie, both competitors will perform forms/patterns again simultaneously. Judges shall display their vote for one of the two. The competitor with the most votes win the tie breaking match.
- 6) Color Belts may begin a pattern a second time.

Merits

Merit will be awarded on the basis of beauty, grace, rhythm, focus, power, and technique.

Uniform Requirements

- 1) All contestants must wear a clean Uniform. Athletes are allowed to wear their school uniforms. Uniforms may have school patches. (Note: In the event the athlete's uniform becomes bloody, he/she may be required to change).
- 2) Black trim on the collar/lapel of a white dobok is allowed for Black Belts only.
- 3) Team name and school logo (non-offensive) are allowed on the back of the dobok top.
- 4) Athletes may wear a t-shirt underneath the dobok.
- 5) No loose Jewelry.
- 6) Inappropriate or unsafe uniforms will not be allowed. Uniform jacket may not be tucked into the pants.
- 7). All competitors must wear a belt appropriate to their rank with the knot of the belt in the front.
- 8) Junior black belts (15 years of age and younger) are permitted to wear "Poom belts" (half-red, half-black) as well as "Poom collars". All others must wear a solid Black Belt. Embroidery on belts is acceptable.