

# Taekwondo United National

## Free Design Forms Competition

**Uniforms:** Competitors may wear the *TU traditional dobok*, or **Specialty Free Design Forms uniforms**.

**Free Design Forms Divisions:** Competitors will be divided into competition divisions by rank and age groups. Free Design Forms Competition is limited to Brown Belts and above.

### Content of Free Design Forms

- The competitor will demonstrate a “free-style” routine of his/her own creation that has a maximum duration of 60 seconds for Brown and Red Belts and 90 seconds for Black Belts.
- Free Design Forms are judged on Artistic Techniques Only
- Free Design Forms are taekwondo technique oriented; which means, any acrobatics (*cartwheels, shoulder rolls, advanced kicks*) must be kept to a MINIMUM (10-20%).
- The routine must be approved by the competitor's instructor prior to competition; therefore, it is vital that the competitor consult his/her instructor as to the presentation. It is the Instructors' and School Owners' responsibility to know ALL rules and guidelines concerning Free Design Forms Competition.
- **Music: *The use of music is optional*** If music is used, it must be in good taste! The audio devices used **must be** supplied by the competitor and they must have someone to operate the device. *No additional time will be allowed for setup due to audio malfunction*

### Judging Criteria for Free Design Forms

Judges will score the entire performance of the form. Judges will NOT ask competitors to repeat their form, as there are no incomplete free design forms since it is a "free style" form.

All judges will consider the following criteria:

- **Use of Time:** (*awareness of time and stopping immediate upon “time” being called.*).
- **Difficulty** (*more difficult maneuvers deserve more recognition*).
- **Originality** (*is the competitor being creative*).
- **Presentation** (*was the display exciting and fun*).
- **Practical application** of taekwondo technique.
- **Stances, timing and rhythm of the form.**
- **Transition of techniques** (*good combinations of techniques*)

### SCORING:

- Free Design Forms Competition scoring will be consistent with Traditional Form Scoring: 6.0 - 10.0 with ¼ points. A score of 7.0 being average. Judges will **NOT** give a score of 5.0 for “incomplete form” as everyone is doing a “Freestyle” form.
- Judges will use the standard “first three” scoring method to set a base range of scores for the other competitors.
- A competitor is considered to be active in competition from the time they are bowed in to do their presentation until the “Bah-roh” command is given to return the competitor to their ready

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position. After the competitor completes their form, they should return to their ready position and then back to parade rest to receive their score.

- The time-keeper of the ring will start the clock at the command of the center judge and will call out "Time" when **60 seconds (brown and red) or 90 seconds (for black belts)** has expired (*at which time the competitor must stop performing immediately*).
- There are no incomplete free design forms.
- There will be no penalty for a free design form that is less than the time limit.
- No part of the presentation that **exceeds** the time limit will be considered when the judges give scores.