

# **SYNCHRONIZED FORMS COMPETITION RULES**

## **Team Composition**

- Teams consist of 2 members
- Team members may be of any age, rank, or experience level
- The team competes in the division of whichever competitor is higher in age and rank

## **Competition Format**

- Teams perform their synchronized form together
- Team announces their name and form to the judges before beginning
- Team bows to judges upon entering, then bows again after completing the form

## **Judging Criteria**

Each judge scores the performance in three categories:

### **1. Technical Proficiency (Stances, Precision, Form)**

- Correct stances and body positioning by both members
- Precise execution of techniques
- Proper structure and mechanics
- Accuracy in following the form
- Individual technical quality
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### **2. Synchronization (Timing and Unity)**

- Team members executing techniques at the same time
- Precise timing across both members
- Uniformity in movements
- Consistency in rhythm throughout

### **3. Spirit and Intensity (Ki/Kime)**

- Collective focus and concentration
- Unified fighting spirit and determination
- Power and strength displayed by entire team
- Commitment and confidence
- Commanding group presence

## **Scoring System**

- Each judge provides a score for each of the three categories
- Judge's final score = sum of their three category marks
- Team's final score = average of all three judges' scores