

Forms (Taolu 套路) Rules & Regulations

General

Forms competition is a technical performance-based event that evaluates a practitioner's ability to demonstrate proper structure, balance, coordination, timing, and expression of traditional techniques. Competitors are expected to perform their forms with precision and control. Judges will evaluate the performance based on technical accuracy, structure, stability, focus, speed, power and overall presentation while maintaining safety, respect, and adherence to the rules and regulations.

Officials

The officiating panel shall consist of:

- One (1) Chief/Head Judge
- Three (3) or Five (5) Scoring Judges
- One (1) Scorekeeper/Timekeeper

The Head Judge shall oversee the competition area and ensure the rules are followed.

All decisions made by the judging panel are final.

Divisions

Age Groups

Children Contest (Ages 11-)

- 5 & under
- 6-7
- 8-9
- 9-11

Youth Division (Ages 12-14)

Teen Division (Ages 15-17)

Adult Division (Ages 18+)

- 18-39
- 40-49
- 50-59
- 60+

Skill Groups

Beginner Division: Competitors training at the Siu Nim Tao level and below (under 1 year of experience)

Intermediate Division: Competitors training at the Chum Kiu level and below (approximately 1–3 years of experience)

Advanced Division: Competitors training at the Biu Jee level and above (3+ years of experience)

*According to the needs of the competition, the Competition Committee may divide competitors into groups based on **age and/or gender**.*

Forms

6 Stances Demonstration (Mighty Might & White Belt & Yellow/White Belt)

Wu Bu Quan - Five Step Fist (Yellow Belt & Orange/White Belt)

Saat Sei Mun 4 or 5 - Four Direction Form (Orange Belt & Up)

Open Kungfu Division

Time

The performance time for a **form** must be **between 30 seconds and 2 minutes**.

The Head Referee will signal the competitor at **1 minute and 50 seconds** to indicate that the performance time is nearing completion.

Unfinished Performances

No score will be awarded for **unfinished Taolu performances**.

Competition Attire

Competitors must wear approved martial arts uniform in accordance with the regulations set by the Competition Committee. Uniforms must be clean and presentable. **NO** school t-shirts or shorts.

The following attire is not permitted:

- Shorts
- Tank tops or vests
- Transparent materials
- Casual clothing or attire deemed inappropriate for competition
- Jewelry

- Watches
- Hard hair accessories
- Any item that may cause injury

Scoring

The maximum score for any individual performance is **10 points**.

Scores are calculated based on **deductions from the full score**.

Competitor results are classified into **three grades across nine scoring tiers**:

Beginner Division 6.0 – 8.0

Intermediate Division 7.0 – 9.0

Advanced Division 8.0 – 10.0

Judges will deduct points for errors such as incorrect technique, loss of balance, interruptions in performance, or violations of competition rules.

Each competitor may perform only one form per division unless otherwise specified by the Competition Committee.

Before the Performance

The competitor shall:

- Approach the performance area
- Face the Head Table and perform a salute
- Assume the starting position for the form

The referee or judge will signal when the performance may begin.

During the Performance

Competitors must perform the form continuously and with proper control.

The performance must demonstrate:

- Correct sequence of movements
- Proper structure
- Balance and stability
- Clear techniques
- Focus and intent

After the Performance

Upon completion of the form, the competitor shall:

- Return to the finishing position
- Judges will score the performance
- After score is announced, the competitor shall face the Head Table and perform a salute
- Exit the performance area as directed

Judging Criteria

Judges will evaluate the performance based on the following criteria:

Technical Accuracy: Correct techniques and sequence of movements

Structure and Stability: Proper stance, alignment, and balance

Control and Precision: Clear, controlled execution of techniques

Focus and Intent: Demonstration of proper energy, attention, and martial expression

Overall Presentation: Confidence, rhythm, and continuity of the form

Scoring

Each judge will assign a score based on the overall performance.

The competitor with the highest total score will be declared the winner.

In the event of a tie, a **dual performance** will be conducted between the tied competitors. Both competitors will perform their forms consecutively for direct comparison. The judges will evaluate the performances and determine the winner based on overall technical execution, structure, control, and presentation. The judges' decision following the dual performance will add 0.001 to the tiebreaker winner's final score.

Invalid Performance

Scores may be reduced for the following:

- Loss of balance or falling
- Stopping the performance
- Exceeding time limit
- Omission of significant portions of the form

Conduct & Sportsmanship

Competitors must demonstrate proper martial arts etiquette and respect.

Unsportsmanlike conduct or inappropriate behavior may result in deduction of points or disqualification.

Competitors must follow all instructions given by the judges and officials.

Decision of Division

Victory may be awarded by:

- Highest score
- Tie-breaking decision by tiebreaker
- Disqualification for rule violation
- Withdrawal from competition