



BMAEX VIRTUAL FORMS & WEAPONS COMPETITION



DATE:

First Round: Traditional event – Form (Bare hand) and Weapon

28th April 2020 (00:00) – 6th May 2020 (23:59) GMT +8

Second Round: Creative event – Form (Bare hand) and Weapon

To be announced

INTRODUCTION:

Due to the (year 2020) global pandemic, which is Co-vid19, we came out with the brand new concept of virtual competition. We understand that there will be a lot of unforeseen challenges in the future and we may have to amend the rules and adapt the circumstances.

(1) GENERAL GUIDELINES:

1.1 Martial art groups, organizations or individuals from Malaysia and Brunei can take part in the event.

1.2 Each participant is allowed to take part 1 routine for each event.

- a. Traditional – Form (Bare hand)
- b. Traditional – Weapon
- c. Creative – Form (Bare hand)
- d. Creative – Weapon

1.3 You may record your demonstration on anywhere, depends on your surroundings.

1.4 Disqualification will be imposed if any dishonest or false information is found.

1.5 Once we verify your submission, we will deliver your prizes accordingly. We will start posting 2 weeks after deadline submission.

1.6 Remember, safety comes first. We don't expect any injury or accident happen during the demonstration.

(2) VIDEO GUIDELINES:

2.1 The video must be recorded between the following period:

- i. Traditional event – Form (Bare hand) and Weapon
[28th April 2020 (00:00) – 6th May 2020 (23:59) GMT +8]
- ii. Creative event - Form (Bare hand) and Weapon

[To be announced]

2.2 No video editing allowed, including slow motion, fast forward, or any special effect.

2.3 Entire demonstration must be recorded in one (1) shot only.

2.4 Only one (1) submission of video allowed for each category.

2.5 Athletes must be visible throughout the entire demonstration.

2.6 Athletes have to announce their name, date, and event (i.e.: Traditional – Form) clearly at the beginning of the video.

(3) COMPETITION CATEGORIES:

3.1 Age group

- | | |
|--------------------------------------|---|
| a. Kids Group: 12 years old or below | c. Adult group: 18 – 40 years old |
| b. Junior group: 13 – 17 years old | d. Veteran group: 41 years old or above |

3.2 Routine Classification

- a. Traditional – Form (Bare hand)
- b. Traditional – Weapon
- c. Creative – Form (Bare hand)
- d. Creative – Weapon

(4) DRESSING:

4.1 A traditional uniform must be worn for each respective martial arts.

4.2 No jewelry may be worn.

4.3 No costumes masks may be used

(5) TRADITIONAL ROUTINE:

5.1 The traditional routine shall fall within 30 second ~ 5 minutes.

5.2 Should the routine ends within 30 seconds, the athlete is disqualified. However, should the routine exceed 5 minutes, there will be deduction of 0.2 points.

5.3 Music is allowable should require by respective martial arts.

5.4 The following techniques are illegal and will not be score, and result in a downgrade of the routine:

- a. Movements that involve more than a 360-degree spin;
- b. Require the body to be inverted more than parallel to the floor;
- c. More than two (2) kicks with the same leg without putting the foot down in between;
- d. Front or back flips;
- e. Front or side leg splits;
- f. Releases of the weapon other than simple hand switches;
- g. or any other gymnastic movements or extreme exhibitions of flexibility or agility with the body or weapon that are deemed in the opinion of the judges to be inappropriate for the division pursuant to the general guidelines set forth here.

EXCEPTION – The following techniques are legal Traditional Technique:

- i. Forward Roll
- ii. Cartwheel
- iii. Butterfly kick

**Should the routine consists of any technique(s) mentioned above, please inform the technical committee to avoid misunderstand; judges are allow to downgrade the routine if failure to do so.*

(6) CREATIVE ROUTINE:

6.1 A form in Creative Routine must ONLY include techniques which originate from martial arts.

6.2 Higher creative martial arts choreographed will receive higher score, rather than doing the same as everyone else.

6.3 The competitions' routine will fall within a 30 ~ 90 second time limit. There will be a deduction of 0.2 points for exceeding the time limit.

6.4 During the demonstration, you may fully utilize your surroundings to enhance your performance (i.e.: wall assisted jumping kick).

6.5 The routine is allow to perform with music. Synchronization to music is not compulsory but will show a greater level of preparation.

6.6 No music containing swearing or derogatory or inflammatory comments may be used; this will result in a disqualification.

6.7 The following techniques are legal and will be score, and encourage to perform:

- a. Movements that involve more than a 360-degree spin;
- b. Require the body to be inverted more than parallel to the floor;
- c. More than two (2) kicks with the same leg without putting the foot down in between;
- d. Front or back flips;
- e. Cartwheels;
- f. Front or side leg splits;
- g. Releases of the weapon other than simple hand switches;
- h. or any other gymnastic movements or extreme exhibitions of flexibility or agility with the body or weapon that are deemed in the opinion of the judges to be inappropriate for the division pursuant to the general guidelines set forth here.

(7) PLACING AND AWARDS:

7.1 For each individual routine, placing and awards are as follows: Gold, Silver, or Bronze. Participants must complete the routines in order to receive the rewards.

7.2 For 18 years old **ABOVE**, 8 points and above (Full mark 10marks) will receive Gold Medal, 6-7 points will receive Silver Medal, whereas below 6 points will receive Bronze Medal.

Bronze					Silver		Gold		
1	2	3	4	5	6	7	8	9	10 (Full mark)

7.3 For 18 years old **BELOW**, 7 points and above (Full mark 10marks) will receive Gold Medal, 4-6 points will receive Silver Medal, whereas below 4 points will receive Bronze Medal.

Bronze			Silver			Gold			
1	2	3	4	5	6	7	8	9	10 (Full mark)

(8) SCORING:

8.1 The full mark of a routine is 10 marks. (Overall performance 10 marks).

8.2 Once the scores are recorded the highest and lowest scores are taken away. The remaining scores will be divided to derived the average score. The score can up to 2 decimal place, there is no round-off at 3rd decimal place.

8.3 Different areas of consideration when awarding the points (Traditional routine):

- Power
- Speed
- Balance
- Focus
- Execution/ application of technique
- Stance

8.4 Different areas of consideration when awarding the points (Creative routine):

- Power
- Speed
- Balance
- *Creativity*
- *Degree of difficulty*
- Focus
- Execution/ application of technique
- Stance
- *Good transition between extreme moves*
- *Synchronization of music (optional)*

(9) JUDGEMENT:

9.1 Invited judges are professional and experienced.

9.2 The decision given by the head judges are final, absolute and can't be appealed.

9.3 Adoption of the "2019 ISKA Borneo Forms & Weapons" formulated by the ISKA Borneo.

(10) ENTRY AND REGISTRATION:

10.1 The registration fee is RM15 per event.

10.2 As mentioned above at [1.2] Each participant is allowed to take part 1 routine for each event.

(11) WAIVER OF LIABILITIES:

11.1 The rules & regulations of this competition is prepared and amended by organizing committee, organizing committee reserves the right to amend without informing.

11.2 The team or individual have to ensure the legitimacy of the information. Disqualification and cancellation of the results will be imposed if any dishonest or false information is found.

11.3 Athletes and teams have to agree to the arrangement and rules & regulations.

(12) CONTACT:

12.1 Contact person:

ISKA Borneo & Brunei director:
ALVIN CHONG
016-813 3328

Technical Enquiry:
TAN CHEE HAW
013-557 2296

12.2 Please bank in the payment to the account **PERSATUAN SUKAN KICKBOXING WILAYAH PERSEKUTUAN LABUAN CIMB BANK 8008500907.**