

WAKO Rules of Tatami Sports – Musical Forms  
Chapter 7 Musical Forms V 17 Clean Page 2 to 6  
Table of Contents

Art. 1. Definition 3  
Art. 2. Rhythm 3  
Art. 3. Length 3  
Art. 4. Age 3  
Art. 5. Divisions 3  
Art. 6. Uniforms 5  
Art. 7. State off Weapons 5  
Art. 8. Gymnastic Movements 5  
Art. 9. Criteria of Judging in Order 5  
Art. 10. Scoring 5  
Art. 11. minus Points 6  
Art. 13. Dance Movements 6  
Art. 14 Costumes and Make-ups 6  
Art. 15. Special Effects 6

WAKO Rules of Tatami Sports – Musical Forms

W A K O 榻榻米墊上運動規則-音樂套拳(或稱極限武術)  
第七章 配樂形式 第 2 到 6 頁目錄

Art. 1. 定義 3  
Art. 2. 節奏 3  
Art. 3. 長度 3  
Art. 4. 年齡 3  
Art. 5. 分類 3  
Art. 6. 制服 5  
Art. 7. 器械形式 5  
Art. 8. 體操動作 5  
Art. 9. 評斷標準 5  
Art. 10. 得分 5  
Art. 11. 扣分 6  
Art. 13. 舞蹈動作 6  
Art. 14 服裝與化妝 6  
Art. 15. 特殊效果 6

Art. 1. 定義

A musical form is a sort of imaginary fight against one or more opponents in which the performer uses techniques coming from  
音樂套拳是一種針對一個或多個對手假想戰鬥中來讓表演者配合特定背景音樂展現他的技巧,而配樂的選擇是取決於個人選擇.

Oriental Martial Arts to specifically chosen music. The choice of music is personal.

Art. 2. 節奏

All Forms divisions must be performed to music. Martial Arts techniques must go according to the rhythm; Even Soft Styles will have to follow our basic rules that Martial Arts Techniques must be performed according to the rhythm of the music.

整個套路的起承轉合都要跟著音樂的表現方式進行,武術的技術展現也必須配合節奏,連軟式極限武術也必須遵守這個規則.

Art. 3. 長度

Hard forms cannot be longer than 1 minute and 30 seconds, presentation excluded, with the presentation not exceeding 30 seconds.

硬式極限武術長度不能超過 1 分 30 秒,自我介紹例外,但介紹時間不能超過 30 秒.

In soft styles the performance cannot exceed 2 minutes presentation excluded, with the presentation again not exceeding 30 seconds.

軟式極限武術長度以不超過 2 分鐘為原則,如果加自我介紹不多於 30 秒.

In the event of a violation of the present rule, the Chief Referee will ask for a deduction of up to point 0.5

在違反本規則的情況下,主裁判會要求扣除的最高點 0.5 分.

If a form is less than 1 minute in length after the presentation the Chief Referee will ask for a deduction of 1.0 point from each judge.

如果連自我介紹後的表演不足 1 分鐘的情況下,主裁判會要求扣除最高點 1 分.

The time keeper will start the clock for the presentation when the competitor starts his / her continuous walk towards the judges

計時員要計算參賽者自我介紹的時間以參賽者走向裁判開始到介紹完畢做介紹總時間計算.

The Time keeper will start the clock when the competitor starts his/ her form after their presentation.

至於計時員計算表演時間則以參賽者自我介紹完畢到表演完畢做表演總時間計算.

The Time keeper will time both presentation and form.

計時員將會同時紀錄自我介紹跟套路表演的兩段時間.

#### Art. 4. 年齡

For musical forms competition the allowed age groups are:

Boys and girls - 7, 8 and 9 years old

Younger cadets - 10,11 and 12 years old

Older cadets - 13,14 and 15 years old

Juniors - 16,17 and 18 years old

Seniors - 19 to 45 years old

音樂套拳的競賽所允許參賽年齡的組別分別為:

幼兒組-7,8 和 9 歲

兒童組-10,11 和 12 歲

少年組-13,14 和 15 歲

青少組-16,17 和 18 歲

成年組-19 到 45 歲

A competitor will be placed in an age division according to his/hers

Age Categories specifications:

Date of Birth.

參賽者會依據他們的生日做為分組的根據:

Infants. 7,8,9 years old, Meaning from the date he/she turns 7 years and up to the day before

幼兒組以 7,8,9 歲為主.

Younger Cadets Category: 10, 11 and 12 years old. Meaning from the date he/she turns 10 years and up to the day

he/she turns 10

before

兒童組以 10,11,12 歲為主.

Older Cadets Category: 13, 14 and 15 years old. Meaning from the date he/she turns 13 years and up to the day

he/she turns 13.

before

少年組以 13,14,15 歲為主.

Juniors Category: 16, 17 and 18 years old. Meaning from the Year he/she turns 16 years and up to the day

he/she

turns 16 -Tatami sports only.

青少組以 16,17,18 歲為主

before he/she turns

19. If a Junior/Senior competes in World or Continental Championships, they cannot then go back competing as Junior again and

must stay within the senior categories going forward at all world and continental championships.

如果青少組跟成年組正在參加世界性或洲際錦標賽的冠軍賽事,他們就無法同時再次參加青少組級別的賽事,而且他們必須留在成年組以備再次參加世界性及洲際錦標賽冠軍賽事。

Clarification. However a junior who has competed as a senior in world or continental championship can continue to compete as a

junior in all other international events, excluding the above.

聲明,如果青少組別的選手已經參加完世界性或洲際錦標賽的冠軍賽事,那他就可以再次以青少組的身份去參加青少組的任何國際比賽,包含以上所提及過的。

Seniors Category: From the day he/she turns 19 years and up to the day before

成年組 19-45 歲.

Specification during championships/tournaments: In case of birthday during a tournament that changes the age category, he/she

can compete in the lower category until the tournament is over. A tournament period is defined as from the day of the official weighin/registration

and until the finals are finished.

特別注意,如果在冠軍賽或錦標賽賽事期間如果選手年齡有變化的話,選手是可以被允許參加低一階年齡層的比賽直到錦標賽結束,錦標賽的期間定義是指從選手在官方指定秤重或註冊直到季後賽結束為止。

Legitimizing: Positive proof of age will be required at all championships (passport or Government ID or driving license) is required.

合法化:在每個賽事擁有身份的證明是必須的(護照,身分證或駕照)。

only one age-class: In WAKO Continental and World championships, it is only possible to start and compete in one age class. You can only compete in an age class a maximum of one division above your actual weight.

只能報名一種年齡階層: 在 WAKO 的洲際錦標賽或世界性冠軍賽中,最多只能報名一種年齡層的競賽。

World Cups/Opens

Competitors can move between categories/ classes (maximum one above) as long as it is a division above his/her age.

世界盃/開幕: 參賽者年齡在賽事期間有增長的話,至多可以參加往上一階的年齡層。(也可允許參賽者在原先自己較低的年齡層比賽到賽事結束)

Art. 5. 分類

In Musical Forms competitions there are four divisions both for men and women:

Hard styles Coming from Karate or Teakwood

Soft Styles Coming from Kung Fu and Wu-Shu

Hard styles weapons Using weapons: Kama, Sai, Tonfa, Nunchaku, Bo, Katana

Soft Styles weapons Using weapons: Naginata, Nunchaku, Tai Chi Chuan Sword, Whip Chain, Wu-Shu long stick, two swords, Hook sword and two hook swords, etc.

在音樂套拳(或稱極限武術)的競賽中可以分成四類:

徒手硬式極限武術,空手道或跆拳道形式.

徒手軟氏極限武術,武術或功夫的形式.

器械硬式極限武術,可使用雙鎌刀,三叉戟,拐,雙節棍,長棍,武士刀等.

器械軟氏極限武術,可使用薙刀,雙節棍,太極劍,九節鞭, 武術長棍,雙劍,雙鉤等等.

Competitors in Musical Forms can enter only 2 divisions in each Championship.

Competitors must choose from Hard or Soft Forms, ( i.e. Hard - Open Hand + Hard Weapons Or Soft - Open Hand + Soft Weapons. Competitors cannot enter 1 Soft and 1 Hard Category

每個賽事只能參加其中兩種.

參賽者如果參加兩種比賽也只能選擇硬式或軟式,例如徒手硬式跟器械硬式,或徒手軟式跟器械軟式,但是不能選擇參加一種軟式一種硬式.

## WAKO Rules of Tatami Sports – Musical Forms Chapter 7 Musical Forms V 17 Clean Page 5 to 6

### Art. 6. 制服

There is no specific uniform for musical forms competitors. They can wear any kind of legally recognized kickboxing or karate uniform, which must be clean and decent. In Hard styles, competitors must be bare footed, while in Soft Styles they can wear martial arts shoes.

在音樂套拳的競賽中參賽者並沒有特定形式的服裝,他們可以穿著任何合乎被認知的踢拳道或空手道規格的制服或道服,衣服必須乾淨且合宜的,硬式參賽者必須赤腳,而軟式參賽者可以穿著武術用鞋.

They can also be shirtless for their performance (apart from women, of course). Competitors are allowed to wear sweat bands on

arms/wrist. Competitors are not allowed to wear any jewellery or piercings of any kind.

參賽者也可以打赤膊比賽(當然除了女性之外).參賽者也被允許在手臂或手腕上繫上吸汗用的護腕跟帶子,但是不准佩戴耳環或項鍊等珠寶飾品或身上穿洞.

### Art. 7. 器械形式

Each competitor is responsible for the perfect state of his or her weapon/s. Competitors cannot change their weapon/s during the competition.

The Chief Referee can ask to inspect the competitor's weapon/s if he wishes to do so.

No live blades(Sharp Weapons) can be used in any competitor's performance.

每個參賽者都必須對自己的兵器負責,比賽期間參賽者不能任意更換自己的武器.

主審裁判有權利檢查參賽者的武器.

參賽者表演時不能使用開鋒過的武器.

### Art. 8. 體操動作

Both in Hard or Soft styles, no more than three gymnastics movements are allowed in WAKO musical forms.

在 WAKO 的音樂套拳中,無論是硬式或軟式,不能有超過三個純體操的動作.

Violation of this rule will lead to a 0.5 point deduction from each judge for each extra gymnastic technique performed.

如果超過三個體操動作的話,違規者每多出一個體操動作扣 0.5 分.

A gymnastic movement is a movement with no martial art purpose (no striking). Some gymnastic movements can be modified by adding a kick or a punch to the movement. In that case, it is not considered a gymnastic movement.

純體操動作指的是純粹的翻技而沒有攻擊意識,但是有些體操動作卻能加入踢技或拳打等動作去改良,在種情況下,這就不是純體操動作.

#### Art. 9. 評斷標準

Each judge must take into consideration, before awarding any decision:

在做任何決定之前,以下每點都必須列入考慮範圍內:

##### Basics

Stances, punches, kicks and blocks according to the basic technique of the original styles

基本功:架勢,出拳,踢腿和防禦等基本技術是否扎實.

##### Balance

Strength, focus (perfect balance and movements done with energy)

平衡:力量,集中力(動作是否擁有力道或速度)

##### Degree of difficulty

Kicks, jumping kicks, spinning kicks, tricks, combinations, gymnastic movements

難度動作:踢技,跳踢,跳轉踢技,花式,體操動作等等.

##### Synchronization

In hard styles, perfect timing, the relationship between movement and music; in soft styles, the relationship between movement and music

節拍:無論硬式或軟式的表演,需看動作和音樂是否合呼節拍.

##### Manipulation

With regard to weapons, of course. The competitor must show perfect control with blocks, strikes and mastery of the weapon

being used by doing outstanding work with their weapon this should be the first criteria to consider in the weapons division.

協調性:以器械類表演為例,參賽者必須展現出他們完美的兵器控制以及攻防動作,協調性是器械類比賽必須優先考量的標準.

##### Showmanship

Competitor's presence and role playing, and the presentation of choreography

表演感:參賽者必須投入比賽中的角色,除了表現出完美又合拍的演出,還要有氣勢.

The competitor may touch the floor with their weapon when performing gymnastics / tricks / rolls etc.

器械類別的參賽者在每次表演完體操/花式/轉體等動作必須人和武器需一起落地(武器不能掉地上).

Competitors can spin/roll the weapon around their body (neck / arms and hands)

參賽者可以將武器在自己的周身繞花(周身指脖子/手臂或手掌等)

Only 2 complete releases allowed

the competitor will be disqualified)

... i.e. throwing the weapon/s in the air is allowed (More than two releases,

器械類表演允許兩次武器漏接動作,武器被拋到空中在比賽中是允許的(如果超過兩次漏接的話,參賽者將失去資格.)

#### Art. 10. 得分

After a musical forms performance 4 judges and 1 chief referee will score the performance as follows:

音樂套拳會有四個裁判跟一個主審裁判依據下列分數規則給予參賽者分數:

Boys and girls, younger and older cadets: 5.0 to 7.0

幼兒,兒童跟少年組的得分 5 到 7 分.

Juniors: 6.0 to 8.0

青少組 6 到 8 分.

Seniors: 7.0 to 9.0 in Continental Championships

成年組在大陸性冠軍賽事得分是 7 到 9 分.

Juniors/Seniors 8.0 to 10.0 in World Championships

青少/成人組在世界盃賽事得分是 8 到 10 分.

**Please Note: In World / European Championships there will be 6 judges and 1 chief referee.**  
請注意:在世界盃/歐洲盃的冠軍賽事會有六個裁判跟一個主審裁判。

At the end of each performance, the judges make up their decisions according to the established criteria.

在每個表演賽結束時,裁判會根據已經建立的準則去做評判的決定。

The Chief referee will advise the judges how many points to deduct if there were any illegal techniques or violation of the rules after the competitor has finish his/her performance.

主裁判在每個參賽者結束他們的表演時可以給予其他裁判每個參賽者的違規動作應扣多少分數的建議。

At the command of the chief referee, they will raise their score boards, visible to the competitors and the audience, and keep them in the air until announcer in office has counted all marks.

在主審裁判的命令下,所有裁判會高舉他們的得分版讓參賽者跟觀眾都能看到,直到播報員計算完所有分數為止。

Highest and lowest marks will be deducted the three remaining will make the final score.

所有裁判所給的分數中最高跟最低扣除不算,以剩下三個中間值的分數作為平均計算最後成績。

In case of a draw for first, second or third place the scores are compared and the highest scores are highlighted.

The competitor with the most highlighted scores wins, if there is still a draw both competitors will compete again.

如果兩位參賽者成績平均都是平手的話,則比較最高分數,如果連最高分數都相同的話,參賽者在比賽一次。

**Art. 11.扣分**

**1.0 point**

If the competitor drops or leaves his/her weapons/s on the floor, they will be deducted 1.0 from each judge

1分:如果參賽者摔落地或者武器落地,此情況每個裁判都扣一分。

**Up to 0.5 points**

If the competitor loses synchronization with his music

最多扣 0.5 分:如果參賽者表演沒跟他的音樂對上拍的話,最多扣 0.5 分。

**Up to 0.5 points**

If the competitor loses his balance

最多扣 0.5 分:如果參賽者失去平衡。

**0.5 will be deducted :**

If the competitor performs any disallowed movements

扣 0.5 分:如果參賽者表演不被允許的動作。

**0.5 will be deducted for every gymnastics technique performed over the allowed number of gymnastic techniques,**

如果純體操動作出現的次數超過被允許的次數的話就會被扣 0.5 分。

**0.3 to 0.5 points**

If the competitor is wearing jewellery or piercing of any kind ( ie earrings, rings, belly piercing,)

0.3 到 0.5 分:如果參賽者穿戴耳環,戒指,肚環或任何穿洞式飾物。

**Minimum Marks ( Lowest score )**

最低分:

If the competitor breaks off his performance before the end, the judges will give the minimum mark

如果參賽者在表演結束之前中斷表演的話,裁判就會給最低分。

During all weapons divisions the weapons/s can only be released twice (2) from the competitors hand.

If the competitor releases his/her weapons more than twice (2) they will be disqualified, (minimum marks.)

在器械類項目中,武器漏接兩次的話參賽者就會被取消資格,即是最低分。

If swear words are heard in the music the performer will be disqualified. (minimum marks)

如果在表演進行中表演者說出髒話或不雅文字等,表演者就會被取消資格,即是最低分.

#### Art. 12. 種子排名

Competitors will be seeded. i.e. 1st, 2nd and 3rd place only

The placing for competitors who are not seeded will have their names/order selected by the following method: Names

of all un-seeded competitors will be written down. Numbered balls will be picked out of a bag and the first number selected will

be written at the side of the first name on the list, and so on until all competitors have a

from the previous World or European Championships. However,

Europeans cannot be seeded in the World Championships. If any of the top three are not present at the above championships

they lose their ranking.

Number. This will then be the order for the competition.

@只有參加過前一屆的世界或歐洲杯競賽的前三名參賽者可以擁有種子選手的資格,然而歐洲人在世界盃上不具有種子選手的資格,如果他們有在以上的賽事中獲得前三的話是不會有種子選手的排名的.

@沒有種子資格的選手名字將會被寫在球上然後放入袋子中被抽出來,以抽出來的順序作為排名,直到抽完所有參賽者為止.

#### Art. 13. 舞蹈動作

Dance movements will not be allowed accepted or tolerated during musical forms performances.

Competitors who choose to incorporate

dance moves such as "break or jazz dancing" or even "classical" will receive the lowest mark from each judge.

舞蹈動作在音樂套拳競賽中是不被允許的,如果參賽者選用了不適當的動作如 **Breaking**,爵士舞或古典舞,那參賽者就會得到裁判判決最低分.

#### Art. 14 服裝與化妝

Theatrical costumes, including make-up, masks or any type of uniform that is not recognized as a legal Martial Arts uniform will

not be accepted

戲劇用的服裝,包括化妝,面具或任何其他不被武術道服所認可的服裝都是不被接受的.

Infractions to the above-mentioned rule will lead to the immediate disqualification of the competitor.

如果侵害到上述規則的表演者將受到即時性的取消資格.

#### Art. 15.特殊效果

Any special effect, such as lasers, smoke, fire, explosions, etc. will not be tolerated. Infractions to the above-mentioned rule will lead

to the immediate disqualification of the competitor.

任何特殊效果,例如雷射,煙霧,火焰或爆炸等等都不受到允許,如果侵害到上述規則的表演者將受到即時性的取消資格.

Note: These Rules will remain in place a minimum of two years from 28th April 2011 Until WAKO Board Meeting April 2013

標註:這些規則從 2011 年 4 月 28 號到 2013 年 WAKO 會議間的兩年是有效期限.