



Demo Team Requirements

1. Team Requirements —

1. Team Members:

- There is a minimum of six (6) members on a team.
- There is a maximum of twenty (20) members on a team.
- All team members must have a current membership with an IMAS school.
- All team members must be registered under one IMAS school owner.
- Team members can be of any age, rank, gender, and in any combination.
- Teams will receive a fifty (50) point deduction if there is a team member violation.

2. Team Name:

- Teams must choose a name in good taste. Team identity can be as simple as “City, State” Taekwondo Team or “Team Cobra Kai”.

3. Team Uniforms:

- Teams will receive a ten (10) point deduction from their total score if all team members are not in matching uniform.
- If there is someone assisting (*example: holding boards*) this person is considered part of the team and must have a matching uniform.
- Prop uniforms are allowed (*example: hats, capes, masks, etc.*). Costume changes are allowed, and uniform variation is allowed if it matches the overall theme of the presentation.

2. Time Requirements —

1. There is a minimum presentation of two (2) minutes.
 2. There is a maximum presentation of five (5) minutes.
 3. Teams will receive a ten (10) point deduction if the team exceeds the six minute time limit or does not reach the two minute minimum. If the team exceeds 30 seconds after the time limit, another ten (10) point deduction will be given.
 4. The official time begins after the bow-in and ends at the bow-out of the team. The time keeper will keep track of the time for the judges.
 5. Set up time for each team is two (2) minutes. The clock will start for set up after the team is announced by the MC as the next team to compete. There will be a ten (10) point penalty from the total score if over the two minutes.
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6. Clean up time for each team is two (2) minutes. The clock will start for clean up after the team is dismissed by the MC. There will be a ten (10) point penalty from the total score if over the two minutes.

3. **Performance Requirements** —

1. **Forms** — *Required*

- Forms can be traditional forms or entirely unique variants (ie. freestyle).
- A portion of each team's performance must consist of the entire team in unison — and should include performance at the same time (synchronized) or in domino fashion (syncopated).
- A twenty-five (25) point deduction will apply to the teams final score if all members do not participate in a group form.

2. **Music** — *Optional*

- If music is used it must be appropriate and in good taste. Any of the five judges may call for a vote if they believe the music is questionable. If the panel determines the music is inappropriate, a twenty-five (25) point deduction will be applied to the team's final score.
- Teams are responsible for providing their own music and playback device. A designated team member should be assigned to operate the device during the performance.
- **New for 2026:** All music must be uploaded in MP3 format at least one week prior to the competition registration deadline. Use the provided link to submit your file on time.
- Although points will not be deducted, overall score may be affected if there are issues with the timing of the performance and the music.

[SUBMIT MUSIC](#)

3. **Weapons** — *Required*

- Weapons must be in good repair and for demonstration purposes only.
- Sharp, pointed, or live weapons are not permitted for the safety of the competitors.



- A twenty-five (25) point deduction will apply to the teams final score if a weapons demonstration is not included.

4. **Breaking** — *Required*

- Demo teams are judged on the difficulty of the board/concrete breaks attempted, synchronization of this element, and the success of the breaks.
- Teams should consider the safety of spectators in regards to the direction of board/concrete break attempts, the use of speed break techniques, and the use of dynamic techniques or explosive boards.
- For the safety of the competitors and spectators, control of broken boards/concrete must be maintained at all times. Any board/concrete entering the spectator area will result in a twenty-five (25) point deduction from the total score.
- A twenty-five (25) point deduction will apply to the teams final score if a board/concrete breaking demonstration is not included.

5. **Sparring / Self Defense** — *Required*

- Teams must include an element of sparring, combinations with a partner, fight-scene choreography and/or self defense style techniques.
- Performance is judged on the execution of techniques as well as team interaction.
- A twenty-five (25) point deduction will apply to the teams final score if a sparring demonstration is not included.

4. **Judging Criteria** —

1. Special emphasis in this division is placed on team interaction and overall performance.
 2. The judges panel consists of five judges, basing their scores on the following criteria:
 - Degree of difficulty and originality
 - Group interaction / synchronized movements by all members
 - Movements coincide with music (if music is used)
 - Weapons usage
 - Kicks (ie. proper foot position, height, focus, balance and power)
 - Hand techniques (ie. proper hand position, speed, power, focus and tension)
 - Balance, timing and rhythm
 - Presentation (ie. attitude, confidence, eye contact, intensity)
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3. Of the five judges on the panel, both the lowest score and the highest score will be dropped.
4. Scores are given in the following categories:
 - Opening Routine
 - Sparring / Self Defense
 - Weapons
 - Board Breaking
 - Closing Routine
 - Entertainment Value
 - Overall Performance
5. In the event of a tie, the team with the most members involved in the tie will win (*more members are more difficult to synchronize*). If teams have the same number of members, the judges will vote for the outcome.

Note: See next page for sample judges score sheet
