



ARTISTIC HYBRID SPORTS

WOF Official Rules & Judging Regulations

Tricking

(Olympic Dream)

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WORLD O-SPORT FEDERATION -WOF

OFFICIAL COMPETITION RULES

A-TRICKING

ACROBATIC TRICKING

Approved by the World Assembly of the World O-Sport Federation — Hamadan, Iran, 2018

ARTICLE 1 — TITLE AND STATUS OF THE DISCIPLINE

A-Tricking — Acrobatic Tricking is an official competitive discipline of the World O-Sport Federation (WOF).

The discipline is based on the performance of acrobatic movements, jumps, spins, aerial techniques, combinations, body control, difficulty, creativity, and individual style.

The competition is conducted individually, with each athlete presenting an independent and continuous performance within the prescribed time.

ARTICLE 2 — PURPOSE OF THE COMPETITION

The purpose of A-Tricking competition is to evaluate the athlete's ability to demonstrate a high level of:

- Acrobatics
- Body control
- Aerial movements
- Jumps and spins
- Technical difficulty
- Combinations
- Creativity
- Style
- Overall performance

ARTICLE 3 — NATURE OF A-TRICKING

A-Tricking focuses primarily on **acrobatic and movement skills**.

Athletes may perform individual or combined acrobatic movements, including:

- Jumps
- Spins

- Aerial movements
- Flips
- Direction changes
- Acrobatic combinations
- Transitions
- Original movements
- Creative combinations

The performance should demonstrate technical control, continuity, and individual style.

ARTICLE 4 — DISTINCTION FROM M-TRICKING

A-Tricking and M-Tricking are separate disciplines of the World O-Sport Federation.

A-Tricking focuses primarily on acrobatics and movement skills.

M-Tricking — Martial Tricking combines acrobatic movements with martial arts techniques, particularly advanced kicks and spinning techniques.

A performance primarily based on martial techniques and advanced kicks shall be evaluated under M-Tricking where applicable.

ARTICLE 5 — AGE CATEGORIES

A-Tricking competitions are conducted in six official age categories:

1. **Children:** 7–9 years
2. **Cadets:** 10–13 years
3. **Juniors:** 14–17 years
4. **Adults:** 18–35 years
5. **Masters I:** 36–45 years
6. **Masters II:** 46–55 years

The athlete's age shall be determined according to the official registration regulations of the competition.

Athletes must compete in the age category corresponding to their eligible age.

Participation in an unauthorized age category may result in disqualification.

ARTICLE 6 — COMPETITION FORMAT

A-Tricking is an **individual competition**.

Each athlete performs independently.

The ranking of athletes is determined by their final scores awarded by the judging panel.

ARTICLE 7 — COMPETITION AREA

The official competition area shall be a square measuring:

10 × 10 metres

The competition area may consist of:

- A stage
- A suitable platform
- An appropriate tatami surface

The performance surface must be:

- Flat
- Stable
- Free of obstacles
- Suitable for acrobatic performance

The boundaries of the 10 × 10 metre area must be clearly marked.

An appropriate safety area outside the competition boundary must also be provided.

ARTICLE 8 — PERFORMANCE TIME

The performance duration shall be:

Minimum: 45 seconds

Maximum: 60 seconds

The performance time begins with the athlete's first intentional movement.

The athlete may finish the performance before the maximum time expires.

Exceeding the maximum permitted time shall be subject to the applicable deduction regulations.

ARTICLE 9 — OFFICIAL ATHLETE UNIFORM

All athletes must wear the official **O-SPORT** competition uniform.

The uniform consists of:

- **O-SPORT athletic shorts**
- **O-SPORT sleeveless athletic shirt**

The official uniform colors are:

● Red or ● Blue

The designation **O-SPORT** must be displayed on the uniform.

The uniform must be suitable for acrobatic performance and must not obstruct the judges' observation of the athlete's movements.

ARTICLE 10 — OFFICIAL JUDGES' UNIFORM

Judges at official World O-Sport Federation competitions shall wear the official WOF uniform.

The judges' uniform consists of:

- **Black shirt**
- **Gold-colored WOF emblem on the chest**
- **Gold-colored WOF emblem on the back**
- **Gold tie**
- **Black trousers**
- **Black, flat-soled shoes**

The judges' uniform must be clean, formal, and consistent with the official WOF standard.

Judges shall wear the prescribed uniform while performing their official duties.

ARTICLE 11 — PERFORMANCE STRUCTURE

The athlete shall present a continuous individual performance.

The sequence of movements is at the athlete's discretion.

The athlete has freedom in:

- Movement order
- Combination of movements
- Direction of movement
- Transitions
- Entry and exit techniques
- Individual style

provided that all competition regulations are respected.

The performance should demonstrate continuity, control, and coherence.

ARTICLE 12 — TECHNICAL CRITERIA

Judges shall evaluate the performance according to the following criteria:

12.1 Technique

Accuracy and quality of movement execution.

12.2 Difficulty

The level of complexity of individual movements and combinations.

12.3 Body Control

Control of the body during jumps, spins, aerial movements, and landings.

12.4 Combination and Continuity

The quality of transitions and the smooth connection between movements.

12.5 Creativity

Originality, innovation, and individual combinations.

12.6 Style and Form

Body form, movement quality, presentation, and individual style.

12.7 Overall Performance

Overall control, consistency, fluency, and quality of the performance.

ARTICLE 13 — SCORING SYSTEM

A-Tricking shall be scored on a scale from:

8.00 to 10.00

General interpretation of scores

Score	Performance Level
10.00	Exceptional / outstanding performance
9.50–9.99	Excellent
9.00–9.49	Very good
8.50–8.99	Good
8.00–8.49	Acceptable

The detailed weighting of individual judging criteria and the calculation of the final score shall be established by the official WOF judging regulations.

ARTICLE 14 — TECHNIQUE AND PERFORMANCE QUALITY

Judges shall consider:

- Correct execution
- Proper body form
- Spin control
- Aerial control
- Movement accuracy
- Quality of entry
- Quality of exit
- Landing quality

A highly difficult movement performed with poor control shall not automatically receive a higher score than a less difficult movement performed with excellent technical execution.

ARTICLE 15 — DIFFICULTY

Difficulty shall be evaluated according to the actual complexity of the movement or combination.

Factors may include:

- Acrobatic complexity
- Number and type of rotations
- Jump height
- Direction changes
- Combination of movements
- Consecutive difficult movements
- Control during difficult movements

Difficulty must be considered together with technical quality and control.

ARTICLE 16 — CONTROL AND LANDING

The athlete must maintain control throughout the performance.

Judges shall consider:

- Aerial control
- Correct body position
- Rotation control
- Landing quality
- Balance
- Ability to continue the sequence after landing

The following may result in a score reduction:

- Falling
- Loss of balance
- Using the hands to prevent a fall
- Uncontrolled or unstable landing

ARTICLE 17 — COMBINATION AND CONTINUITY

Movements should, whenever possible, be connected into a coherent sequence.

Judges shall evaluate:

- Transitions
- Connection between movements
- Fluency
- Control between movements
- Effective use of the competition area

ARTICLE 18 — CREATIVITY

Creativity may include:

- Original combinations
- Unusual entries and exits
- Creative transitions
- Effective use of the performance area
- Individual movement style

Excessive repetition of similar movements without sufficient variation may negatively affect the creativity evaluation.

ARTICLE 19 — LEAVING THE COMPETITION AREA

The athlete must perform within the 10 × 10 metre competition area.

An unintentional exit from the competition area shall be subject to the applicable deduction regulations.

Intentional or repeated exits may result in a score reduction or warning.

ARTICLE 20 — DANGEROUS MOVEMENTS

Athlete safety is a fundamental principle of the competition.

Any movement considered by the Technical Committee or Safety Official to create unnecessary or unacceptable risk may be stopped or declared invalid.

Athletes are responsible for selecting and performing movements appropriate to their technical ability and physical control.

ARTICLE 21 — MUSIC

The use of music in A-Tricking competitions shall be subject to the event's official regulations.

Where music is permitted, it must not interfere with the judges' ability to properly evaluate the athlete's performance.

ARTICLE 22 — JUDGES

The competition shall be judged by qualified judges recognized by the World O-Sport Federation.

Judges shall:

- Remain impartial.
- Evaluate the actual performance of the athlete.
- Avoid influence based on nationality, reputation, or identity.
- Apply the official competition regulations.
- Determine their scores independently.

The number of judges and the final score calculation method shall be established by the official WOF judging regulations.

ARTICLE 23 — RANKING AND WINNER

The athlete who receives the highest final score shall be ranked first.

Subsequent rankings shall be determined according to the final scores.

In the event of a tie, the official WOF tie-break regulations shall apply.

ARTICLE 24 — VIRTUAL COMPETITIONS

A-Tricking may also be conducted as an:

International Virtual Competition

Athletes may participate from any location in the world, subject to WOF competition regulations.

The virtual performance must comply with the principal competition standards:

- Individual performance
- 10 × 10 metre performance area
- 45–60 second performance
- Official O-SPORT uniform
- Full-body visibility
- Complete performance
- Ability of the judging panel to review the performance

Technical requirements for recording and submitting the video shall be established in the official virtual competition regulations.

ARTICLE 25 — VIRTUAL COMPETITION VIDEO STANDARD

The submitted video must meet the requirements established by the competition organizer.

The video must:

- Show the athlete's complete performance.
- Keep the athlete's entire body visible within the frame.
- Clearly demonstrate the performance area as far as reasonably possible.
- Represent the actual performance conditions.
- Be suitable for review by the judging panel.

Technical requirements concerning:

- Resolution
- File format
- File size
- Submission method
- Video duration
- Camera angle
- Camera distance

shall be established in the official virtual competition regulations.

ARTICLE 26 — VIDEO AUTHENTICITY

The submitted video must belong to the registered athlete.

The following are prohibited:

- Use of another person's video
- Use of a video recorded outside the competition conditions
- Speed alteration

- Editing intended to remove errors
- Digital effects that alter the performance
- Manipulation of the actual performance

If a violation is confirmed, the athlete may be disqualified and the result declared invalid.

ARTICLE 27 — ATHLETE IDENTIFICATION IN VIRTUAL COMPETITIONS

Participants must comply with the identity-verification procedures established by the competition organizer.

The identification method, competition code, athlete introduction, and other security requirements shall be established in the official virtual competition regulations.

ARTICLE 28 — PROTESTS

A protest concerning a result must be submitted within the time limit established by the Competition Committee.

A protest must be:

- Specific
- Documented
- Based on the applicable regulations

A protest based solely on dissatisfaction with a judge's score, without reference to a rule violation, shall not constitute sufficient grounds for acceptance.

ARTICLE 29 — TECHNICAL COMMITTEE

The Technical Committee is responsible for supervising the application of the A-Tricking regulations.

In matters not expressly covered by these rules, the Technical Committee may make an appropriate decision in order to preserve:

- Safety
- Fairness
- Competition order
- Technical standards

Any significant new ruling should be incorporated into subsequent revisions of the regulations.

OFFICIAL A-TRICKING SPECIFICATIONS

Discipline: A-Tricking — Acrobatic Tricking

Governing Body: World O-Sport Federation — WOF

Regulatory Basis: Approved by the World Assembly of WOF — Hamadan, 2018

Competition Type: Individual

Performance Area: 10 × 10 metres

Performance Time: 45–60 seconds

Athlete Uniform: O-SPORT shorts and sleeveless athletic shirt

Uniform Colors: Red or Blue

Judges' Uniform: Black shirt with gold WOF emblem on the chest and back, gold tie, black trousers, and black flat-soled shoes

Scoring Range: 8.00–10.00

Age Categories:

7–9 | 10–13 | 14–17 | 18–35 | 36–45 | 46–55 years

Virtual Format: International Virtual Competition

WORLD O-SPORT FEDERATION -WOF

OFFICIAL COMPETITION RULES

M-TRICKING

MARTIAL TRICKING

Approved by the World Assembly of the World O-Sport Federation — Hamadan, Iran, 2018

ARTICLE 1 — TITLE AND STATUS OF THE DISCIPLINE

M-Tricking — Martial Tricking is an official competitive discipline of the World O-Sport Federation (WOF).

M-Tricking combines acrobatic Tricking movements with advanced martial arts techniques, particularly kicks, spinning kicks, jumping kicks, rotational techniques, and combinations of martial and acrobatic movements.

The competition is conducted individually, with each athlete presenting an independent and continuous performance within the prescribed time.

ARTICLE 2 — PURPOSE OF THE COMPETITION

The purpose of M-Tricking competition is to evaluate the athlete's ability to demonstrate a high level of skill in combining:

- Acrobatics
- Aerial movements
- Martial arts techniques
- Advanced kicks
- Spinning kicks
- Jumping kicks
- Body control
- Speed
- Accuracy
- Technical difficulty
- Creativity
- Style
- Overall performance

ARTICLE 3 — NATURE OF M-TRICKING

M-Tricking is based on the combination of:

Acrobatic Tricking + Martial Arts Techniques

Athletes may perform individual or combined techniques, including:

- Straight kicks
- Spinning kicks
- Jumping kicks
- Multiple-phase kicks
- Martial rotations
- Acrobatic movements
- Kick + Trick combinations
- Trick + Kick combinations
- Multi-movement combinations
- Martial and acrobatic transitions

The performance must demonstrate control, technical quality, continuity, and individual style.

ARTICLE 4 — DISTINCTION FROM A-TRICKING

A-Tricking and M-Tricking are separate disciplines of the World O-Sport Federation.

A-Tricking focuses primarily on acrobatic and movement skills.

M-Tricking combines acrobatic skills with martial arts techniques, particularly advanced kicking and spinning techniques.

Martial techniques must constitute a meaningful and recognizable part of the M-Tricking performance.

A performance that consists primarily of acrobatic movements without sufficient martial content may be evaluated under A-Tricking where applicable.

ARTICLE 5 — AGE CATEGORIES

M-Tricking competitions are conducted in six official age categories:

1. **Children:** 7–9 years
2. **Cadets:** 10–13 years
3. **Juniors:** 14–17 years
4. **Adults:** 18–35 years
5. **Masters I:** 36–45 years
6. **Masters II:** 46–55 years

The athlete's age shall be determined according to the official registration regulations of the competition.

Athletes must compete in the age category corresponding to their eligible age.

Participation in an unauthorized age category may result in disqualification.

ARTICLE 6 — COMPETITION FORMAT

M-Tricking is an **individual competition**.

Each athlete performs independently.

The ranking of athletes is determined by the final scores awarded by the judging panel.

ARTICLE 7 — COMPETITION AREA

The official competition area shall be a square measuring:

10 × 10 metres

The competition area may consist of:

- A stage
- A suitable platform
- An appropriate tatami surface

The performance surface must be:

- Flat
- Stable
- Free of obstacles
- Suitable for acrobatic and martial performance

The boundaries of the 10 × 10 metre area must be clearly marked.

An appropriate safety area outside the competition boundary must also be provided.

ARTICLE 8 — PERFORMANCE TIME

The performance duration shall be:

Minimum: 45 seconds

Maximum: 60 seconds

The performance time begins with the athlete's first intentional movement.

The athlete may finish the performance before the maximum time expires.

Exceeding the maximum permitted time shall be subject to the applicable deduction regulations.

ARTICLE 9 — OFFICIAL ATHLETE UNIFORM

All athletes must wear the official **O-SPORT** competition uniform.

The uniform consists of:

- **O-SPORT athletic shorts**
- **O-SPORT sleeveless athletic shirt**

The official uniform colors are:

● **Red**

or

● **Blue**

The designation **O-SPORT** must be displayed on the uniform.

The uniform must be suitable for acrobatic and martial performance and must not obstruct the judges' observation of the athlete's movements.

ARTICLE 10 — OFFICIAL JUDGES' UNIFORM

Judges at official World O-Sport Federation competitions shall wear the official WOF uniform.

The judges' uniform consists of:

- **Black shirt**
- **Gold-colored WOF emblem on the chest**
- **Gold-colored WOF emblem on the back**
- **Gold tie**
- **Black trousers**
- **Black flat-soled shoes**

The judges' uniform must be clean, formal, and consistent with the official WOF standard.

Judges shall wear the prescribed uniform while performing their official duties.

ARTICLE 11 — PERFORMANCE STRUCTURE

The athlete shall present a continuous individual performance.

The sequence of movements is at the athlete's discretion.

The athlete has freedom in:

- Movement order
- Combination of techniques
- Direction of movement
- Transitions
- Entry and exit techniques
- Individual style

provided that all competition regulations are respected.

The performance should demonstrate continuity, control, coherence, and effective integration of martial and acrobatic techniques.

ARTICLE 12 — MARTIAL TECHNIQUES

Martial techniques constitute a fundamental component of M-Tricking.

Judges may evaluate:

- Kick accuracy
- Correct technical pathway
- Speed
- Control
- Rotation
- Height
- Flexibility
- Timing
- Body position
- Quality of integration between martial and acrobatic movements

ARTICLE 13 — SPINNING AND ADVANCED KICKS

Advanced kicking techniques, particularly spinning and jumping kicks, are important elements of M-Tricking.

Technical difficulty may be increased through:

- Additional rotation
- Jumping
- Direction changes
- Multiple techniques
- Technique following an acrobatic movement
- Acrobatic movement following a martial technique
- Multi-stage combinations

Difficulty shall always be evaluated together with technical quality and control.

ARTICLE 14 — INTEGRATION OF ACROBATICS AND MARTIAL TECHNIQUES

A defining characteristic of M-Tricking is the integration of martial and acrobatic movements.

Athletes may perform combinations such as:

Kick → Trick

Trick → Kick

Kick → Acrobatics → Kick

or more complex movement chains.

The quality of the integration shall be evaluated according to:

- Smoothness
- Control
- Timing
- Technical accuracy
- Creativity
- Continuity

ARTICLE 15 — SCORING SYSTEM

M-Tricking shall be scored on a scale from:

8.00 to 10.00

General interpretation of scores

Score	Performance Level
10.00	Exceptional / outstanding performance
9.50–9.99	Excellent
9.00–9.49	Very good
8.50–8.99	Good
8.00–8.49	Acceptable

The detailed weighting of individual judging criteria and the calculation of the final score shall be established by the official WOF judging regulations.

ARTICLE 16 — JUDGING CRITERIA

Judges shall evaluate the athlete according to the following criteria:

16.1 Martial Technique

Accuracy, form, speed, control, and technical quality of martial techniques.

16.2 Acrobatic Skill

Quality and difficulty of acrobatic movements.

16.3 Difficulty

Complexity of individual movements and combined sequences.

16.4 Body Control

Control of the body during jumps, rotations, techniques, and landings.

16.5 Combination and Transition

Quality of the connection between martial and acrobatic movements.

16.6 Creativity

Originality and innovation in movement combinations.

16.7 Style and Form

Body form, presentation, movement quality, and individual style.

16.8 Overall Performance

Overall control, consistency, fluency, and quality.

ARTICLE 17 — TECHNIQUE AND ACCURACY

Judges shall consider:

- Technical accuracy
- Correct form
- Kick control
- Rotation control
- Body control
- Movement quality
- Timing
- Landing quality

A highly difficult technique performed with poor control shall not automatically receive a higher score than a less difficult technique performed with excellent technical execution.

ARTICLE 18 — CONTROL AND LANDING

The athlete must maintain control throughout the entire performance.

Judges shall consider:

- Aerial control
- Rotation control
- Body position
- Balance
- Landing quality
- Ability to continue the sequence after landing

The following may result in a score reduction:

- Falling
- Loss of balance
- Using the hands to prevent a fall
- Uncontrolled landing
- Significant technical instability

ARTICLE 19 — CREATIVITY

Creativity may include:

- Original combinations
- Innovative transitions
- Unusual entries and exits
- Creative integration of kicks and acrobatics
- Effective use of the competition area
- Individual style

Excessive repetition of similar techniques without sufficient variation may negatively affect the creativity evaluation.

ARTICLE 20 — LEAVING THE COMPETITION AREA

The athlete must perform within the 10 × 10 metre competition area.

An unintentional exit from the competition area shall be subject to the applicable deduction regulations.

Intentional or repeated exits may result in a score reduction or warning.

ARTICLE 21 — DANGEROUS MOVEMENTS

Athlete safety is a fundamental principle of the competition.

Any movement considered by the Technical Committee or Safety Official to create unnecessary or unacceptable risk may be stopped or declared invalid.

Athletes are responsible for selecting and performing techniques appropriate to their technical ability and level of control.

M-Tricking is a performance discipline. Martial techniques are performed without intentional contact with another person.

ARTICLE 22 — MUSIC

The use of music in M-Tricking competitions shall be subject to the event's official regulations.

Where music is permitted, it must not interfere with the judges' ability to properly evaluate the athlete's performance.

ARTICLE 23 — JUDGES

The competition shall be judged by qualified judges recognized by the World O-Sport Federation.

Judges shall:

- Remain impartial.
- Evaluate the actual performance of the athlete.
- Assess both martial and acrobatic components.
- Avoid influence based on nationality, reputation, or identity.
- Apply the official competition regulations.
- Determine their scores independently.

The number of judges and the final score calculation method shall be established by the official WOF judging regulations.

ARTICLE 24 — RANKING AND WINNER

The athlete who receives the highest final score shall be ranked first.

Subsequent rankings shall be determined according to the final scores.

In the event of a tie, the official WOF tie-break regulations shall apply.

ARTICLE 25 — VIRTUAL COMPETITIONS

M-Tricking may also be conducted as an:

International Virtual Competition

Athletes may participate from any location in the world, subject to WOF competition regulations.

The virtual performance must comply with the principal competition standards:

- Individual performance
- 10 × 10 metre performance area
- 45–60 second performance
- Official O-SPORT uniform
- Full-body visibility
- Complete performance
- Ability of the judging panel to review the performance

Technical requirements for recording and submitting the video shall be established in the official virtual competition regulations.

ARTICLE 26 — VIRTUAL COMPETITION VIDEO STANDARD

The submitted video must meet the requirements established by the competition organizer.

The video must:

- Show the athlete's complete performance.
- Keep the athlete's entire body visible within the frame.
- Clearly demonstrate the performance area as far as reasonably possible.
- Show the actual performance conditions.
- Allow the judges to evaluate martial and acrobatic techniques.
- Be suitable for review by the judging panel.

Technical requirements concerning:

- Resolution
- File format
- File size
- Submission method
- Video duration
- Camera angle
- Camera distance

shall be established in the official virtual competition regulations.

ARTICLE 27 — VIDEO AUTHENTICITY

The submitted video must belong to the registered athlete.

The following are prohibited:

- Use of another person's video
- Use of a video recorded outside the competition conditions
- Speed alteration
- Editing intended to remove errors
- Digital effects that alter the performance
- Manipulation of the actual performance

If a violation is confirmed, the athlete may be disqualified and the result declared invalid.

ARTICLE 28 — ATHLETE IDENTIFICATION IN VIRTUAL COMPETITIONS

Participants must comply with the identity-verification procedures established by the competition organizer.

The identification method, competition code, athlete introduction, and other security requirements shall be established in the official virtual competition regulations.

ARTICLE 29 — PROTESTS

A protest concerning a result must be submitted within the time limit established by the Competition Committee.

A protest must be:

- Specific
- Documented
- Based on the applicable regulations

A protest based solely on dissatisfaction with a judge's score, without reference to a rule violation, shall not constitute sufficient grounds for acceptance.

ARTICLE 30 — TECHNICAL COMMITTEE

The Technical Committee is responsible for supervising the application of the M-Tricking regulations.

In matters not expressly covered by these rules, the Technical Committee may make an appropriate decision in order to preserve:

- Safety
- Fairness
- Competition order
- Technical standards

Any significant new ruling should be incorporated into subsequent revisions of the regulations.

OFFICIAL M-TRICKING SPECIFICATIONS

Discipline: M-Tricking — Martial Tricking

Governing Body: World O-Sport Federation — WOF

Regulatory Basis: Approved by the World Assembly of WOF — Hamadan, 2018

Competition Type: Individual

Performance Area: 10 × 10 metres

Performance Time: 45–60 seconds

Athlete Uniform: O-SPORT shorts and sleeveless athletic shirt

Uniform Colors: Red or Blue

Judges' Uniform: Black shirt with gold WOF emblem on the chest and back, gold tie, black trousers, and black flat-soled shoes

Scoring Range: 8.00–10.00

Age Categories:

7–9 | 10–13 | 14–17 | 18–35 | 36–45 | 46–55 years

Virtual Format: International Virtual Competition

Core Elements:

Martial Techniques + Advanced Kicks + Spinning Kicks + Acrobatics + Combinations + Transitions

WORLD O-SPORT FEDERATION -WOF

OFFICIAL COMPETITION RULES

SHADOW FIGHTING

FIGHTING AGAINST AN IMAGINARY OPPONENT

Approved by the World Assembly of the World O-Sport Federation — Hamadan, Iran, 2018

ARTICLE 1 — TITLE AND STATUS OF THE DISCIPLINE

Shadow Fighting is an official competitive discipline of the World O-Sport Federation (WOF).

Shadow Fighting is an individual technical and performance discipline in which an athlete simulates a fight against an imaginary opponent through controlled martial arts techniques, attacks, defenses, evasions, counterattacks, footwork, combinations, and tactical movement.

No physical opponent is present during the performance.

ARTICLE 2 — PURPOSE OF THE COMPETITION

The purpose of Shadow Fighting is to evaluate the athlete's ability to realistically simulate a combat situation while demonstrating technical skill, control, timing, movement, tactical awareness, creativity, and overall performance quality.

The judges shall evaluate:

- Martial technique
- Attacks
- Defense
- Counterattacks
- Footwork
- Distance management
- Timing
- Speed
- Body control
- Combat realism
- Combinations
- Creativity
- Style
- Overall performance

ARTICLE 3 — NATURE OF SHADOW FIGHTING

Shadow Fighting is an **individual martial arts performance against an imaginary opponent**.

The athlete must create the perception of an opponent through movement, positioning, attacks, defensive reactions, evasions, counterattacks, and changes of distance.

The performance should demonstrate a recognizable combat sequence, including elements such as: **Attack → Defense → Counterattack → Movement**

A simple sequence of unrelated martial arts techniques without a recognizable combat structure shall not receive full marks for combat realism.

ARTICLE 4 — IMAGINARY OPPONENT

The opponent in Shadow Fighting is entirely imaginary.

The athlete must make the position and actions of the imaginary opponent understandable to the judges through:

- Eye direction
- Body orientation
- Distance
- Footwork
- Angle changes
- Defensive reactions
- Evasions
- Counterattacks
- Movement

The athlete may simulate combat against more than one imaginary opponent, provided that changes in direction and positioning are clearly demonstrated.

ARTICLE 5 — AGE CATEGORIES

Shadow Fighting competitions are conducted in six official age categories:

1. **Children:** 7–9 years
2. **Cadets:** 10–13 years
3. **Juniors:** 14–17 years
4. **Adults:** 18–35 years
5. **Masters I:** 36–45 years
6. **Masters II:** 46–55 years

The athlete's age shall be determined according to the official registration regulations of the competition.

Athletes must compete in the age category corresponding to their eligible age.

Participation in an unauthorized age category may result in disqualification.

ARTICLE 6 — COMPETITION FORMAT

Shadow Fighting is an **individual competition**.

Each athlete presents an independent performance.

No direct combat or physical competition between two athletes takes place in Shadow Fighting.

ARTICLE 7 — COMPETITION AREA

The official competition area shall be a square measuring:

10 × 10 metres

The competition area may consist of:

- A stage
- A suitable platform
- An appropriate tatami surface

The performance surface must be:

- Flat
- Stable
- Free of obstacles
- Suitable for martial arts performance

The boundaries of the 10 × 10 metre area must be clearly marked.

An appropriate safety area outside the competition boundary must also be provided.

ARTICLE 8 — PERFORMANCE TIME

The performance duration shall be:

Minimum: 45 seconds & Maximum: 60 seconds

The performance time begins with the athlete's first intentional movement.

The athlete may finish the performance before the maximum time expires.

Exceeding the maximum permitted time shall be subject to the applicable deduction regulations.

ARTICLE 9 — OFFICIAL ATHLETE UNIFORM

All athletes must wear the official **O-SPORT** competition uniform.

The uniform consists of:

- **O-SPORT athletic shorts**
- **O-SPORT sleeveless athletic shirt**

The official uniform colors are:

● **Red** or ● **Blue**

The designation **O-SPORT** must be displayed on the uniform.

The uniform must be suitable for martial arts performance and must not obstruct the judges' observation of the athlete's movements.

ARTICLE 10 — OFFICIAL JUDGES' UNIFORM

Judges at official World O-Sport Federation competitions shall wear the official WOF uniform.

The judges' uniform consists of:

- **Black shirt**
- **Gold-colored WOF emblem on the chest**
- **Gold-colored WOF emblem on the back**
- **Gold tie**
- **Black trousers**
- **Black flat-soled shoes**

The judges' uniform must be clean, formal, and consistent with the official WOF standard.

Judges shall wear the prescribed uniform while performing their official duties.

ARTICLE 11 — PERFORMANCE STRUCTURE

The athlete shall present a continuous and coherent combat simulation.

A complete performance may include:

Stance → Movement → Attack → Defense → Counterattack → Combination → Finishing Sequence

The sequence is not mandatory and may be modified according to the athlete's individual style.

However, the performance must clearly demonstrate a simulated combat situation.

ARTICLE 12 — OFFENSIVE TECHNIQUES

The athlete may use a variety of martial arts techniques, including:

- Punches
- Kicks
- Knees
- Elbows
- Spinning kicks
- Jumping kicks
- Combinations
- Hand and foot techniques
- Advanced striking techniques

All techniques must be performed with full control and without the intention of making contact with another person.

ARTICLE 13 — DEFENSIVE TECHNIQUES

Defense is a fundamental element of Shadow Fighting.

The athlete may demonstrate:

- Blocks
- Parries
- Slips
- Dodges
- Evasions
- Angle changes
- Retreats
- Lateral movement
- Level changes

Defensive techniques should clearly represent a response to an imaginary attack.

ARTICLE 14 — COUNTERATTACK

Counterattacking is an important element of evaluation.

The athlete should demonstrate the ability to respond to an imaginary attack through a controlled defensive action followed by an appropriate counterattack.

The quality of the connection between:

Defense → Counterattack

shall be considered in the scoring.

ARTICLE 15 — FOOTWORK AND MOVEMENT

Footwork is an essential component of Shadow Fighting.

Judges shall evaluate:

- Balance
- Movement speed
- Direction changes
- Distance management
- Angle changes
- Forward and backward movement
- Lateral movement
- Pivoting

Movement should be consistent with the simulated combat situation.

ARTICLE 16 — DISTANCE AND TIMING

The athlete must maintain a logical imaginary distance from the opponent throughout the performance.

For example, the distance used for a short-range punch should differ appropriately from the distance used for a long-range kick.

The timing of attacks, defenses, evasions, and counterattacks must correspond to the imaginary position and actions of the opponent.

ARTICLE 17 — COMBAT REALISM

Combat realism is one of the principal judging criteria in Shadow Fighting.

The athlete should perform in a manner that enables the judges to identify:

- The opponent's position
- The opponent's attack
- The athlete's reaction
- Defensive movement
- Counterattack
- Changes of distance

A performance consisting merely of unrelated martial arts movements, without a coherent combat scenario, shall receive a lower evaluation for combat realism.

ARTICLE 18 — COMBINATIONS

Athletes may connect techniques into combinations.

Examples include:

Punch → Punch → Kick

Defense → Counterattack → Kick

Dodge → Spin → Counterattack

More complex combinations may receive higher evaluations for difficulty and creativity, provided that technical quality and control are maintained.

ARTICLE 19 — SCORING SYSTEM

Shadow Fighting shall be scored on a scale from:

8.00 to 10.00

General interpretation of scores

Score	Performance Level
10.00	Exceptional / outstanding performance
9.50–9.99	Excellent
9.00–9.49	Very good
8.50–8.99	Good
8.00–8.49	Acceptable

The detailed weighting of individual judging criteria and the calculation of the final score shall be established by the official WOF judging regulations.

ARTICLE 20 — JUDGING CRITERIA

Judges shall evaluate the athlete according to the following criteria:

20.1 Martial Technique

Accuracy, form, speed, control, and technical quality.

20.2 Offensive Performance

Quality, accuracy, variety, and effectiveness of simulated attacks.

20.3 Defensive Performance

Quality and realism of defensive responses.

20.4 Counterattacks

Quality of converting defensive actions into offensive responses.

20.5 Footwork and Movement

Balance, mobility, positioning, and angle changes.

20.6 Distance and Timing

Consistency between movement, attack, defense, and imaginary distance.

20.7 Combat Realism

The credibility and clarity of the simulated fight.

20.8 Combinations

Quality and continuity of connected techniques.

20.9 Creativity

Originality and innovation.

20.10 Style and Overall Performance

Control, presentation, confidence, form, and overall performance quality.

ARTICLE 21 — CONTROL

All techniques must be performed with complete control.

The purpose of Shadow Fighting is to demonstrate martial arts skill, not to cause injury to another person.

Loss of control, unsafe movements, or technically uncontrolled actions may result in a score reduction.

ARTICLE 22 — ACROBATIC MOVEMENTS

Acrobatic movements are permitted in Shadow Fighting provided that they contribute to the simulated combat sequence.

Acrobatics must not replace the fundamental martial nature of the discipline.

Extensive use of acrobatic movements without a meaningful connection to the simulated fight may result in a lower evaluation for technique and combat realism.

ARTICLE 23 — LEAVING THE COMPETITION AREA

The athlete must perform within the 10 × 10 metre competition area.

An unintentional exit from the competition area shall be subject to the applicable deduction regulations.

Intentional or repeated exits may result in a score reduction or warning.

ARTICLE 24 — PROHIBITED ACTIONS

The following are prohibited:

- Intentional physical contact with another person
- Attacking a real person
- Use of weapons
- Actions creating unnecessary danger
- Unsportsmanlike conduct
- Any movement intended to cause injury to another person

Shadow Fighting is an individual performance discipline and does not involve actual physical combat.

ARTICLE 25 — MUSIC

The use of music in Shadow Fighting competitions shall be subject to the event's official regulations.

Where music is permitted, it must not interfere with the judges' ability to evaluate the technical and combat structure of the performance.

ARTICLE 26 — JUDGES

The competition shall be judged by qualified judges recognized by the World O-Sport Federation. Judges shall:

- Remain impartial.
- Evaluate the actual performance of the athlete.
- Assess the simulated combat structure.
- Avoid influence based on nationality, reputation, or identity.
- Apply the official competition regulations.
- Determine their scores independently.

The number of judges and the final score calculation method shall be established by the official WOF judging regulations.

ARTICLE 27 — RANKING AND WINNER

The athlete who receives the highest final score shall be ranked first.

Subsequent rankings shall be determined according to the final scores.

In the event of a tie, the official WOF tie-break regulations shall apply.

ARTICLE 28 — VIRTUAL COMPETITIONS

Shadow Fighting may also be conducted as an:

International Virtual Competition

Athletes may participate from any location in the world, subject to WOF competition regulations.

The virtual performance must comply with the principal competition standards:

- Individual performance
- 10 × 10 metre performance area
- 45–60 second performance
- Official O-SPORT uniform
- Full-body visibility
- Complete performance
- Ability of the judging panel to review the performance

ARTICLE 29 — VIRTUAL COMPETITION VIDEO STANDARD

The submitted video must show the athlete's complete performance.

The athlete's entire body must remain visible throughout the performance.

The video must allow judges to evaluate:

- Technique
- Footwork
- Attacks
- Defense
- Counterattacks
- Distance
- Movement
- Combat structure
- Overall performance

Technical requirements concerning resolution, file format, file size, submission method, camera angle, and camera distance shall be established in the official virtual competition regulations.

ARTICLE 30 — VIDEO AUTHENTICITY

The submitted video must belong to the registered athlete.

The following are prohibited:

- Use of another person's video
- Use of an old video recorded outside the competition conditions
- Speed alteration
- Editing intended to remove errors
- Digital effects that alter the performance
- Manipulation of the actual performance

If a violation is confirmed, the athlete may be disqualified and the result declared invalid.

ARTICLE 31 — ATHLETE IDENTIFICATION IN VIRTUAL COMPETITIONS

Participants must comply with the identity-verification procedures established by the competition organizer.

The identification method, competition code, athlete introduction, and other security requirements shall be established in the official virtual competition regulations.

ARTICLE 32 — PROTESTS

A protest concerning a result must be submitted within the time limit established by the Competition Committee.

A protest must be:

- Specific
- Documented
- Based on the applicable regulations

A protest based solely on dissatisfaction with a judge's score, without reference to a rule violation, shall not constitute sufficient grounds for acceptance.

ARTICLE 33 — TECHNICAL COMMITTEE

The Technical Committee is responsible for supervising the application of the Shadow Fighting regulations.

In matters not expressly covered by these rules, the Technical Committee may make an appropriate decision in order to preserve:

- Safety
- Fairness
- Competition order
- Technical standards

Any significant new ruling should be incorporated into subsequent revisions of the regulations.

OFFICIAL SHADOW FIGHTING SPECIFICATIONS

Discipline: Shadow Fighting

Definition: Individual combat performance against an imaginary opponent

Governing Body: World O-Sport Federation — WOF

Regulatory Basis: Approved by the World Assembly of WOF — Hamadan, 2018

Competition Type: Individual

Performance Area: 10 × 10 metres

Performance Time: 45–60 seconds

Athlete Uniform: O-SPORT shorts and sleeveless athletic shirt

Uniform Colors: Red or Blue

Judges' Uniform: Black shirt with gold WOF emblem on the chest and back, gold tie, black trousers, and black flat-soled shoes

Scoring Range: 8.00–10.00

Age Categories:

7–9 | 10–13 | 14–17 | 18–35 | 36–45 | 46–55 years

Virtual Format: International Virtual Competition

Core Elements:

Attack + Defense + Counterattack + Footwork + Distance + Timing + Combat Realism + Combinations

Physical Contact: Not permitted

WORLD O-SPORT FEDERATION -WOF

OFFICIAL COMPETITION RULES

ARTISTIC HYBRID

A-TRICKING + M-TRICKING + SHADOW FIGHTING

Approved by the World Assembly of the World O-Sport Federation — Hamadan, Iran, 2018

ARTICLE 1 — TITLE AND STATUS OF THE DISCIPLINE

Artistic Hybrid is an official competitive discipline of the World O-Sport Federation (WOF).

Artistic Hybrid combines the three official disciplines:

A-Tricking — Acrobatic Tricking

M-Tricking — Martial Tricking

Shadow Fighting

The athlete must integrate all three disciplines into one continuous and coherent performance.

ARTICLE 2 — PURPOSE OF THE COMPETITION

The purpose of Artistic Hybrid is to evaluate the athlete's ability to combine:

- Acrobatic movements
- Advanced martial techniques
- Kicks and spinning kicks
- Combat simulation
- Attacks
- Defense
- Counterattacks
- Footwork
- Transitions
- Combinations
- Creativity
- Style
- Overall performance

The principal characteristic of Artistic Hybrid is the **integration of all three disciplines into one performance.**

ARTICLE 3 — NATURE OF THE DISCIPLINE

Artistic Hybrid is a multidisciplinary individual performance.

The athlete must demonstrate recognizable elements of:

A-Tricking

Acrobatic movements, aerial techniques, spins, flips, jumps, combinations, and body control.

M-Tricking

Martial arts techniques, advanced kicks, spinning kicks, jumping kicks, and the integration of martial techniques with acrobatics.

Shadow Fighting

A simulated fight against an imaginary opponent, including attack, defense, counterattack, movement, distance, timing, and combat realism.

The three components should be connected through smooth and technically controlled transitions.

ARTICLE 4 — INTEGRATION REQUIREMENT

All three disciplines must form part of the same performance.

The athlete should not simply perform three completely separate routines.

The objective is to demonstrate a genuine hybrid sequence in which:

Acrobatics → Martial Technique → Combat Simulation

and other combinations may be connected naturally.

The quality of the transitions and integration is a major component of the Artistic Hybrid evaluation.

ARTICLE 5 — AGE CATEGORIES

Artistic Hybrid competitions are conducted in six official age categories:

1. **Children:** 7–9 years
2. **Cadets:** 10–13 years
3. **Juniors:** 14–17 years

4. **Adults:** 18–35 years
5. **Masters I:** 36–45 years
6. **Masters II:** 46–55 years

The athlete's age shall be determined according to the official registration regulations of the competition.

ARTICLE 6 — COMPETITION FORMAT

Artistic Hybrid is an **individual competition**.

Each athlete presents one complete and continuous performance.

The final ranking is determined by the final score awarded by the judging panel.

ARTICLE 7 — COMPETITION AREA

The official competition area shall be:

10 × 10 metres

The area may consist of:

- A stage
- A suitable platform
- An appropriate tatami surface

The surface must be:

- Flat
- Stable
- Free of obstacles
- Suitable for acrobatic and martial performance

The boundaries must be clearly marked.

An appropriate safety area must be provided outside the competition boundary.

ARTICLE 8 — PERFORMANCE TIME

The performance duration shall be:

Minimum: 45 seconds

Maximum: 60 seconds

The performance time begins with the athlete's first intentional movement.

The athlete may finish before the maximum time expires.

Exceeding the maximum permitted time shall be subject to the applicable deduction regulations.

ARTICLE 9 — OFFICIAL ATHLETE UNIFORM

All athletes must wear the official **O-SPORT** competition uniform.

The uniform consists of:

- **O-SPORT** athletic shorts
- **O-SPORT** sleeveless athletic shirt

Official uniform colors:

● **Red**

or

● **Blue**

The designation **O-SPORT** must be displayed on the uniform.

ARTICLE 10 — OFFICIAL JUDGES' UNIFORM

Judges shall wear the official WOF uniform:

- **Black shirt**
- **Gold-colored WOF emblem on the chest**
- **Gold-colored WOF emblem on the back**
- **Gold tie**
- **Black trousers**
- **Black flat-soled shoes**

Judges shall wear the prescribed uniform while performing their official duties.

ARTICLE 11 — PERFORMANCE STRUCTURE

The athlete has freedom to determine the order and composition of the performance.

The performance may include:

Acrobatics → Kick → Spin → Defense → Counterattack → Acrobatics → Martial Combination

or any other technically valid sequence.

The athlete should demonstrate:

- Continuity
- Control
- Creativity
- Technical difficulty
- Effective transitions
- Integration of the three disciplines

ARTICLE 12 — A-TRICKING COMPONENT

The A-Tricking component may include:

- Jumps
- Spins
- Flips
- Aerial movements
- Acrobatic combinations
- Transitions
- Body-control techniques
- Original acrobatic movements

The quality and difficulty of the acrobatic execution shall be evaluated.

ARTICLE 13 — M-TRICKING COMPONENT

The M-Tricking component may include:

- Martial arts techniques
- Advanced kicks
- Spinning kicks
- Jumping kicks
- Rotational kicks
- Kick combinations
- Martial-acrobatic combinations
- Complex transitions

Techniques must be performed with accuracy and control.

ARTICLE 14 — SHADOW FIGHTING COMPONENT

The Shadow Fighting component must demonstrate a recognizable simulated combat situation.

It may include:

- Attack
- Defense
- Evasion
- Counterattack
- Footwork
- Distance management
- Angle changes
- Timing
- Combinations
- Combat realism

No physical opponent is present.

ARTICLE 15 — TRANSITIONS AND HYBRID INTEGRATION

Transitions are a fundamental element of Artistic Hybrid.

Judges shall evaluate how effectively the athlete connects:

- Acrobatics to martial techniques
- Martial techniques to acrobatics
- Martial techniques to combat simulation
- Combat simulation to acrobatics
- Combat simulation to martial techniques

A performance with strong integration shall receive a higher evaluation than a performance consisting of three unrelated sections.

ARTICLE 16 — SCORING SYSTEM

Artistic Hybrid shall be scored on a scale from:

8.00 to 10.00

General interpretation of scores

Score	Performance Level
10.00	Exceptional / outstanding performance
9.50–9.99	Excellent
9.00–9.49	Very good
8.50–8.99	Good
8.00–8.49	Acceptable

The detailed weighting of individual judging criteria and the calculation of the final score shall be established by the official WOF judging regulations.

ARTICLE 17 — JUDGING CRITERIA

Judges shall evaluate:

17.1 A-Tricking

Quality and difficulty of acrobatic movements.

17.2 M-Tricking

Quality and difficulty of martial techniques and advanced kicks.

17.3 Shadow Fighting

Quality and realism of the simulated combat.

17.4 Difficulty

Overall technical complexity.

17.5 Integration

Quality of combining all three disciplines.

17.6 Transitions

Smoothness and technical quality of movement between disciplines.

17.7 Creativity

Originality and innovation.

17.8 Control

Body control, technical precision, and landing control.

17.9 Style

Individual expression, form, presentation, and movement quality.

17.10 Overall Performance

The total quality and coherence of the performance.

ARTICLE 18 — CONTROL AND SAFETY

All techniques must be performed with full control.

The athlete must select techniques appropriate to their technical ability.

Unsafe or uncontrolled movements may result in a score reduction or termination of the performance where necessary.

No physical combat with another person is permitted.

ARTICLE 19 — LEAVING THE COMPETITION AREA

The athlete must remain within the 10 × 10 metre competition area.

An unintentional exit shall be subject to the applicable deduction regulations.

Intentional or repeated exits may result in a score reduction or warning.

ARTICLE 20 — MUSIC

The use of music shall be subject to the official regulations of the competition.

Where music is permitted, it must not interfere with judging.

ARTICLE 21 — JUDGES

The competition shall be judged by qualified WOF judges.

Judges shall:

- Remain impartial.
- Evaluate the actual performance.
- Assess all three disciplines.
- Evaluate integration rather than isolated movements alone.
- Avoid influence based on nationality, reputation, or identity.
- Apply the official regulations.
- Determine their scores independently.

ARTICLE 22 — RANKING AND WINNER

The athlete with the highest final score shall be ranked first and declared the winner of the Artistic Hybrid competition.

In the event of a tie, the official WOF tie-break regulations shall apply.

ARTICLE 23 — VIRTUAL COMPETITIONS

Artistic Hybrid may also be conducted as an:

International Virtual Competition

Athletes may participate from any location in the world.

The virtual performance must comply with the principal competition standards:

- Individual performance
- 10 × 10 metre performance area
- 45–60 second performance
- Official O-SPORT uniform
- Full-body visibility
- Complete performance
- Clear demonstration of all three disciplines
- Review by the official judging panel

ARTICLE 24 — VIRTUAL VIDEO REQUIREMENTS

The submitted video must:

- Show the complete performance.
- Keep the athlete's entire body visible.
- Clearly demonstrate the performance area as far as reasonably possible.
- Allow judges to evaluate all three disciplines.
- Represent the actual performance.
- Be suitable for technical review.

Technical requirements concerning resolution, file format, file size, camera position, camera distance, and submission method shall be established in the official virtual competition regulations.

ARTICLE 25 — VIDEO AUTHENTICITY

The submitted video must belong to the registered athlete.

The following are prohibited:

- Use of another person's video
- Speed alteration
- Editing intended to remove mistakes
- Digital effects that alter the performance
- Manipulation of the actual performance

A confirmed violation may result in disqualification and cancellation of the result.

ARTICLE 26 — ATHLETE IDENTIFICATION

Participants in virtual competitions must comply with the official athlete identification procedures established by the competition organizer.

The identification method and other security requirements shall be established in the official virtual competition regulations.

ARTICLE 27 — PROTESTS

A protest concerning a result must be submitted within the time limit established by the Competition Committee.

The protest must be:

- Specific
- Documented
- Based on an applicable regulation

ARTICLE 28 — TECHNICAL COMMITTEE

The Technical Committee shall supervise the application of the Artistic Hybrid regulations.

In matters not expressly covered by these rules, the Technical Committee may make appropriate decisions to preserve:

- Safety
- Fairness
- Competition order
- Technical standards

OFFICIAL ARTISTIC HYBRID SPECIFICATIONS

Discipline: Artistic Hybrid

Definition: Integrated combination of A-Tricking, M-Tricking, and Shadow Fighting

Governing Body: World O-Sport Federation — WOF

Regulatory Basis: Approved by the World Assembly of WOF — Hamadan, 2018

Competition Type: Individual

Performance Area: 10 × 10 metres

Performance Time: 45–60 seconds

Athlete Uniform: O-SPORT shorts and sleeveless athletic shirt

Uniform Colors: Red or Blue

Judges' Uniform: Black shirt with gold WOF emblem on the chest and back, gold tie, black trousers, and black flat-soled shoes

Scoring Range: 8.00–10.00

Age Categories:

7–9 | 10–13 | 14–17 | 18–35 | 36–45 | 46–55 years

Virtual Format: International Virtual Competition

Core Disciplines:

A-Tricking + M-Tricking + Shadow Fighting

Core Principle:

Three Disciplines — One Continuous Performance

Physical Contact: Not permitted

WOF – WORLD O-SPORT FEDERATION

OFFICIAL COMPETITION & JUDGING RULEBOOK

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