TEAM FORMS
RULES & REGULATIONS

The 2026 Iron Spur Championship will feature a special Team Forms Division available for all ranks and ages who are interested!

Divisions:

Gups (Colored Belts) Dans (Black Belts) Family (Mixed Ranks)

Gup & Dan Division Rules:

- Consist of 2 - 5 members of similar rank
  - Ex: White/Orange Belts, Green Belts of any stripe level, Red Belts of any stripe level, Black Belts of any stripe level
- Select 1 form of an appropriate level for all members of the team
  - Ex: Higher ranking members can perform lower rank forms if they have a team member of a lower rank
- The goal is synchronization but some creative liberties may be taken
  - Ex: Timing Variances, Staggering Timing
- Limitations:
  - No added fight scenes
  - No changing team member formation
  - No additional movements or spins/turns

Family (Mixed Ranks) Rules

- Consist of 2 - 5 members of ANY rank in the same household / immediately family
  - Ex: A Family Team of 3 could be an orange belt child, red belt adult, and black belt child or ANY other combination
- All of the other rules are the same
  - The form must be of an appropriate level for the lowest ranking family member