

GENERAL COMPETITION RULES (1)

Registration must be delivered no later than Monday, NOV 2nd 2015

Where applicable, the World Tae Kwon Do Federation (WTF) Rules and Regulations will govern these championship. The organizing committee reserves the right to adopt changes as they deem necessary.

Poom Sae *(please note Poom Sae Grand Champion requirements below,)*

- A. Single Elimination Format.
- B. Competitors will be judged on ability to perform the Poom Sae associated with their current rank, balance, rhythm, and manner.
- C. Official Poom Sae

Color Belts		Black Belt	
White	Basic	1 st Dan	Koryo
Yellow / Orange	Taeguk / Palgwe 1 or 2	2 nd Dan	Keumgang
Green / Purple	Taeguk / Palgwe 3 or 4	3 rd Dan	Taeback
Blue / Brown	Taeguk / Palgwe 4 or 6	4 th Dan	Pyongwon
Red / Bo Black	Taeguk / Palgwe 7 or 8	5 th Dan	Shipjin

- D. Poom Sae Grand Champions.
 - 1. Only Black Belt are eligible.
 - i. The 1st place divisional winners will automatically qualify to compete for Grand Champion of Poom Sae for their respective wave.
 - ii. Single Elimination format.
 - 2. Grand Champion wave will be awarded a Grand Champion trophy.

Board Breaking

- A. ALL participants are eligible, including Spirit competitors.
- B. Ten point scoring system based on:
 - 1. Required breaking technique on belt color, balance, rhythm, and manner.

Belt Color	# of Boards	Technique
White	1	Any 1 Hand
Yellow / Orange	2	Any 1 hand + Axe Kick
Green / Purple	2	Any 1 Hand + Any Jump Kick
Blue / Brown	2	Any 1 Hand + Back Kick
Red / Bo Black	2	Any 1 Hand + Spinning Kick
Black	3	Any 1 Hand + 2 Any Kicks

- C. Board sizes
 - 1. Ages 13 and under – 1/2 inch board
 - 2. Ages 14 and up – 1 inch board
- D. No props allowed. No speed. No jumping over/off people.
- E. Board will be provide by the tounerment director (if needed)
- F. Each school Masters or Instructors will hold board for their students

GENERAL COMPETITION RULES (2)

Sparring

- A. Eligibility
 - 1. Yellow/Orange belts and higher of any age.
- B. Format
 - 1. Random seeding.
 - 2. Single elimination.
- C. Points
 - 1. 1 point – valid punch or kick on chest protector.
 - 2. 3 points – valid turning kick on chest protector.
 - 3. 3 points – valid kick to head.
 - 4. 4 points – valid turning kick to head.
 - 5. At end of second round, 12 points difference rule will be in effect for black belts only.
- D. Application of head contact safety rules.
 - 1. NO HEAD CONTACT.
 - i. ALL color belts of any age.
 - ii. Black belts ages 11 and under.
 - 2. LIGHT HEAD CONTACT – Black belt ages 12 to 14 World class only.
 - 3. HEAD CONTACT – Black belt ages 15 and up World class only.
 - G: KP&P : World class ages 15–17 black belt & ages 17–36 black belt will be competed with KP&P (electronic gear scoring system)**
 - Important: Players must provide their own KP&P foot protectors (required)**
 - The host will provide the chest guards.**
 - 4. NO FULL HEAD CONTACT EXCEPT WORLD CLASS COMPETITORS.
- E. Rounds and duration

Belt	# of Rounds	Round Duration	Rest Time
ALL Color Belts	2	1 min.	30 sec
ALL Black Belts	3	1 min.	30 sec
World Class Black Belt	3	1 ½ min.	30 sec

Demo Team Competition

- A. \$300 registration fee per Demo Team.
 - 1. **All demo team participants must also register for one individual event.**
- B. Ages
 - 1. No age limit.
- C. Number of team members
 - 1. Minimum of 10 members.
 - 2. No maximum.
- D. Technical requirements
 - 1. Forms
 - 2. Board breaking
 - 3. Self-defense.
 - 4. Kuk Ki Won official Poom Sae.
- E. Time limit
 - 1. One minute for set up.
 - 2. Six minutes for performance. Deductions will be assessed for exceeding the time limit.
- F. Scoring based on
 - 1. Team spirit
 - 2. Originality
 - 3. Organization,
 - 4. Technical requirements.

GENERAL COMPETITION RULES (3)

G. Miscellaneous

1. School Masters and Interns are not allowed to participate in demo team competition.
2. No coaching or instruction from coaches allowed during the demo.
3. Equipment and costumes can be chosen by school demo team.
4. Any weapons used must be imitations.
5. The top three schools will be awarded a trophy and 1st Place prize a \$1,000.00 for sponsoring school.

Team Poom Sae Competition

A. Eligibility

1. All team members must be within the same age division (4–9, 10–14, 15 & up)
2. **Must have minimum of three and maximum of five team members**

B. Divisions

1. Color belt division
 - i. All members of the performing team must be color belts
 - ii. Team may perform any one Poom Sae Form the following list:

Color Belts	
White	Basic
Yellow / Orange	Taeguk / Palgwe 1 or 2
Green / Purple	Taeguk / Palgwe 3 or 4
Blue / Brown	Taeguk / Palgwe 4 or 6
Red / Bo Black	Taeguk / Palgwe 7 or 8

2. Black belt division
 - i. All members of the performing team must be black belts.
 - ii. Team may perform any one Poom Sae form the following list:

Black Belt	
1 st Dan	Koryo
2 nd Dan	Keumgang
3 rd Dan	Taeback
4 th Dan	Pyongwon
5 th Dan	Shipjin

C. Scoring based on:

1. Kihap/spirit/enthusiasm, originality in performing the Poom Sae, synchronization, balance/rhythm, and performance of Poom Sae.

Tag Sparring Competition (Team Sparring)

\$200 registration fee per tag sparring Team.

All Tag Team Sparring participants must also register for one individual event.

A. Eligibility

1. All team members must be World class black belt ages 15–17.
2. Have to be five members each team.
3. No chief instructors may be a part of any team.

B. Divisons

1. 15 to 17 years old and 17 & up World class divisons:
Fin, Fly / Bantam, Feather / Light, Welter / Lt. Middle, Middle / Lt. Heavy, Heavy.

C. Match Rules

1. 1st Round: Five 1 minute matches by weight division.
2. 2nd Round: Five minutes random match
3. No 12 point difference rule

GENERAL COMPETITION RULES (4)

- D. Points
 1. 1 point – valid punch or kick on chest protector.
 2. 3 points – valid turning kick on chest protector.
 3. 3 points – valid kick to head.
 4. 4 points – valid turning kick to head.
- E. Application of head contact safety rules.
 1. HEAD CONTACT.
 - i. Following USAT Jr. Safety Rules
- F. Rounds and duration

	Numbers of Rounds	Round Duration	Rest Time
Tag Sparring	2	5 minutes	1 minute

Individual Creative Breaking

- A. Eligibility
 1. 10 years of age & up Black Belts Only
 2. Bring your own breaking boards.
 3. Only plain boards allowed.
- B. Match up Rules
 1. Must set up and finish the breaking within 1 minute & 30 seconds.
 2. The board holder must be in a same team as the board breaker.
 3. Unlimited number of boards are allowed as long as it is done within 1 minute & 30 seconds.
- C. Scoring based on:
 1. Kihap/spirit/enthusiasm, originality in performing the Breaking, synchronization, balance/rhythm, and performance of Breaking.

Spirit

- A. Eligibility
 1. White belts, ages 4 and 5, who have just begun their Tae Kwon Do training.
- B. May be directed by a master/instructor on the competition floor
- C. The spirit participants will be judged on:
 1. Focus and Kihap
 2. Horse riding stance with basic punching
 3. Kicking stance
 4. Front snap kick (both legs)