

# General Rules:

Uniforms: Please, NO shorts, T-shirts or summer style uniforms at all (EXCEPT FOR DEMO!)

Multi-colored are acceptable for all divisions.

--No inappropriate language or graphics on the uniform please.

\* TOE AND FINGER NAILS MUST BE CUT SHORT FOR HEALTH & SAFETY!!

\* We ENCOURAGE and welcome to video matches outside the boundary markers.

\* SPECTATOR VIDEO IS NOT ALLOWED TO CHALLENGE THE DECISION OF ANY OFFICIAL OR OUTCOME

## Outline of Schedule of Events: FRIDAY NIGHT HELPERS MEETING @ 6:30pm

- **9am Coaches and Judges meeting (to pick up bracelets and Packets)**
- **9:15 am** Doors open (Packets are given to Instructors or coaches ONLY).
- **9:30 am** Opening ceremonies Color Guard and National Anthem
- Electronic sparring will be going throughout the entire competition 'til done

# AUGUST 2018 EVENTS:

## Traditional Poomsae (NOT SPORT) & Traditional Pair & Team Forms:

- Players will be divided by age and rank.
- Time limit: 1 minute and 45 seconds for single player. 3 minutes max for TEAM forms
- Players may choose which Poomsae to perform, they will introduce themselves to the judges.
- NO music or boards will be allowed in the Poomsae division. (That is in creative forms.)
- Poomsae will be judged based on the following criteria:
- Correct body posture, STANCES, Power, Balance between rhythm and speed, Focus, Continuity, Flow.

## Creative Forms & Creative Team Forms:

- **NO TRICKING division:** (more than 90 degree inverted is NOT allowed, cartwheels and rolls not allowed or jumping more than 360 degrees)
- **TRICKING division:** ALL Tricks and flips are allowed.
- Time limit: 1 minute and 45 seconds for single player. 3 minutes max for TEAM forms
- Set-up and take-down is 2 minutes Max.
- Each team will provide their own: music, props, boards and support staff.
- **NO FIRE OR WATER! NO Confetti or Fruit/vegetables.** Please clean up your own splinters
- Judging will happen on overall creativity, entertainment, and performance Base Scoring will be based on sharpness, focus, technique, energy, and entertainment value

## Weapons & Team Weapons Forms:

- Players will provide their own weapons for use.
- **NO TRICKING division:** (more than 90 degree inverted is NOT allowed, cartwheels and rolls not allowed)
- **TRICKING division:** ALL Tricks and flips are allowed.
- Time limit: 1 minute and 45 seconds for single player. 3 minutes max for TEAM weapons
- Players may use music and boards only if they provide the music player and boards.
- **Use of fire, water, fruit, vegetables and/or confetti IS STRICTLY FORBIDDEN IN THIS TOURNAMENT.**
- Players will be judged on their skill with the weapon and the overall showmanship including sharpness, focus, technique, energy, and entertainment value.

## Power Breaking: (HAMMER FIST)

- Divisions divided by age, rank, and gender
- Each round, another board will be added to a fixed board holder (not people), failure to break will not continue to next round.

# Sport Poomsae: (NOT Traditional) Individual & Pair & Team

Division	7 and Under	9 and Under	11 and Under	Cadet	Junior	Under 30	Under 40	Under 50	Under 60	Under 65	Over 65
Age (Years)	6 – 7	8 – 9	10 – 11	12 – 14	15 – 17	18 – 30	31 – 40	41 – 50	51 – 60	61 – 65	66+
Individual	Male	1	1	1	1	1	1	1	1	1	1
	Female	1	1	1	1	1	1	1	1	1	1
Division	9 and Under		11 and Under	Cadet	Junior	Under 30			Over 30		
Age (Years)	6 – 9		10 – 11	12 – 14	15 – 17	18 – 30			31+		
Pair	2		2	2	2	2			2		
Team	Male	3	3	3	3	3			3		
	Female	3	3	3	3	3			3		

## Color Belts

Division	Compulsory Poomsae
Yellow (7th & 8th Geup) All ages	Taegeuk 1, 2 Jang
Green (5th & 6th Geup) All ages	Taegeuk 1, 2, 3, 4 Jang
Blue (3rd & 4th Geup) All ages	Taegeuk 1, 2, 3, 4, 5, 6 Jang
Red (1st & 2nd Geup) All ages	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 Jang

## 1. Black Belts

Division	Compulsory Poomsae	
6 – 7	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo	
8 – 9		
10 – 11		
Cadet (12 – 14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang	
Junior (15 – 17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek	
Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin	
Under 40		
Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon	
Under 60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	
Under 65		
Over 65		
Pair	9 and Under	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	10 – 11	
	Cadet (12 – 14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior (15 – 17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon	
Team	9 and Under	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	10 – 11	Taegeuk 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Cadet (12 – 14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior (15 – 17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

Notes: Shaded cells are official WTF divisions competed at USAT sanctioned events. Unshaded cells are USAT divisions competed in USAT sanctioned events.

Scoring Criteria	Details of Scoring Criteria	Points
Accuracy (4.0)	Accuracy of details of each Poomsae	4.0
	Accuracy of basic movements and balance	
Presentation (6.0)	Speed and power	2.0
	Strength/speed/rhythm	2.0
	Expression of energy	2.0

## 1. Recognized Poomsae

1.1 Total score is 10 points

### 2) Accuracy

2.1 Basic score is 4.0

2.2 Deduction of 0.1 point shall be each time a contestant makes small errors; does not perform the basic movements accurately.

2.3 Deduction of 0.1 point per small mistake in accurate performance

2.4 Deduction of 0.1 point shall be deducted each time a stance (Apgubi, Dwitgubi, Beomseogi and all the other standing movements and positions), hand or foot technique (Makki, Jireugi, Chigi and all the other hand and foot movements) is not performed as explained in the in the *Poomsae Competition Guidelines*.

2.5 Deduction of 0.3 point will be each time a contestant makes a serious mistake. Serious mistake in accuracy

2.6 Deduction of 0.3 points shall be deducted when incorrect actions or techniques are performed or correct techniques or actions are omitted; i.e., serious deviations from the Poomsae as described in the *Taekwondo Textbook*.

Examples:

- Eolgul Makki is performed instead of Arae Makki
- Dwitgubi is performed instead of Juchum Seogi
- Kihap (yell) or stomp is not made or made in the wrong place
- Brief stops during movements (forgetting the next movement for three seconds or longer)
- Looking in the wrong direction (eyes should be focused in the direction of movement but should not anticipate the next direction of movement)
- When the raised foot touches the ground when performing Hakdari-Soegi
- Starting and ending position varies by more than one foot allowance (Exceptions: Keumgang, Jitae)
- Jitzikgi (stomping) movement without enough power and sound
- When the contestant makes loud breathing (e.g., hissing) noises
- When the contestant restarts his or her performance

## 3) Presentation

### 3.1 Basic total score (6.0 points)

Deduction of points in presentation shall be made for the overall performance of the Poomsae, not for every small or serious mistake during the performance:

- 2.0 points for speed and power
- 2.0 points for control of power, speed and rhythm
- 2.0 points for expression of energy

#### 3.1.1 Speed and Power (2.0 points)

Ability to perform Poomsae shall be evaluated on whether the movements are performed in accordance with the characteristics of the pertinent movement; for example, attacking techniques such as Jireugi or Chagi, are best performed with a soft start, accelerating with a balance between speed and power, using the body weight to achieve a maximum effect; or, special movements are performed slowly, and intentionally, with power and balance.

Examples:

- Deduction shall be made if too much strength is revealed in the beginning of the movements, as this slows down the movement and reduces the power and effectiveness of the movement.
- Deduction shall be made if the contestant exaggerates a movement beyond the culmination of that movement to show power in the next movement, or exaggerates the reaction of the body to express power.

#### 3.1.2 Control of Power, Speed and Rhythm (2.0 points)

- Control of power means the greatest power is shown at the most critical moment of the movement, usually the culmination, through speed and softness.
- Control of speed means an appropriate connection between actions and changes in speed, such that powerful moves accelerate.
- Rhythm means repeated actions are performed with timing that results in the technique being most effective to accomplish the intended result, and flow of power with the greatest expression of power occurring at the instant of the strike, block or kick.

Examples:

- Too much power makes the movement look stiff and robotic from the start; deductions shall be made if the speed, power and rhythm are presented with no changes from the start to the end of the lines of movements.

- Deductions shall be made in case of stiff or limp actions coming from a stiff body or a too soft presentation without expression of power. A strong start makes it difficult to accelerate, and slows down the action at the critical point of the movements.

### 3.1.3 Expression of Energy (2.0 points)

This category addresses the presentation of confidence and power that come from mastering the expression of energy. The range of movement of techniques, concentration, courage, sharpness, confidence, and posture effect how energy is expressed according to the characteristic actions of the Poomsae. Such characteristics as the direction of sight and focus of the eyes, strength of the kihap (yelling), attitude and uniform all contribute to the overall expression of energy.

Example:

- Deductions shall be made if actions are not crisp and powerful, or connecting actions are not big enough for the performer's physique, or the performance is made in the same rhythm throughout without slowing and accelerating to emphasize techniques.

### 4) Deduction of points

4.1 Deduction of 0.3 points shall be from the final score in case the performance is finished earlier or later than the set contest time. Recognized Poomsae: Individual, Pair and Team competitions from 30 to 90 seconds.

4.2 Deduction of 0.3 points shall be from the final score if the contestant crosses the boundary line during performance.

### 5) Score calculation

5.1 Accuracy shall be scored separately from presentation.

5.2 Final score shall be the average of the judge's scores for accuracy (the highest and lowest judge scores dropped before calculating the average) and the average of the judge's scores for presentation (the highest and lowest judge scores dropped before calculating the average). If using the three judge format, the highest and lowest score will not be dropped.

The publication of the score shall show the score for Accuracy, the score for Presentation and the Total Score. All penalties accumulated during the competition shall be deducted from the final score.

### Competition Coordinator Commands (One Poomsae)

Korean	English	Coordinator/Competitor Action
“Chool jeon”	Enter	Coordinator motions with extended left arm for the competitor enter the competition area. Competitor enters.
“Cha-ryeot”	Attention	Coordinator's left arm bent 90° with palm to the left at face height. Competitor comes to attention.
“Kyeong-rye”	Bow	Coordinator's left arm rotates 90° with palm facing down. Competitor bows.
“Joon-bi”	Ready	Coordinator's right arm fully extended with palm facing left, shoulder high. Competitor moves to Joonbi soegi.
“Shi-jak”	Begin	Coordinator's right arm fully extended straight up with palm facing left, close to ear. Competitor begins 1st Poomsae.
“Bah-roh”	Return (to Joonbi soegi)	No hand signal. Competitor returns to Joonbi soegi.
“Shi-ah”	Rest (at ease)	Competitor relaxes
“Pyo-chul”	(Judges) Score	Coordinator's right arm fully extended straight up, palm out.
“Cha-ryeot”	Attention	Coordinator's left arm bent 90° with palm to the left at face height. Competitor comes to attention.
“Kyeong-rye”	Bow	Coordinator's left arm rotates 90° with palm facing down. Competitor bows.
“Tuae-jahng”	Exit	Coordinator motions with extended left arm for the competitor exit the competition area. Competitor leave the competition area.

# WTF Olympic Sparring:

- **Olympic Sparring Equipment:** Head gear, Chest protector, groin guard, forearm/shin guards, and mouthpiece.
- Uniform **MUST** cover the sparring pads for safety.
- Face Shield may be worn (optional) if face shield is worn mouthpiece is then optional.
- A **\$10 “Electronic sock” rental fee** applies for all those who use the KP&P EVO system unless you have your own electronic socks: (we will be using KP&P AND Daedo electronic gear)
- Everyone 12 yrs old+ participating in WTF sparring will either **rent or own** Electronic socks.
- Players are bracketed by: Age, Gender, weight, and belt rank (in this order).
- **Light head contact... only 1 head warning will be given as gam-jeom. 2nd head warning is disqualification.**
- We will generally be following the current WTF rules, with light head contact for all competitors This allows students to practice while feeling safe.
- For Updated 2017 US open rules please watch this video:  
<https://www.youtube.com/watch?v=sVDMkJNGqkM>
- **Colored belt matches:** TWO 60 second rounds W/30 Sec. break in between.
- **Black Belt matches:** TWO 90 second rounds W/ 45 Sec. break in between.
- Current WTF point gap will be used (12 points or more in the 2<sup>nd</sup> round) We ask students to take care of their opponents. If a competitor is more than 10 points ahead, we ask them to work on challenging techniques to enhance their skills.
- Sudden death and superiority of judges will be used to determine a winner in the event of a tie.
- When a contestant receives ten (10) “Gam-jeom”, the referee shall declare the contestant loser by referee’s punitive declaration.

## 3. The valid points are as follows.

3.1 One (1) point for a valid punch (clenched fist to your opponent's chest protector)

(Although it's got to be a very powerful punch to score!)

3.2 Two (2) point for a valid kick to the trunk protector

3.3 Two (3) points for a valid turning kick to the trunk protector

3.4 Three (3) points for a valid kick to the head

3.5 Four (4) points for a valid turning kick to the head

3.6 (1) point awarded for every One (1) “Gam-jeom” given to the opponent contestant

## 4. Prohibited acts.

4.1 The **following acts** shall be classified as prohibited acts, and “**Gam-jeom**” shall be declared.

4.1.1 Crossing the Boundary Line **with one foot (different than National rules)**

4.1.2 Falling down

4.1.3 Avoiding/Evading (turning your back on an opponent) or delaying the match

4.1.4 Grabbing

4.1.4 Pushing the opponent while another technique is happening

4.1.5 Lifting the leg to block, or/and kicking the opponent’s leg to impede the opponent’s kicking attack,

4.1.6 Lifting a leg without a following technique or kicking in the air for more than 3 seconds to impede opponent’s potential attacking movements

4.1.6 Kicking was aiming to below the waist

4.1.7 Hitting the opponent’s head with the hand

4.1.9 Attacking (or attempting to attack) the fallen opponent

## **Jumping Front Kick: (BREAKING)** must purchase boards or bring your own (\$15 for 5 boards)

- Divisions divided into 3 rank divisions then by age (Beginner White-Yellow / Intermediate Green-Blue / Advanced Red-Black)
- Each attempt, another board will be added to a fixed board holder (not people), failure to break will not continue to next round.
- **Winning** is determined by calculation of Height of Board divided by height of kicker **Highest score wins**
- Rounded to the fourth decimal **ex:** highest kick **230cm** board height ÷ **130cm** tall kicker = **1.7692** (score)
- Each contestant will have 5 attempts to complete their highest board break and each successful break will be recorded. **Five minutes maximum attempt time.**
- Coaches **are permitted** on the mats during breaking to make calculations and corrections to their player

## **Jumping Front Kick: (TARGET)**

- Divisions divided into 3 rank divisions then by age (Beginner White-Yellow / Intermediate Green-Blue / Advanced Red-Black)
- Each attempt, another board will be added to a fixed board holder (not people), failure to break will not continue to next round.
- **Winning** is determined by calculation of **Height of Target** divided by **height of Kicker**
- Rounded to the fourth decimal **ex:** highest kick **230cm** target height ÷ **130cm** tall kicker = **1.7692** (score)
- Each contestant will have 10 attempts to complete their highest kick and each successful touch on the target will be recorded. **Five minutes maximum attempt time.**
- Coaches **are permitted** on the mats during breaking to make calculations and corrections to their player

## **Sword Fighting (Point Sparring):**

- 4.1 There will be 3 judges for each match; score will be awarded if at least two of the judges agree on a score. Any Judge may stop the match when a successful hit has been landed and allow the judges to score immediately, and then resume the match when points have been awarded.
- Most points at the end of the match wins
- A helmet with a full face shield is required please **bring** your own headgear with face shield.
- Hits to the head - 3 points
- Hits to the body – 2 points
- Hits to arms or legs – 1 point
- No score will be given to mutual cuts.
- NO Score zone parts of the body: hands, forearms.
- NO WILD SWINGING! (meaning going past your intended target without control)
- Gross violations of the rules will result in a warning; the 3<sup>rd</sup> warning will be a disqualifying act.
- Violations of the rules will result in point addition for opponent.

## **Tiger Tails/Flag Sparring: (Solo, 2vs2)**

- Players will be divided by age and rank.
- Head gear with face masks are required in this event.
- If a player is on the ground the match will only stop if a tail is taken or someone goes out of bounds
- Tigers Tails is a single elimination event.
- All players will be given 3 tails to place in their belts.
- NO purposely falling down is allowed.
- NO holding, tripping or pulling the player's actual belt is allowed.
- The player who keeps the most tails on them is the winner.
- If a tail falls out during the match it is considered pulled.
- Ties will be decided by the number of tails on the player and the number of captured tails.

**2v2** is 2 players with 3 tails each and if one has no more tails the match stops and that player without tails is excused from the ring, then play continues 1v2 accordingly.

# Knife Fighting:

**Duration:** Single knife competition with 2-minute rounds (no breaks)

Brackets will be divided at the match

## 1. Safety Equipment

Face Protection required, all competitors are responsible to bring their own safety equipment.

Special combat knives (soft knives) will be used in the competition to guarantee safe fights.

The competition knives will be provided by the organizer.

We will be **using CHAULK** on the blade of the knife to determine cuts... please wear clothes accordingly you don't really want your uniform to get stained, Street clothes are okay.

## 2. Penalties 5 penalties will be disqualification

2.1 Leaving the ring – Penalty and 1 point deducted

2.2 Stabbing Throat or Face Penalty and 3 Point added to the other player

2.2 Turning the back on the opponent excludes spins – 1 points deducted

2.3 Foul (e.g. kicking, punching, excessive force, purposeful hitting after the stop command – 2 points deducted

Losing a knife during the fight will give your opponent 4 points. If the knife falls out of your hands for any reason (slips, drops, knock-away, etc.) your opponent will be awarded 4 points.

2.4 **Exception:** If the weapon is dropped due to impacting the opponent on a scoring strike, the point(s) will be awarded for strike.

## 3. Rules

3.1 No intentional stabs to the throat or face.

3.2 You may slash to the face, but no stabs to the face.

3.3 No punching, kicking or kneeling

3.4 No takedowns or throws.

3.5 No hitting with pommel of knife.

3.6 Free hand blocking and trapping and stripping/knocking away of the knife is allowed (no knees)

3.7 Open hand passing is allowed.

3.8 Open hand tapping/blocking/ is allowed.

3.9 Coaches are allowed, but they must stay in the designated areas. No exceptions.

## 4. Scoring

4.1 There will be 3 judges for each match; score will be awarded if at least two of the judges agree on a score. Any Judge may stop the match when a successful hit has been landed and allow the judges to score immediately, and then resume the match when points have been awarded.

4.2 Hits to the head and neck - 3 points

4.3 Hits to the body – 2 points

4.4 Hits to arms or legs – 1 point

4.5 No score will be given to mutual cuts. We want to discourage "trading blows", as this is not likely in a real knife fight. If after 2 minutes the score results in a tie, there will be a 1-minute "Sudden Death" round added to determine a winner. The first clean score during a "Sudden Death" round will determine the winner.