

Coaches and Referee Meeting at 9:30am.

Tournament Guidelines

General:

- Open to all taekwondo students.
- Competitors are matched up as close as possible to guarantee every participant has a match.
 - Any discrepancies or conflicts will be dealt with at tournament coordinator and instructors/parents.

Individual Poomsae:

- Divisions will be determined by age and rank.
- Divisions will be determined after all participants are registered.
- Must perform form/pattern appropriate to current rank.
- Two competitor will perform at one time. Judges will determine the best of the two competitors and that competitor shall move to the next round. There will be no number score given in this event.
- Scores will be based on courtesy, neatness of uniform, accuracy, spirit, power, and focus displayed.
- In the case of a tie, the form will be performed and scored again.

Team Poomsae:

- Teams can be made of two or three member.
- All members must fall into set divisions according to rank and age.
- Must perform form/pattern appropriate to current rank.
- Scores will be based on courtesy, neatness of uniform, accuracy, spirit, power, focus, synchronization displayed.
- In the case of a tie, the form will be performed and scored again.

Open Team Poomse

- This is one entire division. The purpose of this division is to allow mixed ages and belt ranks to perform together.
- Teams can be made of two or three member.
- Any form can be performed.
- Scores will be based on courtesy, neatness of uniform, accuracy, spirit, power, focus, synchronization displayed.
- In the case of a tie, the form will be performed and scored again.

Breaking:

- Divisions will be determined by age and rank.
- Divisions will be determined after all participants are registered.

- Participants will have limited attempts to complete break.
 - 11 yrs. old and younger– 3 attempts
 - 12 yrs old & older – 2 attempts
- All breaking material must be supplied by participants.
 - This includes:
 1. Wood boards, bricks, tiles, etc...
 2. Foundation bricks, spacers, etc...
 3. Board holders
 - ❖ To avoid confusion and dispute over proper holding of board(s).
 - Material must be checked in prior to the event.
- Scores will be based on the difficulty of break.
 - This includes:
 1. Technique of break and completion of break
 2. Material being broken (brick, wood, # of items, size, thickness)
 - Also, on courtesy/respect, creativity, spirit, power, # of attempts.
- In case of a tie, the lowest score from each competitor will be taken out and scores will be recalculated.

Sparring:

- Divisions will be determined by gender, age, weight, and rank.
- Divisions will be determined after all participants are registered.
- Full gear is required (Head gear, chest protector, mouthpiece, forearm guard, shin/instep guard, and groin cup.)
- Scoring
 - Body Scoring
 - All clean kicks to the colored areas of the chest guard are 1 point. An additional point will be added for a spinning kick to the body (2 points).
 - Punches to the colored areas of the chest guard that result in the opponent to fall are 1 point.
 - Head Scoring
 - Controlled head shots for all divisions 12 years old and up.
 - 12 years old and older
 - Kicks to the head must be with control for 3 points.
 - Black Belt divisions only: An additional point will be added for a spinning kick to the head. (4 points)
 - The opponents head should not whip or result in bleeding.
 - Warning
 - Grabbing, pushing, wrestling.
 - Showing your back to the opponent while evading an attack.
 - Going outside of the lines on purpose to evade an attack.
 - Falling on purpose. Pretending to be hurt.
 - Using knees or elbows to strike. Head butting.
 - Kicking to the groin area or below the chest protector on purpose.

- Hitting opponent in the face with hand. Hitting to the back of opponents head.
- Bad conduct by the athlete or coach.
- Deduction (-1 point)
 - A second warning of any of the above.
 - Purposely making it difficult to continue match.
 - Hitting a fallen opponent.
 - Hitting after the referee commands to break.
 - Extremely bad conduct by the athlete or coach.
- Duration:
 - All divisions under 12 years old
 - Three 1-minute round with 30 second rest.
 - Color Belts 12 years and older
 - Three 1.5-minute rounds with 30 minute rest.
 - Black Belts 12 years and older
 - Three 2-minute rounds with 1 minute rest.

** Rules and Regulations subject to change with notice.*