

Competition Rules

Forms & Weapons

- ❖ Any traditional form of any style will be judged equally
- ❖ Performance will be graded on:
 - Rhythm, Balance, Stances, Posture, Power, Grace, Speed, Execution of Technique
 - Application of Target
- ❖ Weapons will be judged the same and also judged on control
- ❖ ***All Forms & Weapons will have a point spread of 7.0 – 10.0 with 8.5 being the average.***

Breaking

- ❖ All boards must be checked at the board check station prior to competition.
 - You may bring your own wood or limited amounts will be available for purchase at the tournament
- ❖ No concrete stations or Demo boards
- ❖ All pine boards minimum sizes must be as follows: Size of boards used for kids to be based on age and size of competitor.
 - Kids = 1x12x3 Juniors = 1x12x6 Adults = 1x12x9
- ❖ Competitors may move up in board sizes, not down
- ❖ For color belts only, the ABC rule will be followed:
 - A = All stations broke on the 1st attempt
 - B = Any or all stations not broke after the 1st attempt, but completed after the 2nd attempt
 - C₁ = One station not broke after the 2nd attempt, but the rest are broke
 - C₂ = Two stations not broken after the 2nd attempt
 - C₃ = No stations broke after the 2nd attempt
- ❖ There will be a 1 minute time limit for setup – 2 attempts per station.
- ❖ Color belt competitors must break 3 and only 3 stations
- ❖ Breaks will be judged according to difficulty, rank and execution
- ❖ **Black Belt Competitors may up to 6 stations maximum. No concrete breaks or concrete stations – NO ABC Rule.**

Point Sparring Rules

- ❖ Scoring Areas
 - Body - Torso area, from the top of the breast to the belt
 - Head - From the ears forward, including top, side and face
- ❖ Non-Scoring Areas
 - Back of the head
 - Neck or throat
 - Back/Spine
 - Anything below the belt
- ❖ Valid Scoring Points
 - Any well controlled punch or kick to the legal torso area will be awarded (1) point
 - Any well controlled kick to the legal head areas will be awarded (2) points
- ❖ Illegal Hand Techniques
 - Any open hand technique (ridge hand, knife hand, etc.)
 - Punching to the head area (Any type of punch)
 - Backfist or Spinning Back fist
 - Any attacks below belt
 - Holding, Grabbing, pushing and Shoving
 - Sweeping or throwing opponent
 - Attacking a fallen opponent
 - Head Butting, Knee, Elbows, etc.
- ❖ Match Duration
 - All matches will have a (2) minute time limit.
 - All matches will be (1) round.
 - The winner will be the first with (5) points or the most at the end of regulation.
 - In the event of a tie, there will be 1 round of sudden death. The winner of sudden death will be the first competitor to score a point.
- ❖ Deduction of Points
 - Punching to head or face (Accidental or Intentional)
 - Attacking a fallen opponent
 - Intentionally attacking below the belt
 - Intentionally attacking after break is called
 - Pushing

❖ **Warnings – 2 warnings of the same will result in a deduction of 1 point**

- Holding, Grabbing, Pushing and Shoving
- Intentionally running out of bounds
- Intentionally falling
- Attacking the back
- Throwing or sweeping
- ❖ **Disqualification**
 - Not having correct equipment within (2) minutes
 - Unsportsmanlike conduct by a competitor, instructor(s), parents, or spectators
 - Any excessive contact
 - Any blood drawn (Judges Discretion)
 - Deliberate disrespectful behavior toward Officials, Tournament Director, and Score Keepers
 - No Jewelry, No Piercings
 - This includes, but is not limited to; any type of piercing(s), necklaces, bracelets, watches, and rings
 - Sport glasses are allowed
- ❖ **Miscellaneous Scoring Information**
 - At least one foot must be in bounds to score
 - All Judges including Center Referee have one (1) vote
 - Scoring will be awarded by majority vote
 - If Judge does not see a point he/she should not vote
 - If competitor has (3) minus points, they are disqualified
 - (3) warnings result in (1) minus point
- ❖ **Sparring Gear**
 - Hand and foot pads are mandatory, they must cover the fist and instep (foam dipped accepted)
 - No hard plastic pads of any kind, this is for the safety of all competitors
 - Mouthpieces are mandatory (no strap outside of the mouth)
 - Protective athletic protection for male competitors is mandatory
 - Headgear is mandatory
 - Chest pads are mandatory

Continuous Sparring Rules

(We will be using modified W.T.F. / AAU Olympic Rules)

- ❖ **Sparring Gear**
 - Regulation Chest Pad (Olympic Style)
 - Cloth or foam Shin and Instep Pads (must be worn under uniform, no hard shin pads)
 - Foam dipped headgear (no face guard)
 - Forearm protectors (must be worn under the uniform, no hard pads)
 - Mouthpiece (no straps outside of the mouth)
 - All male competitors must wear groin protection; it is recommended for female competitors
 - Equipment cannot be taped
 - No jewelry worn including piercings. This includes, but is not limited to; any type of piercing(s), necklaces, bracelets, watches, and rings
 - No glasses allowed, contacts only
 - No long magnetic or glued eyelashes
- ❖ **Duration of Competition**
 - All color belts will be 2 round, 90 seconds each
 - All Black Belts will be 2 round 90 second each
 - If Advance & Black Belts are combined, 2 rounds, 1 ½ minutes each
 - There will be a 30 second break between rounds
- ❖ **Legal Techniques for Scoring**
 - Forefist Only (No open hand techniques) Straight or Reverse Punches only
 - Foot (This is anything below the ankle)
- ❖ **Legal Areas for Scoring**
 - Face/Head Areas (Foot Only) - This is all areas above the collarbone including the neck, face, ears, top and back of the head
 - Trunk/Body Area - This is the area covered by the Chest pad, but does not include the spine or 2 inches to either side
- ❖ **Points Awarded for legal Techniques**
 - One point shall be awarded for a legal kick or punch to the trunk or body area.
 - Two points for a legal kick to the head/face.
 - Three points will be awarded for a legal turning/spinning kick to the head.
 - One additional point for a knockdown will be awarded by legal technique.

❖ Definitions

- Knockdown - When any part of the body touches the floor other than the feet from the impact of a legal technique, or when a contestant is staggered and shows no intention or ability to continue, or if the Referee judges that the contest cannot go on as a result of a power technique.
- Knockout - A knockout is declared if an opponent cannot continue after the Referee counts to ten. (Yeol)
- Referee Stops the Contest - If the Tournament Physician determines the match should not continue, or if the contestant's coach throws in a towel to stop the fight, or if a contestant protests the call of the Referee and does not continue after 1 minute.

❖ Decisions

- The winner shall be determined by the following:
 - Win by K.O.
 - Win by Referee stops the contest
 - Win by points or superiority
 - Win by disqualification
 - Win by withdrawal
 - Win by Referee's punitive declaration

❖ Kyoung-go Penalties (Half point deduction)

- Turning your back
- Intentionally falling down
- Avoiding the match
- Pushing without an immediate follow up technique
- Excessive pushing
- Attacking below the belt
- Pretending injury
- Attacking with the knee
- Hitting to the face with hand
- Crossing out of bounds
- Undesirable remarks or misconduct

❖ *Note: A Kyong-go may also be just a Ju-Wie (Warning). It is the Referee's decision.*

❖ Gamjeom Penalties (Full point deductions)

- Grabbing & Holding
- Attacking after "break" or "kalyeo" is called
- Throwing down an opponent
- Intentional attack to the face with fist
- Interruption of the match by contestant or coach
- Attacking a fallen opponent
- Violent or extreme remarks or behavior by a coach or contestant or family

Additional Notes:

- If a contestant accumulates 4 minus points, they will be declared the loser
- Only 2 layers of tape may be used for injury
 - Must be applied by tournament physician
- The last odd Kyoung-go does not count
- At the end of the first round, if there is a 9 point spread the match will be considered a mis-match and will be stopped
- Coaches will be given only (2) challenges per (2) round match

Jr. Safety Rules

The following rules will apply to ages 14 and under, and Color Belts from ages 14 - 17.

- The contestants are encouraged to kick to the head, however the kick must be light and with control causing no injury or excessive contact, or the appropriate penalty will be given. The competitor who does a successful kick to the head without injury will be awarded 2 points, 3 points for turning/spinning kick to the head.
- The competitor who does a successful kick to the head and causes minor injury will receive a 1 point deduction. The Referee and judges with or without the tournament physician will determine if the attack was minor or excessive.
- The competitor, who does a kick to the head causing the opponent to not be able to continue because of injury, will be disqualified.

Additional Scoring Rules :

- If a tie occurs the scorekeeper will throw out the highest score in efforts to eliminate the tie.
- If there is a tie after removing the high score, the scorekeeper will add the high score back in and throw out the low score.