

Tournament Rules

Form (Poomsae) Competition

Rules and Scoring

1. All competitors have two chances to demonstrate their forms.
2. There will be half-point deduction for demonstrating the form a second time.
3. Competitors will be judged on technique, power, and balance.
4. Each judge will award from 5 - 10 points. The judges' scores will be totaled for the final score. You must perform "poomsae" of either your present rank or of a rank immediately below your level.

All black belt first place winners will compete for Forms Grand Champion.

Breaking (Gyeokpa) Competition

Rules

1. All competitors will be given 20 seconds to set up their board breaking routine
2. Competitors will only be given two chances to break their boards
3. Color belts: White through Purple - Receive 3 boards with 3 techniques
4. Color belts: Brown through Red – Receive 4 boards with 4 techniques
5. Color belts: High Red through Temporary Black – Receive 5 boards with 5 techniques
6. All black belts - Receive 5 boards with 5 techniques

Scoring and Winning

1. Competitors will be judged on power, balance, accuracy, technique
2. Points will be given on a 10 point scale
3. Black Belt Breaking: All first place winners will compete for Breaking Grand Championship near the end.

Family Forms Competition

Family forms that will be graded may demonstrate any official form (WTF, ITF) as long as all competitors (family members) demonstrate the same form (regardless of belt rank) based on creativity, staying together, and proper technique.

Sparring (Gyeorugi) Competition

Scoring

1. A point is awarded for each controlled technique to the midsection
2. Point scoring is up to judge's and referee's discretion.

Illegal Target Areas

Head, Neck, Groin, and joints

Warnings

1. Holding, grappling and/or throwing the opponent
2. Escaping from the fighting by turning his/her back to the opponent
3. Stepping out of the ring to escape
4. Attacking with an unauthorized part of the body (E.G. knee, elbow, etc.)
5. Pretending injury
6. Attacking a fallen opponent
7. Pushing opponent with the shoulder, body, or hands
8. Intentional falling
9. Attacking the opponent's facial area with fist
10. Verbal misconduct on part of the contestant, coach, or spectators with the competitor.

Point Deduction

1. A warning
2. Head-butting
3. Intentional attack after referee's "Kalyeo" or break

Disqualifications

1. When three warnings have been given
2. Any use of heavy contact to the face resulting in injury (Redness, swelling, bleeding, etc.)
3. Any use of heavy contact to illegal target areas resulting in injury
4. Any use of heavy contact with illegal techniques resulting in an injury
5. Any malicious act causing injury regardless of whether the technique was legal or not.

*** The referee has the right to determine if an attack was malicious***

Rounds and Times

1. All Colored Belt Match: One round; 1 minute, 30 seconds. Most points wins.
2. All Black Belt Match: Two rounds; 2 minutes. Most points at the end of two rounds wins.
3. Only 2 warnings allowed. "3 strikes you're out." A warning is a 1 point deduction.
4. In case of a tie: 30 second rest period will be given, followed by a 1 minute "sudden death" round. If no one scores, the most aggressive fighter will be determined the winner.
5. Time will be monitored by the referee.

Mandatory Equipment

Clean official White or Black colored uniform, headgear, chest guard, mouthpiece, shin and arm guards. Protective cup for males are required.

Legal Techniques

Kicking Technique

1. Anywhere to the body above the belt and below the neck, excluding the back.
2. Must be a clean hit to the chest.

Hand Technique

1. Anywhere to the body above the belt and below the neck, excluding the back.
2. Must have enough force to stagger/stun opponent.