

World Class Tae Kwon Do Tournament

Tae Park Tae Kwon Do Association

November 11th, 2023

Competition Division: Form, One Step, Sparring, Basic Kicking, Power Breaking

| | | | | | |
|-----------------|-----------------|-----------------|-----------------------|-----------------|-----------------|
| 7 & Under | 8-9 Years Old | 10-11 Years Old | 12-13 Years Old | 14-15 Years Old | 16-17 Years Old |
| 18-26 Years Old | 27-39 Years Old | 40-49 Years Old | 50 Years Old and Over | | |

Competitions are divided as follows: Individual competition shall normally be between contestants in the same weight class. When necessary, adjoining weight classes may be combined to create a single classification.

No contestant is allowed to participate in more than one weight category in one event.

Belt Divisions are as follows:

| FORM | ONE STEP | SPARRING | BASIC KICKING |
|--|---|---|---|
| 1. White 2. Yellow 3. Yellow-Green/Orange 4. Green 5. Blue 6. Red 7. Black (1 st -3 rd) | 1. White 2. Yellow 3. Yellow-Green/Orange | 1. Green 2. Blue 3. Red 4. Black (1 st -3 rd) | 1. Green 2. Blue 3. Red 4. Black (1 st -3 rd) |

Protective Equipment:

- ✓ An approved trunk protector
- ✓ Headgear (white or red for Hong and blue for Chung) other colors at the discretion of the tournament director
- ✓ Groin guard (optional for female competitors)
- ✓ Forearm protector,
- ✓ Shin-instep protectors
- ✓ Mouth guard

Taekwondo gloves are optional. The groin, forearm and shin-instep protectors must be worn inside the uniform.

Personal Requirements: All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Any competitor whose hair, in the opinion of the referee is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely.

Required dobok or uniform: All competitors are required to wear a clean, white V-neck uniform top and bottom. Black Trim collars are for black belts only.

Form Competition Rules:

Palgwae forms are used for all color belt competition and WTF recognized forms for black belt competition. Color belt contestants may perform any color belt form up to and including their current color belt form. Black belt contestants may perform any red belt form or black belt form up to and including their current learned black belt forms (ie. 1st Dan can perform either Koryo or Keumgang, 2nd Dan either Keumgang or Taebaek etc).

All competitors receive either a gold, silver or bronze medal based on their overall performance.

One-Step Sparring:

Competitors will be matched with another competitor performing one-step self-defense actions.

All competitors receive either a gold, silver or bronze medal based on their overall performance.

Sparring Competition:

Sparring Competition Permitted Techniques:

1. Fist Techniques: A straight punching technique using the knuckle part of a tightly clenched fist.
2. Foot Techniques: Delivering techniques using any part of the foot below the ankle bone.

Scoring Areas:

1. Trunk: Attack by fist and foot techniques on the colored areas covered by the trunk protector are permitted. Attack to the spine, however, is not permitted.
2. Head: This is the area from the bottom helmet line and up. Only foot techniques are permitted. **(Grand Champion Only)**

Points: Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas of the trunk and accurately and controlled to the head.

1. One (1) point for a powerful punch to the legal scoring area of the trunk protector.
2. Two (2) points for a powerful kick to the legal scoring area of the trunk protector.
 - a. One (1) additional point will be awarded for turning kicks to the body.

Head kicks only in Grand Champion

Referees may stop the contest if there is a great disparity in the athletes' skill levels or if there is risk of serious injury.

Sparring Duration: Two 60 second rounds, 30 second rest.

This is a single elimination event.

Medals: 1st Place = Gold, 2nd Place = Silver, All other places = Bronze

Prohibited Acts:

- A “Gam-jeom” penalty shall be counted as one (1) additional point for the opposing contestant.

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

1. Crossing the Boundary Line (Two feet out of bounds.)
2. Falling down (Unless it is as a result of a prohibited act, due to players collision and both fall or knock down when an 8-count is given.)
3. Avoiding or delaying the match (Stalling or no intention of attacking)
4. Grabbing or pushing the opponent (Includes hooking the leg with forearm.)
*Note – Gam-jeom penalty will only be given for pushing if it is during the attack by an opponent or pushing the opponent out of bounds.
5. Impeding the match:
 - a. Lifting the leg to block
 - b. Kicking the opponent’s leg to impede the opponent’s kicking attack
 - c. Lifting a leg/ kicking in the air for more than 3 seconds
 - d. Lifting a leg/ kicking in the air for more than 2 actions
 - e. Aiming a kick below the waist
6. Kicking below the waist
7. Attacking the opponent after "Kal-yeo"
8. Hitting the opponent’s head with the hand (includes wrist, arm, and elbow.)
9. Butting or attacking with the knee
10. Attacking the fallen opponent (includes motioning as if to attack.)
11. Following misconducts of contestant or coach:
 - a. Not complying with the referee’s command or decision
 - b. Inappropriate protesting of officials’ decisions
 - c. Inappropriate attempts to disturb or influence the outcome of the match
 - d. Provoking or insulting the opposing contestant or coach
 - e. Any other severe misconduct or unsportsmanlike conduct on the part of a contestant or coach

Coach Challenge Rules:

What cannot be appealed:

1. Kicks scored, or not scored, to the body
2. Punches scored or not scored
3. Reversal of a previous appeal decision
4. Invalidation of points gained through illegal action, such as grabbing or pushing—unless referee has awarded a penalty, but failed to remove the point(s)
5. Two or more actions

What can be appealed:

1. Bonus point was not added for a turning kick
2. Head Kick not scored
3. Points not waived off when scored after a penalty. Note – The referee must have called the penalty first and failed to wave off the points.

A coach must stand with card in hand to indicate a challenge. The referee will approach the coach, take the card and then ask for the reason for the challenge. The card is considered 'played' at the point of the coach standing. If valid, the referee will motion for a conference with the corner judges and include head judge when needed. If the coaches challenge was correct, the card is returned to the coach and the referee will correct the issue. If the coaches challenge is incorrect, the card is placed in the referee pocket and the referee continues the match.

Specialty Divisions

Basic Kicking:

This is a single elimination, head to head competition. Divisions will be divided by age and belt rank. Competitors will perform the following techniques:

Front kick double punch, High sidekick & High roundhouse kick

Judges will be evaluating the competitor on the following:

Power (waist, twist & stopping), speed, accuracy, starting position (stance), landing position (stance), proper kicking angle between base leg and extended leg, extension of kicking leg and foot, balance and concentration.

*Note - Middle kick will be defined as solar plexus height and High kick will be defined as the space between the nose and the upper lip.

Each technique will be performed three times on each leg for a total of 18 kicks. One technique will be performed after every kihap command by the ring referee.

Winner will be determined by majority votes (show of hands.)

This is a single elimination event.

Medals: 1st Place = Gold, 2nd Place = Silver, All other places = Bronze

Power Breaking:

1. Rules:

- a. Contestants are, male or female, green and above, and will compete according to the age groups listed below.

| Belt Levels | Gender | Age Group 1 | Age Group 2 | Age Group 3 | Age Group 4 | Age Group 5 | Age Group 6 | Age Group 7 | Age Group 8 | Board, Hand & Foot |
|---|--------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|--------------------|
| Green | Female | 7 & Under | 8 - 9 | 10 - 11 | 12 - 13 | 14 - 17 | 18 - 36 | 37-49 | 50 + | Yes |
| Green | Male | 7 & Under | 8 - 9 | 10 - 11 | 12 - 13 | 14 - 17 | 18 - 36 | 37-49 | 50 + | Yes |
| Blue | Female | 7 & Under | 8 - 9 | 10 - 11 | 12 - 13 | 14 - 17 | 18 - 36 | 37-49 | 50 + | Yes |
| Blue | Male | 7 & Under | 8 - 9 | 10 - 11 | 12 - 13 | 14 - 17 | 18 - 36 | 37-49 | 50 + | Yes |
| Red | Female | 7 & Under | 8 - 9 | 10 - 11 | 12 - 13 | 14 - 17 | 18 - 36 | 37-49 | 50 + | Yes |
| Red | Male | 7 & Under | 8 - 9 | 10 - 11 | 12 - 13 | 14 - 17 | 18 - 36 | 37-49 | 50 + | Yes |
| Black [1 st - 3 rd dan] | Female | 7 & Under | 8 - 9 | 10 - 11 | 12 - 13 | 14 - 17 | 18 - 36 | 37-49 | 50 + | Yes |
| Black [1 st - 3 rd dan] | Male | 7 & Under | 8 - 9 | 10 - 11 | 12 - 13 | 14 - 17 | 18 - 36 | 37-49 | 50 + | Yes |
| Grand Champion, Black [1 st - 3 rd dan] | Female | | | | | 15 - 17 | 18 + | | | |
| Grand Champion, Black [1 st - 3 rd dan] | Male | | | | | 15 - 17 | 18 + | | | |

- b. All contestants will be the rank of Green Belt or its equivalent, above through to Black Belt.
- c. All contestants must complete the online registration and waiver in order to compete.
- d. All contestants must be registered for this event on or before 11-1-23 by midnight. After this date registration will be closed.**
- e. Contestants will report the amount of material they intend to break during the online registration. There will be no changes allowed once registration is closed on 11-1-23 at midnight. This information will be kept confidential.**
- f. All breaking material will be provided by the tournament.
- g. All breaks will be held in holding device or on blocks that will be provided by the tournament.
- h. Breaking with the elbow is not allowed and not considered as a hand technique.
- i. Contestants must break with a bare foot or hand and not covering the contact point with bandage or any other material. In addition, wrapping the wrist will be allowed as a safety device for either hand technique division.
- j. Contestants must break on first attempt. If the contestant fails to break on the first attempt they will be eliminated. Or if a contestant makes a choice to practice their technique within the 30 second time limit and touches the material. That point of contact will be considered to be their first attempt at the break.
- k. The referee will check with the contestant to make sure that they are ready before signaling the time keeper. Once the time keeper is signaled the contestant will have 30 seconds to complete the break. Contestants may practice their technique before breaking but may only start practicing once the time has started. If the contestant exceeds the 30 second time limit they will be allowed to complete the break, but will be disqualified.
- l. Contestants are only allowed to make contact with the material at the point of the break.
- m. Boards will not be used once they have been struck by a contestant.
- n. Competitors can drop boards at the ring. However, this will result in a loss of points for the amount of boards that they choose to drop. For example, if they select 4 boards and choose to drop 1 board and break all remaining 3 pcs. They will be scored on 3 pcs, which results in 15 out of 20 points for a foot technique or 24 out of 32 points for a hand technique.
- o. There will be no spacers allowed for any type of board breaking.
- p. Types of breaking divisions:

| Breaking Type | Material Type & Size | Board Size by Age | System | Safety Gear | Time Limit | Contest Goal |
|---|-------------------------------|-------------------|--------------------|------------------------|------------|---|
| Hand Technique, <i>any point below the wrist</i> | 1/2" x 9 7/8" x 11 1/4" Board | 11 and under | Single Elimination | Wrist wrap is optional | 30 Seconds | Contestant will break their maximum amount of boards. |
| Kicking Technique, <i>any point below the ankle</i> | 1/2"x 9 7/8" x11 1/4" Board | 11 and under | Single Elimination | None | 30 Seconds | Contestant will break their maximum amount of boards. |
| Hand Technique, <i>any point below the wrist</i> | 3/4" x 9 7/8" x 11 1/4" Board | 12 and older | Single Elimination | Wrist wrap is optional | 30 Seconds | Contestant will break their maximum amount of boards. |
| Kicking Technique, <i>any point below the ankle</i> | 3/4" x 9 7/8" x 11 1/4" Board | 12 and older | Single Elimination | None | 30 Seconds | Contestant will break their maximum amount of boards. |
| <i>Competitors age 14 and older will utilize the board holding machine.</i> | | | | | | |

2. Scoring:

| Breaking Division | Scoring Method | Tie Breaking Factor |
|---|---|--|
| Board, Hand, <i>any point below the wrist</i> | 8 point for each piece of completely broken material. | 1. Percentage of broken material* 2. The individual of lesser weight has the advantage 3. If the two previous factors are the same then both competitors will be awarded the same medal. |
| Board, Kick, <i>any point below the ankle</i> | 5 point for each piece of completely broken material. | |
| *Example, Competitor A, selects 4 boards and breaks 3, which is 75% of the material selected. Competitor B, selects 5 boards and breaks 3, which is 60% of the material selected. Then Competitor A, wins by because they broke 15% more of the material. | | |

- a. The material will be counted by the referee and then reported to the judges by holding up the number of fingers that represents the number of broken materials.
- b. If there is a questionable piece of material the official or referee will hold the item up to see if it separates on its own. If it remains attached, then this will not be counted as completely broken material.
- c. A panel of judges will determine the winners of the contest.
 - i. Ages 14 and above will be based on competition and the winner of each division will receive a gold medal and runners up will receive a silver or bronze medal.
 - ii. Ages 13 and below will be based on the amount of material that they put up and break. The medal outcome is 1 of 4 possibilities; none [for not breaking], bronze, silver or gold.

3. Grounds for Disqualification:

- a. Judges will have the final determination of the intent and integrity of the break.
- b. Pressing down or application of an after push to the material with the contestant's body weight which will be determined by the referee.
- c. Unsportsmanlike like conduct. For example: if the contestant is questioning or arguing with officials they will be disqualified.
- d. Contestants failing to follow instructions by the referee or judges will be disqualified.