

# RULES & REGULATIONS

Current WTF/USAT Rules and Regulations will govern the championships with few modifications to enhance the competition experience for all participants.

Masters/Instructors/Board Holders will only be allowed on competition floor to hold boards when their competitors are competing in the Kyuk-Pa Competitions.

## MANDATORY EQUIPMENT

1. White V-neck WTF approved dobok for all events.
2. Black trim is allowed for Black belt competitors only.
3. All competitors must supply their own regulation size breaking boards (See free-style Kyuk-Pa rules for sizes.) You will be able to purchase breaking boards at the tournament.

## WTF POOMSE (FORMS) COMPETITION

1. WTF approved Poomse (forms) only.  
Color Belt Poomse: Taeguk 1 – 8 and Palgwe 1 – 8.  
Black Belt Forms: 1<sup>st</sup> Dan – Koryo, 2<sup>nd</sup> Dan – Keumgang, 3<sup>rd</sup> Dan – Tae Baek, etc.
2. All competitors must perform a rank appropriate Poomse.
3. All non-WTF forms will not be allowed in the WTF Poomse divisions.

## Scoring for WTF Poomse

1. Scoring will be based on concentration, balance, focus, grace, strength and understanding of the Poomse.
2. Five (5) judges will score from 5.0 (lowest) to 10.0 (highest) with 0.1 point increments. From the five scores, the lowest and the highest scores will be cancelled out and the three remaining scores will be tallied to give the competitor his/her score. In the event of a tie, all five (5) scores will be calculated to determine the winner.

## GYOROOGI (SPARRING) COMPETITION

1. All competitors must have a head gear, chest protector, mouth piece, shin & in-step guard, forearm guard (no fist), and groin protective cup (male competitors). Any competitor without any one of these required and mandatory equipments, at the time of his/her match will be declared disqualified.
2. All junior divisions and adult color belts divisions will run two rounds lasting one minute each round with 30 seconds break in between each round. All junior divisions will be governed by modified USAT Junior National rules:  
Age 5~11: Full contact to the body and **NO** contact to the head and face area.  
Age 12~17 Color Belts: Full contact to the body and **NO** contact to the head and face area.  
Age 12~15 Black Belts: Full contact to the body and **VERY LIGHT** contact to the head and face area.  
Age 16~17 Black Belts & all Adult Black Belts: **Full contact** to the body and the head and face area.
3. All adult color belts (18 yrs. and up, white - red) will be guided by a modified National USAT rules with full contact to the body and **NO** contact to the head and face area.
4. Adult and Senior Black Belt Divisions will observe USAT Adult National Rules.
5. All adult and junior black belts (12~17 yrs. old) will compete in two rounds lasting one minute each round with 30 seconds break in between each round.

## Scoring for Gyoroogi

1. Please refer to the official WTF/USAT Competition Rules for valid scoring area.
2. State of the art, electronic scoring system will be used to score at this competition.

## **FREE STYLE KYUK-PA (BREAKING) COMPETITION**

Regulation breaking boards sizes for this competition are as follows:

1. Adult and Senior Division ( 18 years & over) 12 x 10 x 1 inch Pine
2. Teen Division (14 years – 17 years) 12 x 6 x 1 inch Pine
3. Junior Division (10 years – 13 years) 12 x 10 x ½ inch Pine
4. All Children ages 9 years and under 12 x 6 x ½ inch Pine
5. Competitors must provide their own breaking boards.
6. Official size Breaking Boards will be sold at the day of the competition.
7. Competitors must provide their own board-holders.

## **FREE STYLE KYUK-PA (BREAKING) COMPETITION**

1. Competitors are advised to protect the floor when using any breaking materials that will damage the gym floor.
2. Only board breaking will be allowed for all breaking competitions. Competitors will not be allowed to break any glass, bricks or perform any fire breaking.
3. Each competitor will be allowed three (3) minutes to set up and complete his/her routine.
4. Clock begins as soon as the competitor steps onto competition area.
5. Competitors will be allowed only two (2) attempts per station. (After an unsuccessful 2<sup>nd</sup> attempt, you must move on to the next station.)
6. No more than three stations will be allowed

### **Scoring for Free-Style Kyuk-Pa**

1. Scoring will be based on the level of difficulty on the techniques, the number of boards broken at one time, the accuracy of the breaks, the flow of the routine, and the competitor's show of power, speed, creativity and style. All boards must be broken completely. Cracked, rotted or tampered wood will not be counted in scoring!
2. Five (5) judges will score from 5.0 (lowest) to 10.0 (highest) with 0.1 point increments. From the five scores, the lowest and the highest scores will be cancelled out and the three remaining scores will be tallied to give the competitor his/her score. In the event of a tie, all five (5) scores will be calculated to determine a winner.

## **OPEN/WEAPONS /CREATED FORMS COMPETITION**

1. Any Style of Taekwondo Forms, Weapons Forms and Created Forms are accepted in this category.
2. All competitors must perform a rank appropriate form.
3. WTF forms will not be allowed in this division.

### **Scoring for OPEN FORMS**

1. Scoring will be based on concentration, balance, focus, grace, strength and understanding of the Form.
2. Five (5) judges will score from 5.0 (lowest) to 10.0 (highest) with 0.1 point increments. From the five scores, the lowest and the highest scores will be cancelled out and the three remaining scores will be tallied to give the competitor his/her score. In the event of a tie, all five (5) scores will be calculated to determine a winner.