

2022

# Capital District Taekwondo Tournament

## Rules

### Forms

- Forms will be judged on a Point Scale.
- We realize that every school does different forms at different ranks and there will be no judging based on the form performed in comparison to the rank.
- We realize that every school does the same forms a little differently and will not be judging on the exact technical accuracy of one particular school. Forms judging will be based on universal principles we all know, not the technically way each of us do a form at our own school, it is a known fact each local school does each form differently.

### Breaking

- Breaking will be judged on a Point Scale.
- Color Belts: 3 Breaks max, Black Belts 5 Breaks max
- What is a break? 1 strike or multiple Simultaneous strikes breaking the materials at the exact same time. ie:
  - Downward Hammer Fist= 1 break, Roundhouse kick=1 break
  - Scissor Kick; 2 kicks executed and breaking boards at exact same time= 1 break
  - Roundhouse Low High Combo= 2 Breaks! Because it is one kick/break following another
  - Double downward hammer fist= 1 Break (each hand simultaneously strikes its own boards and both hands break both boards/stacks at the same time)
  - Round House Spin Hook Kick= 2 Breaks (one kick following another is NOT same time)
- Spacers allowed but not supplied
- Competitors must supply their own stands. No concrete stands allowed
- All Boards must be purchased from the Event on the Day of the Event
- Board Size: 7 & Under: ½"x6"x12", 8-12 years old: ½"x10"x12", 13 Years and Older: 1"x10"x12"

### Team Forms & Weapons

- Divisions created based on best possible similarities, not all will be perfectly definable.
- Mirroring or Cascading is allowed
- Must be Synchronized 75% of the time. (Limited Staggering or solos allowed)
- Synchronization and creativity are key additional points looked for, in addition to standard forms principles, balance, snap strength, breathing, sharpness, etc.
- Normal Point system.

### Open Weapons

- Limited Divisions (based on registration, most likely Child, Teen, Adult).
- This event is for fun.
- Any weapon, any style form, traditional, creative, extreme anything goes.
- Point system of judging.
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### **Olympic Style Sparring**

1 Point for Kicks to Chest Protector

1 Point for Clean Reverse Punch to Chest Protector

2 Point for Kick to the Head Gear (light contact)

*All Ages may target the headgear with light contact, excessive contact will be considered if the head gets "jolted" or moves hard due to the kick*

Color Belts: 2 60 Second Rounds with 30 Second Break

Black Belts: 2 90 Second Rounds with 30 Second Break

### **"Kyong-go" – Warning Penalty**

Two "Kyong-go" shall be counted as an addition of one (1) point for the opposing contestant

Crossing the Boundary Line

Falling down

Avoiding or delaying the match

Grabbing, holding or pushing the opponent

Lifting the knee to block or/and impede the opponent's kicking attack, or lifting a leg for more than 3 seconds, without execution of any attacking technique, to impede opponent's attacking movements

Kicking below the waist

Attacking the opponent after "Kal-yeo"

Hitting the opponent's head with the hand

Butting or attacking with the knee

Attacking the fallen opponent

Misconduct of contestant or coach

### **Gam-jeom—Penalty**

Shall be counted as an addition of one (1) point for the opposing contestant

Serious misconducts of contestants or coaches

Not complying with the referee's command or decision

Inappropriate protesting or criticizing of officials' decisions

Inappropriate attempts to disturb or influence the outcome of the match

Fleeing from the competition area to avoid normal technical exchange. If a contestant attempts to avoid a normal technical exchange by behavior such as crossing the boundary line or intentionally falling down in repeated manner, the referee may give a Gam-jeom, after a Kyong-go

Clearly intentional punch to the opponent's face

Clearly intentional attack the opponent after "kal-yeo"

Clearly intentional attack to a fallen opponent

Clearly intentional attack below the waist

Provoking or insulting the opposing contestant or coach

Only accredited team doctor/physician are allowed to be seated in the doctor's position. Unaccredited doctor/physicians or other team officials found to be seated in the doctors position shall be ordered to leave the FOP, and the athlete shall be penalized with a "Gam-jeom"

Any other severe misconduct or unsportsmanlike conduct from a contestant or coach

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### Point Sparring

#### GENERAL:

- 2 minutes time limit, fight ends when 1 competitor earns 5 points or after 2 minutes, whichever comes first.
- Ties = sudden death, next point wins.
- 1 Point for a clean hand strike, 1 points for a clean kick.
- No official coaching during the match, no parents, team members in the ring, cheering is allowed!
- NO grabbing, leg checking, sweeping, ground fighting or blind techniques.
- NO point if you fall to the ground during or after scoring a point.

#### MANDATORY SAFETY EQUIPMENT:

All competitors are required to wear: foam dipped head gear, hand gear, foot gear, mouth guard, groin protector (males). All jewelry must be removed. Soft shin guards (no hard soccer shin guards allowed) & Rib/Chest Guards are recommended.

*Please insure that your students have the required mandatory safety equipment.*

#### LEGAL TARGET AREAS:

Students may strike their opponent's: chest, rib cage and abdominal area (side seam of uniform forward) & protected areas of the head (excluding back of the head).

Illegal target areas include: groin, back & kidneys, throat, face.

#### CONTACT:

- No Contact-no contact with opponent at all. **\*NO POINT.**
- Light to Light Medium Contact-contact ranging from light touch to contact that can move an opponent's body/head SLIGHTLY.  
**All beginner/intermediate sparring divisions need to demonstrate this level of contact in order to score points to the body and head.**
- Light Medium to Medium Contact-contact ranging from moving the opponent's body slightly to moving it a moderate amount, without being considered excessive, heavy, or intending to harm.  
**All advanced and Black Belt divisions need to demonstrate this level of contact in order to score points to the body.**  
**\*\*Contact to the head must remain light medium in all divisions.**
- Heavy Contact-contact that is excessive and will result in a warning, penalty point, both, or immediate disqualification if in the judges opinion there was no consideration of the contact rules.

#### WARNINGS AND PENALTY POINTS:

ONE verbal warning will be given to a fighter for committing a foul; Subsequent fouls of any type will result in a penalty point given to the opponent.

Judges may disqualify a fighter after ANY display of blatant disregard for the rules, of any type.

#### FOULS:

- Groin strikes, including unintentional kicking too low.
- Strikes to the back, back of the head, face, or any other illegal target area.
- Grabbing/holding
- Leg checking or sweeping
- Ground fighting
- Running out of the ring
- Excessive contact
- Disrespect or unsportsmanlike conduct to the judges or opponent
- Coaching
- Not fighting