



TAEKWONDO

Poomsae (all Poomsae will be allowed and scored on a scale from 5-10).

Poomsae/sparring divisions/belts:

Ages 5-6, 7-8, 9-11, 12-14, 15-17, 18-31, 32-41, 42+ Belts- White-Orange, Green-Blue, Brown-Red, Black

Divisions may be combined at the discretion of organizers.

Sparring will follow current USAT rules.

If there is a 20 point gap at the end of the 1st round or anything in the 2nd round the match will be ended.

Color belts:

5-11: No head contact.

12-17: Junior safety rules

18-31: Adult rules

32 & over: Junior safety rules

Black Belts:

5-7: No head contact

8-14: Junior safety rules

15-31: Adult rules

32 & Over: Junior safety rules

Points-

1 points for a punch

2 points for a kick to the trunk protector

3 points for light kick to head (JSR and adult divisions)

4 points turning kick to body

5 points for turning head kick (adult divisions)

Rounds-

2- 2 min rounds (30 second break) Black Belts ages 12-31

2- 1 min rounds (30 second break) ALL OTHER DIVISIONS.

In the event of ties, 1 Golden Point round will take place. However if not winner is determined the winner will be determined using superiority cards.

Equipment:

Red, Blue or White head gear ONLY. The Headgear must be in good condition and must correspond with the color of the hogu in use for the match (or white in all cases). Properly fitting hogu will be needed. Mouthguard should be clear or white. No Invisalign mouth protectors allowed. Forearm guard, shin and instep guards (NO BOOTIES ALLOWED). Properly fitting wrap around hogu will be needed. Groin cup worn inside the uniform for males (groin cups are optional for females). Uniform & belt are required.

Gloves are not required for any rank, however if gloves are used only WT/USAT approved gloves will be allowed. No other hand covering is allowed.

No sports goggles or glasses are allowed for the sparring competition.

For further questions not covered here, please refer to the USAT rules for clarification.

Black belts age 10 & up as well as ALL adult color belts will use the Daedo PSS system. Gen 2 socks will be allowed; Socks are not available for sale at the venue and may be purchased in advance by going to <http://www.tkdscor.com/>

****A coaches meeting will be held around the noon hour with Referee Chair Master Mike Wickham.