



Rules of Competition

The Tournament Promoter has desecration to change and modify any divisions as sees fit

All Age categories will be spilt: 5 & Under, 6-7, 8-9, 10-11, 12-14, 15-17, 18-32,
33-45, 45-55, 55 & up

Uniform Requirements:

All contestants must wear a clean Uniform. Athletes are allowed to wear their school uniforms. Uniforms may have school patches.

- Black trim on the collar/lapel of a white uniform is allowed for Black Belts only.
- Team name and school logo (non-offensive) are allowed.
- No Jewelry. Inappropriate or unsafe uniforms will not be allowed. Uniform jacket must not be tucked into the pants.
- All competitors must wear a belt appropriate to their rank with the knot of the belt in the front.
- **A Poom Belt (half black/half red) will be considered a Black Belt in ALL Divisions.**

Breaking rules will be as follows:

- All contestants will have 3 minutes to set-up, perform the breaks, and clean up
- All Belts will have Five boards (included with breaking registration)
- Breaking with the head will not be allowed
- Competitors must supply their own Board holders (Board holder do not get in event for free, must at least have a spectator arm band)
- Break all boards on First try will result in 1st place
- Two attempts will result in 2nd place
- Three or more attempts will result in 3rd place



Weapons rules will be as follows:

- Any style Martial Arts Weapon will be Accepted (No Sharp Weapons allowed)
- Judging will be based on stances, energy, intensity, quality of movements, and Control of Weapon

Traditional Forms rules will be as follows:

- **Double elimination competition format will be used for all belts**
- Any traditional empty-hand Belt Rank Form may be performed. Form must coincide with Belt Rank (I.E. No Red Belt may perform a Black Belt Form)
- Contestants may switch forms at each round within their belt rank

Sport Poomsae rules will be as follows (Sunday Competition):

- Sport Poomsae competition will be judged and follow WT standards
- Each Participant must wear the correct WT/USAT approved uniform based off age.
- Sport Poomsae designated forms will be posted by October 15th
- Sport Poomsae age brackets will be as follows:
 - Youth (10-11), Cadet (12-14), Juniors (15-17), 1st Senior (18-30), 2nd Senior (31-40), 1st Master (41-50), 2nd Master (51-60), 3rd Master (61+)

Sparring competition will be governed by the WT/USAT Olympic rules with a few modifications:

- Sparring competition will be single elimination for ALL Color Belts and Black Belts.
- All matches will be decided by the best 2 out of 3 rounds (*each round will have a winner*)
- All Color Belt matches will be 1-minute rounds
- 11 & under Black Belt matches will be 1-minute rounds
- 12 & over Black Belts will be 90-second rounds
- No Head Contact 11yrs & Under (All Belts)
- Light Head contact (Junior Safety rules) for all Color Belt 12yrs & up
- Light Head contact for Cadet Black Belts
- Full contact will be allowed for 15yrs and over Black Belts
- All Sparring competitors must wear an appropriate uniform and sparring gear. This includes a White, Red or Blue headgear (if red or blue headgear is required to be matched with chest protector color), red and blue reversible chest protector, forearm guard, shin and instep guard, groin cup (Required for males, recommended for females) and mouthpiece (Red mouth pieces are prohibited). Each competitor must provide his or her own equipment. **No Face Shields, glasses, or sport goggles will be allowed.** WT Style hand protectors are optional for color belts, but mandatory for Black Belts 12yrs & up.
- **Black Belts 12 & up competing with Daedo: Gen2 chest pad with electronic headgear (supplied by tournament director).** 12 & up Black Belts are required to provide their own Daedo E-socks Gen 1 or 2 are allowed but Gen 2 is recommended. If you do not have the Daedo E-Socks, you may Purchase them at www.daedosouth.com.
- **GRASS ROOTS Divisions:** Non-Daedo division and all divisions will follow Light Head contact (Junior Safety rules).
 - **You CANNOT compete in both the Olympic Sparring (Daedo) Division and Grass Roots (Non-Daedo) Division.**

Black Belt weight classes for Sunday Competition

Daedo and Grassroots

Cadet Divisions 12 to 14 - Cadetes Divisiones 12 a 14

| Male – Masculino | | | | | Female - femenino | | | |
|------------------|-----------------------|-----|----|-----------------|-------------------|-----|-----------------------|-------|
| -37KG | Not exceeding 81.6LBS | 0 | 12 | Fly - mosca | 11 | 0 | Not exceeding 72.8LBS | -33KG |
| -45KG | 81.7 LBS – 99.2LBS | 1 | 15 | Feather - Pluma | 13 | 0/1 | 72.9 LBS – 90.4LBS | -41KG |
| -53KG | 99.3LBS -116.8LBS | 2 | 17 | Welter - Wélter | 15 | 1/2 | 90.5 LBS – 103.6LBS | -47KG |
| -61KG | 116.9LBS – 134.5LBS | 2/3 | 19 | Middle - Medio | 17 | 2 | 103.7 LBS – 121.3LBS | -55KG |
| +61KG | 134.6LBS and up | 3 | 21 | Heavy - Pesado | 19 | 3 | 121.4LBS and up | +55KG |

Junior Divisions 15 to 17 - Junior Divisiones 15 a 17

| Male – Masculino | | | | | Female - femenino | | | |
|------------------|------------------------|-----|----|-----------------|-------------------|-----|-----------------------|-------|
| -48KG | Not exceeding 105.8LBS | 1/2 | 17 | Fly - mosca | 14 | 1 | Not exceeding 97.0LBS | -44KG |
| -55KG | 105.9 LBS – 121.3LBS | 2 | 19 | Feather - Pluma | 16 | 1/2 | 97.1 LBS – 108.0LBS | -49KG |
| -63KG | 121.4LBS -138.9LBS | 2/3 | 21 | Welter - Wélter | 18 | 2 | 108.1 LBS – 121.3LBS | -55KG |
| -73KG | 139.0LBS – 160.9LBS | 3 | 23 | Middle - Medio | 20 | 3 | 121.4 LBS – 138.9LBS | -63KG |
| +73KG | 161.0LBS and up | 3/4 | 25 | Heavy - Pesado | 22 | 3/4 | 139.0LBS and up | +63KG |

Senior Divisions 18 to 32 - Divisiones mayores 18 a 32

| Male – Masculino | | | | | Female - femenino | | | |
|------------------|------------------------|-----|----|-----------------|-------------------|-----|------------------------|-------|
| -56KG | Not exceeding 127.9LBS | 2/3 | 22 | Fly - mosca | 18 | 1/2 | Not exceeding 108.0LBS | -49KG |
| -68KG | 128.0 LBS – 149.9LBS | 3 | 24 | Feather - Pluma | 20 | 2 | 108.1 LBS – 125.7LBS | -57KG |
| -80KG | 150.0LBS -176.4LBS | 4 | 26 | Welter - Wélter | 22 | 3 | 125.8 LBS – 147.7LBS | -67KG |
| +80KG | 176.5LBS and up | 4/5 | 28 | Heavy - Pesado | 24 | 3/4 | 147.8LBS and up | +67KG |

Forms/Patterns accepted for Traditional forms competition

| Divisions | ITF | WTF | TSD/MDK |
|---|--|----------------------------|--|
| Novice White, Yellow Orange | Chon-Ji Dan-Gun Do-San | Pal Gwe 1-2 Taeguek 1-2 | Ki-Cho (KiBon) 1-3 Pyung-An/Pinan 1 Basic Form 1-3 |
| Intermediate Green, Purple Blue | Won-Hyo Yul Gok Joong-Gun Toi-Gye | Pal Gwe 2-6 Taeguek 2-6 | Ki-Cho (Ki Bon) 3 Pyung-An/Pinan 1-4 |
| Advanced Red, Brown | Hwa-Rang Choong-Moo | Pal Gwe 6-8 Taeguek 6-8 | Pyung-An/Pinan 4-5 Passaai (Bassai) |
| 1st Dan | Kwang-Gae Po-Eun Ge-Baek | Koryo | Jin Do Jit-Te |
| 2nd Dan | Eui-Am Choon-Jang Ko-Dang Juche | Keumgang | Ro-Hai |
| 3rd Dan | Sam-Il Yoo-Sin Choi-Yong | Taebaek | Kong San Kun |
| 4th Dan | Yon-Gae Ul-Ji Moon-Moo | Pyongwon | Wan Shu |