

## Tournament Judging Highlights and Study Guide

### Poomsae

#### Tiger Poomsae:

Single Elimination Bracket system

Point flags

Tiger competitors should compete one at a time. Then the two latest competitors come back up for the judges to point to winner to move on the bracket.

Can do whatever form they do at their school

Anyone can help / assist / coach Tigers

Judging criteria: Best overall presentation

#### Color Belts Poomsae:

Single Elimination Bracket system

Point flags

Can compete in any color belt form within Beginner / Intermediate / Advanced grouping

Should compete two at a time and immediately select winner from that round

1 Restart of a form will be at no fault (no deduction)

Judging criteria: Best overall presentation, technique, completeness

#### Black Belts Poomsae

2 Round Bracket

Point Flags

Can compete in any Black Belt (including Taeguk 8 Pal Jung) from under their rank

Should compete two at a time and immediately select winner from that round

In case of incomplete form, No restart: other competitor wins

Judging criteria: Best overall presentation, technique, completeness, accuracy

## Team/Pair Poomsae

Single Elimination Bracket

Teams of any gender mix. Team is 3. Pair is 2.

All members of pair/team must be within same age bracket (12 and under, 13-17, 18 and above)

Teams/Pairs should compete one at a time then 2 last teams brought back up for flag call for bracket progression.

Judges criteria- synchronization, accuracy, and technique.

## Creative Poomsae

Single Elimination Bracket

May be comprised of any mix of age / rank / gender

Flag pointing

Single competitor, pair, or team of 3 are allowed.

One person/pair/team compete at a time

First two competitors come back for flag pointing results to move in bracket

Must be under 1 minute

Music is allowed

Judging criteria- overall presentation

## Family Poomsae

Single Elimination Bracket

Flag pointing

If family consists of color and black belt then family should compete in black belt division

One family competes at a time

First two competitors come back for flag pointing results to move in bracket

## Sparring

## Single Elimination

2 minute rounds

3 points for kicks to the head, 2 points for spin to the body, 1 point for punch or kick to body

Win by : first one to 12 points, most points in 2 minutes, 7 point gap spread, opponent gets disqualified

It takes one judge to confirm a point (can be negated by a block but 2 no see's and 1 point is a point).

It take one judge to call for a warning huddle but two judges to confirm the warning call.

Following are examples of physical violations: striking to illegal target areas, holding opponent.

Following are examples of non-physical violations: unsportsmanlike conduct, evading (falling or going out of bounds), coach/parent coaching.

1<sup>st</sup> Physical Warning = 1 point to opponent; 2<sup>nd</sup> Physical Warning = Disqualification

1<sup>st</sup> Non-Physical Warning = warning; 2<sup>nd</sup> Non-physical Warning = 1 point to opponent; 3<sup>rd</sup> Non-physical Warning= Disqualification

In case tie its called "sudden victory" and next point wins with no time limit.

## Tag Team Sparring

Single Elimination Bracket

Teams of 3 of same gender

All team members must be in same age bracket (12 and under, 13-17, 18 and above)

Must all be color belts or all be black belts and compete in respective divisions

All players must enter into ring before time runs out

Time is 3 minutes, all other rules follow point sparring guidelines

## Rapid Kick Contest

List and track number of kicks (no bracket system)

White to green belts do front kicks, above green belts round kicks.

Foot much touch ground between kicks and must touch paddle to be counted

As many contestants as you have holders for can compete at once. Minimum use the 2 side judges to hold.

Most number of kicks in 15 seconds (to be counted by holder)

In case of tie, do a second round. In case of another tie (paper, rock, scissor)

### Board Breaking

List and track results (collaboration for results)

2 Stations Max

3 attempts in total (ie missing 1<sup>st</sup> board 3 times ends the round). Be more lenient with tigers and color belts.

Touching the board for measuring does not constitute an attempt.

Unlimited number of boards

Board sizes at discretion of competitor

Head break is not allowed.

Competitor should declare breaks then be granted permission to break.

Competitor should have their own holder

Judges Criteria: number of attempts, level of difficulty, number of stations, technique & balance

### Power Side Kick

List and Track

Must designate the number of boards to be attempted to judge prior to competition starting.

Single attempt then it goes to next competitor.

No changes to board designation allowed after declaration.

In case of Tie, lighter competitor wins

Any side kick EXCEPT a flying side kick may be used

### Weapons

Color Belt and Black Belt Weapons:

Single elimination bracket system

### Flag pointing

One weapons competitor at a time. After each 2 competitors bring both back and point with flag to winner.

If weapon falls on ground, one mental point deduction

If weapons breaks they have 1min 30 seconds to replace it at no penalty to competitor

For Black Belts: restart results in opponent winning. (No penalty for color belts)

Judges criteria: control of weapon, overall performance, completion

### Power Meter Division

List format

Power meter will be used to measure most powerful technique.

Competitor will get three attempts to strike the bag with any competitor's technique of choice.

Competitor can do the same technique each time or change technique. Highest reading of the 3 attempts will be the competitor's final score.

Judging Criteria: Highest reading by strike meter out of 3 tries is the final number.

### Modified Division

List Format

Color Belt or Black Belt of any age that wish to have concessions for physical or development challenges should register for this division.

Competitors may do any form, self defense or weapons form in this division.

Competitor may have assistance from a partner or instructor for their performance.

Judging Criteria- Best overall presentation.

## Tournament Divisions

	Tigers	Color Belts	Black Belts	Black Belt National Championship
Forms (Poomsae)	Single Bracket	Single Bracket	2 Round Bracket Black Belt Points	✓
Point Sparring	Single Bracket	Single Bracket	Single Bracket Black Belt Points	✓
Board Breaking	Collaborate (List)	Collaborate (List)	Collaborate (List)	✗
Rapid Kick	List (highest number)	List (highest number)	List (highest number)	✗
Power Meter	N/A	List (highest number)	List (highest number)	✗
Team Poomsae	N/A	Single Bracket	Single Bracket Black Belt Points	✓ (if 4 teams qualify, minimum)
Pair Poomsae	N/A	Single Bracket	Single Bracket Black Belt Points	✓ (if 4 teams qualify, minimum)
Weapons	N/A	Single Bracket	Single Bracket Black Belt Points	✓
Family Poomsae	N/A	Single Bracket	Single Bracket	✗
Creative Poomsae	Single Bracket	Single Bracket	Single Bracket	✗
Power Sidekick	N/A	List	List	✗
Tag Team Sparring	N/A	Single Bracket	Single Bracket	✗
Modified Division	Collaborate	Collaborate	Collaborate	✗