

Moo Do Tournament Rules

Moo Do Taekwondo Association



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Divisions

The following are the divisions within the Moo Do Tournament circuit at any time. Not all divisions will be available at each tournament.

1. Individual Poomsae
2. Team Poomsae
3. Pair Poomsae
4. Family Poomsae
5. Creative Poomsae
6. Individual Sparring
7. Tag Team Sparring
8. Continuous Sparring
9. Olympic Sparring
10. Weapons
11. Creative Board Breaking
12. Power Sidekick Board Breaking
13. Rapid Kick
14. Power Meter
15. Demonstration Team
16. Modified Division

Poomsae Rules

Individual Poomsae

Scoring of poomsae is scored equally by all Judges and all Judges shall judge from an overall perspective. Poomsae standards are based off of the Moo Do poomsae standards.

Areas of focus for judging poomsae are stances, kicks, hand techniques, speed and flow, overall presentation, proper focus, completeness, and the competitor's attitude and enthusiasm.

For stances - the judge should look for:

- a strong base with correct length and width
- correct weight distribution
- a level center of gravity while moving
- good balance

For kicks - the judge should look for:

- the correct chamber positions
- long, strong kicks with good extension and focus
- a complete re-chamber motion
- good power and foot speed (height of kick is not a major consideration)
- using the proper part of the foot/weapon when striking

For hand techniques, the judge should look for:

- the correct starting position
- a long, strong technique
- good reaction force (where applicable)
- the speed, timing and power of the technique
- the correct ending positions

Judges will make deductions for kicks, stances, or hand techniques left out, incorrect kicks, stances, blocks or strikes. All Moo Do Judges will judge all poomsae using the Moo Do poomsae standards. When seated, the center Judge will be in the middle seat, with corner Judges on either side.

Team Poomsae / Pair Poomsae

Team / Pair Poomsae Judging Guidelines

- Judges will judge the overall poomsae from all competitors, as well as the group synchronization, with a strong emphasis placed on synchronization.
- Teams and pairs may perform any Black Belt poomsae up to the highest rank on the team (e.g. If the team consisted of two 2nd degrees and one 1st degree, the team could perform Koryo or Kumgang)
- Competitors can compete in division above/or below if within 12 months of their age. Competitors can compete on two teams so long as it's in two separate divisions if their age fits the 12-month rule.

Team Poomsae Composition

- Consists of 3 people, same or mixed gender
- Competitors must keep the same team throughout the competition year
- One substitution is allowed in the event a team member is no longer active. The substitution shall be permanent until the end of the tournament season
- Age brackets will be
 - 12 & under
 - 13-17
 - 18 and older

Pair Poomsae Composition

- Consists of 2 people, same or mixed gender
- Competitors must keep the same team throughout the competition year
- One substitution is allowed in the event a team member is no longer active. The substitution shall be permanent until the end of the tournament season
- Age brackets will be
 - 12 & under
 - 13-17
 - 18 and older

Family Poomsae

- Consists of minimum of 2 people, same or mixed gender, from the same family
- Families may choose one poomsae between the highest ranking competitor and lowest ranking competitor
- Divisions are divided into color belt and black belt divisions
- Families with both color belts and black belts should compete in black belt division.

Creative Poomsae

- All forms will be one minute or less
- Competitors may use supporting music
- Competitors may use props, such as weapons
- Individual competitors only; however, tournament manager may add pairs and teams at their discretion. Pairs and teams to include mixed age, rank, and gender.
- Age brackets will be
 - 12 & under
 - 13-17
 - 18 and older

Poomsae Competition Procedures

The following procedures are indicative of how each ring is to be run at every Moo Do tournament:

- Prior to the initial bow-in and introductions, the Center Judge will have the division packet. The center judge should re-count the number of competitors and the number of registration cards to ensure these numbers match.
- The Center Judge should verbally “fire-up” the competitors but should not physically “warm- up” the competitors in any manner.
- To officially start the division, the competitors will line up and bow into the assigned Judges.
- The Center Judge will introduce themselves, and the other Judges to the competitors.

When their name is called, the competitors will answer, “Yes, Sir/Ma’am”, run to the position of the ring that the Center Judge directs (left or right), stand at attention, and wait for the Judges’ directions. The Center Judge will call up two competitors at a time for each round with an exception to Tigers and Modified divisions, which will go one at a time. The competitors will follow the Judges’ instructions, and when given the command to begin, will demonstrate their poomsae on their own count. Competitors are not required to state or say the name of the poomsae they are competing with.

They will hold the position of the last movement until given the command to return and will not leave the ring until dismissed.

After the two competitors in each bracket have completed their poomsae, the Center Judge will ask the two competitors in the bracket to come to attention and stand next to one another. The Center Judge will then ask the other Judges to get ready to score. At this time, all Judges will bow their head, and cover their face with their hands. The Center Judge will then say “Judges,

score”, at which time all three Judges point to the competitor they feel won the bracket.

It is very important that the competitors be left with a positive impression and experience. Therefore, each judge should congratulate him or her after the awarding of the trophies.

Black Belt divisions will always run off for third and fourth place, at all tournaments. While there may be two third place trophies awarded, third place receives additional points, and fourth place receives participation points, so it is imperative that there always be a runoff.

Poomsae Scores

Scoring of each poomsae division (black belts and color belts), will be performed using a bracket system. Poomsae competitors will be placed in a bracket (similar to the one used for sparring), and will run off against each other. Judges will point to the competitor/pair/team/family they feel is the winner of each round; no scores are given.

Incomplete Poomsae Definition

An incomplete poomsae is defined as a competitor leaving out at least an entire segment or stopping any time during the poomsae and not finishing. At times, some competitors may leave out a technique or two, turn the wrong direction, or may do an incorrect technique. This would NOT be classified as an incomplete poomsae. Because the emphasis of the organization’s teaching is on quality of technique rather than solely memorization, an incomplete poomsae will result in the other competitor progressing to the next bracket. If both competitors display an incorrect poomsae, the Judges will determine who had the best form out of the two incomplete forms and advance that competitor.

Required Poomsae

Color Belts:

Rank	Poomsae
White Belts	School Form or Lines
Orange - Yellow Belts	Taegeuk 1 or 2
Green Belts	Taegeuk 3 or 4
Purple - Blue Belts	Taegeuk 5 or 6
Brown - Black Belt Candidates	Taegeuk 7 or 8

Black Belts:

All black belts may compete with any black belt poomase between Taeguk 8 - Pal Jang and their current rank. There shall be no penalty in black belt divisions for competitors who

perform any black belt below their current rank to Taeguk 8.

Additional Rulings

All color belts are allowed two chances to complete their poomsae. If one of the competitors does not complete the form in the first round, there is no penalty for color belts to restart their form. If they are not able to complete their poomsae during the second attempt, the other competitor will advance in the bracket. If the forms are equal in their execution and one competitor had to restart, the win will be awarded to the competitor that did not restart their form.

Black Belts are allowed one chance to complete their poomsae. If a black belt does not complete their poomsae, the other competitor will advance in the bracket.

There are no boundary restrictions during poomsae competition. Competitors will not be penalized for stepping beyond the ring boundaries, nor will they be penalized for adjusting their position to avoid obstacles, people, or the ring boundaries. Competitors may not realize that they will not be penalized for stepping beyond the ring boundaries and may adjust to prevent this. It is also possible that equipment bags, spectators, etc., may be in their way and they should be permitted to adjust to avoid these obstacles.

Sparring (Kyorugi) Rules

Individual Sparring

- Sparring round will last no more than 2 minutes.
- Time runs continuously unless the Center Judge indicates that time should be stopped.
- If one competitor reaches 12 points before the end of the two minutes in an individual point sparring match, or is ahead by 7 points, the match will be stopped and the winner declared.
- Ties will be determined by "Sudden Victory" - the first competitor to score a point will win.
- There is no time limit on "Sudden Victory."
- Points and warnings do not carry over into "Sudden Victory."
- "Sudden Victory" matches may be decided by penalty points.

Tag Team Point Sparring

- Sparring round will last 3 minutes.
- Time runs continuously unless the Center Judge indicates that time should be stopped.
- Tag team points are added up for the entire 3 minute-match. The team with the most points at the end of the match are the winners.
- Ties will be determined by "Sudden Victory" - the first competitor to score a point will win.
- There is no time limit on "Sudden Victory."
- Points and warnings do not carry over into "Sudden Victory."

- Overtime matches may be decided by penalty points.

Continuous Sparring

- There are 2 rounds, 1:30 minutes each with a 30-second break in between.
- Same point system as point sparring (1 point for a kick or punch to the body, 2 points for a spin kick to the body, 3 points for a headshot).
- Continuous scoring with Judges using a red and blue clicker to record points throughout each round.
- No “Break” calls for points.
- Coaches are allowed and competitors can meet with a coach during the 30-second break.
- Winner of both rounds yields the winner, in case of tie (red wins round 1, blue wins round 2) there will be a 3rd round.
- Scoring for each round is the middle score of the 3 judges:
 - Red scores 4, 5, and 7 = score is 5
 - Blue scores 6, 11, and 7 = score is 7
 - Blue wins the round

Scoring Points and Rules

Scoring points will be done by performing hand or foot techniques to the legal target areas, with varying criteria depending on the rank and division of the competitors.

Scoring points for Color Belts & Black Belts: Competitors must make light to moderate contact on the chest protector of their opponent in order to score. If light, controlled contact is made with kicking techniques to the head, competitors can be awarded points. Color belts are NOT allowed to make contact to the face. Black Belts are allowed to make light-controlled face contact with allowed technique.

Techniques

The following techniques will score points:

- Hand and foot techniques to the legal torso area will score 1 point. Legal hand techniques include only punches and back fists. Spinning hand techniques are considered “blind” techniques. It is not considered a “blind” technique if the attacker pivots or spins and is able to look at his opponent and snap the hand technique back. The attacker would be awarded the appropriate point.
- Hand or foot techniques to the torso will receive 1 point.
- Turning kicks to the torso will receive 2 points.
- All kicks to the head will receive 3 points.

*Shin contact to the headgear does not constitute a point.

Kicking techniques must make contact to the torso (see above), and touch contact to the head, excluding the throat.

To the torso: Any good clean technique with execution and retraction. This area is restricted to

the front of the body starting at the hip line and going up to the base of the throat, and from one end of the hogul (chest protector) to the other side of the hogul. A 3-inch width of the spine is NOT a legal striking area (even if the hogul wraps around the entire body). Striking techniques going towards, or making contact with, areas outside of this definition will be considered illegal.

Face and Head Contact

For All divisions: There are absolutely no hand techniques to the head. If light-controlled contact is made with kicking techniques to the head, competitors can be awarded points. Color belts are NOT allowed to make contact to the face (Only to the helmet). There must be touch contact for a point to be called. Black Belts must make light contact to the head and the face area is considered a legal target in the black belt division (face contact).

If blood is drawn the clock must be stopped and the judges need to discuss if there was excessive contact. This does not constitute an automatic penalty. The judges should determine if excessive contact was used and make the appropriate call.

Illegal Target Areas and Techniques

Illegal target areas include any part of the body not described in the above definitions. The type of technique, striking or kicking, will determine which definition to use.

Illegal target areas include:

- All areas below the belt. This includes side, front or back areas and applies to kicks or strikes.
- The back of the torso; a 3-inch width of the spine.
- The throat.
- The head (illegal for hands only)
- Face (Illegal for Color Belts only)
- Blind hand and/or foot techniques are illegal techniques. A hand technique is considered “blind” if the attacker is not looking at the target at the time the technique is thrown. A spinning back fist (While not looking before executing) would be an example of a “blind” hand technique. A “blind” back kick would be an example of an illegal foot technique. It is not considered a “blind” technique if the attacker pivots or spins and is able to look at his opponent and snap the hand technique back.

While striking the arms and/or shoulders will not score a point, they are not illegal targets.

Point Sparring Equipment

Each competitor must use the following equipment:

- Head gear
- Hand Gloves (Foam Dipped White)
- Foot Boots (Foam Dipped White)
- Forearm and Shin Guards (optional)

- Chest Protector (With a Red/Blue reversible side)
- Mouthpiece
- Groin Protector (Males Mandatory, Females Optional)

All chest protectors must have the sides of the chest protector even with the competitor's belt. This will allow for proper and safe scoring during the competition.

ALL GEAR MUST BE IN GOOD CONDITION. NO TAPE ALLOWED. NO CRACKS IN THE GEAR ALLOWED.

Same School Rule

When the Center Judge is starting the Individual Point Sparring competition, they will double-check to make sure competitors from the same school are not competing against each other in the first round of competition, if it can be avoided. If a competitor receives a bye in the first round, they can face an opponent from the same school the first time they actually spar.

Bye System

The Moo Do bye system is to be set up before any Point Sparring begins. The Moo Do bye system is based on the concept that each division must achieve a point at which exactly four competitors are left to spar for fourth place, third place, second place, and first place. Simply having an even number of competitors will not ensure that a division will reach this point. A bye would be considered an "automatic win." The competitor who receives a bye would not have to compete in the first round of the competition and would automatically move into the next round. Note: Divisions with 4, 8 or 16 competitors have NO BYES.

In order to calculate the appropriate number of byes:

- Verify with each competitor that they are indeed sparring.
- Count the number of sparring competitors.
- Refer to the back of the sparring score sheet to determine the number of byes necessary.
- Byes after the first one will be chosen at random prior to making the bracket sheet.

Number of Competitors	Number of Byes
2	0
3	1
4	0
5	3
6	2
7	1

8	0
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Point Sparring Script

(The following script is an example on how to begin a Moo Do tournament division for sparring competition. This script does not have to be strictly followed, however, a version of this or something like it must be used to start each division.)

Raise both clenched fists with the thumb on the middle finger and the forefinger extended to the height of the ear. Extend down the arms in turn, pointing the “Chung” (blue) competitor’s mark with right forefinger and giving verbal command “Chung,” then “Hong” (red) competitor’s mark with left forefinger and giving verbal command “Hong.”

“Charyut kyunyet” and with “Chunbi”, step forward with your left foot, extend right hand in front like a Knife hand strike. “Shijak”, left foot steps back to right foot into Walking Stance. When a point or warning is seen call “BREAK!” (Not “Point”).

At the end of the match: “Chung” (point with your right hand down and to the right), “Hong” (point your left hand down and to the left). “Charyut, kyunget” (Motioning with both hands to bow). Have competitors remove headgear and place it under the left arm. Announce the winner.

Judges: Sparring Procedures

Signals Used for Point Calling

Corner and Center Judges use signals to indicate calls in a ring. The Center Judge will point to the proper competitor rather than raising a flag. A corner judge will use the flags as an indicator.

The calls are:

- Point - raise the correct flag color (as well as pointing the flag toward the competitor who scored) and number of fingers corresponding to the number of points scored. This means the judge saw a technique touch a legal target area.
- No Point - cross both forearms downward. This means the judge saw a technique, but did not feel that it qualified as a point due to reasons such as, but not limited to:
 - The technique was not clean enough for the ranks of the competitors.
 - The technique was blocked by the other competitor.
 - The technique was not a proper technique (weak or poorly thrown).
 - The technique was thrown when the competitor was out-of-bounds.
- No See – the back of both hands cross to cover the eyes. This means the judge either did not see a technique thrown or was not in a position to judge whether the technique touched a legal target area.

- Warning - wave the correct flag color down low in the direction of the competitor receiving the warning. This means the judge saw the competitor do something that was illegal. This includes, but is not limited to:
 - The technique was going in the direction of an illegal target area (this would include fakes or feints).
 - The technique came close to or touched an illegal target area.
 - The technique used was illegal.
 - The competitor didn't exercise sufficient control of the technique.
 - The competitor was running out of the ring to avoid being scored upon.
 - The competitor was purposely falling to avoid being scored upon.
 - The competitor's attitude/conduct was not of Moo Do standards.
 - The competitor is delaying the match (slow return to mark, slow getting up, etc.).
 - The competitor is receiving coaching from anyone.

Making a Call – Point

Any call for a point or an infraction must be visually seen. If a judge cannot visually see a point score or any type of infraction, they must call a "no see". Hearing a strike or assuming a strike was made, is not allowed.

- One or more of the three judges should clearly call out "BREAK!" to stop the action.
- On direction of the Center Judge, each judge will indicate one of the four calls; "point", "no point", "no see" or "warning".
- The Center Judge and the corner judges are required to show their call at the same time.
- When indicating a point for either color, the corner judge should raise AND point the appropriate flag and number of points awarded in the direction of the competitor they are calling for.
- Points or penalties will be awarded according to the majority of judges who saw the technique. If a warning is called, it must be verified. See the next section on Warnings.

Confirming a Point

A majority call for a point will determine if a point is valid, except when two judges call "no see".

*If two judges call different points for the same competitor ("Red-1" and "Red-2") and the third judge calls "no see" or "no point", the lowest point would be awarded.

*If there is a no see, no see and a point call 2 judges have removed themselves from the call and one judges call can stand on their own, so a point would be awarded.

A match will end when:

- A competitor reaches 12 points first.
- A competitor is up by 7 points.
- A competitor is disqualified.
- A competitor forfeits.
- Time runs out.

Warning and Penalty Procedures

The following procedures and guidelines are used in the calling of a warning:

- If a Judge sees an illegal technique or illegal action, that judge will call “BREAK” to stop the action.
- The center judge will say “Judges...Call”. At this time the Judge that called “break” will then point the appropriate flag color (red or blue) of the offender towards the ground in the direction of the competitor.
- The Center Judge will look at the Timekeeper and say “Stop Time!”
- The Center Judge will say “Judges meet!” If a warning is confirmed by two or more judges, the appropriate penalty will be issued to the offender and point awarded to their opponent.

Awarding Points & Penalties at the Same Time

- A competitor cannot be issued a warning and be awarded a point at the “break”.
- Judges will call for points after penalties are decided and awarded if applicable.

Center judges should make sure that non-contact and contact infractions are scored separately, not together. These are two different infractions and are not to be combined.

Non-Contact Warnings and Penalties

1st infraction is a verbal warning

2nd infraction is one point awarded to the opponent

3rd infraction will result in a forfeit

Non-contact penalties include, but are not limited to the following:

- Running out of bounds to avoid the fight
- Falling down to avoid attack.
- Delaying a match (getting up slow, returning slowly when break is called, etc.).
- Grabbing an opponent
- Striking or kicking (no contact) to an illegal target area
- Coaching
- Unsportsmanlike conduct

If a competitor is disqualified for unacceptable attitude or conduct after places are awarded, that competitor will forfeit their place. Other competitors will **not** move up in place if this occurs.

*It is possible for a competitor to be disqualified for unacceptable conduct due to their parent or fan in attendance demonstrating unacceptable conduct.

Contact Warnings and Penalties

1st infraction for contact to an illegal target area or excessive contact will result in a point awarded to their opponent.

2nd infraction for contact to an illegal target area or excessive contact will result in a forfeit.

- Contact penalty rules are for the safety of competitors in their different divisions. The safety equipment is only effective in stopping cuts and bruises from accidental contact made with controlled technique; it will not protect against full-power attacks. Contact to certain areas that are defined as illegal but may not warrant a warning would include, but are not limited to:
 - Punches that hit the shoulder.
 - Kicks that make contact to the other competitor's leg while that leg is in a kicking motion and would be considered above the hip line.
- Unacceptable conduct (for example; if the judges observe the contact or intended contact was intentional), can result in disqualification at the discretion of the Center Judge.
- If blood is drawn the clock must be stopped and the judges need to discuss if there was excessive contact. This does **not** constitute an automatic penalty.
- Excessive contact: If the Judges rule that the contact is too excessive or the conduct is unacceptable, the competitor may be a forfeit on the first infraction if approved by the appropriate tournament official.
 - Remember that the purpose of this rule is to protect the competitors physically and mentally, even if it may seem harsh to disqualify a competitor.

No-Fault Rule

If a competitor throws a technique that is intended for a legal target area, but due to actions outside of their control, strikes (or comes close to) the opponent in an illegal target area, the competitor will not be penalized.

Example 1: A competitor throws a reverse punch towards his opponent's chest. The opponent ducks down and is hit in the face, or blocks the punch up into their face. This would result in a no-fault call except in the case of excessive contact.

Example 2: A competitor throws a sidekick towards his opponent's ribs. The opponent does a spinning hook kick at the same time and is kicked in the back. This would result in a no-fault call except in the case of excessive contact.

An important factor in determining if the no-fault rule should be exercised is if the competitor recognized what was about to happen and tried to further control the technique. This is not always possible, but would support the concept that the competitor is concerned about the safety of their opponent. It is also important to remember that this is a judgment call by the judges in the ring. Those judges will use their experience and the attitudes of the competitors as guidelines when using the no-fault rule.

Out of Bounds

Only the competitor scoring a point, needs to be in bounds for the point to be scored, even if their opponent is out of bounds.

A competitor is considered completely out of bounds when any part of the foot (or more) is touching the floor beyond the ring boundary. Judges should tap the floor if they see a competitor is out of bounds to help them realize their ring position.

Out of bounds penalties depend on whether the competitor was forced out of the ring or ran out to avoid an attack. If it becomes apparent that a competitor is running out of the ring to avoid attack, or is not making adjustments to avoid being forced out of bounds, they should be given a non-contact warning.

Competitor's Attitude

One of the most important tenets of Moo Do Taekwondo is the concept of DISCIPLINE. While it is important to show the discipline of being a good loser, it is equally important to exhibit the discipline of being a good winner. Moo Do Taekwondo students are known for their discipline, courtesy and respect.

Any kind of exhibition of disgust, frustration or dissatisfaction with the outcome of competition will not be tolerated. This includes leaving the ring or ring area before awards are given and the ring being formally dismissed.

Neither will over-exuberance with winning be allowed. Poor sportsmanship of any kind may result in warning, penalty points, forfeit, disqualification, reverse decisions, loss of all or part of one's accumulated top four points or being barred from future tournaments.

Reverse decisions can only be executed by the Tournament Chief. Being banned from future tournaments can be recommended by the Regional Chief of Tournaments or Tournament Arbitrators to the National Vice President of Tournaments.

Forfeits / Disqualifications

If a competitor is caused to forfeit a match, due to penalties, they would still move on to any subsequent matches. For example; when the division has come down to the last four competitors, a competitor may be caused to forfeit, however, they would still be able to continue and compete for 3rd place. Example:

Next to the last round:

- #1 and #2 compete; #1 wins, #2 loses
- #3 and #4 compete; #4 is caused to forfeit (any infraction, except attitude or conduct), 3 wins

Last Round:

- #1 and #3 compete for 1st and 2nd place.
- #2 and #4 compete for 3rd place.

However, if a competitor is disqualified due to an unacceptable attitude or unacceptable conduct, they are done with competition for the day. This situation would require notifying their instructor and further disciplinary action may be considered. Any disqualification should be noted on the score sheet for further use. Ultimately any disqualification should be discussed by all ring judges and must be approved by the appropriate tournament official.

Note: No matter what type of disqualification a Black Belt competitor receives, they will still receive participation points

Injuries

Every effort has been made to ensure that competing in an Moo Do Taekwondo tournament is as safe as possible. However, injuries do occur.

The following guidelines will be applied to all injuries during competition:

- If a competitor is injured the judge will have them lie down (or remain where they have fallen) and remain still and WILL NOT remove the headgear.
- The medical team on site will be called to the ring.
- If there was no blow to the head or face, the competitor may be asked to remove their mouthpiece.
- Until the medic arrives at the ring, every effort will be made to help the competitor stay calm, making sure they do not move around. The injured competitor will only be allowed to continue when the following criteria are met:
 - It is the opinion of the medical team they will not be further injured by continuing
 - If the competitor is under 18 years old, they MUST receive permission from their parents (if present), instructor (if present), and/or medical staff
 - If the parents and instructor are not present, the medical staff's decision will stand
- If a competitor has to stop due to injury at their own fault, the opponent will win the match

Olympic Sparring

Safety Rules

Olympic sparring will follow the Moo Do Safety rules for all age divisions. Modifications may be made according to each competition:

- Divisions include: 10-11 years, 12-14 years, 15-17 years, 18-30 years, and 31 & above

BLACK BELT ONLY (subject to change)

- One lightweight and one heavyweight division for each age group. (subject to change)
- Matches will consist of two 90-second rounds with 30-second break
- Olympic Sparring will be a National Championships Competition
- Center Judge can stop any match if they observe that the players are unevenly matched, or if there is a concern for safety

Moo Do Olympic Sparring Equipment

Each competitor must use the following equipment:

- Head gear
- Hand Gloves (WT approved or Foam Dipped White)
- Foot Boots (WT approved instep guard or Foam Dipped White)
- Forearm Guards (WT approved REQUIRED)
- Shin Guards (WT approved REQUIRED)
- Chest Protector (With a Red/Blue reversible side)
- Mouth Piece
- Groin Protector (Males Mandatory, Females Optional)

All chest protectors must have the sides of the chest protector even with the competitor's belt. This will allow for proper and safe scoring during the competition.

ALL GEAR MUST BE IN GOOD CONDITION. NO TAPE ALLOWED. NO CRACKS IN THE GEAR ALLOWED.

Criteria for Valid Points

- Point(s) shall be awarded when a permitted technique is delivered to the scoring areas of the trunk with a proper level of impact.
- Point(s) shall be awarded when a permitted technique is delivered to the scoring areas of the head (light contact OR an unblocked kick to the head within 6 inches).

Scoring Points

- 1 point for kicks to the hogu or a well-executed punch
- 2 points for turning kicks to the hogu
- 3 points for all kicks to the head

(Subject to change depending on scoring system)

Guidelines for Officiating

Inability to continue

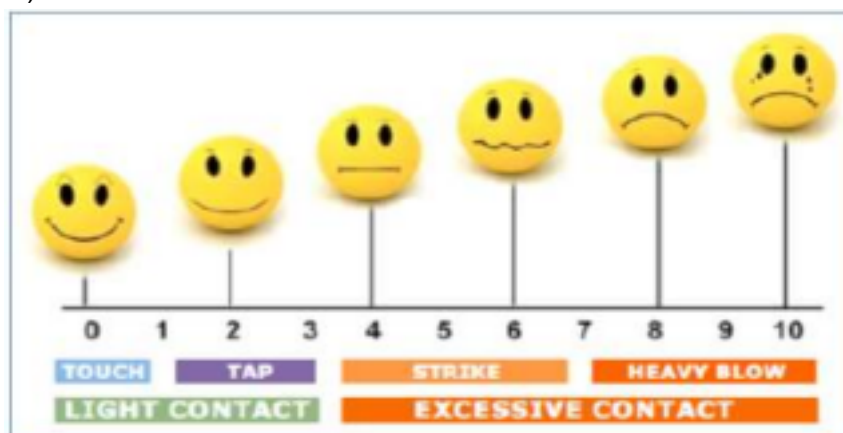
Inability to continue because of fright, crying or loss of will following a kick to the head does not constitute grounds for disqualification of the attacker.

Force of Contact

Careless or excessively forceful attacks to the head: If the referee sees that a player is directing excessively forceful techniques to the head area, even if the foot does not make contact, the referee may give a verbal warning. Multiple instances of the same offense may result in “Gam-jeom” (deduction) penalty, or even disqualification if the player continues to ignore the referee’s warning to observe light contact rules.

What is meant by “light contact”?

“Light contact” is defined as anything from a touch to a tap—“0.1” to “3” on a scale of 1 to 10 (see chart below).



Prohibited Acts

Penalties shall be declared by the referee for any prohibited acts.

Prohibited acts shall be penalized with “Gam-jeom” (deduction penalty). A “Gam-jeom” penalty shall be counted as one (1) additional point for the opposing competitor. A competitor will forfeit the match if they receive 10 “Gam-jeoms”.

The following acts shall be classified as prohibited acts, and “Gam-jeom” shall be declared.

- Crossing the Boundary Line
- Falling down
- Avoiding or delaying the match
- Grabbing, holding or pushing the opponent down or out of bounds (pushing from the clinch to create distance is allowed)
- Lifting the leg to block or/and kicking the opponent's leg to impede the opponent's kicking attack, or lifting a leg or kicking in the air for more than 3 seconds to impede the opponent's potential attacking movements, or aiming a kick below the waist
- 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
- Attacking trunk with the side or bottom of the foot having the knee pointed out in clinch position
- Any of the following misconducts of competitor or coach
 - Not complying with the referee's command or decision
 - Inappropriate protesting of officials' decisions
 - Inappropriate attempts to disturb or influence the outcome of the match
 - Provoking or insulting the opposing competitor or coach
 - Unaccredited doctor/physicians or other team officials found to be seated in the doctor's position
 - Any other severe misconduct or unsportsmanlike conduct on the part of a competitor or coach

When a coach or competitor commits excessive misconduct or refuses to follow the referee's command, the referee may declare a win by disqualification.

Disqualification

A competitor, coach, or parent will receive 1 warning for the following misconduct. The 2nd offense of this misconduct by a competitor, coach, or parent will result in immediate disqualification. Disqualification means you can no longer compete in Olympic sparring for that event.

- Execution of an out of control technique
- Excessive contact
- Excessive display of disrespect
- Excessive aggression toward opponent or referee
- Any hint of malicious intent

There will be no appeal to a center referee's decision of disqualifying a competitor. Any arguing with a judge by a competitor, coach, or parent after a disqualification will be grounds for removal from the facility and an un-appealable 3 event suspension. A second infraction of such nature will result in 1 year suspension with a third resulting in expulsion from all future events.

Knock Down

A Knock Down is when a competitor is knocked to the floor or is staggered and unable to respond adequately to the requirements of the match due to a legal scoring technique. Even in the absence of these indications, the referee may interpret a knock down, if as the result of the contact, it would be dangerous to continue, or if there is any question regarding the competitor's safety.

A Knock Down shall be declared when a legitimate attack is delivered, and:

- When any part of the body other than the sole of the foot touches the floor due to the force of the opponent's scoring technique
- When a competitor is staggered and shows no intention or ability to continue as a result of the opponent's scoring technique
- When the referee judges that, in the interest of safety, the contest cannot continue as the result of a competitor being struck by a scoring technique

The referee will begin an 8-count for any legal kick to the trunk area that results in a knock-down condition, which does not call for medical evaluation.

The referee SHALL NOT give an 8-count for any kick, even a legal one, to the head area. If a kick to the head is powerful enough to warrant an 8-count, it is excessive, and the appropriate penalty procedure shall be applied.

In the event of a Knock Down, the referee shall take the following measures:

- The referee shall keep the attacker away from downed competitor by declaration of "Kalyeo" (break). The recorder shall stop the match clock following the referee's "Kal yeo" (break) command.
- The referee shall first check the status of the downed competitor and count aloud from "Hanah" (one) up to "Yeol" (ten) at one-second intervals towards the downed competitor, making hand signals indicating the passage of time.
- In case the downed competitor stands up during the referee's count and expresses they will continue the fight, the referee shall continue the count up to "Yeo-dul" (eight) for recovery of the competitor. The referee shall then determine if the competitor is recovered and, if so, continue the contest by declaration of "Kye-sok" (continue).
- When a competitor who has been knocked down cannot demonstrate the will to resume the contest by the count of "Yeo-dul" (eight), the referee shall announce the other competitor winner by RSC (Referee Stops Contest).
- The count shall be continued even after the end of the round or the expiration of the match time.
- In case both competitors are knocked down, the referee shall continue counting as long as one of the competitors has not sufficiently recovered.
- In case both competitors are knocked down and both competitors fail to recover by the count of "Yeol," the winner shall be decided by the match score before the occurrence of the knock down.
- When it is judged by the referee that a competitor is unable to continue, the referee may

decide the winner either without counting or during the counting.

Suspending the Match

When a contest is to be stopped due to the injury of one or both competitors, the referee shall take the measures prescribed below. However, in a situation which warrants suspending the contest for reasons other than an injury, the referee shall declare “Kal-yeo” (break) and resume the contest by declaring “Kye-sok” (continue).

- The referee shall suspend the contest by declaration of “Kal-yeo,” and the recorder will suspend the time. The referee will then declare, “Kye-shi” (injury time-out).
- The referee shall allow the competitor one minute to receive first aid by the tournament medical staff; the referee may allow the team doctor to provide first aid if Moo Do medical staff is not immediately available or if it is deemed necessary.
 - The tournament medical staff may request more time (up to two minutes) if necessary.
 - If there is no Moo Do medical staff or team doctor available, any medical personnel near the competition mat can be requested to provide the athlete with first aid.
- If an injured competitor cannot return to the match after one minute, the referee shall declare the other competitor the winner.
- In case resumption of the contest is impossible after one minute, the competitor causing the injury by a prohibited act to be penalized by “Gam-jeom” shall be declared the loser.
- In case both the competitors are knocked down and are unable to continue the contest after one minute, the winner shall be decided upon points scored before the injuries occurred.
- If the referee determines a competitor’s pain is caused only by a bruise, the referee shall declare “Kal-yeo” and give a command to resume the match with the call, “Stand up.” If the competitor refuses to continue the match after the referee gives the command “Stand up” three times, the referee shall declare the match Referee Stops Contest.
- If the referee determines a competitor has received an injury such as broken bone(s), dislocation, sprained ankle or bleeding, the referee shall allow the competitor to receive a first aid treatment for one minute after “Kye-shi.” The referee may allow the competitor to receive first aid treatment even after giving the command, “Stand-up” if the competitor is determined to be injured in one of the categories above.
- Stopping the match due to injury: If the referee determines a competitor has received an injury such as broken bone(s), dislocation, sprained ankle or bleeding, the referee shall consult with the tournament medical personnel. If a competitor is re-injured in the same manner, the Medical Personnel assigned by the Tournament Staff may advise the referee to stop the match and declare the injured competitor the loser.

Point Spread

A 12-point Gap and 20-point ceiling will be used for Moo Do Olympic Divisions. If the 12 point gap has been met by completion of the 1st round or anytime during the 2nd round, the match is stopped, and the competitor with the most points is declared the winner. At any time during the match the 20 point ceiling is met, the match is over and a winner is declared.

Olympic Divisions (Division age range subject to change per tournament manager's discretion)

Division	Male Weight	Female Weight
10-11 – Light	85 lbs & Under	80 lbs & Under
10-11 – Heavy	86 lbs & Over	81 lbs & Over
12-14 – Light	100 lbs & Under	94 lbs & Under
12-14 – Heavy	101 lbs & Over	95 lbs & Over
15-17 – Light	130 lbs & Under	115 lbs & Under
15-17 – Heavy	131 lbs & Over	116 lbs & Over
18-30 – Light	150 lbs & Under	125 lbs & Under
18-30 – Heavy	151 lbs & Over	126 lbs & Over
31 & Up - Light	175 lbs & Under	143 lbs & Under
31 & Up – Heavy	176 lbs & Over	144 lbs & Over

Weigh-Ins

All Olympic Sparring competitors must weigh in on tournament day to be eligible to compete. Weigh in time to be determined.

Weigh In, for both males and females, shall be done in an official V-neck dobok only. However, if a competitor wishes, weigh-in may be done in shorts and a t-shirt (spandex and tank top are allowed).

Weapons

Safety

Sharp-bladed weapons are not allowed. All weapons are to be for competition or demonstration purposes only. Prior to the competition, it is the responsibility of the Center Judge to inspect and approve all weapons intended for competition.

In the interest of safety and spacing, weapons competitors will NOT perform their forms simultaneously.

Weapons Procedure

- The Center Judge will introduce the judges to the competitors and explain what each judge is scoring. They do this to ensure that everyone understands the rules and procedures.
- When a competitor's name is called, the competitors will answer, "Yes, Sir/Ma'am," run to the center of the ring, and stand in the proper attention stance for that weapon to wait for the judges' directions.
- They will follow the judges' instruction and when given the command to begin, will demonstrate their poomsae at their own count.
- The competitor has a time limit of 1 minute and 30 seconds to complete their form.
- They will hold the position of the last movement until given the command to return and will not leave the ring until dismissed.
- If a weapon should break in any type of weapon competition, the competitor will be given a maximum of 1 minute and 30 seconds to replace the weapon from their own gear or borrow one from another competitor. Once the student has replaced the weapon, they will restart their poomsae from the beginning.

Competition and Scoring

- All three judges will score the entire performance.
- Dropping a weapon is considered a major deduction when evaluating a competitor's performance.
- If a weapon breaks during a competitor's performance: If the break is at no fault of the competitor, there should be no penalty (at the Judges discretion). If the break is at the fault of the competitor (e.g. Hitting the weapon on the ground) there should be a full point deduction.
- If the weapon cannot be replaced for any reason, the competitor's performance evaluation should be significantly reduced.
- Black Belts: restart will result in the opponent winning the round. (No penalty for color belts).
- Judges Criteria: Control of weapon, Overall performance, Completion

Board Breaking

All boards must be Moo Do boards, purchased at the event.

Creative Breaking

Creative breaking consists of multiple breaking techniques chosen by the competitor.

Creative board-breaking competition will require three judges.

General Rules

- Competitors may use unlimited boards with judges' discretion for safety.
- Competitors must not exceed 2 stations
- Competitors have 30 seconds to complete their breaks after setup
- Board holders/assistants are limited to 9 per competitor
- Competitors may choose any type of board breaks (except head break)
- Head breaks are not allowed
- Competitors should come prepared with their own board holders for competition.
- Competitors must request permission for their breaks so the center judge may approve them to start.

Judging Criteria

- Attempts
 - Number of total broken boards
 - Balance of execution during breaking and landing after breaking boards
- Program Arrangement
 - Skill: Level of difficulty when performing breaks, including height and turning angle
 - Creativeness: Composition and creative techniques, as well as the balance of techniques used (i.e. not using similar techniques)
 - Expressivity: Accurate and reliable technical expression and flow of the techniques while moving between breaks

Penalties (Warnings, Deductions, and Disqualification)

Judges may give penalties for the following actions after a warning, or when the actions below are conducted deliberately:

- Verbal attacks or movements, which disturb the other competitor's breaking.
- Interfering with the judges or the staff's ability to proceed during the contest.
- Falling down during breaking
- Damaging the breaking boards prior to hitting the boards by either the competitor or the board holder.
- Exceeding the time to break the boards.
- Exceeding the total number of board holders/assistants
- Only boards purchased at the tournament venue will be allowed.

Decision and Declaration of Winner

- Winners will be determined by the judges' consensus based on execution and difficulty of the technique, the amount and size of the boards, and the number of attempts the competitor required to break the boards.

Power Side/Back Kick Breaking

The side/back kick breaking technique means that the competitor breaks the boards, using the foot blade or heel of their foot. The height of the breaking holder may be adjusted within the available height of the holder.

General Rules

- Competitors must declare to the judge the number of breaking boards prior to starting the competition
- The competitor's foot cannot be covered by bandages or any other materials.
- Competitors have 15 seconds to complete their break, after boards have been set up, height has been adjusted, and the "Si-Jak" command is given.
- Competitors have one chance to break their boards.
- Breaks must be done with the sole of the foot, the outer part or "blade" of the foot, or the heel of the foot.
- The height of the breaking materials must be higher than the competitor's waist.
- Any style side kick, except for flying side kick, is acceptable.

Penalties (Warnings, Deductions, and Disqualification)

Judges may give penalties for the following actions after a warning, or when the actions below are conducted deliberately:

- Verbal attacks or movements, which disturb the other competitor's breaking.
- Interfering with the judges or the staff's ability to proceed during the contest.
- Damaging the breaking boards prior to hitting the boards.
- Exceeding the time to break the boards.

Values

- One warning penalty is equal to a 0.5 point deduction.
- Two warning penalties are equal to a 1.0 deduction.
- One deduction penalty is equal to 1.0 point deduction, and it is equal to one breaking board.
- Penalty points shall be deducted from the participant's total score.

Disqualifications

Disqualification may occur in the following situations:

- If any parts of the body above the knees touch the ground after breaking
- Breaking in an unfair manner
- Any competitor who fails to break the boards is disqualified for the final round

Decision and Declaration of Winner

- The winner has the highest number of broken boards.
- In the event the second attempt results in the competitors breaking the same number of boards, the winner shall be the competitor who weighs less.

High Jump Kick Breaking

General Rules

- Competitors have 10 seconds after the "Si-Jak" command, to complete their break, after boards have been set up, and height has been adjusted.

- All competitors will start at a base height determined by the judges
- The height shall be raised each round, with the new height to be determined by the judges.
- The approach (distance from where the competitor starts their run, to the boards), should be no more than 12 feet.

Warnings and Penalties

Judges may give penalties for the following actions after a warning, or when the actions below are conducted deliberately:

- Verbal attacks or movements, which disturb the other competitor's breaking.
- Interfering with the judges or the staff's ability to proceed during the contest.
- Damaging the breaking boards prior to hitting the boards.
- Exceeding the time to break the boards. (a 1.0 deduction shall be applied per 10 seconds)

Disqualifications

Disqualification may occur in the following situations

- The competitor fails to break the board
- If any parts of the body above the knees touch the ground after breaking
- If the competitor breaks the boards with an unapproved technique.
- Entering the contest in the name of others.
- If the competitor fails to break the boards within the given distance
- If the competitor makes contact with any obstacles

Decision and Declaration of Winner

- The winner shall be the competitor who breaks the board at the highest point.
- If the breaking height is the same between the competitors, they shall have a run-off.
- The board will be set to the highest point which the competitors broke at.
- If one of the two competitors fails to break the board, and the other competitor breaks the board, the competitor who succeeded will be declared the winner.
- If the run off does not resolve the tie, the judges will perform a blind point to the winner, based on ease and grace of the competitor's jumping.

Rapid Kick

Both black belt and color belt competitors may compete in rapid kick contests. The objective is for the competitor to kick a hand paddle more times than the other competitors in an allotted time.

- Allotted time will be 15 seconds
- Beginner color belts (white to green) will compete with front kicks, all other colors and black belts will compete with round kicks
- Any person can hold the paddle for the competitor
- Paddle should be held at the competitor's belt level.
- The center judge will control the stopwatch while starting and stopping the match.

- The paddle holder will silently count the number of kicks from the competitor until the center judge calls time
- All kicks must touch the ground and then the paddle, repeat kicks do not count
- The final kick must touch the paddle to count
- The competitor with the highest kick count wins
- In the instance of a tie between two or more competitors, those competitors will kick again.
- In the event of another tie, tie will be settled by rock-paper-scissors.

Power Meter

- 3 attempts given to each competitor
- All 3 attempts are to be ran back to back by same competitor
- Competitor may change technique in between attempts
- Highest score out of the 3 attempts will be competitors score, scores are not averaged
- Highest score wins.

Modified Division

Modified division is afforded to any competitor that wishes to seek a concession for physical, mental, empties or developmental circumstances. This division will allow competitors to compete in any format of their choosing (poomsae, board breaking, weapons etc.) performances can be done individually or with others and assistance and/or coaching is permitted.

Taekwondo/Tiny Tigers

Many schools have some type of Pre-Kindergarten age level program. Many of these programs do not use standard patterns or forms, but practice blocking, striking, and kicking. Special divisions have been created for them. This gives them the opportunity to compete. Competitors will demonstrate the following and are judged as if competing in forms. Students in any of these programs are allowed to do the following for poomsae competition:

- Parents/judges/instructors can coach and help as needed without any repercussions to the competitor.
- The form taught for Tigers program at their school. If a competitor can do a complete Taeguk form they should compete in a standard division.
- Regional Tiger competition can consist of whatever criteria the instructors can agree to with fairness in mind. Example: split the groups with 3 or 6 month of training used for groupings, doing whatever material makes sense.

*For all other events, regular competition rules will apply. (e.g. Board Breaking, Sparring, Weapons)

*Divisions for Taekwondo/Tiny Tigers will be determined by rank, age and size.

Demonstration Team

- Team of 12 or less.
- Max time allowed not to exceed 10 minutes
- Props and weapons are allowed
- Music is welcome
- Judging is based on overall performance
- Judges consensus will determine winner
- Any updates to demo requirements will be issued prior to tournament date

Additional Tournament Events

If a tournament host would like to add an additional event during a Moo Do sanction tournament, they must notify the Regional Chief of Tournaments. The RCT will notify the National Vice-President of Tournaments. Due to the liability involved, any additional event must be approved by the National Vice President of Tournaments.

Tournament Rules

Permission/Eligibility to Compete for All Competitors

In order to compete in any sanctioned Moo Do Taekwondo event, a competitor must comply with all of the following requirements:

- Be in good standing with Moo Do. In good standing means that any member, regardless of rank belt or leadership collar, must have a current membership with the organization
- Be training on a regular and consistent basis in the material that one wishes to compete with, at a Moo Do chartered school or club
- Have their Instructor's permission to attend and compete

Failure to comply with any of the requirements listed above will result in the competitor being denied to compete, or if discovered after the completion of the event, any points or place winnings will be nullified. The eligibility requirement is applicable for ALL competition divisions.

Competition Belt, Rank, and Age

Competitors must wear the appropriate belt and compete in the division for the rank that they currently hold. If the student has been awarded a rank at their school, they should wear that belt even if the instructor has not "officially" sent in the results to headquarters. Color belts may do

two previous forms if they have just tested for a new rank. Black Belt Candidate (Red/Black) will compete in the Black Belt divisions.

Black Belts: Competitors shall compete in the division associated with their age and rank on the day of the tournament. If and when a competitor changes rank and/or age they are to compete in the designated division for their new rank and/or age. Any points the competitor has obtained during the tournament season shall transfer to the new division.

The new tournament season begins immediately after the Fall Grand National Championship Finals are held.

No Coaching Rule

It is the responsibility of the judges to ensure that no one is receiving coaching during a competition (except Olympic, Continuous Sparring, or Tiny Tiger Divisions). There will be no coaching from the sidelines by anyone, including color belts, black belts, instructors, seniors, and family members or friends. This no-coaching rule is in effect from the time the competitors are “bowed into their ring” through the time they are “bowed out of their ring”. Cheering is encouraged.

A competitor may receive a verbal warning during sparring for receiving coaching from anyone during the prescribed time they are in a ring (See [Contact/Non-Contact Penalties](#) section). Two confirmed warnings will result in a penalty point being awarded to the opponent. A third warning will result in a forfeit.

Awards for Competition

Places awarded for competition:

- 1st Place Awarded to the competitor with the highest cumulative point total
- 2nd Place Awarded to the competitor with the next highest cumulative point total
- 3rd Place Awarded to the competitor with the third highest cumulative point total
- Participation point(s) will be awarded for other competitors

If a competitor is the only one in their division, and they are given an exhibition match, they will be awarded with the place they earned. If they are competing for National Champion points, they will be awarded first-place points for their division, regardless of their place in the exhibition match.

Some tournaments may have participation awards for 12 and under.

Certification and Conduct

Tournament Chain of Command

The tournament arbitrator(s) must be appointed by a Regional Chief of Tournaments at regional events. During national tournaments, Arbitrators will be assigned by the National Vice President of Tournaments. An arbitrator will be responsible for supervising assigned rings and for enforcement of tournament rules. They will make on-the-spot corrections and will assist in resolving problems, in a diplomatic and respectful manner. If necessary, they may replace a judge for “cause”. The position of tournament arbitrator is a temporary assignment during that tournament only.

Senior Instructors must keep away from the rings (unless they have been appointed as a tournament arbitrator) and will not interfere with the competition, nor interact with the judges unless it is for safety reasons. If they see a problem, they should contact the appropriate tournament official(s) and notify them of their observation.

The Moo Do Tournament Department chain of command is to be followed at all times for all tournament-related decisions. The chain of command is as follows:

- National Vice President of Tournaments
- Regional Chief of Tournaments
- Tournament Director or Tournament Host
- Tournament Arbitrator
- Ring Manager (If Applicable)

This is mainly for the process of receiving and addressing complaints and issues. However, when it comes to obtaining information or asking questions this chain of command should be followed in those instances as well.

Judging Levels and Certification

The Moo Do takes great pride in the training of Black Belts to be judges at Regional, National and International tournaments. Black Belts are trained over a period of time to be qualified as a Junior, Level 1, 2, or 3 Judge. Judges' chevrons are \$10 each. All replacement chevrons are \$10. Prices subject to change.

Junior Judge

The following rules and guidelines apply to a Junior Judge:

- Must be at least 11 years of age, and a 1st Degree Black Belt or higher
- Must know all Taegeuk color belt poomsae
- May judge Tiny Tigers and any color belt divisions

- Must pass Judge's Exam

To qualify for a Junior Judging certification, the student must receive training in Moo Do tournament rules and procedures and pass a written test with a score of at least 80%.

A Junior Judge will receive a chevron to be put on the right sleeve of the uniform top. The chevron should be centered (horizontally) on the crease in the middle of the top of the sleeve.

Level 1 Judge

The following rules and guidelines apply to a Level 1 Judge:

- Must be at least 13 years of age, and a 1st Degree Black Belt or higher
- Must know all Taegeuk color belt poomsae
- May corner judge color belt divisions only (all ages)
- Must pass Judge's Exam

To qualify for a Level 1 judging certification, the student must receive training in Moo Do tournament rules and procedures and pass a written test with a score of at least 80%.

A Level 1 Judge will receive a chevron to be put on the right sleeve of the uniform top. This chevron should replace the Junior Judge chevron if present. The chevron should be centered (horizontally) on the crease in the middle of the top of the sleeve.

Level 2 Judge

The following rules and guidelines apply to a Level 2 Judge:

- Must be at least 15 years of age, and a 1st Degree Black Belt or higher
- May corner judge or center judge for color belt rings (all ages)
- May corner judge for Black Belt ring up to one rank below their current rank
- Must know all the Taegeuk color belt poomsae and the black belt poomsae up to and including their current rank
- Must be knowledgeable in the weapons competition scoring
- Must have been a Level 1 Judge for at least one year
- Must have judged a minimum of 2 tournaments and 10 divisions as a Level 1 judge

To qualify for a Level 2 Judging certification, the student must receive training in Moo Do tournament rules and procedures, take a certification test and score at least 80%.

This judge will receive a chevron to be placed on the right sleeve of the uniform top. This chevron should be placed 1/4 inch above the Level 1 chevron.

Level 3 Judge

The following rules and guidelines apply to a Level 3 Judge:

- Must be at least 16 years of age and a 3rd Degree Black Belt or higher
- May corner judge or center judge for color belt rings (all ages)
- May corner judge Black Belt rings up to their current rank
- May center judge Black Belt rings up to one rank lower than their current rank
- The judges must know all the Taegeuk color belt poomsae and the black belt poomsae up to and including their current rank
- Must be knowledgeable in the weapons competition scoring
- Must be able to pass a physical exam on how to efficiently run a Moo Do ring
- Must have been a Level 2 judge for at least one year
- Must have judged a minimum of 2 tournaments and 20 divisions as a Level 2 Judge

To qualify for a Level 3 judging certification, the student must receive training in Moo Do tournament rules and procedures, take a certification test and score at least 90%. In addition to passing a written exam, all Level 3 Judges must pass a physical exam on how to efficiently run a Moo Do tournament ring.

This judge will receive a chevron to be placed on the right sleeve of the uniform top. This chevron should be placed 1/4 inch above the Level 2 chevron.

Olympic Referee

The following rules and guidelines apply to an Olympic Referee:

- Must be at least 18 years of age and a 3rd Degree Black Belt or higher
- Must be a Level 3 judge
- Must complete the Moo Do Olympic Referee Seminar and Exam, with a score of at least 90%.
- Olympic Referee Certification can be substituted for those who have successfully passed a sanctioned USAT or WT Kyorugi Referee Seminar.

This judge will receive a chevron to be placed on the right sleeve of the uniform top. This chevron should be placed 1/4 inch above the Level 3 chevron.

Length of Judging Certification

All certifications are valid for ONE year and can be renewed by attending a regional or national clinic and passing the test(s) required for the level they are re-certifying for. This requirement is mandatory for all ranks 1st through 7th Degree Black Belts. Everyone must be physically present or online if offered, to be certified. There are no “write offs”. Attending Black Belt meetings, the morning of a tournament will not be accepted for judging certification. All refresher courses must be conducted by either a Regional Chief of Tournaments or the National Vice President.

No Black Belt or Senior should ask or imply that any Tournament Official should certify or recertify a judge for any level without that person actually attending a seminar and taking the test regardless of rank or experience.

Judging Recertification

- Required participation in a rules clinic and pass the test for the judging certification level
- The rules clinic must be conducted by the Regional Chief of Tournaments or the National Vice President
- An “In School” or “In Club” clinic may only be held if there is no Regional Chief of Tournaments in the immediate area. Special permission must be approved by the National Vice-President of Tournaments. In this case, any School or Club owner must have and be currently certified as a level 3 judge

NOTE: Any Black Belt student, Trainee Instructor or Certified Instructor who attends tournament judging certification clinics and passes the written and/or physical test is required to wear the appropriate chevron(s) on their Moo Do uniform. These chevrons will be ordered through Moo Do national headquarters.

Responsibilities of the Judges

All judges have equal authority to call points or penalties. A center judge cannot overrule a call by a corner judge, except through their own vote on a point or warning, which has no more weight than each of the other two judges' votes. No judge is allowed to alter, add or modify any Moo Do rules. The definitions of a point, penalty or disqualification are explained in the Individual and Tag Team Point Sparring Competition Rules.

Center Judge's Responsibilities

- Responsible for all competitors in their assigned ring
- Ensuring that each competitor abides by the official tournament rules
- Conducting each aspect of the competition (Poomsae/Sparring/One-Steps/Weapons, etc.) in the proper order of competition
- Awarding or announcing the proper winners for each division in their ring and direct the competitors to the medal stand
- Completing the required paperwork for each completed division and returning that signed paperwork to the proper Tournament Official
- Double checking the accuracy of the scoring and results
- Ensuring the safety of all participants to the best of their ability

Additional Rulings

Judges are not to advise, instruct, coach or demonstrate to the competitors. It is our job to judge them, not instruct them. Leave that to their instructors. Only exception is in the Tiny Tiger's division. If a Tiger needs assistance, a judge may assist.

Judges are not allowed to critique competitors. A judge should give the competitors positive feedback and refer them to their instructor for any critique or advice.

Judges who find difficulty in resolving a given problem shall ask the Tournament Arbitrator or Ring Manager. If the Arbitrator or Ring Manager cannot resolve the problem, then the matter should be addressed through the Tournament Chain of Command.

Decisions of responsible officials shall be final. Instructor or student complaints or appeals during the tournament will not be allowed. Any complaints should be made after the tournament through the chain of command. Shows of public discord by any ranks or non-Moo Do members are open to official censor.

Score / Time Keeper Requirements

The Score/Timekeepers at Moo Do tournaments play an important part in the overall running of a ring. While these persons are not considered to be judges, they have responsibilities and obligations that must be followed. The center Judge should physically check the stopwatch at the beginning of each division to make sure it is working properly.

The Score/Timekeeper should:

- Ensure duties in the ring are understood, and ask the center judge for any clarifications necessary.
- Write legibly and completely fill in any and all scores given by the center judge as directed by the Ring Manager.
- Repeat the score back to the center judge in a loud clear voice.
- Make every effort to get the Center Judge's attention if they become unclear with a score or time issue at any point during the competition.
- Pay complete attention to the ring in which they are working.
- Not leave the ring until the Regional or National Chief of Tournament replaces them.
- Pass a Score/Timekeeper exam

Ring Managers

Ring managers are built-in arbitrators, supervisors, trainers to the judges, and oversee quality control.

- They arbitrate any issue.
- Supervise Judges and Scorekeepers.
- Provide feedback to Judges and Scorekeepers for future Improvement.
- Confirm the accuracy of results prior to Public Announcement.
- Complete the bracket forms.

Judging Ethics and Personal Behavior

Judges need to keep their personal emotions and feelings intact. If you had a bad day the day before, personal problems, or something is on your mind, you need to put those aside and focus on your judging responsibilities.

If your students or family members are competing and you are judging in another ring, you need

to stay focused and not allow yourself to be distracted. Everyone wants to watch their families, friends, and/or students compete and even take pictures. Your judging responsibilities come first! When you are competing, it's discouraging or even upsetting if you know your ring Judges are watching someone else instead of you.

If you are a judge in a ring with a family member as a competitor, it is your responsibility to find a replacement for that division before the division begins.

Quality judging requires continuing education. All qualified Judges need to read the rules, memorize them, and attend the appropriate judging certification clinics. Annual recertification is required. Senior instructors should always set a positive example, be compassionate, understanding, and willing to help junior instructors and Judges. As a senior instructor, if you do this, you gain their respect and admiration; not disrespect and resentment.

If you see a safety issue, direct rules violation, negligence, or a situation that really needs immediate attention, contact the appropriate tournament official. Then you may politely and respectfully ask the center judge to call time. Wait for the tournament official, at which time you, the center judge, and the tournament official will discuss the situation so as not to bring attention from competitors and spectators.

Profane or Obscene Language

As instructors and Judges, we need to be extra careful with the language we use during any Moo Do event including testing, tournaments, seminars, etc. We damage our image and professionalism when using profane or obscene language. The best policy is to not use obscene or offensive language when you are in your school, during any Moo Do event, or while you are in your Taekwondo uniform. If you need to express yourself in an inappropriate manner, wait until you are alone or at home.

Personal Conduct

We must constantly remember our roles as black belts, instructors, seniors, school owners and the image we project. People automatically judge us positively and negatively by what we say, how we act, how we treat others (especially our family members and friends), how we dress, how we teach, etc. We may not have done something wrong intentionally or thought we had, but it can be perceived as offensive by others. Think twice before you do or say something that may offend others.

Disciplinary Action

Sometimes mistakes are made and if possible, will be corrected. If you continue to study the rules, practice them, and fulfill your responsibilities you are less likely to make a mistake. There is a difference between a simple mistake and negligence.

Any demonstrations of prejudice, lack of attentiveness in the ring, etc., shall be cause to replace the judge. Any negligence due to laziness, not caring, or complete lack of knowledge will result in disciplinary action. Any evidence of cheating in any way by any judge will result in a much stronger form of disciplinary action. Disciplinary action will be determined by the judge's

instructor and the appropriate Moo Do authority.

Methods of disciplinary action may include:

- Replacement by another judge during a tournament
- Loss of current judging level or more, and requirement to recertify
- Ban from judging and/or tournament attendance

Appearance and Dress

Arrival/Departure to a Moo Do Tournament

Prior to and after competition, color belts may wear normal “street” clothes, bearing in mind appropriate styles for the occasion. Black Belts are held to a higher standard due to their position in the organization and in the eyes of the color belt students. Black Belts in attendance (whether competing or not) should either wear “dress” clothes, a white traditional dobok or suit. Females can wear “dress” slacks, or skirts and tops or dresses. Males should wear “dress” slacks and shirts (or sweaters) with a tie, sport coats or suits. It is understood that younger junior Black Belts have issues keeping nice clothes clean and they will be given special consideration. Teenagers and above should be able to care for themselves and are expected to comply with the dress requirements.

Certified Instructors **MUST** wear either dress suit attire or their white traditional dobok. This dress code is in effect from the first appearance at the tournament site until away from the tournament site. A proper Moo Do white uniform is appropriate at all times. During the tournament all persons ranked 6th Dan and below should be dressed in their official Moo Do uniform and be prepared to either judge or assist in the running the event unless receiving prior approval from the appropriate tournament official.

Appearances during Competition

During competition, competitors shall wear clean, pressed Moo Do white uniforms. All other lettering, striping and patches must be in good repair and positioned according:

- Moo Do guidelines. (See Official Uniform below)
- **NO JEWELRY** is allowed once a student or instructor puts on their uniform or during competition
- T-Shirts worn underneath the Taekwondo uniform must be white and tucked inside the uniform pants and only allowed for females.

Uniforms

A Moo Do approved dobok **IS REQUIRED** to be worn by all competitors during competition and by all Judges fulfilling any traditional poomsae, sparring or weapons tournament judging

assignments at Moo Do sanctioned tournaments.

An Official Uniform MUST:

- Be a white V-Neck style top with matching white pants (Black Belts must have a Black Collar)
- Be in good repair (no holes or frayed edges)

Optional Dobok:

For poomsae competition, a competitor may wear a WTF approved poomsae dobok (See below); however, it is not mandatory in order to compete.



Tournament Operating Procedures

Ring Size

Ring dimensions for competition shall be square and should measure in the range of 14 - 18 feet per side (subject to change due to tournament logistics), depending on the type of division. For “Tiny Tiger/Little Dragon” divisions, the previously described rings can be “cut” in half and two divisions may be run side-by-side.

Each ring should:

- Have clearly marked boundary lines
- Be numbered

Order of Events

The host of each tournament will publish the tournament schedule, as approved by the Regional or National Vice President of Tournaments for that particular tournament. The registered times

for each event constitute staging times and are not competition times. All competitors are required to be at the tournament before their staging time, ready to be called.

Tournament Registration

For all tournaments, all competitors are encouraged to pre-register with their Instructor, School/Club owner or online. The following guidelines apply to all registrations:

- Competitors must have their instructor's permission to compete.
- It is the responsibility of the competitor to obtain a registration form from their instructor, and with their guidance, fill out the registration form completely. This includes but is not limited to their Name, Moo Do Black Belt Number (if applicable), Date of Birth, Age, Rank, School Name, and the Name of their Instructor.
- Comply with any registration requirements. If any requirements are not met or cured within five days any points or awards will be forfeited.

For Regional Tournaments, to better prepare for the national events, all competitors, regardless of their rank, are asked to pre-register to compete. All registration cards must be filled out completely, especially the rank, age, gender and Moo Do member number. It is the responsibility of the instructor to double-check all registrations and send them to Moo Do Headquarters by the deadline. Deadlines are stated in the tournament information provided by Moo Do Headquarters.

The advent of online registration has made this process faster and easier for students. Students who are capable of registering online for Regional and National events may do so only after receiving permission from their instructor. Pre-registration will allow for pre-determined competition assignments and a better opportunity to plan the competition day for all competitors, families and spectators.

Arrival and Competition Times

Each competitor should arrive at the tournament site approximately 30 to 45 minutes prior to their posted staging time unless otherwise notified in the tournament information packets.

If for some unforeseen legitimate reason, a competitor is late for their division, the center judge will allow the competitor to enter the division if possible based on the following:

- The Tournament Director or Tournament Host approves the entry
- If the next competition event has not started, a late entry will be allowed to enter the competition
- If poomsae competition has ended and sparring competition has started, the competitor will not be allowed to compete in the poomsae event
- If sparring has already started, the competitor will not be admitted to the ring. At that time the Tournament Chief will determine if there is another ring available or room in the current division
- If in the opinion of the Tournament Chief the student has purposefully arrived late in order to receive an advantageous position, the Tournament Chief may refuse entry into any

competition

Keep in mind that all posted staging times ARE NOT competition times. Every effort is made to keep a tournament running on time. There are circumstances however that may delay or speed up one or more rings throughout the day.

For the sake of competition, the Tournament Chief will make every effort to see that a junior competitor is allowed to compete. If their ring is completed the Tournament Director MAY create another ring of competition for the purpose of awarding trophies/medals. For Black Belts, these rings will not receive points in the National Champion standings. (Exhibition)

Viewing Videos and Cameras

Judges are not allowed to view video recording(s) to influence the score. If there is a legitimate complaint from a spectator or parent, they will be directed to the appropriate tournament officials. In all cases, the arbitrator will speak with the center and corner Judges to understand their perspective of the complaint and render a final decision and direct whatever corrective action is needed to occur at that time. If a solution cannot be made at this time the appropriate tournament official should be contacted following the Tournament Department chain of command.

Competition Division and Ring Assignments

Color and Black Belt Divisions

There are two types of competition divisions:

- Color Belt – These divisions include all color belts
- Black Belt – These divisions include all Black Belts who are competing for National Champion, and earning points.

The Tournament Chief or their assistants handle division breakdowns. One standard rule is that events (poomsae, sparring, weapons, etc.) will be limited to no more than 8 competitors. In trying to promote competition at regional events and provide a positive experience, JUNIOR rings (ages 17 and under) will be split if there are 9 competitors or more in an event. If there are 8 or fewer competitors, the ring will not be split. If a ring of 8 has been sent to the competition floor (on deck) and an additional competitor arrives, the ring will not be further split at that time.

It is important to understand this applies to regional events only. The final decision for competition ring assignment is the sole responsibility of the Tournament Chief.

The Tournament Director or Tournament Host will try whenever possible to follow the Black Belt junior and adult divisions. They may at their discretion may combine or alter color belt divisions to facilitate competition. As much as possible for black belt divisions, combinations should be made around age groups. For example, combining 40-49 1st degrees with higher rank divisions

in the same age bracket is acceptable for the sake of competition.

NO ONE (Competitors, Parents, Moo Do Seniors or Spectators) will attempt to influence the Tournament Chief (or their assistants) in the forming of divisions.

The following are the procedures for assigning competitors to appropriate rings:

- The Tournament Chief will make calls throughout the day asking for students who are of a certain age and belt color to go to the “staging area.” This area is usually separate from the main competition floor.
- The divisions will be made according to the number of competitors in each of the age and rank groups. Due to the vast difference from school to school and school/club numbers and number of competitors at each event, it is not feasible to issue a rule concerning how the color belt divisions will be formed.
- The Tournament Chief will use the guides given to him/her by the Moo Do Headquarters in determining how all color belt and adult Black Belt divisions are formed. This includes information about age/rank expectations. The Tournament Chief will make every effort to keep similar divisions for the entire tournament season.
- All Adult Color Belt rings will not be split unless there are more than 16 in the ring regardless of height. Adults have a better understanding of the concept of competition and in general want more competition.
- All adult Black Belt rings will not be split unless there are more than 16 competitors in an event regardless of height at Regional, National or International events

Black Belt Division Overview for the National Championship Program

- Only competitors in Black Belt divisions can earn points toward the National Champion Program
- The divisions for National Championship Finals are set by the National Vice President of Tournaments and are designed to give everyone an equal chance
- Divisions are based on gender, age of the competitors, and rank
- Prior to Spring Nationals, and at the conclusion of each tournament season, the National Vice President of Tournaments will evaluate the number of competitors in each division and determine if any changes are to be made for subsequent tournament seasons to the divisions
- Divisions may change as the organization grows and more students in different age and rank groups compete

Black Belt divisions will not be combined in poomsae, point sparring or weapons competitions at any sanctioned Regional, or National events. However, in certain situations, they MAY be put together to earn trophies. Some Black Belt divisions may end up with only one competitor because of the above rule stating that Black Belt divisions must follow the National Championship breakdowns without exception.

- In the case where there is more than one junior division that has only one competitor, the Tournament Chief MAY combine them for the sole purpose of competing and earning trophies. Each “single” competitor will automatically receive championship points.
- This means that a competitor could receive Championship first place points, but may be awarded a different trophy place based on the outcome of the competition. The

Tournament Chief will use their best judgment in these groupings and will make every effort to make sure that everyone involved understands what is happening.

The divisions will be followed at national events. On a regional level, it is often difficult to follow these divisions closely. The result of this is that on a regional level, Adult Black Belt Divisions MAY be combined for the sole purpose of earning trophies (but points must still be separated for the purpose of National Championships). The Tournament Chief (or their assistants) has the ability to combine adult divisions where necessary.

Starting Competition – Script

(The following script is an example on how to begin a Moo Do tournament division for competition. This script does not have to be strictly followed; however, a version of this or something like it must be used to start each division.)

Greet the competitors and line them up on the edge of the ring to bow in.

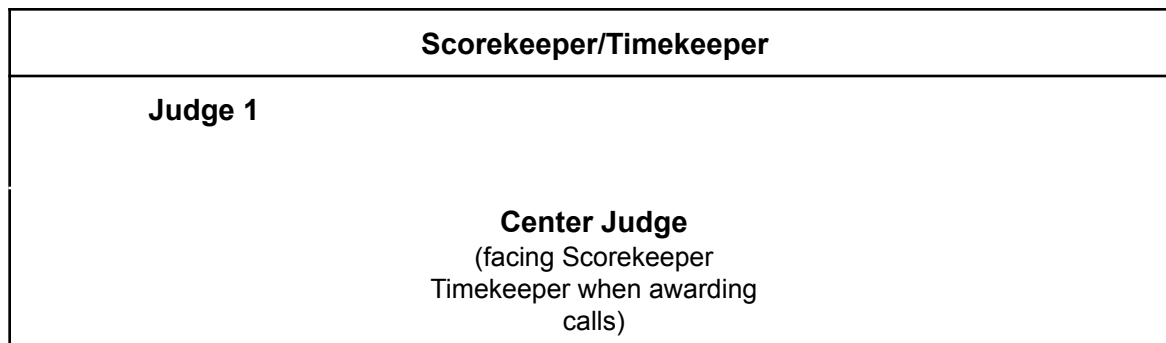
“Charyut, kyungyet! How is everyone today?! Great! (Get them pumped and motivated) Is this anyone’s first tournament? (Welcome them and ensure them that they’ll have a ton of fun today). Great! We will do poomsae first and then sparring competition.

Introduce the Judges...

“This is (judge’s name). They’ll be your Corner Judge “A”. This is (judge’s name). They’ll be your Corner judge “B”. And I am (your name). I’ll be your Center judge. We will all be looking at your overall poomsae, including hand and foot techniques, speed and flow, presentation and enthusiasm, and the completeness of the form.

Position of the Judges

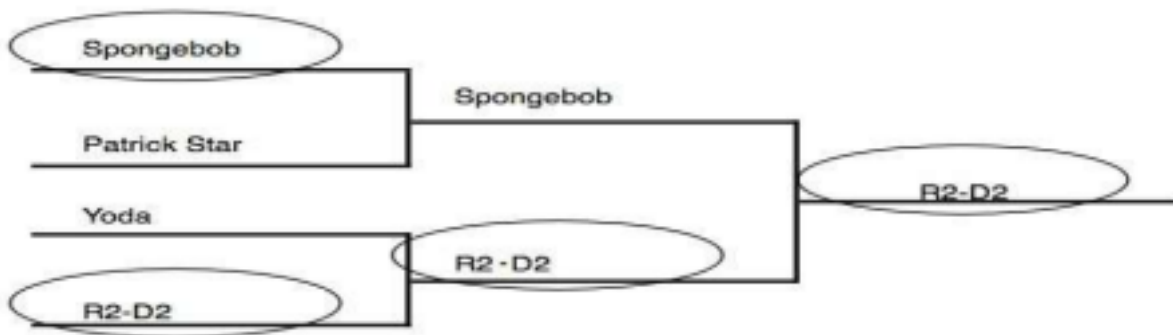
Each judge is assigned a particular position in the ring, which will allow him/her the best view for judging Point Sparring competition, usually forming a DIAGONAL LINE. Corner Judges cannot be inside the ring. They must move outside the ring at all times.



The Center Judge must maintain their primary position directly facing the scorekeeper and Timekeeper during any calls. This is to ensure the scorekeeper and Timekeeper receives, understands and writes down all instructions and scores.

When the center judge has confirmed points and calls it out to the scorekeeper, the scorekeeper should repeat the points back to the Center Judge. This will confirm that the proper information was heard and recorded.

The Center Judge should personally check the stopwatch to ensure it is working properly and should also ensure the proper winners of each match are recorded. The Center Judge will circle the winner and advance them forward.



The other two Judges should take a position forming a diagonal line. All three Judges should move along their half of the ring during the match to ensure a proper view, and reset to their original position before each call. During the match, the corner Judges are to be on the outside of the ring and return to the inside corner of the ring upon making a call.

View of the Center Judge

The Center Judge should be facing the scoreboard ensuring the competitors are on the proper side based on the scorecard in front of them. For example, if they have red on their left the red hogul should be on their left when lining up and making the call.

National Champion Program (Black Belt Divisions)

General Information

The National Champion Program tournament season runs from National Championship Finals (usually in October) through September of the next calendar year. Only tournaments that are sanctioned by Moo Do Headquarters qualify to have black belts earn Championship points. Only

Black Belt Candidates and Black Belt students who are in good standing, and competing in Black Belt divisions, may earn points towards the National Championships.

Age/Rank and National Championship Program Divisions

It is important to understand the following information. The proper division in which a competitor should compete is based on age and rank.

Age

The age for the competition of the competitors will be determined by their birthday as of midnight September 30th of the tournament circuit year. The age that they are at that time will indicate the age division in which they should compete in throughout the entire tournament season.

Rank

Only Black Belt Candidates and Black Belts earn points within the current tournament season. Students should compete in whichever rank they will be on the day of the National Championships, at the end of the tournament season. If the competitor is scheduled to rank up to the next belt, they should compete with the higher division throughout the tournament year.

National Champion Divisions

Please refer to the Moo Do website “Black Belt Points” page, for the current list of National Champion divisions.

National Champion divisions are available in:

- Individual Poomsae
- Point Sparring
- Weapons

Provisional divisions are available for the following. Provisional divisions will be run throughout the year, and be given points similar to National Champion divisions. If these divisions have enough competitors at the end of the tournament year, they will be converted to a National Champion division.

- Pair Poomsae
- Team Poomsae
- Olympic Sparring

Earning Points

Points will be given to all competitors competing in the Black Belt Divisions; however, divisions

have to have maintained at least four competitors through the year in order to qualify for National Championships. Competitors must have also competed in at least two tournaments throughout the season in order to qualify to participate in National Championships.

Points will be given as follows:

Regional Tournaments

- 1st Place-5 points
- 2nd Place-4 points
- 3rd Place-3 points
- Participation-1 point

Nationals Championships (Spring and Fall)

- 1st Place-10 points
- 2nd Place-8 points
- 3rd Place-6 points
- Participation-2 points

Contesting Points

All matters dealing with points must be made to the attention of the Moo Do Points Official, by emailing admin@MDTKD.org (in-person requests to the Moo Do Points Official will not be considered official requests). Matters brought up to instructors, school owners, Masters, tournament officials, Moo Do Headquarters, National or Regional Tournament Vice Presidents or Directors, will not be considered an official request. Only E-mails received at admin@MDTKD.org will be considered official requests to contest points.

Points earned in tournaments may only be contested up to two months from each tournament. For example; If a competitor feels there is a discrepancy with points which are posted for a tournament on January 15th, they may contest that discrepancy up to March 14th. On and after March 15th, the points from the January 15th tournament would be considered final.

The discrepancy does not need to be resolved by the two-month cutoff; however, it does need to be brought to the attention of the Moo Do Points Official by that date.

National Championship Competition

At the end of the tournament season and after all the black belt results have been collected and the points tabulated, the National Champion rankings in every division for any qualifying divisions will be announced and or contacted. The finalists nationally will have the opportunity to compete for the title of National Champion in their division.

After the Finalists are announced, if one or more of the competitors is unable to compete in the final competition (for whatever reason), those empty slots may be filled if the subsequent

competitors meet the required criteria to compete.

All Finalists will be required to register for the National Championship competition. Registration will be sent to the qualifying competitors prior to the event.

If there is a tie for places (other than last place) in any division, the order of the competitors will be determined as follows:

- The competitors with the greatest number of tournaments competed in will be higher in the standings.
- In the event that does not resolve the tie, the competitor with more first-place wins at tournaments will be higher in the standings.
- In the event that neither of the above resolve the tie, the competitors will be arranged randomly.

Poomsae/Weapons Competition

Poomsae/Weapons will place the finalists in a bracketed system based upon their final National Championship points. In the event that a division has more than one person tied for last place (or eighth place in a final eight division), a runoff will be done first. Point sheets for runoffs, must be on a different color paper than the regular division sheets.

Individual Point Sparring Competition

Point Sparring runoff will be as follows:

The Finalists will be determined. In the event that a division has more than one person tied for last place, a runoff will be done first and then proceed with the division. Point sheets for runoffs, must be on a different color paper than the regular division sheets.

Olympic Sparring competition

Olympic Sparring runoff will be as follows:

The Finalists will be determined. In the event that a division has more than one person tied for last place, a runoff will be done first and then proceed with the division:

National Champion Winners

- Winner will receive an official Moo Do Championship uniform with the year they won.
- If a competitor wins multiple national championship divisions they will receive one national championship uniform

Tournament Rules Changes & Glossary of Terms

Glossary of Terms

Season: A tournament season typically running from the first competition Tournament to the Grand National Championship competition.

Tournament: A collection of activities including competition, seminars, testing, midterms in a local area, but not necessarily all at the same venue.

Event: This describes an activity that is part of competition. These can include, but are not limited to: Individual Poomsae, Team Poomsae, Pair Poomsae, Family Poomsae, Creative Poomsae, Individual Point Sparring, Tag Team Sparring, Continuous Sparring, Olympic Sparring, Weapons, Creative Board Breaking, Power Sidekick Board Breaking, Rapid Kick, Power Meter, and Demonstration Team.

Division: This is a combination of Event type along with age, gender (sometimes) and rank (and ability for modified) of the competitors.

Rules Changes

The following tracks the changes to the Moo Do tournament rules.

September 21, 2022

- Initial Version

September 29, 2022

- Competitor age as of date of tournament
- Added 90 sec time limit on weapons form