

COMPETITION RULES

BELT & AGE DIVISIONS

BEGINNER

White (10th)

Yellow (9th)

INTERMEDIATE

Orange (8th)

Green (7th)

Blue-tip (7th)

Blue (6th)

DELTA

Purple (5th)

Brown (4rd)

Red (3rd)

Black-tip (2nd)

REVIEW

Tiger (1st)

Dragon (1st)

Temporary (1st)

BLACK BELT

1st-5th Dan

(The color belts listed correspond to the Hwang's Martial Arts belt system.)

BLACK BELT AGE DIVISIONS

1. 5-11

2. 12-14

3. 15-17

4. 18-26

5. 27+

COLOR BELT AGE DIVISIONS

1. 3-4 6. 13-15

2. 5-6 7. 16-17

3. 7-8 8. 18-34

4. 9-10 9. 35+

5. 11-12

AWARDS

All competitors will receive a medal or trophy (as labeled for each event type) and awarded one of the following placements: 1 – Eagle | 2 – Dragon | 3 – Tiger

SCORING

Competitor placements will be based on the collaboration of the judges. In the case of a tie, judges will have competitors perform a second time and will be judged on second performance.

INTRODUCTIONS

Competitors will introduce themselves prior to competing in breaking, forms, and weapons (for black belts). *The proper introduction is listed with each event's rules below.*

BREAKING EVENT (GOLD MEDAL)

Boards will be purchased upon arrival to the Championship.

Introduction: Judges, my name is (say your name). My breaking techniques are (say breaking techniques). With your permission, I will begin.

For children, it is recommended to write the breaking technique on each board to speedup time in the ring. Boards are \$3/each.

Ages 12 and Under: ¼ inch (9mm) boards

Ages 13 and Above: ½ inch (12mm) boards

Speed/Combination Breaks: ¼ inch (9mm) boards

Stacked Boards (Power Breaks): ¼ inch (9mm) boards (Black Belts Only)

General Rules of Breaking Competition:

- Only approved competition designated holders are allowed to hold in breaking.
- Boards must be held in a manner approved by the Competition Horseman designed to reduce risk of injury. Alternative board holdings will not be allowed.
- No other coach, master, or school team member will be allowed to hold for breaking unless specifically requested by that ring's center judge.
- Simultaneous breaks (boards broken at the same time count as a single break. i.e., Split Kick, Double Knife Hand Strikes, etc.).
- Head breaks and breaks jumping off of objects or people WILL NOT be permitted.
- No props, poppers, or any other board adjustments are allowed except for material required for board stacking.
- Competitors are permitted 3 attempts to break their boards. After the third attempt, the competitor must move onto the next break.

Color Belts are required to complete a 3-way break: 1 Hand Technique and 2 Individual Kicking Techniques.

- Color Belts have 90 seconds to setup and break (clock starts when competitor steps into the competition area).
- No board stacking is allowed for any color belts.

Black Belts are required to complete a 4-way break: 1 Hand Technique, 2 Single Kicking Technique, and 1 Freestyle Technique.

- A Freestyle Technique can be a single, combination (double technique), or a multi-board break. Multi-board breaks must all be completed in the air to be counted. Once the original kicking foot returns to the ground, the break is considered completed.
- Black Belts have 120 seconds to setup and break (clock starts when competitor steps into the competition area).
- Black Belts are allowed to stack boards but spacers are required due to risk of injury.

WEAPONS (BLACK BELTS ONLY | GOLD MEDAL)

Introduction: Judges, my name is (say your name). My weapon is (say name of weapon). With your permission, I will begin.

1. Competitors will have 1 minute to perform a Freestyle routine without music or use of props, chairs, .
2. To utilize time efficiently, competitors may demonstrate routines simultaneously with other competitors.
3. Weapons must be dull, any sharp weapons will not be permitted.
4. All swords must be full tang to ensure safety. Only 2nd dans and above, ages 13 and above, may use live blade swords.

POOMSAE/FORMS EVENT (3-FOOT TROPHY)

Black Belt Introduction: Judges, my name is (say your name). I represent (say your school). My Grandmaster/Master is (say name). I have been training for (say number of years). My form is (say name of form). With your permission, I will begin.

Color Belt Introduction: Judges, my name is (say your name). I represent (say your school). My form is (say name of form). With your permission, I will begin.

1. To utilize time efficiently, competitors may demonstrate poomsae simultaneously with other competitors.
2. Demonstrate the appropriate form for your belt level (no creative forms).
3. Black Belt Competitors who receive Eagle Placement will compete for poomsae Grand Champion. Competitors will be grouped by age and gender. Please note that groupings are subject to change based upon number of competitors. The Grand Champion receives a 6-foot trophy.
4. For Black Belts:
 - 1st Dan: Koryo or Keumgang
 - 2nd Dan: Keumgang or Taebaek
 - 3rd Dan: Taebaek or Pyongwon
 - 4th Dan: Pyongwon or Sipjin
 - 5th Dan: Sipjin or Jitae
 - 6th Dan: Jitae or Cheongwon
 - 7th Dan: Cheongwon or Hansu
 - If your school uses a different form system, please choose the form that matches with your Dan.

SPARRING COMPETITION (GOLD MEDAL)

1. Absolutely no head shots.
2. Light contact only.
3. All safety equipment REQUIRED
 - Chest and head gear
 - Mouth piece
 - Fist/Forearm and Shin/Foot protector
 - Protective cup (mandatory for males)
 - Competitor may not compete without all gear

Match duration

1. Children Color Belts (3-12) : One - 1 minute round
2. Adult Color Belts (13+): One - 2 minute round
3. All Black Belts : One – 2 minute round
4. Competition time stops when a match is paused and

resumes when a match continues.

3 & 4 Points Rule

1. Color Belt matches end when the first competitor scores 3 positive points (win) or 3 negative points (loss).
2. Black Belts will compete to 4 positive points (win) or 3 negative points (loss).
3. If neither competitor reaches 3 points within match duration, time keeper will toss bean bag into the ring, signaling referee to stop the match. Competitor with most points win.
4. At time, if competitors are tied, referee will announce sudden death round, which will continue until a point is scored for the win.

Scoring Points

1. Punch – 1 point
 - Straight punch delivered with fist to middle part of the chest guard area.
 - All punches must be a solid hit, but must be light contact.
 - No punches to the face or any part of head or neck.
2. Kick – 1 point
 - All kicks must be a solid hit, but must be light contact.
 - Valid kicking areas: front, both left and right side of the chest guard.
 - Switch kicks are allowed, however, jumping kicks are not.
3. Again, NO HEAD SHOTS.

Warning & Deduction Points

1. 2 warnings will result in automatic point deduction.
2. Immediate disqualification after 4 warnings.

Prohibited Acts

(Warnings. Multiple Warnings = Loss of Point)

- Evading by turning back to the opponent
- Falling down
- Avoiding the match
- Turtling, grabbing, holding, pushing opponent
- Pretending injury
- Attacking below the waist
- Undesirable acts
- Attacking head, shoulders, knees and toes

Negative Acts

(Loss of Point. Multiple = Disqualification)

- Attacking the opponent after referee stops
- Throwing opponents
- Interrupting progress of the match to contestant or coach
- Excessive force
- Head shots- disqualification – no warnings given

Note: whether a warning, penalty or disqualification is assessed depends upon the severity of the violation and the intent of the violator. No point will be scored when followed by a violation.