

# Rules and Regulations

## Demo Team Competition

1. \$300 application fee; NO REFUNDS.
2. Each team must submit a pre-registration form. Teams must be pre-approved by the event director.
3. All Demo Team members must be included on the pre-registration form roster and must submit a waiver form by each member of the team.
4. Each team consists a **minimum** of 7 members, and a **maximum** of 15 members.
5. Teams **MUST** include male and female athletes. All belts are welcomed to compete; no restrictions.
6. Demo teams are allowed to use synchronized music with their routine.
7. Email music to [jihchoitkdinst@gmail.com](mailto:jihchoitkdinst@gmail.com) for approval. The music will NOT be approved if it has explicit language or inappropriate use of words.
8. Each team must supply their own music delivery system. (Stereo, Boom Box, etc.)
9. Masters and/or coaches **CANNOT** participate in the performance and **CANNOT** step in the field of play during performance.
10. Athletes are responsible for holding their own boards.
11. Demonstration Team **MUST** pre-order their breaking boards through Martial Arts Depot. Breaking boards **MUST** be “demonstration boards”. The demonstration team will NOT be allowed to perform if they use breaking boards other than Martial Arts Depot. \*
12. Each team has 7 to 10 minutes to perform. This time includes set-up time. Deduction points will be given if the performance goes over 10 minutes.
13. Team members **MUST** wear the same uniform (dobok) and **MUST** be neat and clean.
14. Smoke, flames, explosives, pyrotechnics, lights or any loud noises will **NOT BE PERMITTED**.
15. Traditional martial arts Weapons are **PERMITTED**.
16. Any street weapons (knives and non-traditional martial arts weapons) must be explicitly non-threatening material (i.e. rubber). Judges have the right to disallow any weapons that they feel are endangering the welfare of performers and spectators.
17. Guns of any sort will not be allowed.
18. The performance **MUST** include group Poomsae, self-defense, and high level breaking techniques.
19. Scoring will be based on synchronization of teamwork, level of performance, and artistic expressions.

\*email [jihchoitkdinst@gmail.com](mailto:jihchoitkdinst@gmail.com) to pre-order breaking boards.