

# RULES & REGULATIONS

Current WTF Competition Rules and Regulations will govern the championships with few modifications to enhance the competition experience for all participants.

**Masters/Instructors/Board Holders will only be allowed on competition floor to hold boards when their competitors are competing in the Kyuk-Pa Competitions.**

## MANDATORY EQUIPMENT

1. White V-neck or any colored WTF approved dobok for all events.
2. Black trim is allowed for Black belt competitors only.
3. All competitors must use official approved breaking boards (See free-style Kyuk-Pa rules for sizes.) **You will be able to purchase official approved breaking boards at the tournament.**

## WTF POOMSAE (FORMS) COMPETITION

1. WTF approved Poomsae (forms) only.  
Color Belt Poomsae: Taeguk 1 – 8 and Palgwe 1 – 8.  
Black Belt Forms: 1<sup>st</sup> Dan – Koryo, 2<sup>nd</sup> Dan – Keumgang, 3<sup>rd</sup> Dan – Tae Baek, etc.
2. All competitors must perform a rank appropriate Poomsae or Forms.
3. All non-WTF forms will not be allowed in the WTF Poomsae divisions.

## Scoring for WTF Poomsae

1. Scoring will be based on balance, focus, grace, strength and understanding of the Poomsae.
2. Five (5) judges will score from 5.0 (lowest) to 10.0 (highest) with 0.1 point increments. From the five scores, the lowest and the highest scores will be cancelled out and the three remaining scores will be tallied to give the competitor his/her score. In the event of a tie, all five (5) scores will be calculated to determine the winner.

## WTF POOMSAE (FORMS) TEAM COMPETITION

1. WTF approved Poomsae (forms) only.  
Color Belt Poomsae: Taeguk 1 – 8 and Palgwe 1 – 8.  
Black Belt Forms: 1<sup>st</sup> Dan – Koryo, 2<sup>nd</sup> Dan – Keumgang, 3<sup>rd</sup> Dan – Tae Baek, etc.
2. All competitors must perform a rank appropriate Poomsae or Forms.
3. All non-WTF forms will not be allowed in the WTF Poomsae Team Competitions.
4. Participating schools can make up Men's Team (Three male members) or Women's Team (Three female Members) or Pairs (one male + one female) Team, and submit official Poomsae Team Competition application.

## Scoring for WTF Poomsae Team Competition

1. Scoring will be based on the team's synchronization, balance, focus, grace, strength, understanding, and artistic expression of the Poomsae.
2. Five (5) judges will score from 5.0 (lowest) to 10.0 (highest) with 0.1 point increments. From the five scores, the lowest and the highest scores will be cancelled out and the three remaining scores will be tallied to give the competitor his/her score. In the event of a tie, all five (5) scores will be calculated to determine the winner.

## GYOROOGI (SPARRING) COMPETITION

1. All competitors must have a head gear, chest protector, mouth piece, shin & in-step guard, forearm guard (no fist), and groin protective cup (male competitors). Any competitor without any one of these required and mandatory equipments, at the time of his/her match will be declared disqualified.
2. All junior divisions and adult color belts divisions will run two rounds lasting one minute each round with 30 seconds break in between each round. All junior divisions will be governed by the following rules:  
**Age 5-11: Full contact to the body and NO contact to the head and face area.**  
**Age 12-17 Color Belts: Full contact to the body and NO contact to the head and face area.**  
**Age 12-15 Black Belts: Full contact to the body and to the head and face area in accordance with WTF Cadet & Junior Competitions Rules.**  
**Age 16-17 Black Belts & all Adult Black Belts: Full contact to the body and to the head and face area.**
3. All adult color belts (18 yrs. and up, white - red) will be guided by a modified National USAT rules with full contact to the body and **NO** contact to the head and face area.
4. All adult and junior black belts (12-17 yrs. old) will compete in two rounds lasting one minute each round with 30 seconds break in between each round.

- All adult color belts (18 yrs. & Older, White ~ Red Belt) will be guided by a modified WTF rules with full contact to the body and **NO contact** to the head and face area.
- Adult and Senior Black Belt Divisions: **Full contact** to the body and the head and face area.
- All adult black belts (18 yrs. & Older) will compete in two rounds lasting one and a half minute each round with 30 seconds break in between each round.

### Scoring for Gyorooigi

- Please refer to the WTF official competition rules for valid scoring area.
- State of the art, electronic scoring system will be used to score at this competition.
- KP&P Electronic Chest Protectors will be used for all Cadet (12~15), Junior (16~17) and Adult (18 & up) Black Belt competitors.**
- All Black Belt Competitors who are competing with KP&P Electronic Chest Protectors must bring their own KP&P Electronic Sensor Socks. E-Socks will also be sold at the competition.**

### FREE STYLE KYUK-PA (BREAKING) COMPETITION

Regulation breaking board sizes for this competition are as follows:

- Adult and Senior Division ( 18 years & over) 12 x 10 x 1 inch Pine
- Teen Division (14 years – 17 years) 12 x 6 x 1 inch Pine
- Junior Division (10 years – 13 years) 12 x 10 x ½ inch Pine
- All Children ages 9 years and under 12 x 6 x ½ inch Pine
- Competitors must provide their own officially approved breaking boards.
- Official approved Breaking Boards will be sold on the day of the competition.
- Competitors must provide their own board-holders.

### FREE STYLE KYUK-PA (BREAKING) COMPETITION

- Athletes are required to protect the floor when using any breaking materials that will damage the floor.
- Only board breaking will be allowed for all breaking competitions.
- Competitors will not be allowed to break any glass, bricks or perform any fire breaking.
- Each competitor will be allowed three (3) minutes to set up and complete his/her routine.
- Clock begins as soon as the competitor steps onto competition area.
- Competitors will be allowed only two (2) attempts per station. (After an unsuccessful 2<sup>nd</sup> attempt, you must move on to the next station.) No more than three stations will be allowed.

### Scoring for Free-Style Kyuk-Pa

- Scoring will be based on the level of difficulty on the techniques, the number of boards broken at one time, the accuracy of the breaks, the flow of the routine, and the competitor's show of power, speed, creativity and style. All boards must be broken completely. Cracked, rotted or tampered wood will not be counted in scoring!
- Five (5) judges will score from 5.0 (lowest) to 10.0 (highest) with 0.1 point increments. From the five scores, the lowest and the highest scores will be cancelled out and the three remaining scores will be tallied to give the competitor his/her score. In the event of a tie, all five (5) scores will be calculated to determine a winner.

### OPEN & WEAPONS FORMS COMPETITION

- Any Style of Taekwondo Forms, and Created Forms are accepted in this category.
- All competitors must perform a rank appropriate form.
- WTF forms will not be allowed in this division.
- Competitors are allowed to use weapons (Nun-chucks, Bo Staffs, Swords, etc.) in this Open & Weapons Forms Competition. Any Created Forms, ITF Forms, Non-Taekwondo Forms, and Weapons Forms will be allowed in this competition.
- No competitors are allowed to use any form of music during Open & Weapons Forms Competition.

### Scoring for OPEN FORMS

- Scoring will be based on concentration, creativeness, balance, flexibility, focus, grace, strength and understanding of the Form.
- Five (5) judges will score from 5.0 (lowest) to 10.0 (highest) with 0.1 point increments. From the five scores, the lowest and the highest scores will be cancelled out and the three remaining scores will be tallied to give the competitor his/her score. In the event of a tie, all five (5) scores will be calculated to determine a winner.