



2019 GARDEN STATE CUP XXIII

Taekwondo Championships

Sunday, November 10, 2018

Ridge High School, Basking Ridge, New Jersey

RULES & REGULATIONS

Current WT/USAT 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 Breaking Competitions.

MANDATORY EQUIPMENT

1. White V-neck WT approved dobok for all events.
2. Black trim is allowed for Black belt competitors only.
3. All competitors must use regulation size breaking boards (See free-style Breaking rules for sizes.) All competitors must use boards that have stamp of approval by the competition available at the competition by an authorized vendor.

WT POOMSE (FORMS) COMPETITION

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

Scoring for WT Poomse

1. Scoring will be based on concentration, balance, focus, grace, strength and understanding of the Poomse.
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.

WT POOMSE (FORMS) TEAM COMPETITION

1. All teams will consist of same gender teams of two females, two males, three females, three males.
2. WT approved Poomse (forms) only.
Color Belt Poomse: Taeguk 1 – 8
Black Belt Forms: 1st Dan – Koryo, 2nd Dan – Keumgang, 3rd Dan – Tae Baek, etc.
3. All competitors must perform a rank appropriate Poomse.
4. All non-WT forms will not be allowed in the WT Poomse divisions.

Scoring for WT Poomse Team

1. Scoring will be based on balance, focus, grace, strength, synchronization, and understanding of the Poomse.
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 their own official protective sparring gear: head gear, chest protector, mouth piece, shin & in-step guard, forearm guard (no fist), and groin protective cup (male competitors). Any competitor without any 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 Light contact to the head and face area.
Age 16~17 Black Belts & all Adult Black Belts: Full contact to the body and 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.
5. All adult color belts (18 yrs. & Older, White ~ Red Belt) will be guided by a modified WT rules with full contact to the body and **NO contact** to the head and face area.
6. **Adult and Senior Black Belt** Divisions: **Full contact** to the body and the head and face area.
7. 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

1. Please refer to the official WT/USAT Competition Rules for valid scoring area.
2. State of the art, electronic scoring system will be used to score at this competition.

GYOROOGI (SPARRING) TAG TEAM COMPETITION

Refer to Tag Team League Rules and Regulations Manual.

FREE STYLE KYUK-PA (BREAKING) COMPETITION RULES

All competitors must use **Tournament approved braking boards** for all breaking competitions.

Tournament approved Official breaking boards must be purchased at the venue prior to the braking competition to ensure fair competition for all competitors.

Regulation breaking board sizes for this competition are as follows:

1. Adult and Seniors (18 years & over) 12 x 10 x 1 inch Pine
2. Teens (14 ~ 17 years) 12 x 6 x 1 inch Pine / Juniors (10 ~ 13 years) 12 x 10 x ½ inch Pine
3. All Children ages 9 years and under 12 x 6 x ½ inch Pine
4. Competitors must provide their own board-holders.
5. Competitors are advised to protect the floor when using any breaking materials that will damage the gym floor. Competitors will not be allowed to break any glass, bricks or perform any fire breaking.
6. Only board breaking will be allowed for all breaking competitions.
7. Each competitor will be allowed **Two (2) minutes** to set up and complete his/her routine.
8. Clock begins as soon as the competitor steps onto competition area.
9. Competitors will be allowed only two (2) attempts per station. (After an unsuccessful 2nd attempt, you must move on to the next station.) No more than three stations will be allowed

Scoring for Free-Style Kyuk-Pa

1. 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!
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 a winner.

OPEN/WEAPONS /CREATED FORMS COMPETITION

1. Any Style of Taekwondo Forms, Weapons Forms and Created Forms are accepted in this category.
2. All competitors must perform a rank appropriate form.
3. WT forms will not be allowed in this division.

Scoring for Open Forms

1. Scoring will be based on concentration, balance, focus, grace, strength and understanding of the Form.
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 a winner.

Breaking Relay Team Competition

1. A breaking relay team consists of 5 members.
2. Each member will relay breaking 10 boards (GSC XXIII approved regulation board) using flying side kick jumping over body shields. (Each team must bring their own body shields)
3. Each team must provide board holders...Maximum of 2 holders.

Scoring for Breaking Relay Team Competition

1. Objective: Team that completes a clean break of all 10 boards using the proper flying side kick first, second, and third and standing in a straight and organized team line will be declared winners by the officiating referee.
2. Two judges per team will supervise the appropriate breaking of the board and indicate the finish with a raised flag.

All Rules and Regulations are Subject to Change without Notice.