

STATE GAMES OF MICHIGAN

TAEKWONDO CHAMPIONSHIPS COMPETITION RULES

JUNE 25TH, 2016

Poomsae (Forms):

- Palgwe & Taegeuk poomsae for all color belt competitors
- Black belt competitors can perform any WTF recognized black belt poomsae
- All form divisions will be double elimination in a bracketed head to head competition. Competitor with majority votes win.
- Ages 9 and under will combine both male and female.

Kyorugi (Sparring):

Mandatory Equipment:

- Head gear (White or 1 Blue & 1 Red), Mouth guard (White or Clear), Chest protector (All BB's will use the Daedo chest protector), Shin and instep protection, Forearm protection, Athletic cup for males worn on the inside of the uniform (Optional for females), Hand protection is optional.
Please note the head gear **must** match the color of the chest protector or be white.
No glasses or safety or sport goggles allowed.
No foam safety gloves or boots
No TKD shoes
Uniform must be white with V-neck. Black trim V-neck is for black belts only.

Modified WTF competition rules (Single elimination):

- 7 and under: No Head Contact
- Color belts 8-11yrs: No Head Contact
- Black belts 8-13yrs: Junior Safety Rules (Light head contact)
- Color belts 12yrs+ Junior Safety Rules (Light head contact)
- Black belts 14-32yrs: Full Head Contact
- Black belts 33yrs+ Full Head Contact
- Ages 7 and under will combine males and females

Scoring:

- 1 pt for an accurate & powerful punch or kick to the legal scoring area of the chest protector
- 3 pts for an accurate & powerful turning kick to the legal scoring area of the chest protector
- 3 pts for an accurate kick to the head
- 4 pts for an accurate turning kick to the head. Please note junior safety rules competitors will not be awarded the bonus point for a turning kick to the head.
A 12 point gap will be enforced at the **end of round 2** for all 14-32 Black Belts
A 12 point gap will be enforced at the **end of round 1** for all other competitors

Round Duration:

- 7 and under: 2 Rounds 1 Minute 30 second break
- All belts 8-13yrs: 2 Rounds 1 Minute 30 second break
- Color Belts 14yrs+: 2 Rounds 1 Minute 30 sec break
- Black belts 14-32yrs: 3 Rounds 90 second 30 second break
- Black belts 33yrs+: 2 Rounds 1 Minute 30 second break

Age Divisions:

- 7 and under, 8-9yrs, 10-11yrs, 12-13yrs, 14-17yrs, 18-32yrs, 33-49yrs, 50yrs+

Rank:

- Beginner - 10th Geup – 8th Geup
- Intermediate – 7th Geup – 5th Geup
- Intermediate II – 4th Geup – 3rd Geup
- Advanced – 2nd Geup – 1st Geup
- Black Belt (1st to 3rd Dan)

Weight:

- Light/Middle/ Heavy

Awards:

- Poomsae (Forms) 1 Gold (1st), 1 Silver (2nd) & 1 Bronze (3rd); Kyorugi (Sparring) 1 Gold (1st), 1 Silver (2nd) & 2 Bronze (3rd)

GRAND CHAMPIONSHIP DIVISION

Poomsae (Forms):

- Black belt competitors can perform WTF recognized black belt poomsae (Koryo - Pyongwon)
- Single elimination in a bracketed head to head competition. Competitor with the highest score wins.

Kyorugi (Sparring):

Mandatory Equipment:

- Head gear (White or 1 Blue & 1 Red), Mouth guard (White or Clear), Chest protector (All BB's will use the Daedo chest protector), Shin and instep protection, Forearm protection, Athletic cup for males worn on the inside of the uniform (Optional for females), Hand protection is optional.
Please note the head gear **must** match the color of the chest protector or be white.
No glasses or safety or sport goggles allowed.
No foam safety gloves or boots
No TKD shoes

Modified WTF competition rules (Single elimination):

- Black belts 14yrs and up: Full Head Contact

Scoring:

- 1 pt for an accurate & powerful punch or kick to the legal scoring area of the chest protector
- 3 pts for an accurate & powerful turning kick to the legal scoring area of the chest protector
- 3 pts for an accurate kick to the head
- 4 pts for an accurate turning kick to the head.

A 12 point gap will be enforced at the **end of round 2**

Round Duration:

- 3 Rounds 90 second 30 second break

Board Breaking: The Rules and Regulations for that State of Michigan Summer Games Power Breaking Contest will be as follows;

1. Rules:

- a. Contestants are, male or female, with the following age divisions.
 - i. 8 - 10
 - ii. 11-14
 - iii. 15-17
 - iv. 18 +
- b. All contestants will be the rank of Green Belt or its equivalent, above through to Black Belt.
- c. All contestants must complete the online registration and wavier in order to compete.
- d. All contestants must be registered for **this event on or before 6-18-16 by midnight**. After this date registration will be closed.
- e. Contestants will report the amount of material they intend to break during the online registration. There will be no changes allowed once registration is **closed on 6-18-16 by midnight**. This information will be kept confidential.
- f. Contestants are to wear a Tae Kwon Do uniform recognized and approved by the WTF.
- g. All breaking material will be provided by the tournament.
- h. All breaks will be held in holding device or on blocks that will be provided by the tournament.
- i. Breaking with the elbow is not allowed and not considered as a hand technique.
- j. Contestants must break with a bare foot or hand and not covering the contact point with bandage or any other material. A towel will be provided by the tournament to be used with breaking patio blocks as a safety device. The use of the towel will not be mandatory and choice of the contestant. Contestants will be allowed to cover their feet as a safety devise from possible falling patio blocks. The feet can be covered with martial art shoes or shin and instep pads. In addition, wrapping the wrist will be allowed as a safety device for either hand technique division.
- k. Contestants must break on first attempt. If the contestant fails to break on the first attempt they will be eliminated. Or if a contestant makes a choice to practice their technique within the 30 second time limit and touches the material. That point of contact will be considered to be their first attempt at the break.
- l. The referee will check with the contestant to make sure that they are ready before signaling the time keeper. Once the time keeper is signaled the contestant will have 30 seconds to complete the break. Contestants may practice their technique before breaking but may only start practicing once the time has started. If the contestant exceeds the 30 second time limit they will be allowed to complete the break, but will be disqualified.

- m. Contestants are only allowed to make contact with the material at the point of the break.
- n. Boards will not be used once they have been struck by a contestant. If blocks appear to be cracked after being struck by a contestant, then it too will be removed.
- o. Competitors can drop boards at the ring. However, this will result in a loss of points for the amount of boards that they choose to drop. For example, if they select 4 boards and choose to drop 1 board and break all remaining 3 pcs. They will be scored on 3 pcs, which results in 15 out of 20 points for a foot technique or 24 out of 32 points for a hand technique.
- p. Types of breaking divisions:
 - i. **Hand and Foot board breaks will compete against each other with a points awarded to each type of break. See the scoring chart for the point system.**
 - ii. *Note: Jumping Kick has been discontinued.*

Breaking Type	Material Type & Size	System	Safety Gear	Time Limit	Contest Goal
Hand Technique, <i>any point below the wrist</i>	¾"x12"x12" Board	Single Elimination	Wrist wrap is optional	30 Seconds	Contestant will break their maximum amount of boards.
Kicking Technique, <i>any point below the ankle</i>	¾"x12"x12" Board	Single Elimination	None	30 Seconds	Contestant will break their maximum amount of boards.
Hand Technique, <i>any point below the wrist</i>	1 ¾"x6"x12" Patio Block	Single Elimination	Towel on the block, wrist wrap and shin and instep are all optional.	30 Seconds	Contestant will break their maximum amount of blocks.

2. Scoring:

Breaking Type	Scoring Method	Tie Breaking Factor
Hand, Board, <i>any point below the wrist</i>	8 point for each piece of completely broken material.	Percentage of broken material* and or the individual of lesser weight.
Kick, Board, <i>any point below the ankle</i>	5 point for each piece of completely broken material.	Percentage of broken material* and or the individual of lesser weight.
Hand, BRICK, <i>any point below the wrist</i>	1 point for each piece of completely broken material.	Percentage of broken material* and or the individual of lesser weight.

**Example, Competitor A, selects 4 boards and breaks 3, which is 75% of the material selected. Competitor B, selects 5 boards and breaks 3, which is 60% of the material selected. Than Competitor A, wins by because they broke 15% more of the material.*

- a. The material will be counted by the referee and then reported to the judges by holding up the number of fingers that represents the number of broken material.
 - b. If there is a questionable piece of material the official or referee will hold the item up to see if it separates on its own. If it remains attached, then this will not be counted as completely broken material.
 - c. A panel of judges will determine the winners of the contest. The winner of each division will receive a gold medal and runners up will receive a silver or bronze medal. A single competitor division will be given award a metal depending on the amount of material that they broke.
3. Grounds for Disqualification:
- a. Judges will have the final determination of the intent and integrity of the break.
 - b. Pressing down or application of an after push to the material with the contestant's body weight which will be determined by the referee.
 - c. Unsportsmanlike like conduct. For example: if the contestant is questioning or arguing with officials they will be disqualified.

d. Contestants failing to follow instructions by the referee or judges will be disqualified.

Scoring:

The contestants will be awarded the following points:

- 8 Points for every board broken with a hand technique
- 5 Points for every board broken with a foot technique

Age Divisions:

- 14-17yrs & 18yrs and up (Male & Female)

Rank:

- Black Belt: 1st – 3rd Dan

Awards:

- Poomsae (Forms) 1 Gold (1st), 1 Silver (2nd) & 1 Bronze (3rd); Kyorugi (Sparring) 1 Gold (1st), 1 Silver (2nd) & 1 Bronze (3rd)
Breaking 1 Gold (1st), 1 Silver (2nd) & 1 Bronze (3rd)

Points:

- 10 Points for every Gold Medal; 8 Points for every Silver Medal; 6 Points for every Bronze Medal; 4 Points for each attempt; 0 Points for no attempt

Participants with the greatest amount of combined points for all events will be awarded the grand championship trophy!
In an event of a tie, participants will compete in a head to head form competition. The participants will choose a color belt form of their choice to perform. Competitor with majority votes will win.

Please note that participants who register for this event are not allowed to enter the main tournament due to both events taking place at the same time.

Divisions and rules may be modified if necessary. Safety is most important. WCTKD has full and final authority on eligibility to participate and to change or interpret these rules at any time in its sole discretion. All decisions are final.