



## Tae Kwon Do

**We will be adopting the new Olympic rules and regulations on free sparring. We will be using the LaJust electronic system for the Black Belt divisions and the Ring Master system for the colored belt divisions.** We will be following the same rules and regulations for forms and weapons as we have used in the past

### **Belt Divisions:**

**Novice:** White, Yellow, Orange

**Intermediate:** Green, Blue, Purple

**Advanced:** Brown, Red, Red Black

**Black:** 1st Dan, 2nd Dan, 3rd Dan, 4th Dan+

**Age Divisions:** 5-under, 6-7, 8-9, 10-11, 12-13, 14-17, 18-32, 33-50, 51+ (**your age is the age you are turning or have turned this year.**)

### **Events:**

#### **Demo Team Performance**

Each Demo Team will have up to **8 minutes** to perform. Please do not take more time than that as we hope to have more teams compete this year. Your team can have as many athletes as you desire. You should bring your own music CD. Sound equipment will be provided. Each member of your team should register for the Demo Team event individually. You can do this when registering for other Taekwondo events. Please identify the name of your school or team. This event will take place at 11:00 AM. All participants will be awarded a gold medal. This is not meant to be a competition, but a way to demonstrate your school spirit and Taekwondo skill.

#### **Traditional Forms Competition**

Competitors will be allowed to compete with any variety of traditional forms from all Tae Kwon Do Styles, however, the form they compete with must be their current rank from their school. This is not a creative form competition, there is no music. This is an individual event.

#### **Weapons Competition: 2 Divisions**

**Traditional Weapons:** The form is comprised of traditional fighting techniques. Flash will not be rewarded . . . i.e. release moves and Aerials. Music is not used.

**Open Weapons:** A combination of traditional techniques and flash. Music can be used.

**Competitors may enter in the different events at different ranks based on their skill level. If the competitor is going to enter an event with a lesser rank, they will need to wear that rank. If they are to compete in forms with a lesser rank, they will also perform a form appropriate for that rank.**

## Olympic Style Sparring Overview:

We will be using the USAT new rules. Please go to the

[http://assets.usoc.org/assets/documents/attached\\_file/filename/35682/USAT Rules REVIS E\\_Nov\\_09\\_10\\_dec.pdf](http://assets.usoc.org/assets/documents/attached_file/filename/35682/USAT_Rules_REVIS E_Nov_09_10_dec.pdf) web site for any clarification needed. (The spacing in the address are underscore)

Olympic Style Sparring is a Continuous Sparring match where competitors score points by kicks to the body (on the chest protector) and the head (also protected). Punches to the body are scored if they administered with power and accuracy (they move the body). No hand techniques are allowed to the face or head. All color belts and Black Belts, 13 and under, may kick to the head with light contact which is determined by the center referee. All Black Belt competitors, 14 and up, may have controlled full contact to the head. Both competitors are required to wear protective gear as follows: head, mouth, chest, forearm, groin, shin, and instep with equipment being checked by the center referee. Most competitions are 2 rounds with 3 rounds for Black Belt finals. Time ranges between 90 seconds to 3 minutes per round at the discretion of the tournament director. Olympic Style Sparring differs from Point Sparring in that there is no break when points are scored. Points are scored electronically by corner referees that record points within 1 second time lapse. Matches are suspended for injuries and injured participant has 1 minute to recover in order to resume the match. If at any time a competitor is unable to continue, the win will go to the uninjured competitor if the injury did not result in gamjeon (warning).

This is a dynamic, full contact kicking event. ***There are no knock outs allowed at any level.*** Based on the new Olympic rules, there is superiority in kicks to the body and the head. Please visit the above listed USTA web site to learn more as to what those techniques are. We will also be covering that information in our coaches meeting before the tournament. Please be in attendance to that meeting if you have questions.

Color belt Sparring divisions will be separated according to age, rank, and weight. If you do not have a match, you will be provided with an "Exhibition" fight upon request. Competitors will be awarded 1st, 2nd, & 3rd. Divisions will not be subdivided when more than 3 competitors are present.

**Weight will be a deciding factor. It is mandatory that the weight of all competitors is listed. Your weight listed should not be more than 5 lbs different than the weight at tournament time. More than 5 lbs difference will constitute disqualification.**

6 and under division, up through 12 year old division, will be separated according to age, rank, and weight of competitors registering.

13 and older divisions will be separated according to age, rank, and weight divisions.

### 13-17 year old Sparring division.

Divisions	Male Weights (lbs)	Female Weights (lbs)
<b>Fin</b>	Under 99.0 lbs.	Under 92.5 lbs
<b>Fly</b>	99.0 – 105.8 lbs.	92.5 – 97.0 lbs.
<b>Bantam</b>	105.9 – 112.4 lbs.	97.1 – 101.4 lbs.
<b>Feather</b>	112.5 – 121.2 lbs.	101.5 – 108.0 lbs.
<b>Light</b>	121.3 – 130.0 lbs.	108.1 – 114.6 lbs.
<b>Welter</b>	130.1 – 138.9 lbs.	114.7 – 121.2 lbs.
<b>Light Middle</b>	139.0 – 149.9 lbs.	121.3 – 130.0 lbs.

<b>Middle</b>	150.0 – 160.9 lbs.	130.1 – 138.9 lbs.
<b>Light Heavy</b>	161.0 – 172.0 lbs.	139.0 – 149.9 lbs.
<b>Heavy</b>	Over 172.0 lbs.	Over 149.9 lbs.

### **18-34 year old Sparring division.**

<b>Divisions</b>	<b>Men's Weight (lbs)</b>	<b>Women's Weight (lbs)</b>
<b>Fin</b>	Under 118.8 lbs.	Under 103.4 lbs
<b>Fly</b>	118.9-127.6 lbs.	103.5-112.2 lbs.
<b>Bantam</b>	127.7-136.4 lbs.	112.3-121.0 lbs.
<b>Feather</b>	136.5-147.4 lbs.	121.1-129.8 lbs.
<b>Light</b>	147.5-158.4 lbs.	129.9-138.6 lbs.
<b>Welter</b>	158.5-171.6 lbs.	138.7-147.4 lbs.
<b>Middle</b>	171.7-184.8 lbs.	147.5-158.4 lbs.
<b>Heavy</b>	Over 184.8 lbs.	Over 158.4 lbs.

### **35-50 year old Sparring division**

\*Uses the same weight break down as the 18-34 division.

\*51 and older division will be separated according to age, rank, and weight of competitors registered.

### **Duration/Rounds**

<b>Rank</b>	<b>Rounds</b>	<b>Durations</b>	<b>Rest period</b>
Color belts	2	90 Seconds	30 sec
Black Belts	2	2 minute	30 sec
Black Belt Finals	3	2 minute	1 minute

\*Divisions will be combined as necessary in any of the age groups.

**All competitors competing in Black Belt Sparring have a mandatory weigh in on Saturday Morning from 8:00 AM to 8:45 AM, in the Canyon View High School main gym.**

We reserve the right to weigh any of the color belt competitors whose weight may be in question. There will not be a mandatory weigh-in for color belts.

### **Mandatory Equipment:**

All competitors must wear standard competition gear as follows:

Head gear, Hogu, Forearm, shin, & instep, mouth guard, groin protection (optional for female). Hand protection not required. All Equipment must be in good condition.

It is recommended that all competitors wear head and hogu that are either **red, white, or blue**. If other colors are worn, we will adapt on site. It is to the competitors advantage to have the judges be able to know by color who you are without confusion.

**Black Belt Competitors:** We will be using this year, the LaJust electronic system that is used in the national competitions. In order to compete in this event, the black belt competitor will need to have their own socks that interact with the LaJust system. If you do not have a set as of yet,

the socks will be available on site for the cost of \$55.00. All black belt competitors 14 and older will be required to wear the WTF certified hand protection.

**Schedule:**

**Friday, June 15**

5:00 PM - 8:00 PM Set up for tournament in the Canyon View High School Main Gym

**Saturday, June 16**

8:00 AM - 8:45 AM Check-in to obtain ring assignment and Black Belt weigh-in

8:30 AM Black Belt Meeting and **Coaches Meeting** (*Anyone wanting to be on the floor as a coach must be in attendance to this meeting. Anyone not in attendance to this meeting will not be allowed on the floor as a coach*) **Please contact Master Hull or Master Sorenson with any questions.**

9:00 AM Opening Ceremony

9:15 AM Black Belt Form competition

Lower rank forms and sparring competition will start when Black Belts are completed.

11:30 AM Demo Team Performance

Forms and Sparring competition will continue through Black Belt division.

Events will be numbered so you will know when you or your athlete will be participating. It is your responsibility to know when you are to be at your assigned ring.

**Referees: Referees will be identified before the competition. Referees will be provided and certified by the Utah State Taekwondo Association. Anyone wishing to be a referee or has a question concerning the referees, please contact Master Melany Moras at [vnalem@gmail.com](mailto:vnalem@gmail.com)**

**Awarding of Medals**

Awarding of medals will happen immediately after each competition is completed.