

# 2018 Pacific Northwest Tae Kwon Do Championship

## OFFICIAL TOURNAMENT RULES & REGULATIONS

Rules and regulations applies to all participants, volunteers, staff, competitors, coaches, masters, instructors, guests and spectators. Failure to comply with all rules and regulations will result in removal from the event and property, loss of decision, loss of medal or awards, legal actions taken or other penalty. Tournament chairman and directors will enforce the rules and regulations of this event.

1. Participants will always show respect, sportsmanship, and goodwill to themselves and all participants of the event.
2. Participants will not harass, threaten, or physically (or verbally) assault another.
3. Participants will not act in an illegal or inappropriate way.
4. Participants will always compete, coach, and participate with fair play. Participants present themselves in a truthful manner and will not disguise their belt rank, weight class, or age. Falsifying personal information will not be tolerated.
5. Participants will use and wear the approved, required, and appropriate gear. And present themselves in a respectable manner which is non-offensive.
6. Participants will be of sound mind, clean hygiene, and always act in a safe manner dictated by the sport and martial arts of taekwondo.
7. Participants will not use or be in the possession of illegal drugs (including performance enhancing drugs), tobacco, or alcohol at the event or on site.
8. Participants will not bring in any firearms, knives, or weapons into the event (except for use in approved demonstrations).
9. Participants will not conduct themselves in an unprofessional manner, including physical or verbal abuse of themselves or those around them.
10. Participants will only compete in one division per event, with maximum of four events total. No refund shall be given.
11. Participants will not defame, damage, or remove property belonging to event, facility, or organizers.
12. Participants will always show respect and follow instructions, from and by the Master Shon's Black Belt USA, Master Shon's Tae Kwon Do, and Pacific Northwest Tae Kwon Do Directors, Staff, and Officials, while attending and participating at the event.

### **Taekwondo Forms (Poomsae & Creative Poomsae) Individual Competition Rules:**

Forms Divisions in single elimination bracket format. Forms competition competitors may perform the same or different Poomsae throughout the competition. Competitors will be judged on power, speed, control, flexibility, stance, focus, stepping out of bounds, expertness and ki-hap. Scoring will be based on majority vote from a 3 judge panel (2 out of 3 votes wins the match). Forms competitors may perform WTF, ITF, ATA style taekwondo forms.

### **Board Breaking (Kyupa) Competition Rules:**

Competition will be judged on power, speed, control, flexibility, completed breaks, and presentation. Scoring will be from 1-10 points, with 10 being the highest a competitor can receive. **Competitors have 1 minute, 30 seconds to setup and complete their board breaking. Each competitor must supply their own boards\* and board holders.** Completion of the break with a higher degree of difficulty, will have a greater score. **5 to 17 year olds will break DEMO Boards.** Breaking techniques can be done with the foot and/or hand techniques combined. **White & Yellow Belts must break a minimum of 2 boards, Color Belts must break a minimum of 4 boards, Red to Black Belts must break a minimum of 6 boards.** **\*Boards must be purchased at the tournament site to ensure fairness. Each board is available for \$2.00 each.** Competitors must provide their own board holders, who must have a valid coaching and/or floor pass at time of competition. Tournament Director(s) have the right to change a person's board breaking technique or stop a technique from being performed for safety of the competitor and spectators, and can limit the number of board holders. For every 5 seconds a competitor is over the 1 minute, 30 second time limit, a 0.5 point deduction will be assessed.

### **Taekwondo Sparring (Gyorogi) Competition Rules:**

The 2018 Pacific Northwest Tae Kwon Do Championship competition rules apply. Tournament Director/Chairman has the right to change the duration of round, division size, and official decisions of events, without advanced notice and remove persons from event to ensure fairness, safety, and good sportsmanship. Winner of the match will be determined by electronic judging/scoring. If a match is tied, a Golden Point round of 1 minute will occur with the first person to score, winning the match. Referees will reserve the right to adjust scoring for head kicks and deduct points for shots that were incorrectly scored in their judgment. **\*World Class Sparring (Black Belts only) – (see attached event sheet insert, for rules).**

**All Black Belts Grass Root (10 Yrs & Up):** 2 rounds, 1-minute each. • **All other divisions:** 2 rounds, 1-minute each. • All divisions will have 30 second rest periods between rounds. **NO HEAD CONTACT:** All Color Belts & Black Belts (9 & Under) (36+) . **USAT JSR JUNIOR SPARRING RULES: LIGHT HEAD CONTACT:** Black Belts (10-17). **REGULAR HEAD CONTACT:** Black Belts (18-35) only. Head shots in the Black Belt (18-35) division will count as 3 points. If a competitor is unable to continue due to injury to head area, in division that has no head contact, the attacker will be disqualified. 1 point will be awarded for a clean/good kick or punch to the body/trunk area. In the event electronic scoring is disabled, judges will score by traditional paper method. Competitors may request to compete in older or higher belt rank division but must first request in writing, 15 days prior to the event and be approved by organizing committee. Warnings or deductions will be given by the referee for the following actions but not limited to: illegal head contact, hits below the belt, to the knee, or other non-scoring area of the body, grabbing, holding, pushing, punching to the face/head, negative or unfair sportsmanship by competitor or coach, delay of game, and running out of bounds. Medical staff will have the authority to end a match due to medical safety. **In case of competition default**, an exhibition match may occur, if available and with approval from both coaches (but there are no guarantee of that a competitor will have an exhibition match. An exhibition match nor the decision to decline it, no refunds are applicable, as stated.)

*Competitors will need to arrive in the staging area, to be placed into their divisions, prior to their competition time. Schedule is subject to change. Please listen for announcements during competition day. Competitors who are late may not be staged. No exhibition matches will be given. It is at the discretion of the Tournament Director to allow or additional matches. Tournament Chairman and Director have the right to adjust divisions, duration of rounds, over turn outcome, to ensure fairness, safety, and sportsmanship. If a coach or competitor requests a change in score or results, due to officiating, they will be required to present their case and evidence to the Tournament Director, who will then determine the best course of action. This may include review after event date. Tournament Director's decision will be final.*

*We are all martial artists and have a responsibility to act and display the Tenants of Taekwondo. By attending or participating at the 2018 Pacific Northwest Tae Kwon Do Championship, you have agreed to follow all the rules and regulations of this event and its organizers. You consent that any pictures furnished by me or any pictures or images of YOU in connection within the event can be used for publicity, promotion, or video showing, and YOU waive all compensation in regards thereto. In addition, you will not print, publish, post, or rebroadcast any images, video or recording, from the 2018 Pacific Northwest Tae Kwon Do Championship, with the permission and written consent of the organizing party and committee, and will agree to any penalties in unauthorized publication. Organizing committee has the right to refuse entry or admission. These rules are not limited to the ones listed above and maybe added or altered by the Tournament Director and appropriate actions will be taken by the organizing committee to ensure fair play, sportsmanship, and safety. If there are any questions, contact Master Shon's Tae Kwon Do / Master Shon and speak to the Tournament Director, Master Chang Rak Shon at (253) 838-5660 or email at [mastershontkd@hotmail.com](mailto:mastershontkd@hotmail.com).*