

Tennessee Qualifying Tournament For The National Congress Of State Games Tournament

June 10th 2017 Knoxville, Tennessee Hosted By World Class Tae Kwon Do.

Poomsae (Forms):

- All traditional taekwondo color belt poomsaes allowed for all color belt competitors
- Black belt competitors can perform any traditional taekwondo 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 (Olympic Continuous Sparring):

Mandatory Equipment:

- Head gear (White or 1 Blue & 1 Red), Mouth guard (White or Clear), 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 martial arts shoes
Taekwondo uniform must be clean and in good condition.

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 14yrs+: Full Head Contact
- Ages 7 and under will combine males and females

Scoring (All rings will utilize electronic 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 14-36 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 second break
- Black belts 14-36yrs: 3 Rounds 90 second 30 second break
- Black belts 37yrs+: 2 Rounds 1 Minute 30 second break

Age Divisions:

- 7 and under, 8-9yrs, 10-11yrs, 12-13yrs, 14-17yrs, 18-24yrs, 25-36yrs, 37-49yrs, 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)
- Master Black Belt (4th to 9th Dan) - **Poomsae and Breaking competitions only for Masters please.**

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)

Tournament Committee reserves the right to divide/combine divisions based on age, gender, weight, and if necessary forms could become co-ed based on participation numbers. 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.