

# UWTA

## TOURNAMENT RULES



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It is imperative that all Black Belts who have been certified to judge tournaments or are considering certification in the future, study these rules extensively. All instructors should use positive encouragement to influence Black Belts to participate not only as a competitor, but also as a tournament judge. Black Belts should receive a copy of the tournament rules as soon as they become eligible to judge.

## **Tournament Chain of Command**

The tournament arbitrator(s) must be appointed by a Regional Chief of Tournaments at regional events. During national tournaments, Arbitrators will be assigned by the National Vice President of Tournaments. An arbitrator will be responsible for supervising assigned rings and for enforcement of tournament rules. He/she will make on-the-spot corrections, and will assist in resolving problems, in a diplomatic and respectful manner. If necessary, they may replace a judge for “cause”. The position of tournament arbitrator is a temporary assignment during that tournament only.

***Senior Instructors must keep away from the rings (unless he/she has been appointed as a tournament arbitrator) and will not interfere with the competition, nor interact with the judges, unless it is for safety reasons.*** If they see a problem, they should contact the appropriate tournament official(s) and notify them of their observation.

The UWTA Tournament Department chain of command is to be followed at all times for all tournament related decisions. The chain of command is as follows:

- National Vice President of Tournaments
- Regional Chief of Tournaments
- Tournament Director or Tournament Host
- Tournament Arbitrator

This is mainly for the process of receiving and addressing complaints and issues. However, when it comes to obtaining information of asking questions this chain of command should be followed in those instances as well.

## **Viewing Videos and Cameras**

Judges are not allowed to view video recording(s) to influence the score. If there is a legitimate complaint from a spectator or parent, they will be directed to the appropriate tournament officials. In all cases, the arbitrator will speak with the center and corner judges to understand their perspective of the complaint and render a final decision and direct whatever corrective action is needed to occur at that time. If a solution cannot be made at this time the appropriate tournament official should be contacted following the Tournament Department chain of command.

## **Judging Levels and Certification**

The UWTA takes great pride in the training of Black Belts to be judges at Regional, National and International tournaments. Black Belts are trained over a period of time to be qualified as a Junior, Level 1, 2, or 3 Judge.

### **Junior Judge**

The following rules and guidelines apply to a Junior Judge:

- Must be at least 11 years of age, and a 1<sup>st</sup> Degree Black Belt or higher
- Must know all Taegeuk color belt poomsaes
- May judge Tiny Tigers, and any U8 color belt divisions
- Must have been a Scorekeeper/Timekeeper for at least one year
- Must have been a timekeeper/scorekeeper in a minimum of 2 tournaments and 10 divisions

To qualify for a Junior Judging certification, the student must receive training in UWTA tournament rules and procedures and pass a written test with a score of at least 80%.

A Junior Judge will receive a chevron to be put on the right sleeve of the uniform jacket. The chevron should be centered (diagonally) on the crease in the middle of the top of the sleeve; left edge (as you look at the uniform) 2 inches from the bottom of the sleeve, right edge 4 inches from the bottom of the sleeve.

### **Level 1 Judge**

The following rules and guidelines apply to a Level 1 Judge:

- Must be at least 14 years of age, and a 1<sup>st</sup> Degree Black Belt or higher
- Must know all Taegeuk color belt poomsaes
- May corner judge color belt divisions only (all ages)
- Must have been a Scorekeeper/Timekeeper or Junior Judge for at least one year
- Must have been a junior judge in a minimum of 2 tournaments and 10 divisions

To qualify for a Level 1 judging certification, the student must receive training in UWTA tournament rules and procedures and pass a written test with a score of at least 80%.

A Level 1 Judge will receive a chevron to be put on the right sleeve of the uniform jacket. This chevron should replace the Junior Judge chevron if present. The chevron should be centered (diagonally) on the crease in the middle of the top of the sleeve; left edge (as you look at the uniform) 2 inches from the bottom of the sleeve, right edge 4 inches from the bottom of the sleeve.

## **Level 2 Judge**

The following rules and guidelines apply to a Level 2 Judge:

- Must be at least 16 years of age, and a 1st Degree Black Belt or higher
- May corner judge or center judge for color belt rings (all ages)
- May corner judge for Black Belt ring up one rank below his/her current rank
- Must know all the Taegeuk color belt poomsaes and the black belt poomsaes up to and including his/her current rank
- Must be knowledgeable in the weapons competition scoring
- Must have been a Level 1 Judge for at least one year
- Must have judged a minimum of 2 tournaments and 10 divisions as a Level 1 judge

To qualify for a Level 2 Judging certification, the student must receive training in UWTA tournament rules and procedures, take a certification test and score at least 80%.

This judge will receive a chevron to be placed on the right sleeve of the uniform top. This chevron should be placed 1/4 inch above the Level 1 chevron.

## **Level 3 Judge**

The following rules and guidelines apply to a Level 3 Judge:

- Must be at least 16 years of age and a 3<sup>rd</sup> Degree Black Belt or higher
- May corner judge or center judge for color belt rings (all ages)
- May corner judge Black Belt rings up to his/her current rank
- May center judge Black Belt rings up to one rank lower than his/her current rank
- The judges must know all the Taegeuk color belt poomsae and the black belt poomsae up to and including their current rank
- Must be knowledgeable in the weapons competition scoring
- Must be able to be able to pass a physical exam on how to efficiently run a UWTA ring
- Must have been a Level 2 judge for at least one year
- Must have judged a minimum of 2 tournaments and 20 divisions as a Level 2 judge

To qualify for a Level 3 judging certification, the student must receive training in UWTA tournament rules and procedures, take a certification test and score at least 90%. In addition to passing a written exam, all Level 3 Judges must pass a physical exam on how to efficiently run a UWTA tournament ring.

This judge will receive a chevron to be placed on the right sleeve of the uniform top. This chevron should be placed 1/4 inch above the Level 2 chevron.

Judges chevrons are \$10 each. All replacement chevrons are \$10. Prices subject to change.

## **Olympic Referee**

The following rules and guidelines apply to an Olympic Referee:

- Must be at least 18 years of age and a 3<sup>rd</sup> Degree Black Belt or higher
- Must be a Level 3 judge
- Must complete the UWTA Olympic Referee Seminar and Exam, with a score of at least 90%.

Olympic Referee Certification can be substituted for those who have successfully passed a sanctioned USAT or WT Kyorugi Referee Seminar.

### **Length of Judging Certification**

All certifications are valid for ONE year and can be renewed by attending a regional or national clinic and passing the test(s) required for the level they are re-certifying for. This requirement is mandatory for all ranks 1<sup>st</sup> through 7<sup>th</sup> Degree Black Belts. Everyone must be physically present to be certified. There are no “write offs”. Attending Black Belt meetings, the morning of a tournament will not be accepted for judging certification. All judging certification is good for two years however; all judges must attend at least one refresher course a year. All refresher courses must be conducted by either a Regional Chief of Tournaments or the National Vice President.

***No Black Belt or Senior should ask or imply that any Tournament Official should certify or re-certify a judge for any level without that person actually attending a seminar and taking the test regardless of rank or experience.***

### **Judging Re-certification:**

- Required participation in a rules clinic and pass the test for the judging certification level
- The rules clinic must be conducted by the Regional Chief of Tournaments or the National Vice President
- An “In School” or “In Club” clinic may only be held if there is no Regional Chief of Tournaments in the immediate area. Special permission must be approved by the National Vice-President of Tournaments. In this case, any School or Club owner must have and be currently certified as a level 3 judge

**NOTE:** Any Black Belt student, Trainee Instructor or Certified Instructor who attends tournament judging certification clinics and passes the written and/or physical test is required to wear the appropriate chevron(s) on his/her UWTA uniform. These chevrons will be ordered through UWTA national headquarters.

## **Responsibilities of the Judges**

**All judges have equal authority to call points or penalties. A center judge cannot overrule a call by a corner judge, except through his/her own vote on a point or warning, which has no more weight than each of the other two judges’ votes. No judge is allowed to alter, add or modify any UWTA rules.** The definitions of a point, penalty or disqualification

are explained in the Individual and Tag Team Point Sparring Competition Rules.

### **Center Judge's Responsibilities:**

- Responsible for all competitors in his/her assigned ring
- Ensuring that each competitor abides by the official tournament rules
- Conducting each aspect of competition (Poomsae/Sparring/One-Steps/Weapons, etc.) in the proper order of competition
- Awarding or announcing the proper winners in each division his/her tournament award (trophy or medal), or sending the competitors to the medal stand
- Completing the required paperwork for each completed division and returning that signed paperwork to the proper Tournament Official
- Double checking the accuracy of the scoring and results
- Ensuring the safety of all participants to the best of their ability

### **Additional Rulings**

Judges are not to advise, instruct, coach or demonstrate to the competitors. It is our job to judge them, not instruct them. Leave that to their instructors.

***Judges are not allowed to critique competitors.*** A judge should give the competitors positive feedback and refer them to their instructor for any critique or advice.

Judges who find difficulty in resolving a given problem shall ask the Tournament Arbitrator. If the Arbitrator cannot resolve the problem, then the matter should be addressed through the Tournament Chain of Command.

Decisions of responsible officials shall be final. Instructor or student complaints or appeals during the tournament will not be allowed. Any complaints should be made after the tournament through the chain of command. Shows of public discord by any ranks or non-UWTA members are open to official censor.

### **Score / Time Keeper Requirements**

The score/time keeper at a UWTA tournament, play an important part in the overall running of a ring. While these persons are not considered to be judges, they have responsibilities and obligations that must be followed. ***The center referee should physically check the stop watch at the beginning of each division to make sure it is working properly.***

#### ***The score/time keeper should:***

- Make sure that his/her duties in the ring are understood, and ask the center judge for any clarifications necessary.
- Write legibly (if applicable) and completely fill in any and all scores given by the center judge.
- Repeat the score back to the center judge in a loud clear voice.
- Make every effort to get the Center Judge's attention if he/she becomes unclear with a score or time issue at any point during competition.
- Pay complete attention to the ring in which they are working.

- Not leave the ring until the Regional or National Chief of Tournament replaces them.

## **Judging Ethics and Personal Behavior**

Judges need to keep their personal emotions and feelings intact. If you had a bad day the day before, personal problems, or something is on your mind, you need to put those aside and focus on your judging responsibilities.

If your students or family members are competing and you are judging, you need to stay focused and not allow yourself to be distracted. Everyone wants to watch their families, friends, and/or students compete and even take pictures. Your judging responsibilities come first! When you are competing, it's discouraging or even upsetting if you know your ring judges are watching someone else instead of you.

Quality judging requires continuing education. All qualified judges need to read the rules, memorize them, and attend the appropriate judging certification clinics. Annual re-certification is required. Senior instructors should always set a positive example, be compassionate, understanding, and willing to help junior instructors and judges. As a senior instructor, if you do this, you gain their respect and admiration; not disrespect and resentment.

If you see a safety issue, direct rules violation, negligence, or a situation that really needs immediate attention, send for the appropriate tournament official. Then you may politely and respectfully ask the center referee to call time. Wait for the tournament official, at which time you, the center referee and tournament official will discuss the situation so as not to bring attention from competitors and spectators.

If any master instructor, senior instructor, or school owner violates any of these guidelines, they will be reprimanded and if necessary disciplinary action will be taken.

## **Profane or Obscene Language**

As instructors and judges, we need to be extra careful with the language we use during any UWTA event including testing, tournaments, seminars, etc. We damage our image and professionalism when "caught in the act" of using profane or obscene language by children, parents, junior instructors, and the opposite gender. The best policy is to not use obscene or offensive language when you are in your school, during any UWTA event, or while you are in your Taekwondo uniform. If you need to express yourself in an inappropriate manner, wait until you are alone or at home.

## **Personal Conduct**

We must constantly remember our roles as black belts, instructors, seniors, school owners and the image we project. People automatically judge us positively and negatively by what we say, how we act, how we treat others (especially our family members and friends), how we dress, how we teach, etc. We may not have done something wrong intentionally or thought we had, but it can be perceived as offensive by others. Think twice before you do or say something that may offend others.

## **Disciplinary Action**

Sometimes mistakes are made and if possible, will be corrected. If you continue to study the rules, practice them, and fulfill your responsibilities you are less likely to make a mistake. There is a difference between a simple mistake and negligence.

Any demonstrations of prejudice, lack of attentiveness in the ring, etc., shall be cause to replace the judge. Any negligence due to laziness, not caring, or complete lack of knowledge will result in disciplinary action. Any evidence of cheating in any way by any judge will result in a much stronger form of disciplinary action. Disciplinary action will be determined by the judge's instructor and the appropriate UWTA authority.

Methods of disciplinary action may include:

- Replacement by another judge during a tournament
- Loss of current judging level or more, and requirement to recertify
- Ban from judging and/or tournament attendance

## **Appearance and Dress**

### **Arrival/Departure to a UWTA Tournament**

Prior to and after competition, color belts may wear normal "street" clothes, bearing in mind appropriate styles for the occasion. Black Belts are held to a higher standard due to their position in the organization and in the eyes of the color belt students. Black Belts in attendance (whether competing or not) should either wear "dress" clothes, a white traditional dobok or suit. Females can wear "dress" slacks, or skirts and tops or dresses. Males should wear "dress" slacks and shirts (or sweaters) with a tie, sport coats or suits. It is understood that younger junior Black Belts have issues keeping nice clothes clean and they will be given special consideration. Teenagers and above should be able to care for themselves and are expected to comply with the dress requirements.

Certified Instructors **MUST** wear either dress suit attire or their white traditional dobok. This dress code is in effect from the first appearance at the tournament site until away from the tournament site. A proper UWTA white uniform is appropriate at all times. During the tournament all persons ranked 6th Dan and below should be dressed in their official UWTA uniform and be prepared to either judge or assist in the running the event unless receiving prior approval from the appropriate tournament official.

### **Appearances during Competition**

During competition, competitors shall wear clean, pressed UWTA white uniforms. A UWTA patch is required on each uniform for competitors excluding white belts. All other lettering, striping and patches must be in good repair and positioned according:

- To UWTA guidelines. (See Official Uniform below)

- NO JEWELRY is allowed once a student or instructor puts on his/her uniform or during competition
- T-Shirts worn underneath the Taekwondo uniform must be white and tucked inside the uniform pants

## **Uniforms and Safety Equipment:**

A UWTA approved dobok ***IS REQUIRED*** to be worn by all competitors during competition and by all judges fulfilling any traditional poomsae, sparring or weapons tournament judging assignments at UWTA sanctioned tournaments.

### **An Official Uniform MUST:**

- Be a white V-Neck style top with matching white pants (Black Belts must have a Black Collar)
- Be in good repair (no holes or frayed edges)
- Have an Official UWTA patch

### **Point Sparring Equipment MUST include the following:**

- Head gear
- Hand Gloves (Foam Dipped White)
- Foot Boots (Foam Dipped White)
- Chest Protector (With a Red/Blue reversible side)
  - All chest protectors must have the sides of the chest protector even with the competitor's belt. This will allow for proper and safe scoring during the competition.
- Mouth Piece
- Groin Protector (Males Mandatory, Females Optional)
- Forearm and Shin Guards (optional)

### **Optional Dobok:**

For poomsae competition, a competitor may wear a WTF approved poomsae dobok (See below); however, it is not mandatory in order to compete.



# Tournament Rules

## Permission/Eligibility to Compete for All Competitors

In order to compete in any sanctioned UWTA Taekwondo event, a competitor must comply with all of the following requirements:

- Be in good standing of the UWTA. In good standing means that any member, regardless of rank belt or leadership collar, must have a current membership with the organization
- Be training on a regular and consistent basis in the material that one wishes to compete with, at a UWTA accredited school or club
- Have his/her Instructor's permission to attend and compete

Failure to comply with any of the requirements listed above will result in the competitor being denied to compete, or if discovered after the completion of the event, any points or place winnings will be nullified. The eligibility requirement is applicable for ALL competition divisions.

## Appropriate Competition Belt and Rank

Competitors must wear the appropriate belt and compete in the division for the rank that they currently hold. If the student has been awarded a rank at their school, they should wear that belt even if the instructor has not "officially" sent in the results to headquarters. Color belts may do one previous form if they have just tested for a new rank. Back Belt students should compete in whichever rank they will be on Friday Night of Final Four Championships.

## Competition Age

A color belt, may compete as of their age on the day of a competition.

Black Belts (competition for National Champion): The age of the competitors will be determined by their birthday as of **midnight September 30th** of the tournament season. The age that they are at that time will indicate the division in which they should compete in throughout the entire tournament season.

1<sup>st</sup> Degree Black Belt-Recommended (Red/Black) may compete in the red belt division or they may compete in the 1<sup>st</sup> Degree Black Belt-Decided division. Once they compete in the black belt division, they will receive points for the final four championships. Should a candidate decide to switch back to the red belt division they may do so, however all points they have earned in the Black Belt division, will be forfeited.

## No Coaching Rule

It is the responsibility of the judges to ensure that no one is allowed to receive coaching during a competition (except Olympic sparring). ***There will be no coaching from the sidelines by anyone, including color belts, black belts, instructors, seniors, and family members or friends. This no-coaching rule is in effect from the time the competitors are "bowed into***

***their ring” through the time they are “bowed out of their ring”.*** Cheering is encouraged.

A competitor may receive a verbal warning during sparring for receiving coaching from anyone during the prescribed time they are in a ring (See **Contact/Non-Contact Penalties section**). Two confirmed warnings for the same infraction will result in a penalty point being awarded to the opponent. A third warning will result in a forfeit.

### **Awards for Competition**

Places awarded for competition:

- 1<sup>st</sup> Place Awarded to the competitor with the highest cumulative point total
- 2<sup>nd</sup> Place Awarded to the competitor with the next highest cumulative point total
- 3<sup>rd</sup> Place Awarded to the competitor with the third highest cumulative point total
- (Double thirds trophies/medals will be given out at national events only; however, points for Black Belt divisions will still be awarded for 3<sup>rd</sup> and 4<sup>th</sup> places)

If a competitor is the only one in their division, and they are given an exhibition match, they will be awarded with the award for the place they come in. If they are competing for National Champion points, they will still be awarded first place points, regardless of their place in the exhibition match.

In all color belt junior divisions 12 years old and younger; a competitor will be given a participation award if they do not officially place in competition. For the purpose of this award, poomsae/sparring/weapons are considered one event. **NO BLACK BELT WILL RECEIVE A PARTICIPATION AWARD REGARDLESS OF AGE.**

## **Tournament Operating Procedures**

### **Ring Size**

Ring dimensions for competition shall be square and should measure in the range of 14 - 18 feet per side, depending on the type of division (adult or junior). For “Tiny Tiger/Little Dragon” divisions, the previously described rings can be “cut” in half and two divisions may be run side-by-side.

Each ring should:

- Have clearly marked boundary lines
- Be numbered

### **Order of Events**

The host of each tournament will publish the tournament schedule, as approved by the Regional or National Vice President of Tournaments for that particular tournament.

## **Tournament Registration**

For all tournaments, all competitors are encouraged to pre-register with their Instructor, School/Club owner or online. The following guidelines apply to all registrations:

- It is the responsibility of the competitor to obtain a registration form from his/her instructor, and with his/her guidance, fill out the registration form completely. This includes but is not limited to their Name, UWTA Black Belt Number (if applicable), Date of Birth, Age, Rank, School Number and the Name of their Instructor.
- If the UWTA number is absent or incorrect on the registration card, the competitor will forfeit any possible points earned for that competition.
- The Instructor of the competitor will have 5 business days after the event to contact UWTA Headquarters with the missing or incorrect number to avoid forfeiture of points.

For Regional Tournaments, to better prepare for the national events, all competitors, regardless of their rank, are asked to pre-register to compete. All registration cards must be filled out completely, especially the rank, age, gender and UWTA member number. It is the responsibility of the instructor to double check all registrations and send them to UWTA Headquarters by the deadline. Deadlines are stated in the tournament information provided by UWTA Headquarters.

The advent of on-line registration has made this process faster and easier for students. Students who are capable of registering online for Regional and National events may do so only after receiving permission from their instructor. Pre-registration will allow for pre-determined competition assignments and a better opportunity to plan the competition day for all competitors, families and spectators.

## **Arrival and Competition Times**

Each competitor should arrive at the tournament site approximately 30 to 45 minutes prior to their posted staging time unless otherwise notified in the tournament information packets.

If for some unforeseen legitimate reason, a competitor is late for his/her division, the center judge will allow the competitor to enter the division if possible based on the following:

- The Tournament Director or Tournament Host approves the entry
- If the next competition event has not started, a late entry will be allowed to enter the competition
- If poomsae competition has ended and sparring competition has started, the competitor will not be allowed to compete in the poomsae event
- If sparring has already started, the competitor will not be admitted to the ring. At that time the Tournament Chief will determine if there is another ring available or room in the current division
- If in the opinion of the Tournament Chief the student has purposefully arrived late in order to receive an advantageous position, the Tournament Chief may refuse entry into any competition

***Keep in mind that all posted staging times ARE NOT competition times.*** Every effort is made to keep a tournament running on time. There are circumstances however that may delay

or speed up one or more rings throughout the day.

For the sake of competition, the Tournament Chief will make every effort to see that a junior competitor is allowed to compete. If his/her ring is completed the Tournament Director MAY create another ring of competition for the purpose of awarding trophies/medals. For Black Belts, these rings will not receive points in the National Champion standings. (Exhibition)

## **Competition Division and Ring Assignments**

### **Color and Black Belt Divisions**

There are two types of competition divisions:

- **Color Belt** – These divisions include all color belts
- **Black Belt** – These divisions include all Black Belts who are competing for National Champion, and earning points.

The Tournament Chief or his/her assistants handle division breakdowns. One standard rule is that events (poomsae, sparring, weapons, etc.) will be limited to no more than 8 competitors. In trying to promote competition **at regional events** and provide a positive experience, **JUNIOR rings (ages 17 and under)** will be split if there are 9 competitors or more in an event. If there are 8 or fewer competitors, the ring will not be split. If a ring of 8 has been sent to the competition floor (on deck) and an additional competitor arrives, the ring will not be further split at that time.

It is important to understand this applies to **regional events only**. The final decision for competition ring assignment is the sole responsibility of the Tournament Chief.

The Tournament Director or Tournament Host will try whenever possible to follow the Black Belt junior and adult divisions. He/she may at his/her discretion may combine or alter color belt divisions to facilitate competition. As much as possible for black belt divisions, combinations should be made around age groups. For example, combining 40-49 1st degrees with higher rank divisions in the same age bracket is acceptable for the sake of competition.

**NO ONE** (Competitors, Parents, UWTA Seniors or Spectators) will attempt to influence the Tournament Chief (or his/her assigns) in the forming of divisions.

The following are the procedures for assigning competitors to appropriate rings:

- The Tournament Chief will make calls throughout the day asking for students who are of a certain age and belt color to go to the “staging area.” This area is usually separate from the main competition floor.
- The divisions will be made according to the number of competitors in each of the age and rank groups. Due to the vast difference from school to school and school/club numbers and number of competitors at each event, it is not feasible to issue a rule concerning how the color belt divisions will be formed.
- The Tournament Chief will use the guides given to him/her by the UWTA Headquarters in determining how all color belt and adult Black Belt divisions are formed. This includes information about age/rank expectations. The Tournament Chief will make every effort to

- keep similar divisions for the entire tournament season.
- Junior Black Belt divisions must follow the Top Four age divisions without exception.
- All Adult Color Belt rings will not be split unless there are more than 16 in the ring regardless of height. Adults have a better understanding of the concept of competition and in general want more competition.
- All adult Black Belt rings will not be split unless there are more than 16 competitors in an event regardless of height at Regional, National or International events.

### **Black Belt Division Overview for the National Championship Program**

- Only competitors in Poom/Black Belt divisions can earn points toward the National Champion Program.
- The divisions for the Top Four are set by the National Vice President of Tournaments and are designed to give everyone an equal chance.
- Divisions are based on gender, age of the competitors, and rank.
- Prior to Spring Nationals, and at the conclusion of each tournament season, the National Vice President of Tournaments will evaluate the number of competitors in each division and determine if any changes are to be made for subsequent tournament seasons to the divisions.
- Divisions may change as the organization grows and more students in different age and rank groups compete.

Junior Black Belt divisions will not be combined in poomsae, point sparring or weapons competitions at any sanctioned Regional, or National events. However, in certain situations, they **MAY** be put together to earn trophies. Some junior Black Belt divisions may end up with only one competitor because of the above rule stating that junior Black Belt divisions must follow the Top Four breakdowns without exception.

- In the case where there is more than one junior division that has only one competitor, the Tournament Chief **MAY** combine them for the sole purpose of competing and earning trophies. Each “single” competitor will automatically receive Top Four points.
- This means that a competitor could receive Top Four first place points, but may be awarded a different trophy place based on the outcome of the competition. The Tournament Chief will use his/her best judgment in these groupings and will make every effort to make sure that everyone involved understands what is happening.

The divisions will be followed at national events. On a regional level, it is often times difficult to follow these divisions closely. The result of this is that on a regional level, Adult Black Belt Divisions **MAY** be combined for the sole purpose of earning trophies (but point must still be separated for the purpose of Final Four). The Tournament Chief (or his/her assistants) has the ability to combine adult divisions where necessary.

### **Starting Competition – Script**

(The following script is an example on how to begin a UWTA tournament division for competition. This script does not have to be strictly adhered to however a version of this or something like it must be used to start each division.)

Greet the competitors and line them up on the edge of the ring to bow in.

“Charyut, kyungyet! How is everyone today?! Great! (Get them pumped and motivated) Is this anyone’s first tournament? (Welcome them and ensure them that they’ll have a ton of fun today). Great! We will do poomsae first and then sparring competition.

Introduce the judges...

“This is (judge’s name). They’ll be your Corner Judge “A”. This is (judge’s name). They’ll be your Corner judge “B”. And I am (your name). I’ll be your Center judge. We will all be looking at your overall poomsae, including hand and foot techniques, speed and flow, presentation and enthusiasm, and the completeness of the form.

We will call up the first 3 competitors to perform first. After the first 3 have performed, we will bring the first 3 back up, (with the 1<sup>st</sup> that went on your left). Each competitor will be asked to step forward and we will give them their score. Each competitor after that will receive his/her score right after they complete their form.

Any questions? Great!”

Sit them down and call up the first name.

“(Competitor’s name)! Charyut kyungyet! Chunbi for your poomsae, She Jahk!” When the competitor is finished, “Bahroh, Shoh.”

Judges will then make their score 7.0-9.9, with an 8.5 average. One of the three MUST receive an 8.5.

“Judges, score!” (Always read the score left to right. Always make sure the scorekeeper repeats them back to you)

“Charyut, kyungyet. You may have a seat” (Encourage the competitors to clap for one another).

## **Poomsae Competition Rules**

### **Poomsae Judging**

It is the duty of the center judge and corner judges to score each poomsae according to the rules and guidelines outlined below:

Scoring of traditional poomsae is scored equally by all judges. Poomsae standards are based off of the UWTA poomsae standards.

Areas of focus for judging Poomsae are stances, kicks, hand techniques, speed and flow, overall presentation, proper focus, completeness, and the competitor’s attitude and enthusiasm.

#### **For stances - the judge should look for:**

- a strong base with correct length and width
- correct weight distribution

- a level center of gravity while moving
- good balance

**For kicks - the judge should look for:**

- the correct chamber positions
- long, strong kicks with good extension and focus
- a complete re-chamber motion
- good power and foot speed (height of kick is not a major consideration)
- using the proper part of the foot when striking

**For hand techniques, the judge should look for:**

- the correct starting position
- a long, strong technique
- good reaction force (where applicable)
- the speed, timing and power of the technique
- the correct ending positions

***Judges will make point deductions for kicks, stances, or hand techniques left out, incorrect kicks, stances, blocks or strikes.***

All UWTA judges will judge all poomsae using the UWTA poomsae standards.

When seated, the center Judge will be in the middle seat, with corner judges on either side.

### **Poomsae Competition Procedures**

The following procedures are indicative of how each ring is to be run at every UWTA tournament:

- Prior to the initial bow-in and introductions, the Center Judge will have the division packet. The center judge should re-count the number of competitors and the number of registration cards to ensure these numbers match.
- The Center Judge should verbally “fire-up” the competitors but should not physically “warm- up” the competitors in any manner.
- To officially start the division, the competitors will line up and bow in to the assigned judges.
- The center judge will introduce themselves, and the other judges to the competitors.

When their name is called, the competitors will answer, “Yes, Sir/Ma’am”, run to the center of the ring, stand at attention, and wait for the judges’ directions. They will follow the judges’ instructions, and when given the command to begin, will demonstrate their poomsae on their own count. Competitors are not required to state or say the name of the poomsae they are competing with.

They will hold the position of the last movement until given the command to return and will not leave the ring until dismissed.

For Color Belt divisions, after the two competitors in each bracket have completed their

poomsae, the Center Judge will ask the two competitors in the bracket to come into the ring, and stand next to one another. The Center Judge will then ask the other judges to get ready to score. At this time, all judges will bow their head, and cover their face with their hands. The Center Judge will then say “Judges.....Score”, at which time all three judges point to the competitor they feel won the bracket.

For Black Belt divisions, the Center Judge will announce scores from his/her left, calling out each judge’s score. ***Judges should keep their scores visible until the scorekeeper has repeated the scores back to the Center Judge for verification.***

After every competitor has had an opportunity to demonstrate his/her poomsae, the center judge will check the addition of the scores (or the brackets for correctness), determine if there are any ties, and award appropriate places. If a tie in scores should occur for first, second or third place, in Black Belt divisions, the run-off system will occur.

It is very important that the competitors be left with a positive impression and experience. Therefore, each judge should congratulate him or her after the awarding of the trophies.

In Black Belt divisions, the first three competitors will complete their poomsae and then be dismissed to the side. This will allow the judges to have a comparative scale by determining the general ability of the competitors. At the conclusion of the third competitor’s poomsae, all three competitors will be brought back and given scores. Every subsequent competitor will be scored immediately following the performance of his/her poomsae.

**Black Belt divisions will always run off for third and fourth place, at all tournaments. While there may be two third place trophies awarded, there will always be third and fourth place points given, so it is imperative that there always be a runoff.**

## **Poomsae Scores/Scoring Range**

### **Color Belt Division Scoring**

Scoring of color belts, will be performed using a bracket system. Poomsae competitors will be placed in a bracket (similar to the one used for sparring), and will be run off against each other. The brackets will use the same bye system as used in sparring.

Judges will point to the competitor they feel is the winner of each round, and will not give competitors scores. This will help to speed up competition, and will eliminate ties in these divisions.

### **Black Belt Division (National Champion) Scoring**

Black Belt division poomsae matches will utilize three or five judges, with one judge appointed as the Center judge.

The scores of the competitors are a comparison score based on the competitors in the ring, and not based upon the excellence of the poomsae itself.

All judges will be judging the overall poomsae.

## Determining and Administering a Score

It is important to understand how to determine a competitor's score. Judges of a UWTA event follow these procedures when determining a score:

- The first three competitors will complete their poomsae before being scored. This gives the judges a base for their scores.
- Each judge will give a score ranging from 7.0 through 9.9, with an 8.5 as the average.
- Each judge must give an 8.5 to one of the first three competitors.
- The three scores from the judges will determine a competitor's overall score.
- Highest score will receive 1<sup>st</sup> place.
- If five judges are used, the lowest and highest scores from the five judges will be removed. In the event of a tie when five judges are used, the high and low scores will be added back to the overall score to determine a winner. If this also results in a tie, the normal tie resolution rules will be followed.

## Incomplete Poomsae Definition

***An incomplete poomsae is defined as a competitor leaving out at least an entire segment or stopping any time during the poomsae and not finishing.*** At times, some competitors may leave out a technique or two, turn the wrong direction, or may do an incorrect technique. This would **NOT** be classified as an incomplete poomsae. Because the emphasis of the organization's teaching is on quality of technique rather than solely memorization, an incomplete poomsae will receive a score of 7.0 by each of the five judges.

## Required Poomsae:

- |                                   |                |
|-----------------------------------|----------------|
| • White Belts                     | Keecho IL Jang |
| • Yellow Belts                    | Taegeuk 1 or 2 |
| • Green Belts                     | Taegeuk 3 or 4 |
| • Blue Belts                      | Taegeuk 5 or 6 |
| • Red Belts                       | Taegeuk 7 or 8 |
| • Poom Belt                       | Taegeuk 7 or 8 |
| • 1 <sup>st</sup> Dan Black Belt  | Koryo          |
| • 2 <sup>nd</sup> Dan Black Belt  | Keumgang       |
| • 3 <sup>rd</sup> Dan Black Belt  | Taebaek        |
| • 4 <sup>th</sup> Dan Black Belt  | Pyongwon       |
| • 5 <sup>th</sup> Dan Black Belt  | Sipjin         |
| • 6 <sup>th</sup> Dan Black Belt: | Jitae          |
| • 7 <sup>th</sup> Dan Black Belt: | Chonkwon       |
| • 8 <sup>th</sup> Dan Black Belt: | Hansu          |
| • 9 <sup>th</sup> Dan Black Belt: | Illeyo         |

## Additional Rulings

***The current National Champion has the option to perform his/her poomsae first or last.***

All color belts are allowed two chances to complete their poomsae. If they are not able to complete their poomsae during the second attempt, the other competitor will advance in the bracket.

Black Belts are allowed one chance to complete their poomsae. If a black belt does not complete their poomsae, or does the incorrect poomsae, they will receive an incomplete score of 7.0.

*There are no boundary restrictions during poomsae competition.* Competitors will not be penalized for stepping beyond the ring boundaries, nor will they be penalized for adjusting their position to avoid obstacles, people, or the ring boundaries. Competitors may not realize that they will not be penalized for stepping beyond the ring boundaries and may adjust to prevent this. It is also possible that equipment bags, spectators, etc., may be in their way and they should be permitted to adjust to avoid these obstacles.

### **Resolving Ties**

**Should two or more competitors have the same score for first, second, or third place, there is a tie in the division. The following method for determining the winner is in place:**

- Ties are to be run off rather than decided in conference.
- If there is a tie in the poomsae competition, the tied competitors will be asked to do their poomsae again. The poomsae will be done individually, not at the same time. ***Each competitor must do the same poomsae they did originally.***
- All ties will be decided by the judges pointing to the best poomsae.
- If there is a tie for more than one place, the judges will decide the lowest place first.
- All three judges will now be judging the entire poomsae overall rather than their original assignments.
  
- ***Example:*** There is a two-way tie for first place. The Center Judge would have the two competitors tied for first place demonstrate their poomsae again and a decision would be made as to the victor
- After all the tied competitors (for that place) have done their poomsae, they will line up facing the judges.
- On the command of the Center Judge, all judges will point at the competitor they felt did the best.
- If at least two judges pick the same person, that person wins and will receive first place in the competition.

***Example:*** There is a three (or more) way tie for 1<sup>st</sup> place:

- After all the tied competitors (for that place) have done their poomsae, they will line up facing the judges.
- On the command of the Center Judge, all judges will point at the competitor they felt did the best.
- If at least two judges pick the same person, that person wins and will receive first place in the competition.

- Then the judges would vote on the other 2 competitors for who would get 2<sup>nd</sup> and 3<sup>rd</sup>.
  - **IF:**
    - Each of all three judges point to different competitors, those three will step forward one step (unless there is just 3).
    - Next, the two competitors on the left (the judge's left) will take one more step forward.
    - The center judge will now ask the judges to pick the better poomsae from those two. The loser now steps back with the competitor on the right;
    - The judges will pull forward the right-hand competitor
    - The judges will again point to the better poomsae. This person is the first-place winner.
    - Then the judges would vote on the other 2 competitors for who would get 2<sup>nd</sup> and 3<sup>rd</sup>.

## **Team Poomsae / Pair Poomsae Rules**

- Referees will judge the overall poomsae from all competitors, as well as the group synchronization, with a strong emphasis placed on synchronization.
- Teams and pairs may perform any Black Belt poomsae up to the highest rank on the team (e.g. If the team consisted of two 2<sup>nd</sup> degrees and one 1<sup>st</sup> degree, the team could perform Koryo or Kumgang)
- Team poomsae
  - Consists of 3 people, same or mixed gender
    - Competitors must keep the same team throughout the competition year
  - Age brackets will be
    - 12 & under
    - 13-17
    - 18 and older
- Pair poomsae
  - Consists of 2 people, same or mixed gender
    - Competitors must keep the same team throughout the competition year
  - Age brackets will be
    - 12 & under
    - 13-17
    - 18 and older

## **Point and Tag Team Point Sparring Competition Rules**

### **Point Sparring Equipment**

Each competitor must use the following equipment:

- Head gear
- Hand Gloves (Foam Dipped White)
- Foot Boots (Foam Dipped White)
- Forearm and Shin Guards (optional)

- Chest Protector (With a Red/Blue reversible side)
- Mouth Piece
- Groin Protector (Males Mandatory, Females Optional)

**All chest protectors must have the sides of the chest protector even with the competitor's belt. This will allow for proper and safe scoring during the competition.**

**ALL GEAR MUST BE IN GOOD CONDITION. NO TAPE ALLOWED. NO CRACKS IN THE GEAR ALLOWED.**

### Same School Rule

When the Center Judge is starting Individual Point Sparring competition, he/she will double check to make sure competitors from the same school are not competing against each other in the **first round** of competition. If a competitor receives a bye in the first round, they can face an opponent from the same school the first time they actually spar.

### Bye System

The UWTA bye system is to be set up before any Point Sparring begins. The UWTA bye system is based on the concept that each division must achieve a point at which exactly four competitors are left to spar for a fourth place, a third place, a second place, and a first place. Simply having an even number of competitors will not ensure that a division will reach this point. A bye would be considered an "automatic win." The competitor who receives a bye would not have to do one-steps or free-spar in the first round of the competition and would automatically move into the next round. Note: Divisions with 4, 8 or 16 competitors have NO BYES.

**In order to calculate the appropriate number of byes:**

- Verify with each competitor that they are indeed sparring.
- Count the number of sparring competitors.
- Refer to the back of the sparring score sheet to determine the number of byes necessary.
- Any competitor that is the previous year's Sparring National Champion will automatically receive the first bye. (Not applicable for Final Four)
- Byes after the first one will be chosen at random prior to making the bracket sheet.

# of Competitors	# of Byes	# of Competitors	# of Byes
2	0	18	14
3	1	19	13
<b>4</b>	<b>0</b>	20	12
5	3	21	11
6	2	22	10
7	1	23	9
<b>8</b>	<b>0</b>	24	8
9	7	25	7
10	6	26	6
11	5	27	5
12	4	28	4
13	3	29	3
14	2	30	2
15	1	31	1
<b>16</b>	<b>0</b>	<b>32</b>	<b>0</b>
17	15		

## How a Competitor Scores Points

Scoring points will be done by performing hand or foot techniques to the legal target areas, with varying criteria depending on the rank and division of the competitors.

**Scoring Points for Color Belts & Black Belts:** Competitors must make light to moderate contact on the chest protector of his opponent in order to score. If light, controlled contact is made with kicking techniques to the head, competitors can be awarded points. Color belts are **NOT** allowed to make contact to the face. Black Belts are allowed to make light controlled face contact.

### **The following techniques will score points:**

- Hand and foot techniques to the legal torso area will score 1 point. Legal hand techniques include only punches and back fists. Spinning hand techniques are considered “blind” techniques. It is not considered a “blind” techniques if the attacker pivots or spins and is able to look at his opponent and snap the hand technique back. The attacker would be award the appropriate point.
- Turning kicks to the body will receive 2 points.
- All kicks to the head will receive 3 points.

**\*Shin contact to the headgear does not constitute a point.**

## Hand Techniques

**To the torso: Any good clean technique with execution and retraction.** This area is restricted to the front of the body starting at the hip line and going up to the base of the throat, and from one end of the hogul (chest protector) to the other side of the hogul. A 3-inch width of the spine is NOT a legal striking area (even if the hogul wraps around the entire body). Striking techniques going towards, or making contact with, areas outside of this definition will be considered illegal.

## Kicking Techniques

Kicking techniques must make contact to the torso (see above), and touch contact to the head, excluding the throat.

## Face Contact

For All divisions: **There are absolutely no hand techniques to the head.** If light controlled contact is made with kicking techniques to the head, competitors can be awarded points. Color belts are **NOT** allowed to make contact to the face (Only to the helmet). There must be touch contact for a point to be called. Black Belts must make light contact to the head and the face area is considered a legal target in the black belt division ( face contact).

**If blood is drawn the clock must be stopped and the judges need to discuss if there was excessive contact. This does not constitute an automatic penalty. The judges should**

***determine if excessive contact was used and make the appropriate call.***

### **Illegal Target Areas**

Illegal target areas include any part of the body not described in the above definitions. The type of technique, striking or kicking, will determine which definition to use.

Illegal target areas include:

- All areas below the belt. This includes side, front or back areas and applies to kicks or strikes.
- The back of the torso; a 3-inch width of the spine.
- The throat.
- The head (illegal for hands only)
- Face (Illegal for Color Belts only)
- While striking the arms and/or shoulders will not score a point, they are not illegal targets. Blind hand techniques are illegal techniques. A hand technique is considered “blind” if the attacker is not looking at the target at the time the technique is thrown. A spinning back fist (While not looking before executing) would be an example of a “blind” hand technique. It is not considered a “blind” technique if the attacker pivots or spins and is able to look at his opponent and snap the hand technique back.

### **Additional Tag Team Point Sparring Rules**

- Each team will consist of 3 Members of mixed/same gender
- Competitors must all be black belt level (Black Belt Candidates are allowed)
- Tag team competitors must be within the same age brackets:
  - 8-10, 11-13, 14-17, 18 and older
- Each member must spar at least once
- A team member may tag out at any time

### **Point and Tag Team Point Sparring Procedures**

- Each competitor will answer “Yes, Sir/Ma’am!” when his/her name is called, and run to the mark indicated by the Center Judge. From that point to the end of the match, the competitors will follow the instructions of the Center Judge. They will not talk unless directly addressed by the Center Judge or one of the corner judges. Comments, actions, facial expressions or disrespectful body language in response to a judge’s call or to a lack of judge’s call or ruling will not be allowed and may be punished by a verbal warning, penalty point or disqualification.
- Each individual point sparring round will last 2 minutes.
- Each tag team sparring round will last 5 minutes.
- Time runs continuously unless the Center Judge indicates that time should be stopped.
- If one competitor reaches 12 points before the end of the two minutes in an individual point sparring match, or is ahead by 7 points, he/she will be the winner.
- Tag team points are added up for the entire 5 minute-match. The team with the most points at the end of the match are the winners.

- Ties will be determined by “sudden victory” - the first competitor to score a point will win.
- There is no time limit on “sudden victory.”
- Points and warnings do not carry over into “sudden victory.”
- Overtime matches may be decided by penalty points.

At the conclusion of a match the winner should then confirm his/her name and spelling with the Center Judge to ensure that the proper competitor is credited with the win and advances to the next round.

## Point Sparring Script

**(The following script is an example on how to begin a UWTA tournament division for sparring competition. This script does not have to be strictly adhered to however a version of this or something like it must be used to start each division.)**

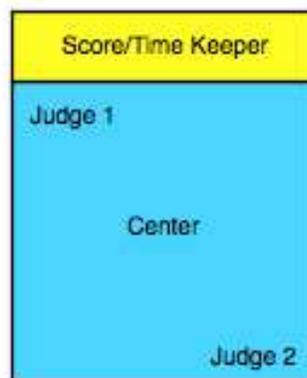
Raise both clenched fists with the thumb on the middle finger and the forefinger extended to the height of the ear. Extend down the arms in turn, pointing the “Chung” competitor’s mark with right forefinger and giving verbal command “Chung,” then “Hong” competitor’s mark with left forefinger and giving verbal command “Hong.”

“Charyut kyunyet” and with “Chunbi”, step forward with your left foot, extend right hand in front like a Knife hand strike. “Shijak”, left foot steps back to right foot into Walking Stance. When a point or warning is seen call “BREAK!” (Not “Point”).

At the end of the match: “Chung” (point with your right hand down and to the right), “Hong” (point your left hand down and to the left). “Charyut, kyunget” (Motioning with both hands to bow). Have competitors remove headgear and place under left arm. Announce the winner.

## Position of the Judges

Each judge is assigned a particular position in the ring, which will allow him/her the best view for judging Point Sparring competition, usually forming a **DIAGONAL LINE**. **Corner Judges cannot be inside the ring. They must move outside the ring at all times.**

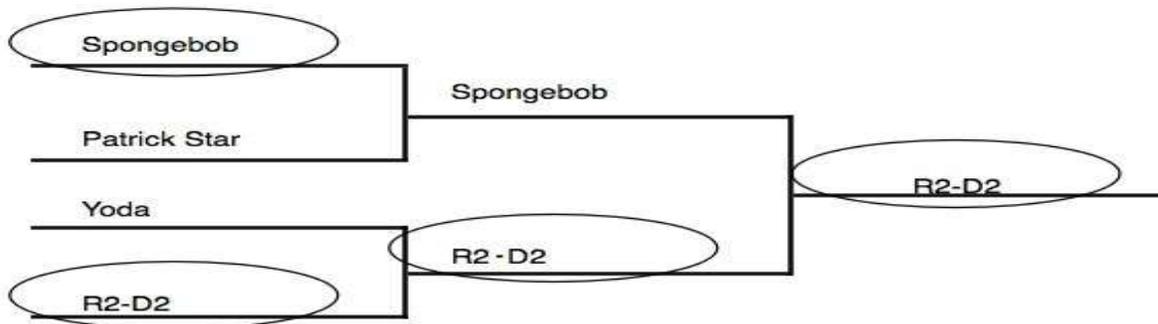


***The Center Judge must maintain his/her primary position directly facing the scorekeeper and timekeeper during any calls.*** This is to ensure the scorekeeper and timekeeper receives,

understands and writes down all instructions and scores.

When the center judge has confirmed a point(s) and calls it out to the scorekeeper, the scorekeeper should repeat the point(s) back to the Center Judge. This will confirm that the proper information was heard and recorded.

The Center Judge should personally check the stopwatch to insure it is working properly and should also ensure the proper winners of each match are recorded. Center Judge will circle the winner and advanced him/her forward.



***The other two judges should take a position forming a diagonal line. All three judges should move along his/her half of the ring during the match*** to ensure a proper view, and reset to his/her original position before each call. During the match, the judge is to be on the outside of the ring and return to the inside corner of the ring upon making a call.

### **View of the Center Judge**

The Center Judge should be facing the scoreboard ensuring the competitors are on the proper side based on the score card in front of them. Example if they have red on their left the red hogul should be on their left when lining up and making the call.

### **Signals Used for Point Calling**

Corner and Center Judges use signals to indicate calls in a ring. The Center Judge will point to the proper competitor rather than raising a flag. A corner judge will use the flags as an indicator.

#### **The calls are:**

- **Point** - raise the correct flag color (as well as pointing the flag toward the competitor who scored) and number of fingers corresponding to the number of points scored. This means the judge saw a technique touch a legal target area.
- **No Point** - cross both forearms downward.
  - *This means the judge saw a technique, but did not feel that it qualified as a point due to reasons such as, but not limited to:*
  - The technique was not clean enough for the ranks of the competitors.
  - The technique was blocked by the other competitor.
  - The technique was not a proper technique (weak or poorly thrown).
  - The technique was thrown when the competitor was out-of-bounds.
- **No See** – the back of both hands cross to cover the eyes. This means the judge

either did not see a technique thrown or was not in a position to judge whether the technique touched a legal target area.

- **Warning** - wave the correct flag color down low in the direction of the competitor receiving the warning. This means the judge saw the competitor do something that was illegal. *This includes, but is not limited to:*
  - The technique was going in the direction of an illegal target area (this would include fakes or feints).
  - The technique came close to or touched an illegal target area.
  - The technique used was illegal.
  - The competitor didn't exercise sufficient control of the technique.
  - The competitor was running out of the ring to avoid being scored upon.
  - The competitor was purposely falling to avoid being scored upon.
  - The competitor's attitude/conduct was not of UWTA standards.
  - The competitor is delaying the match (slow return to mark, slow getting up, etc.).
  - The competitor is receiving coaching from anyone.

### **Making a Call – Point**

***Any call for a point or an infraction must be visually seen. If a judge cannot visually see a point score or any type of infraction, he/she must call a “no see”. Hearing a strike or assuming a strike was made, is not allowed.***

- One or more of the three judges should clearly call out “BREAK!” to stop the action.
- On direction of the Center Judge, each judge will indicate one of the four calls; “point”, “no point”, “no see” or “warning”.
- The Center Judge and the corner judges are required to show their call at the same time.
- When indicating a point for either color, the corner judge should raise AND point the appropriate flag and number of points awarded in the direction of the competitor they are calling for.
- Points or penalties will be awarded according to the majority of judges who saw the technique. If a warning is called, it must be verified. See the next section on Warnings.

### **Confirming a Point**

A majority call for a point will determine if a point is valid, **except when two judges call “no see”**.

\*If two judges call different points for the same competitor (“Red-1” and “Red-2”) and the third judge calls “no see” or “no point”, the lowest point would be awarded.

\*If there is a no see, no see and a point call 2 judges removed themselves from the call and one judge call can stand on his/her own, so a point would be awarded.

A match will end when:

- A competitor reaches 12 points first.
- A competitor is up by 7 points.

- A competitor is disqualified.
- A competitor forfeits.
- Time runs out

## **Warnings**

The following procedures and guidelines are used in the calling of a warning:

- If a judge sees an illegal technique or illegal action, that judge will call “BREAK” to stop the action.
- The center judge will say “Judges...Score”. At this time the judge that called “break” will then wave the matching colored flag of the offender towards the ground in the direction of the competitor.
- The Center Judge will look at the timekeeper and say “Stop Time!”
- The Center Judge will say “Judges call of warning, call!” If a warning is confirmed by two or more judges, the appropriate penalty will be issued to the offender.

## **Awarding Points & Penalties at the Same Time**

*\*A competitor cannot be issued a warning and be awarded a point at the “break”.*

## **Contact/Non-Contact Penalties**

Contact penalty rules are for the safety of competitors in their different divisions. The safety equipment is only effective in stopping cuts and bruises from accidental contact made with controlled technique; it will not protect against full-power attacks. Contact to certain areas that are not defined as legal, may not warrant a warning. Examples would include, but not limited to: punches that hit the shoulder or kicks that make contact to the other competitor’s leg while that leg is in a kicking motion and would be considered above the hip line.

***Non-contact infractions will receive a warning for the first infraction, a penalty point for second and a forfeit for the third infraction. Non-contact penalties include, but are not limited to the following:***

- Running out of bounds to avoid the fight.
- Falling down to avoid attack.
- Delaying a match (getting up slow, returning slowly when break is called, etc.).
- Grabbing an opponent.
- Striking or kicking (no contact) to an illegal target area
- Coaching

## **Contact Warnings and Unsportsmanlike Conduct**

***Center referees should make sure that non-contact and contact infractions are scored separately, not together. These are two completely different infractions and are not to be combined.***

Excessive contact or unsportsmanlike conduct should be a penalty point on the first offense. If the judges rule that the contact is too excessive or the conduct is unacceptable, the competitor

can be a forfeit on the first infraction if approved by the appropriate tournament official.

Contact to an illegal target area the first time will result in a penalty point for his opponent.

Contact to an illegal target area, excessive contact, a **second time will result in a forfeit**. Unacceptable conduct (for example; if the judges feel the contact was made on purpose), can result in disqualification, and the discretion of the center judge.

***If blood is drawn the clock must be stopped and the judges need to discuss if there was excessive contact. This does not constitute an automatic penalty.***

Remember that the purpose of this rule is to protect the competitors physically and mentally, even if it may seem harsh to disqualify a competitor.

During sparring competition, a competitor may be caused to forfeit during the beginning rounds, or be disqualified from the competition in its entirety, depending on the reason and severity of the penalty. Any disqualification is for that tournament only, not from future tournaments.

If a competitor is disqualified for unacceptable attitude or conduct, after places are awarded, that competitor will forfeit his/her place. Other competitors will not move up in place if this occurs.

It is possible for a competitor to be disqualified for unacceptable conduct due to his/her parent or fan in attendance demonstrating unacceptable conduct.

### **No-Fault Rule**

If a competitor throws a technique that is intended for a legal target area, but due to actions outside of his/her control, strikes (or comes close to) the opponent in an illegal target area, the competitor will not be penalized.

**Example 1:** A competitor throws a reverse punch towards his opponent's chest. The opponent ducks down and is hit in the face, or blocks the punch up into his/her face. This would result in a no-fault call ***except in the case of excessive contact***.

**Example 2:** A competitor throws a sidekick towards his opponent's ribs. The opponent does a spinning hook kick at the same time and is kicked in the back. This would result in a no-fault call ***except in the case of excessive contact***.

An important factor in determining if the no-fault rule should be exercised is if the competitor recognized what was about to happen and tried to further control the technique. This is not always possible, but would support the concept that the competitor is concerned about the safety of his/her opponent. It is also important to remember that this is a judgment call by the judges in the ring. Those judges will use their experience and the attitudes of the competitors as guidelines when using the no-fault rule.

### **Out of Bounds**

***Only the competitor scoring a point, needs to be in bounds for the point to be scored, even if their opponent is out of bounds.***

A competitor is considered completely out of bounds when any part of the foot (or more) is touching the floor beyond the ring boundary. Judges should tap the floor if they see a competitor is out of bounds to help him/her realize his/her ring position.

Out of bounds penalties depend on whether the competitor was forced out of the ring or ran out to avoid an attack. If it becomes apparent that a competitor is running out of the ring to avoid attack, or is not making adjustments to avoid being forced out of bounds, he/she should be given a non-contact warning.

### **Competitor's Attitude**

One of the most important tenants of UWTA Taekwondo is the concept of **DISCIPLINE**. While it is important to show the discipline of being a good loser, it is equally important to exhibit the discipline of being a good winner. UWTA Taekwondo students are known for their discipline, courtesy and respect.

Any kind of exhibition of disgust, frustration or dissatisfaction with the outcome of competition will not be tolerated. This includes leaving the ring or ring area before awards are given and the ring being formally dismissed.

Neither will over-exuberance with winning be allowed. Poor sportsmanship of any kind may result in warning, penalty points, forfeit, disqualification, reverse decisions, loss of all or part of one's accumulated top four points or being barred from future tournaments.

**Reverse decisions** can only be executed by the Tournament Chief. Being banned from future tournaments can be recommended by the Regional Chief of Tournaments or Tournament Arbitrators to the National Vice President of Tournaments.

### **Forfeits / Disqualifications**

If a competitor is caused to forfeit a match, due to penalties, they would still move on to any subsequent matches. For example; when the division has come down to the last four competitors, a competitor may be caused to forfeit, however they would still be able to continue and compete for 3<sup>rd</sup> place. Example:

Next to the last round:

- #1 and #2 compete; #1 wins, #2 loses
- #3 and #4 compete; #4 is caused to forfeit (any infraction, except attitude or conduct), 3 wins

Last Round:

- #1 and #3 compete for 1<sup>st</sup> and 2<sup>nd</sup> place.
- #2 and #4 compete for 3<sup>rd</sup> place.

However, if #4 is disqualified due to an unacceptable attitude or unacceptable conduct, he/she is done with competition for the day. This situation would require notifying his/her instructor and further disciplinary action may be considered. Any disqualification should be noted on the score sheet for further use. Ultimately any disqualification should be discussed by all ring judges and

must be approved by the appropriate tournament official.

***Note: No matter what type of disqualification a Black Belt competitor receives, he/she will still receive participation points***

## **Injuries**

Every effort has been made to ensure that competing in a UWTA Taekwondo tournament is as safe as possible. However, injuries do occur.

The following guidelines will be applied to all injuries during competition:

- If a competitor is injured the judge will have him/her lie down (or remain where he/she has fallen) and remain still and **WILL NOT** remove the headgear.
- The medical team on site will be called to the ring.
- If there was no blow to the head or face, the competitor may be asked to remove his/her mouthpiece.
- Until the medic arrives at the ring, every effort will be made to help the competitor stay calm, making sure he/she does not move around. The injured competitor will only be allowed to continue when the following criteria are met:
  - It is the opinion of the medical team that he/she will not be further injured by continuing
  - If the competitor is under 18 years old, he/she **MUST** receive permission from his/her parents (if present), instructor (if present), and/or medical staff
  - If the parents and instructor are not present, the medical staff's decision will stand
- If a competitor has to stop due to injury at his/her own fault, the opponent will win the match

## **Olympic Sparring Competition Rules and Guidelines**

**Olympic sparring will follow the UWTA Safety rules for all age divisions. Modifications may be made according to each competition:**

- Divisions include: 10-11 years, 12-14 years, 15-17 years, 18-30 years and 31 & above  
BLACK BELT ONLY
- One light weight and one heavy weight division for each age group. (subject to change)
- Matches will consist of two 90 second rounds with 30 second break
- Olympic Sparring will be a Final Four Competition
- Center Referee can stop any match if he/she feels that the players are unevenly matched, or if there is a concern for safety

## **UWTA Olympic Sparring Equipment**

Each competitor must use the following equipment:

- Head gear

- Hand Gloves (WT approved or Foam Dipped White)
- Foot Boots (WT approved instep guard or Foam Dipped White)
- Forearm Guards (WT approved REQUIRED)
- Shin Guards (WT approved REQUIRED)
- Chest Protector (With a Red/Blue reversible side)
- Mouth Piece
- Groin Protector (Males Mandatory, Females Optional)

All chest protectors must have the sides of the chest protector even with the competitor's belt. This will allow for proper and safe scoring during the competition.

ALL GEAR MUST BE IN GOOD CONDITION. NO TAPE ALLOWED. NO CRACKS IN THE GEAR ALLOWED.

### **Criteria for Valid Points**

- Point(s) shall be awarded when a permitted technique is delivered to the scoring areas of the trunk with a *proper level of impact*.
- Point(s) shall be awarded when a permitted technique is delivered to the scoring areas of the head (light contact OR an unblocked kick to the head within 6 inches).

### **Scoring Points:**

1 point for kicks to the hogu or a well executed reverse punch  
 2 points for turning kicks to the hogu  
 3 points for all kicks to the head

(Subject to change depending on scoring system)

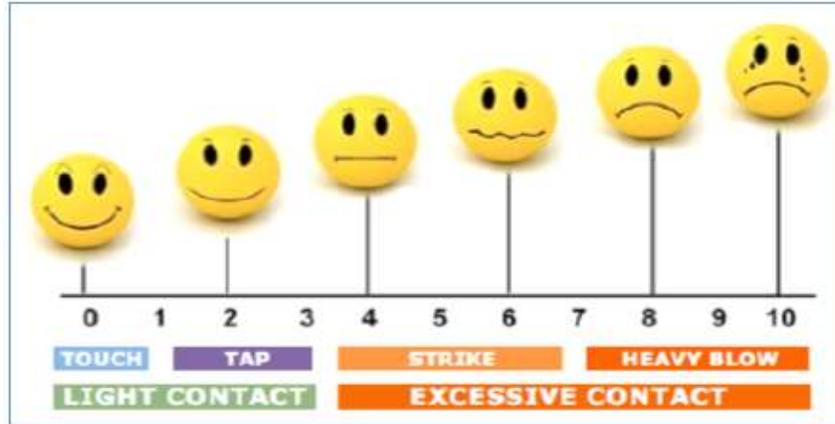
### **Guidelines for Officiating**

**Inability to continue:** Inability to continue because of fright, crying or loss of will following a kick to the head does not constitute grounds for disqualification of the attacker.

**Careless or excessively forceful attacks to the head:** If the referee sees that a player is directing excessively forceful techniques to the head area, even if the foot does not make contact, the referee may give a verbal warning. Multiple instances of the same offense may result in "Gam-jeom" penalty, or even disqualification, if the player continues to ignore the referee's F to observe light contact rules.

What is meant by "light contact"?

"Light contact" is defined as anything from a touch to a tap—"0.1" to "3" on a scale of 1 to 10 (see chart on next page).



Penalties shall be declared by the referee for any prohibited acts.

Prohibited acts shall be penalized with “Gam-jeom” (deduction penalty).

A “Gam-jeom” penalty shall be counted as one (1) additional point for the opposing competitor.

A competitor will forfeit the match if they receive 10 “Gam-jeoms”

### **Prohibited Acts**

The following acts shall be classified as prohibited acts, and “Gam-jeom” shall be declared.

- Crossing the Boundary Line
- Falling down
- Avoiding or delaying the match
- Grabbing, holding or pushing the opponent down or out of bounds (pushing from the clinch to create distance is allowed)
- Lifting the leg to block or/and kicking the opponent’s leg to impede the opponent’s kicking attack, or lifting a leg or kicking in the air for more than 3 seconds to impede the opponent’s potential attacking movements, or aiming a kick below the waist
- Kicking below the waist
- Attacking the opponent after "Kal-yeo"
- Hitting the opponent’s head with the hand
- Butting or attacking with the knee
- Attacking the fallen opponent
- Attacking trunk with the side or bottom of the foot having the knee pointed out in clinch position
- Any of the following misconducts of competitor or coach
  - Not complying with the referee’s command or decision
  - Inappropriate protesting of officials’ decisions
  - Inappropriate attempts to disturb or influence the outcome of the match
  - Provoking or insulting the opposing competitor or coach
  - Unaccredited doctor/physicians or other team officials found to be seated in the doctor’s position

- Any other severe misconduct or unsportsmanlike conduct on the part of a competitor or coach

When a coach or competitor commits excessive misconduct or refuses to follow the referee's command, the referee may declare a win by disqualification.

### **Disqualification**

A competitor, coach, or parent will receive 1 warning for the following misconduct. The 2nd offense of this misconduct by a competitor, coach, or parent will result in immediate disqualification. Disqualification means you can no longer compete in Olympic sparring for that event.

- Execution of an out of control technique
- Excessive contact
- Excessive display of disrespect
- Excessive aggression toward opponent or referee
- Any hint of malicious intent

There will be no appeal to a center referee's decision of disqualifying a competitor. Any arguing with a judge by a competitor, coach, or parent after a disqualification will be grounds for removal from the facility and an un-appealable 3 event suspension. A second infraction of such nature will result in 1 year suspension with a third resulting in expulsion from all future events.

### **Knock Down**

A Knock Down is when a competitor is knocked to the floor or is staggered and unable to respond adequately to the requirements of the match due to a legal scoring technique. Even in the absence of these indications, the referee may interpret a knock down, if as the result of the contact, it would be dangerous to continue, or if there is any question regarding the competitor's safety.

A Knock Down shall be declared when a legitimate attack is delivered, and:

- When any part of the body other than the sole of the foot touches the floor due to the force of the opponent's scoring technique
- When a competitor is staggered and shows no intention or ability to continue as a result of the opponent's scoring technique
- When the referee judges that, in the interest of safety, the contest cannot continue as the result of a competitor being struck by a scoring technique

The referee will begin an 8-count for any legal kick to the trunk area that results in a knock-down condition, which does not call for medical evaluation.

The referee SHALL NOT give an 8-count for any kick, even a legal one, to the head area. If a kick to the head is powerful enough to warrant an 8-count, it is excessive, and the appropriate penalty procedure shall be applied.

In the event of a Knock Down, the referee shall take the following measures:

- The referee shall keep the attacker away from downed competitor by declaration of “Kalyeo” (break). The recorder shall stop the match clock following the referee’s “Kal-yeo” (break) command.
- The referee shall first check the status of the downed competitor and count aloud from “Hanah” (one) up to “Yeol” (ten) at one-second intervals towards the downed competitor, making hand signals indicating the passage of time.
- In case the downed competitor stands up during the referee’s count and expresses they will continue the fight, the referee shall continue the count up to “Yeo-dul” (eight) for recovery of the competitor. The referee shall then determine if the competitor is recovered and, if so, continue the contest by declaration of “Kye-sok” (continue).
- When a competitor who has been knocked down cannot demonstrate the will to resume the contest by the count of “Yeo-dul” (eight), the referee shall announce the other competitor winner by RSC (Referee Stops Contest).
- The count shall be continued even after the end of the round or the expiration of the match time.
- In case both competitors are knocked down, the referee shall continue counting as long as one of the competitors has not sufficiently recovered.
- In case both competitors are knocked down and both competitors fail to recover by the count of “Yeol,” the winner shall be decided by the match score before the occurrence of the knock down.
- When it is judged by the referee that a competitor is unable to continue, the referee may decide the winner either without counting or during the counting.

### **Suspending the Match**

When a contest is to be stopped due to the injury of one or both competitors, the referee shall take the measures prescribed below. However, in a situation which warrants suspending the contest for reasons other than an injury, the referee shall declare “Kal-yeo” (break) and resume the contest by declaring “Kye-sok” (continue).

- The referee shall suspend the contest by declaration of “Kal-yeo,” and the recorder will suspend the time. The referee will then declare, “Kye-shi” (injury time-out).
- The referee shall allow the competitor one minute to receive first aid by the tournament medical staff; the referee may allow the team doctor to provide first aid if UWTA medical staff is not immediately available or if it is deemed necessary.
  - The tournament medical staff may request more time (up to two minutes) if necessary.
  - If there is no UWTA medical staff or team doctor available, any medical personnel near the competition mat can be requested to provide the athlete with first aid.
- If an injured competitor cannot return to the match after one minute, the referee shall declare the other competitor the winner.
- In case resumption of the contest is impossible after one minute, the competitor causing the injury by a prohibited act to be penalized by “Gam-jeom” shall be declared the loser.
- In case both the competitors are knocked down and are unable to continue the contest after one minute, the winner shall be decided upon points scored before the injuries occurred.

- If the referee determines a competitor’s pain is caused only by a bruise, the referee shall declare “Kal-yeo” and give a command to resume the match with the call, “Stand up.” If the competitor refuses to continue the match after the referee gives the command “Stand up” three times, the referee shall declare the match Referee Stops Contest.
- If the referee determines a competitor has received an injury such as broken bone(s), dislocation, sprained ankle or bleeding, the referee shall allow the competitor to receive a first aid treatment for one minute after “Kye-shi.” The referee may allow the competitor to receive first aid treatment even after giving the command, “Stand-up” if the competitor is determined to be injured in one of the categories above.
- Stopping the match due to injury: If the referee determines a competitor has received an injury such as broken bone(s), dislocation, sprained ankle or bleeding, the referee shall consult with the tournament medical personnel. If a competitor is re-injured in the same manner, the Medical Personnel assigned by the Tournament Staff may advise the referee to stop the match and declare the injured competitor the loser.

## **Divisions**

<b>Division</b>	<b>Male Weight</b>	<b>Female Weight</b>
10-11 – Light	85 lbs & Under	80 lbs & Under
10-11 – Heavy	86 lbs & Over	81 lbs & Over
12-14 – Light	100 lbs & Under	94 lbs & Under
12-14 – Heavy	101 lbs & Over	95 lbs & Over
15-17 – Light	130 lbs & Under	115 lbs & Under
15-17 – Heavy	131 lbs & Over	116 lbs & Over
18-30 – Light	150 lbs & Under	125 lbs & Under
18-30 – Heavy	151 lbs & Over	126 lbs & Over
31 & Up – Light	175 lbs & Under	143 lbs & Under
31 & Up – Heavy	176 lbs & Over	144 lbs & Over

## **Point Spread**

A 12-point Gap and 20-point ceiling will be used for UWTA Olympic Divisions. If the 12 point gap has been met by completion of the 1st round or anytime during the 2nd round, the match is stopped, and the competitor with the most points is declared the winner. At any time during the match the 20 point ceiling is met, the match is over and a winner is declared.

## **Weigh-Ins**

**ALL** Olympic Sparring Competitors Must Weigh In by 10am on Tournament day to be eligible to compete.

Weigh In, for both male and female, shall be done in official V-neck dobok only.

However, if a competitor wishes, weigh in may be done in shorts and t-shirt (spandex and tank top are allowed)

### **Final 4 Points**

Points will be awarded to both weight divisions. At the end of the tournament season. The top 2 from each weight division will determine the Final 4.

## **One-Step Sparring Rules & Requirements**

All white belts with a yellow stripe, through low and high-yellow belts have the option of competing in one-step sparring or free-sparring (white belts without a yellow stripe may compete in one-step sparring, but not in free-sparring). One-step sparring matches will use the same bye system as free-sparring. The competitors bow in and do their rank required one-steps (As set by the Instruction Department). A competitor may not mix one-steps from different ranks. However, just as in poomsae competition a competitor may do either their current or previous set of one-steps in competition.

During one-steps, a competitor must do the first two one-step combinations on the first two attempts (***they do not have to be done in numerical order***). If a third one-step is required, the competitors will do #3. If one of the competitors repeats a previous one-step, the other competitor will be awarded the point. A one-step match will last for a maximum of three one-steps.

If a competitor accidentally makes light contact during one-steps sparring, he will not be penalized. If excessive contact is made, a penalty point may be awarded, or the student may be disqualified if appropriate and approved by the proper tournament official.

To seem more like free sparring, the judges will score the one-steps one at a time. Using flags, the judges will score the first one-step as soon as both competitors have finished. One point will then be awarded for either red or blue. This will continue until one competitor scores two points and is declared the winner of the match.

The center referee should conduct the match as he would during free-sparring. The competitor on his right will always be blue and low block first. The referee will start each one-step segment by telling the red competitor to "Step Back, Low Block!" The referee will break the competitors between each one-step, just as in free sparring. If a competitor is having a difficult time during the attack or challenge position, the center referee may assist the competitor. There is no penalty. The beginner or first-time competitor is apt to make a mistake due to a lack of confidence or nervousness.

All one-steps will be judged by the following criteria:

- The one-step must be complete, but regional variances are expected and must be allowed for.
- Look at the basic techniques: stance, blocks, kicks, etc.
- If both are still even, look at the power: which competitor uses the strongest technique.
- If they are still tied, the competitor with the better competitive attitude should win.

## **Taekwondo/Tiny Tigers Rules**

Many schools have some type of Pre-Kindergarten age level program. Many of these programs do not use standard patterns or forms, but practice blocking, striking, and kicking. Special divisions have been created for them. This gives them the opportunity to compete. Competitors will demonstrate the following and are judged as if competing in forms. Students in any of these programs are allowed to do the following for poomsae competition:

- The first line or 6 moves of any Kukkiwon standard poomsae (e.g. the first 6 moves of Taegeuk poomsae reflective of the tiger gup and belt level they hold)
- Regional Tiger competition can consist of whatever criteria the instructors can agree to with fairness in mind. Example split the groups with 3 or 6 month of training used for groupings, doing whatever material makes sense.

\*For all other events, regular competition rules will apply. (e.g. Board Breaking, Sparring, Weapons)

\*Divisions for Taekwondo/Tiny Tigers will be determined by rank, age and size.

## **Weapons Competition**

Prior to competition, it is the responsibility of the Center Judge to inspect and approve all weapons intended for competition.

### **Competition Procedure**

- The Center Judge will introduce the judges to the competitors and explain what each judge is scoring. He/she does this to ensure that everyone understands the rules and procedures.
- When a competitor's name is called, the competitors will answer, "Yes, Sir/Ma'am," run to the center of the ring, and stand in the proper attention stance for that weapon to wait for the judges' directions.
- They will follow the judges' instruction and when given the command to begin, will demonstrate their poomsae at their own count.
- They will hold the position of the last movement until given the command to return and will not leave the ring until dismissed.

### **Weapons - Judges Area of Responsibility**

One difference from the traditional poomsae scoring system is that all three judges will score the entire performance rather than one specified aspect. The same scoring system will be used as the Traditional Taekwondo Poomsae Competition. Scores will range from 7.0 to 9.9

There is an automatic one full point deduction from each judge's score for dropping the

weapon(s).

There will be a one full point deduction from each judge's score if a competitor's weapon breaks during his/her competition. If a weapon should break in **any type of weapon competition**, the competitor will be given a maximum of 30 seconds to replace the weapon from his/her own gear, or borrow one from another competitor. Once the student has replaced the weapon, the poomsae will be continued from the point that the weapon broke. If the weapon cannot be replaced for any reason, the competitor will then receive a score of 7.0. An incomplete poomsae will also receive a score of 7.0.

### **Resolving Ties (Weapons Competition)**

Ties are to be run off rather than decided in conference.

- The tied competitors will again perform the proper poomsae for the weapon they are demonstrating.
- At the conclusion of the poomsae, the Center Judge will give the command for the competitor to return to the proper ready position and then indicate for them to start a 30 second free-style demonstration.
- This procedure will be done one competitor at a time until all the tied competitors have had an opportunity to perform again.
- After all of the tied competitors have performed for the second time, the judges will point to the winner rather than giving numerical score again.
- If there is a tie for more than one place, the judges will decide the lowest place first
- The key element a judge will focus on is still the performance of the original poomsae.
- The free-style demonstration is not the first criteria for resolving ties in weapons competition.

*The free-style demonstration is included only to help the judges make a decision if the tied competitors perform comparable original poomsae and they are unable to decide between the competitors.*

If a judge cannot decide between the tied competitors based on the original poomsae being repeated and needs to depend on the free-style demonstration to make a choice, the judge should determine the winner based on the difficulty, originality, and fluidity of the presentation in regards to the use of the weapon. *The key element of the free-style demonstration must be the use of the weapon.* Advanced kicking techniques and the use of gymnastic moves should not receive higher consideration unless the weapon is actually used within the movements.

## **Board Breaking Rules**

All boards must be UWTA boards, purchased at the event.

### **Creative Breaking**

Creative breaking consists of multiple breaking techniques chosen by the competitor.

General Rules:

- Competitors may use between 2 and 5 boards
- Competitors must not exceed 3 stations
- Competitors have 30 seconds to complete their breaks after setup
- Board holders/assistants are limited to 9 per competitor
- Competitors may choose any type of board breaks
- Head breaks are not allowed
- Competitors should come prepared with their own board holders for competition.
- Competitors must request permission for their breaks so the center judge may approve them to start.
- All board breaking stations will have two holders. This applies to all ranks and ages. The only exception will be for speed breaks.

Judging Criteria:

- Creative board breaking competition will require three judges.
- Accuracy (4.0)
  - Number of total broken boards
  - Balance of execution during breaking and landing after breaking boards
- Program Arrangement (6.0)
  - Skill: Level of difficulty when performing breaks, including height and turning angle
  - Creativeness: Composition and creative techniques, as well as the balance of techniques used (i.e. not using similar techniques)
  - Expressivity: Accurate and reliable technical expression and flow of the techniques while moving between breaks

Penalties (Warnings, Deductions, and Disqualification)

- Judges may give penalties for the following actions after a warning, or when the actions below are conducted deliberately:
  - Verbal attacks or movements, which disturb the other competitor's breaking.
  - Interfering with the judges or the staff's ability to proceed during the contest.
  - Falling down during breaking (0.3 deduction for each fall)
  - Damaging the breaking boards prior to hitting the boards by either the competitor or the board holder. (0.3 deduction shall be applied per board damaged)
  - Exceeding the time to break the boards. (0.3 deduction shall be applied per each 10 seconds exceeding the time limit)
  - Exceeding the total number of board holders/assistants (1.0 deduction per each additional board holder/assistant)
- Penalty points shall be deducted from the participant's total score.
- Disqualification may occur in the following situations

- Entering the contest on behalf of another competitor
- A competitor is using boards not provided by the UWTA at the tournament

#### Decision and Declaration of Winner

- Winners will be determined by the total number of points awarded by judges
- In the event of a tie
  - The winner will be the one who has a higher Program Arrangement score
  - If this does not resolve the tie, the final two teams will come out and judges will perform a blind point to the winner.

### **Power Side/Back Kick Breaking**

The side/back kick breaking technique means that the competitor breaks the boards, using the foot blade or heel of their foot. The height of the breaking holder may be adjusted within the available height of the holder.

#### General Rules:

- Competitors must decide the number of breaking boards prior to starting the competition
- The competitors foot cannot be covered by bandages or any other materials.
- Competitors have 15 seconds to compete their break, after boards have been set up, height has been adjusted, and the “Si-Jak” command is given.
- Competitors have one change to break their boards.
- Breaks must be done with the sole of the foot, the outer part or “blade” of the foot, or the heel of the foot.
- The height of the breaking materials must be higher than the competitor’s waist.
- Competitors may lift the stepping foot off the ground, or use a shuffle step of less than two steps forward, prior to kicking.

#### Penalties (Warnings, Deductions, and Disqualification)

- Judges may give penalties for the following actions after a warning, or when the actions below are conducted deliberately:
  - Verbal attacks or movements, which disturb the other competitor’s breaking.
  - Interfering with the judges or the staff’s ability to proceed during the contest.
  - Damaging the breaking boards prior to hitting the boards.
  - Exceeding the time to break the boards. (a 1.0 deduction shall be applied per 15 seconds)
- Penalties may be warnings, deductions.
  - One warning penalty is equal to a 0.5 point deduction.
  - Two warning penalties are equal to a 1.0 deduction.
  - One deduction penalty is equal to 1.0 point deduction, and it is equal to one breaking board.
  - Penalty points shall be deducted from the participant's total score.
- Disqualification may occur in the following situations
  - If any parts of the body above the knees touch the ground after breaking
  - Breaking in an unfair manner
  - Any competitor who fails to break the boards is disqualified for the final round 3.

#### Decision and Declaration of Winner

- The winner has the highest number of broken boards.
- In the event of a tie, the competitors may request to attempt to break more boards. The competitor who breaks the most boards on the second attempt will be declared the winner.
- In the event the second attempt results in the competitors breaking the same number of boards, the winner shall be the competitor who weighs less.

## **High Jump Kick Breaking**

### General Rules:

- Competitors have 10 seconds after the “Si-Jak” command, to compete their break, after boards have been set up, and height has been adjusted.
- All competitors will start at a base height determined by the judges
- The height shall be raised each round, with the new height to be determined by the judges.
- The approach (distance from where the competitor starts their run, to the boards), should be no more than 12 feet.

### Penalties (Warnings, Deductions, and Disqualification)

- Judges may give penalties for the following actions after a warning, or when the actions below are conducted deliberately:
  - Verbal attacks or movements, which disturb the other competitor’s breaking.
  - Interfering with the judges or the staff’s ability to proceed during the contest.
  - Damaging the breaking boards prior to hitting the boards.
  - Exceeding the time to break the boards. (a 1.0 deduction shall be applied per 10 seconds)
- Disqualification may occur in the following situations
  - The competitor fails to break the board
  - If any parts of the body above the knees touch the ground after breaking
  - If the competitor breaks the boards with an unapproved technique.
  - Entering the contest in the name of others.
  - If the competitor fails to break the boards within the given distance
  - If the competitor makes contact with any obstacles

### Decision and Declaration of Winner

- The winner shall be the competitor who breaks the board at the highest point.
- If the breaking height is the same between the competitors, they shall have a run-off.
  - The board will be set to the highest point which the competitors broke at.
  - If one of the two competitors fails to break the board, and the other competitor breaks the board, the competitor who succeeded will be declared the winner.
- In the run off does not resolve the tie, the judges will perform a blind point to the winner, based on ease and grace of the competitor’s jumping.

## **Additional Tournament Events**

If a tournament host would like to add an addition event during a UWTA sanctioned tournament, he/she must notify the Regional Chief of Tournaments. The RCT will notify the National Vice-

President of Tournaments. Due to the liability involved, any additional event must be approved by the National Vice President of Tournaments.

## **National Champion Program (Black Belt Divisions)**

### **General Information**

The National Champion Program tournament season runs from Grand National Championships (usually in October) through September of the next calendar year. Only tournaments that are sanctioned by UWTA Headquarters qualify to have black belts earn Top Four points. Only Poom belt and Black Belt students who are in good standing, and competing in Black Belt divisions, may earn points in the Top Four.

### **Age/Rank and National Championship Program Divisions**

It is important to understand the following information. The proper division in which a competitor should compete is based on age and rank.

#### **Age**

The age for competition of the competitors will be determined by their birthday as of midnight September 30th of the tournament circuit year. The age that they are at that time will indicate the age division in which they should compete in throughout the entire tournament season.

#### **Rank**

Only Poom belts and Black Belts earn points within the current tournament season. Students should compete in whichever rank they will be on Friday Night of the Final Four Championship, at the end of the tournament season.

## **National Champion Divisions**

**Please refer to the UWTA website “Final Four Points” page, for the current list of National Champion divisions.**

National Champion divisions are available in:

- Poomsae
- Point Sparring
- Olympic Sparring
- Open Weapons

Provisional divisions are available for the following. Provisional divisions will be run throughout the year, and be given points similar to National Champion divisions. If these divisions have

enough competitors at the end of the tournament year, they will be converted to a National Champion division.

- Pair Poomsae
- Team Poomsae\*
- Creative Board Breaking
- Power Board Breaking: Side/Back Kick
- High Jump Board Breaking

\*Competitors can compete in division above/or below if within 12 months of their age. Competitors can compete on two teams so long as it's in two separate divisions if their age fits the 12-month rule.

## **Earning Points**

Points will be given to all competitors competing in the Black Belt Divisions; however, divisions have to have maintained at least 4 competitors through the year in order to qualify for National Championships. Competitors must have also competed in at least two tournaments throughout the season in order to qualify to participate in National Championships.

If at the end of the tournament season, a division does not have 4 qualifying competitors, the competitors who do qualify may be added to another division, and increase the total number of competitors for that division for Final Four. (e.g. Division #1 has 4 qualifying competitors, and division #2 has 2 qualifying competitors. The six competitors will be combined for a Final Six competitor, with one winner).

**Points will be given as follows:**

### **Regional Tournaments**

- 1<sup>st</sup> Place-5 points
- 2<sup>nd</sup> Place-4 points
- 3<sup>rd</sup> Place-3 points
- 4<sup>th</sup> Place-2 points
- Participation-1 point

### **Fall Grand Nationals Championships**

- 1<sup>st</sup> Place-10 points
- 2<sup>nd</sup> Place-8 points
- 3<sup>rd</sup> Place-6 points
- 4<sup>th</sup> Place-4 points
- Participation-2 points

## **Contesting Points**

All matters dealing with points must be made to the attention of the UWTA Points Official, by E-mailing [points@uwta.org](mailto:points@uwta.org) (**in-person** requests to the UWTA Points Official will **not** be considered official requests). Matters brought up to instructors, school owners, Masters, tournament officials, UWTA Headquarters, National or Regional Tournament Vice Presidents or Directors, will not be considered an official request. Only E-mails received at [points@uwta.org](mailto:points@uwta.org)

will be considered official requests to contest points.

Points earned in tournaments may only be contested up to two months from each tournament. For example; If a competitor feels there is a discrepancy with points which are posted for a tournament on January 15<sup>th</sup>, they may contest that discrepancy up to March 14<sup>th</sup>. On and after March 15<sup>th</sup>, the points from the January 15<sup>th</sup> tournament would be considered final.

The discrepancy does not need to be resolved by the two-month cutoff; however, it does need to be brought to the attention of the UWTA Points Official by that date.

## **National Championship Competition**

At the end of the tournament season and after all the black belt results have been collected and the points tabulated, the National Champion rankings in every division for Individual Poomsae, Weapons, Individual Point Sparring and Olympic Sparring will be announced. The top four finishers nationally will have the opportunity to compete for the title of National Champion in their division.

After the Top Four are announced, if one or more of the competitors is unable to compete in the final competition (for whatever reason), those empty slots will not be filled.

All final four competitors will be required to register for the final four competition. Registration will be sent to the qualifying competitors prior to the event.

If there is a tie for places (other than last place) in any division, the order of the competitors will be determined as follows:

- The competitors with the greatest number of tournaments competed in will be higher in the standings.
- In the event that does not resolve the tie, the competitor with more first place wins at tournaments will be higher in the standings.
- In the event that neither of the above resolve the tie, the competitors will be arranged randomly.

## **Poomsae/Weapons/Board Breaking Competition**

Poomsae/Weapons will be run off from lowest standing point holder to highest standing point holder. (4<sup>th</sup> place point holder will perform first and 1<sup>st</sup> place point holder will perform last). In the event that a division has more than one person tied for fourth place (or eighth place in a final eight division), a runoff will be done first. Point sheets for runoffs, must be on a different color paper than the regular division sheets.

## **Individual Point Sparring Competition**

Point Sparring run off will be as follows:

The four top people will compete. In the event that a division has more than one person tied for fourth place (or eighth place in a final eight division), a runoff will be done first and then proceed

with the following. Point sheets for runoffs, must be on a different color paper than the regular division sheets.

- 1st place point holder will spar 4th place point holder
- 2nd place point holder will spar 3rd place point holder
- The winner of each will spar each other
- Winner of that match will win the title

### **Olympic Sparring competition**

Olympic Sparring run off will be as follows:

The four top people will compete. In the event that a division has more than one person tied for fourth place, a runoff will be done first and then proceed with the following:

- 1st place point holder will spar 4th place point holder
- 2nd place point holder will spar 3rd place point holder
- The winner of each will spar each other
- Winner of that match will win the title

### **National Champion Winners**

- Winner will receive an official UWTA Championship uniform with his/her name on the back and the year he/she won.
- First place in poomsae divisions, is given the option to compete first or last in the poomsae competition order, at any Regional or National competition.
- First seed in sparring divisions, is given a bye at any Regional and National competition in the sparring division.

## Tournament Rules Changes

The following tracks the changes to the UWTA tournament rules.

October 6, 2019

- Removed Standard Weapon divisions from rules and final four divisions
- Added Open Weapons (w/ chain) and Open Weapons (w/o chain) divisions
- Added provisional divisions for the following:
  - Pairs Poomsae
  - Team Poomsae
  - Creative Board Breaking
  - Power Breaking: Side/Back Kick
  - High Jump Board Breaking
- Modified tournament points to give double points at Grand Nationals, and single points at all other tournaments
- Team and Pair required poomsae changed to allow any Black Belt poomsae, up to the highest rank on the team.
- Pair poomsae changed to allow for same or mixed gender in either division.
- Added language to indicate that divisions without enough eligible competitors at the end of the tournament year, would be combined into other divisions, so that they may compete in Final Four
- Added four 5th & Up divisions (men/women, poomsae/sparring)
- Modified all Cand & Up divisions to only go through 4th (depending on age of division, some indicate Cand – 2nd, Cand – 3rd, etc.)
- Changed 9-10 and 11-12 divisions to 4 separate age divisions: 9, 10, 11, and 12
- Removed information for Final 8 Divisions
- Removed all references to Black Belt A/B divisions, and changed to Black Belt divisions
- Updated Olympic Sparring rules
  - Added language for required sparring equipment
  - Removed specific references for small penalties
  - Added specific references for penalties due to coach's behavior
  - Added acceptable attire for Olympic weigh-ins
- Changed wording in the Tournament Chain of Command section
- Added Junior Judges information
- Moved Judging Ethics directly after the Judges section (rather than at the end)
- Moved Score/Time Keeper requirements next to the judging sections
- Changed “Individual and Tag Team Sparring” to “Point and Tag Team Sparring” for consistency
- Added tournament rules changes log to back of the rulebook