

## GENERAL INFORMATION

- QUALIFICATIONS:** Taekwondo practitioners of all sex and ranks, four years & up who have trained and understand the Olympic Taekwondo competition rules.
- WEIGH-IN:**
- 1) Weigh-in is **required** for black belt sparring competitors ages 14-32. Weigh-in will be held at ?
  - 2) Weight division changes can be made at the weigh-in.
  - 3) Weigh-in will also be provided on Saturday from 7:30-8:30. Weight division changes cannot be made on Saturday. If you do not make weight, you will be disqualified.
- COMPETITION RULES:** The current WTF/USAT competition rules will govern this championship
- MANDATORY EQUIPMENT:** WTF approved white v-neck uniform only (no color trim except on black belt v-neck). All sparring competitors must wear (WTF approved): white headgear, red and blue reversible chest protector, forearm pad, shin and instep pad, groin cup (males only) and mouthpiece. Each competitor must provide his or her own equipment. Necessary equipment will be sold at the tournament site.

## COMPETITION RULES & REGULATIONS

**The Organizing Committee recognizes that each school may have a different belt color system. Please refer to the rank & color chart below and register yourself to compete in the appropriate belt color and rank.**

### COLOR BELT CHART

Rank (Kub)	10 – 9 – 8 - 7	6 – 5	4 – 3	2 - 1	Dan: 1 – 2 - 3
USAT Belt Colors	White-Yellow	Green	Blue	Red	Black
Other Belt Colors	White-Yellow-Orange	Green or Purple	Blue or Brown	Red	Black
Poomse: Taeguek/Palgue	1 or 2	3 or 4	5 or 6	7 or 8	Koryo-Keumgang-Taebaek

**FORMS:** Forms competitors must perform only the Forms designated for their specific rank. Scores will be based on: proper order, beauty, grace, rhythm, accuracy, power, technique and attitude. Authorized Forms are those approved by the World Taekwondo Federation: Taeguek 1-8, Palgue 1-8 and black belt Forms: Koryo, Keumgang, Taebaek etc.,

**SPARRING:** The current USAT competition rules will govern this championship. The Organizing Committee may modify some rules according to the local conditions. It also reserves the right to combine or divide weight categories depending on the size of the group. Head kicks for the juniors (light contact only) will be allowed in addition to head kicks for senior divisions. However, if referee and judges feel an injury was due to a malicious attack (with anger or the intent to injure), the attacker will be disqualified.

#### Ages 6-11 years old

Sparring competitors, age 6-11 years old, may not make head contact at any time during the competition. A competitor, who executes a technique to the head area, will be subject to one of the following actions:

1. Any technique, attempted to the head area but does not make contact, will be given a warning by the referee.
2. Any technique, which makes any contact with the head area will result in a one-point deduction by the referee.
3. If the competitor cannot continue because of contact with the head area, the attacker will be disqualified.
4. Inability to continue competition because of fright, crying or loss of will following a legal kick to the body, does not constitute grounds for disqualification of the attacker.

#### Sparring (Kyorooqi) Rules for Competitors Ages 12-17 year old

1. The competitor is encouraged to attempt kicks to the facial area; however absolute control must be exercised or the appropriate penalty shall be invoked.
2. The competitor who executes a successful technique (light contact without causing injury) shall be awarded one point.

3. The competitor who executes a kick to the face or neck, which results in a minor injury, shall receive a one-point deduction. A minor injury is defined as an abrasion or bleeding caused by excessive contact.
4. The competitor who executes a kick to the face or neck, which results in the inability of the opponent to continue because of injury, shall be disqualified. The jury, referee and judges, after consultation with the tournament physician, if necessary, shall make this determination. Note: Inability to continue because of fright, crying or loss of will, following a legal kick to the head, does not constitute grounds for disqualification of the attacker.
5. Black belt competitors, age 14-17 will follow WTF senior competition rules.
6. Certain rules and/or regulations are subject to change at the discretion of the Tournament Producer.

**DURATION OF THE ROUNDS:** Two rounds of 1 and ½ minutes with 30 seconds rest. (5 & under - two rounds of 1 minute)  
 Note: The tournament director may change the time limits if necessary and reserves the rights to alter weigh divisions to ensure participation and promote safety.

## WEIGHT CLASSIFICATIONS

### SPARRING DIVISIONS Black Belt – Age 10 -11

Boy's Weight (lbs.)	Girl's Weight (lbs.)
Under 65.0 lbs.	Under 65.0 lbs.
65.1 – 78.0 lbs.	65.1 – 78.0 lbs.
78.1 – 90.0 lbs.	78.1 – 90.0 lbs.
90.1 – 102.0 lbs.	90.1 – 102.0 lbs.
102.1 – 115.0 lbs.	102.1 – 115.0 lbs.
Over 115.0 lbs.	Over 115.0 lbs.

### SPARRING DIVISIONS Black Belt – Age 12 -13

Boy's Weight (lbs.)	Girl's Weight (lbs.)
Under 75.0 lbs.	Under 70.1 lbs.
75.1 – 87.0 lbs.	70.1 – 82.0 lbs.
87.1 – 100.0 lbs.	82.1 – 94.0 lbs.
100.1 – 112.0 lbs.	94.1 – 106.0 lbs.
112.1 – 125.0 lbs.	106.1 – 120.0 lbs.
Over 125.0 lbs.	Over 120.0 lbs.

### SPARRING DIVISIONS Black Belt – Age 14 -17

Divisions	Men's Weight (lbs.)	Women's Weight (lbs.)
Fin	Under 99.0 lbs. (45 kg)	Under 92.5 lbs. (42 kg)
Fly	99.0 - 105.8 lbs. (45-48 kg)	92.5 - 97.0 lbs. (42-44 kg)
Bantam	105.9 - 112.4 lbs. (48-51 kg)	97.1 - 101.4 lbs. (44-46 kg)
Feather	112.5 - 121.2 lbs. (51-55 kg)	101.5 -108.0 lbs. (46-49 kg)
Light	121.3 - 130.0 lbs. (55-59 kg)	108.1 - 114.6 lbs. (49-52 kg)
Welter	130.1 - 138.9 lbs. (59-63 kg)	114.7 - 121.2 lbs. (52-55 kg)
Light Middle	139.0 - 149.9 lbs. (63-68 kg)	121.3 - 130.0 lbs. (55-59 kg)
Middle	150.0 - 160.9 lbs. (68-73 kg)	130.1 - 138.9 lbs. (59-63 kg)
Light Heavy	161.0 - 172.0 lbs. (73-78 kg)	139.0 - 149.9 lbs. (63-68 kg)
Heavy	Over 172.0 lbs. (Over 78 kg)	Over 149.9 lbs. (Over 68 kg)

### FORMS DIVISIONS White to Black Belt - Male & Female, All Ages

5 & Under	All
6 – 7	All
8 – 9	All
10 – 11	All
12 – 13	All
14 – 17	All
18 & Older	All

### SPARRING DIVISIONS Black Belt – Age 18 & 32

Divisions	Men's Weight (lbs. & Kg)	Women's Weight (lbs. & Kg)
Fin	118.8 lbs. & Under (54 kg)	103.4 lbs. & Under (47 kg)
Fly	118.9 - 127.6 lbs. (54-58 kg)	103.5 -112.2 lbs. (47-51 kg)
Bantam	127.7 - 136.4 lbs. (58-62 kg)	112.3 - 121.0 lbs. (51-55 kg)
Feather	136.5 - 147.4 lbs. (62-67 kg)	121.1 - 129.8 lbs. (55-59 kg)
Light	147.5 - 158.4 lbs. (67-72 kg)	129.9 - 138.6 lbs. (59-63 kg)
Welter	158.5 - 171.6 lbs. (72-78 kg)	138.7 - 147.4 lbs. (63-67 kg)
Middle	171.7 - 184.8 lbs. (78-84 kg)	147.5 -158.4 lbs. (67-71 kg)
Heavy	Over 184.8 lbs. (84 kg)	Over 158.4 lbs. (71 kg)

**SPARRING DIVISIONS**  
 White to Red Belt All Ages & Black Belt 33 & Above, Male & Female

AGES	MALE DIVISIONS			FEMALE DIVISION		
	LIGHT	MIDDLE	HEAVY	LIGHT	MIDDLE	HEAVY
5 & Under	42.7 lbs. & under	42.8 - 55.0 lbs.	Over 55.0 lbs.	40.0 lbs. & under	40.1 - 55.0 lbs.	Over 55.0 lbs.
6 - 7	50.0 lbs. & under	50.1 - 65.0 lbs.	Over 65.0 lbs.	47.5 lbs. & under	47.6 - 66.7 lbs.	Over 66.7 lbs.
8 - 9	65.0 lbs. & under	65.1 - 80.0 lbs.	Over 80.0 lbs.	64.7 lbs. & under	64.8 - 79.7 lbs.	Over 79.7 lbs.
10 - 11	81.0 lbs. & under	81.1 - 96.7 lbs.	Over 96.7 lbs.	82.0 lbs. & under	82.1 - 97.0 lbs.	Over 97.0 lbs.
12 - 13	103.0 lbs. & under	103.1 - 118.0 lbs.	Over 118.0 lbs.	105.0 lbs. & under	105.1 - 120.0 lbs.	Over 120.0 lbs.
14 - 17	137.0 lbs. & under	137.1 - 152.0 lbs.	Over 152.0 lbs.	117.0 lbs. & under	117.1 - 132.0 lbs.	Over 132.0 lbs.
18 - 32	Under 157 lbs	157 - 170	Over 170.0 lbs.	Under 125 lbs	125 - 147	Over 147 lbs.
33 - 39	Under 167 lbs	167 - 182	Over 182 lbs.	Under 135 lbs.	135 - 150	Over 150 lbs.
40 - 49	Under 167 lbs	167 - 182	Over 182 lbs.	Under 135 lbs.	135 - 150	Over 150 lbs.
50 & Older	Under 167 lbs	167 - 182	Over 182 lbs.	Under 135 lbs.	135 - 150	Over 150 lbs.

*THERE WILL BE NO MORE THAN 16 PEOPLE PER DIVISION WITH THE EXCEPTION OF BLACK BELT AGE 10-32*