

# TTA Colorado State Championships

## Rules and Regulations

The Traditional TaeKwon-Do Alliance welcomes all competitors to join us in friendly competition. We proudly follow General Choi's teachings as closely as possible.

For sparring competition, we are happy to host any martial arts practitioners, as long as they adhere to the rules and regulations in this document.

For patterns competition, we welcome all who train in the 24 Ch'ang Hon patterns to compete in the traditional bracket. Those who practice other styles of patterns will not be permitted to compete in this bracket, but may compete in the open bracket.

We want everyone who participates to show their skills, abide by the rules, and have fun while doing so.

Tournament competitor uniform and equipment:

- Clean uniform, free of tears or anything hanging that could create a potential for injury. Competitor should wear the belt of their appropriate rank. Sleeves or pant legs should not be rolled.
- All competitors **MUST** wear head gear (must cover forehead, top of head, ears, and provide padded protection to back of head), hand gear, and foot pads for sparring competition- *with no exceptions*. These must be a polyurethane type- no leather pads will be allowed. Protective gear must be in good condition- any taping deemed unsafe or an unfair advantage may result in the Center Referee requesting a change of gear.
- Shin, elbow, knee pads or breast protectors are not required, but are permitted. These must be soft and provide no unfair advantage to the fighter.
- Fingernails and toenails must be trimmed. Center Referee may request the competitor trim their nails before a match if they are deemed an unsafe length.
- Mouthpieces are **REQUIRED** and must not contain any portion that extends outside the mouth (ex: football mouthpiece).
- For male competitors, athletic cup and supporters are **REQUIRED** (worn inside the uniform).
- Absolutely no jewelry is permitted during competition (piercings, wedding bands, necklaces, etc.).
- Fighters will not compete if they have a cast or brace.

*Discretion to allow competitors to compete or not compete is up to the discretion of Center Referee/Pattern Judges, Chief Referee, and Tournament Director. If one of these officials feels that a competitor may not safely participate in this tournament, they reserve the right to disqualify that competitor. Our first and foremost concern is the safety of each and every one present.*

# Sparring

Sparring competition is defined by a single-elimination 2 minute continuous bout between two competitors (*Baro* may be called by an official to award infractions, check gear, or as otherwise determined necessary). Judges count points continuously via scoring clickers, which are recorded by the Scorekeeper at the end of the round. Points will be awarded as follows:

**1 point:** Any legal hand technique (standing or jumping) that makes contact with any legal target area and is not deflected/blocked.

**2 points:** Any legal foot technique performed while standing to either the middle section or high section and is not deflected/blocked.

**3 points:** Any legal foot technique, performed in a jumping or flying (both feet must leave the ground) motion to either the middle or high sections and is not deflected/blocked. The point must occur while both feet are off the ground.

## Legal target areas:

|                |                                                                                             |
|----------------|---------------------------------------------------------------------------------------------|
| High Section   | Face/head (top, side, back, but not the base of skull)                                      |
| Middle Section | Above the belt and below the shoulder line. Chest and ribcage (or side).<br>Abdominal area. |
| Low Section    | <i>All strikes below the belt are illegal techniques</i>                                    |

## Illegal target areas:

|                |                                                                                                                                                                                                                                                                                                                           |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| High Section   | The neck (back or side) or throat. Base of the skull                                                                                                                                                                                                                                                                      |
| Middle Section | Anywhere on the back (spine, kidneys, etc.). Joint attacks of the arms.<br><i>Note: strikes to the arms will not incur infractions, but will not receive points.</i>                                                                                                                                                      |
| Low section    | ALL strikes below the belt are illegal techniques. This includes: strike to the groin, buttocks, or legs. Any attacks to joins of the legs.<br><i>Note: Incidental contact without intent (determined by Center referee), such as both fighters simultaneously starting a kick, will not be considered an infraction.</i> |

## Legal techniques:

- Punches
- Backfist/sidefist strikes
- Knifehand (or reverse) strikes
- Kicks, including pushing techniques
- All blocks
- Feints (as long as no contact is made, these are completely legal. If contact is made, the Center Referee may assess an infraction)

*Note: any of these techniques may be performed stationary, skipping, sliding, mid-air, or flying.*

**Illegal Techniques (may result in infractions such as warnings, minus points, and/or**

**disqualification depending upon severity):**

- Any lack of control or excessive contact
- Blind techniques
- Head-butts
- Elbow strikes or knee strikes
- Open hand slapping
- Chokes
- Fingertip thrusts
- Pushing with the hands
- Takedowns or throws
- Grabbing or grappling (holds of any kind)
- Striking below the belt
- All sweeps

**Warnings, Minus points and Disqualifications:**

During the match, the Center Referee may assess infractions to the fighters, if an illegal technique has been performed. Any assessed infractions are left completely up to the judgment of the Center Referee- *these may **not** be determined by the fighters, the coaches, Corner Judges, or Scorekeeper/Timekeeper.* These vary in severity as follows:

- **Warnings:** Assessed for minor infractions. For every 2 warnings given, one point is deducted from that competitor's final score at the end of the match by the scorekeeper. Warnings will not result in a competitor's disqualification, but may affect who wins the match.
  - *Types of minor fouls that may result in a warning include (but are not limited to): low kicks used to strike, striking a downed fighter, sweeps, falling, unintentionally striking illegal target areas, holds of any kind, evading fighting, dropping mouthpiece, flurries that lack any legitimate or recognizable techniques, stepping out of bounds or not following directions of Center Referee.*
- **Minus points:** Assessed for major or serious fouls. Any competitor that accrues 3 minus points is automatically disqualified from the match.
  - *Types of serious fouls that may result in a minus point include (but are not limited to): Illegal techniques, severely striking legal areas, takedowns, unsportsmanlike conduct, attacking after Center Referee has called a break, vulgar language, blind techniques, or excessive contact.*
- **Disqualification:** The most severe penalty given to a fighter by the Center Referee. As the Center Referee's primary responsibility is safety of the fighters, disqualification is the tool used to give ultimate guarantee of other competitor's safety.
  - *Disqualification will occur automatically if any of these occur:*
    - *Any overt display of disrespect or unsportsmanlike conduct*
    - *A knockout*
    - *Head butts*
    - *Purposefully attacking a downed opponent*
    - *An unstoppable flow of blood that occurs as the result of a foul (a bleeding fighter will be given the chance to control the flow and sparring will resume when possible, based upon a reasonable amount of time determined by the Center Referee)*
    - *Three minus points are assessed*

- *Fighter is not available for his/her match (Center Referee will allow a reasonable amount of time to pass before disqualifying the fighter)*

## **Patterns**

Patterns competition is single elimination, and involves 2 competitors performing simultaneously with a winner selected in each round. Similar to sparring, judges will use scoring clickers to deduct points for pattern errors based upon these points:

- Accuracy (Beginning and ending on the same spot)
- Correct posture and facing
- Proper tensing and relaxing of muscles
- Performance of the pattern in rhythmic movements with an absence of stiffness
- Appropriate acceleration and deceleration of movements
- Moves are performed with realism
- Clear understanding of purpose of movements
- Pattern has been perfected
- Correct movements for the pattern are performed (including junbi)
- Attack/defense techniques are equally distributed among left and right side (both hands and feet)
- Pattern name is called following the last move

**One point shall be assessed for each error.**

Should a competitor pause their pattern for two full seconds at any point during the pattern (preceding the end of the pattern), **the scorekeeper shall automatically assess and record 5 points to be added to the final count of that competitor** once scores are collected from the judges.

Should one competitor fail to finish their pattern and the other competitor succeeds in finishing their pattern, the competitor who finished their pattern will automatically win the round, **regardless of points accumulated.**

Should both competitors finish their pattern in its entirety, the winner will be determined by the **least amount of points accumulated** from errors in their pattern.

## **Grand Champion**

Only competitors participating in both patterns and sparring will be eligible for Grand Champion. There will be two divisions:

- Color belt- all ages
- Black belt- all ages

Grand Champion will be determined based upon a compilation of the competitor's placement in the patterns and sparring bracket, as follows:

- First place winner receives 3 points
- Second place winner receives 2 points
- Third place winner receives 1 point

In the event of a tie, the tied competitors will compete against each other in one or more patterns selected by the patterns judges. All tied competitors will perform the same pattern (based on the lowest ranked competitor involved in the tie). The judges will use hand signals to select the winner.

For any questions or concerns related to any of the rules or regulations noted in this document, please contact Adrienne Harness, V Dan (303-815-0967).