

Rocky Mountain Taekwon-Do Alliance Tournament Event Rules and Guidelines

General

This document outlines the event rules and regulations for this RMTA sponsored event.

The remainder of this document provides topical review of key elements of competition events and the presiding rules.

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Note: These rules may be subject to change, update or revision at any time.

Section 1: Competitors

General

Competitor conduct during the event shall always be maintained in a polite and courteous manner.

When entering or leaving a competitive area (ring), competitors shall:

- Bow in to the ring officials prior to entering the ring; and
- Bow out to the ring officials prior to leaving the ring.

Swearing, foul language, insults or other "misconduct" shall not be tolerated. All competitors and their guests are expected to behave and act in a polite and courteous manner toward all other competitors, guests and event personnel.

Fighting out-side of a competitive ring shall be subject to immediate disqualification of persons from all competitive events and event attendance.

Section 2: Competitor Divisions

General

Competitive divisions shall be formed based on age and given availability of competitors within the age divisions.

| Divisions | Age (Years) |
|------------------|--------------------|
| Kids | 3-5 |
| Children | 6-11 |
| Juniors | 12-15 |
| Adults | 16-35 |
| Presidents | 36+ |

Section 3: Protective Equipment

General

All competitors participating in individual and team sparring are required to wear approved protective equipment on their hands, feet, and/or body or head.

The event promoter shall not provide protective equipment for general competitor usage.

The following discussion presents requirements regarding protective equipment requirements for all sparring competitors.

The Center Referee shall be responsible for enforcement of these rules and shall inspect competitor protective equipment prior to the start of each match.

Hand and Foot Pads

Protective hand and foot pads are required for all sparring competitors.

Foot pads should be appropriately sized to completely cover the competitor's toes.

Hand pads should be sized to prevent fingertips from being exposed during competition. Hand pads without an enclosed finger area are acceptable, however, the competitor must be diligent about keeping fingers/fingertips from becoming exposed. MMA style hand pads are not acceptable forms of hand protection for this event.

At the Center Referee's discretion, any competitor with "open" finger hand pads may be asked to find alternative protective hand pads.

Shin, Elbow and Chest Protection

This equipment is considered optional and may be worn at the discretion of the competitor.

Shin and instep pads must not contain any hard plastic or hard protective surfaces. No "soccer" style shin pads are allowed. Shin pads may be worn under or on top of a competitor's uniform and may be of the "sleeve" or "strap-on" style.

Elbow pads must not contain any hard plastic or other hard protective materials.

Any competitor may choose to wear a chest protector that does not contain any hard plastic protective surfaces or components. WTF style chest protectors are acceptable given the competitor can ably move, compete and protect themselves at all times.

Headgear

The following table outlines competitor usage requirements for headgear protective equipment.

Protective Equipment: Headgear

| Division | Age | Requirement |
|-----------------|------------|--------------------------|
| Kids | 3-6 | Mandatory |
| Children | 6-11 | Mandatory |
| Junior | 12-15 | Mandatory |
| Adults | 16-35 | Optional but Recommended |
| Presidents | 36+ | Optional but Recommended |

Notes (Protective Equipment):

1. No casts, no taping or wrapping of the hand, wrist or foot shall be allowed.
2. All jewelry, earrings, necklaces and piercings, bracelets, etc. are prohibited.
3. All jewelry on the competitor's hands, feet, head and body shall be removed by the competitor prior to entering into the ring.
4. Any competitor found wearing any jewelry shall be required to remove the item(s) or not be allowed to compete in continuous or point sparring.

Section 4: Sparring Competition

General

This section provides rules and regulations regarding sparring for this event.

Unless specified otherwise, all sparring competition shall be **single elimination** matches. Winners shall progress forward through the bracket until the final bracket winners are determined.

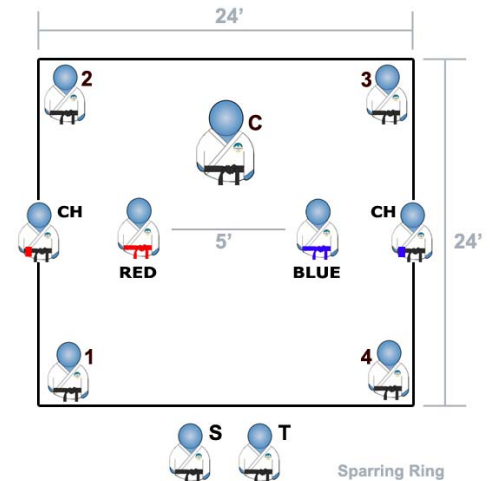
Ring Size

The event promoter shall make all attempts to provide regulation size rings for sparring competition.

The dimensions of a regulation ring for National and International events are illustrated in the figure at the right.

The ring size for Regional and Local events may vary dependent upon overall size of the available space at the event location.

It is advised the minimum ring size for any Regional or Local event be 15' x 15' square as a minimum. In these instances, the Tournament Director shall provide additional instruction to all ring personnel regarding "out-of-bounds" infractions of competitors during sparring events.



Legend

| | | | |
|---------|----------------|------|------------------|
| C | Center Referee | Red | Red Competitor |
| 1/2/3/4 | Corner Judge | Blue | Blue Competitor |
| S | Score Keeper | CH | Competitor Coach |
| T | Time Keeper | | |

Coaches are approved and encouraged for both competitors to enhance the competitor's experience during competition.

Sparring Type

Sparring for the event shall be "continuous point" sparring. Competitors are expected to maintain continuous sparring technique throughout the length of the match.

Breaks in sparring or "stoppage" of match time shall only be declared by the Center Referee for the purpose of award of warnings, minus points or other timeout declarations.

Match Length

The following match durations shall be in effect for sparring during this event:

| | Color Belts | Black Belts |
|---------------------------|--------------------|--------------------|
| Number of Rounds | 1 | 2 |
| Length of Round (minutes) | 2 Minute | 2 Minute |
| Rest Between Rounds | n/a | 1 Minute |

Black Belt Match Length may vary depending upon number of event competitors. Semi-final and final rounds shall adhere to the specifications (above), while elimination rounds may be adjusted to a single (1) two (2) minute round.

Point Declaration

Points shall be awarded by Ring (corner) Judges for legal techniques.

A legal "scoring" technique shall be defined as a technique:

- That is a legal attacking technique;
- That makes contact with a legal target area;
- That is delivered with good control and balance; and
- Is recognizable Taekwon-Do technique.

Match Corner Judges are responsible for notating legal "scoring" points and must actually see the legal technique, make contact to a legal target that is delivered with good control and balance.

Legal and Illegal Target Areas

To ensure safety of all sparring competitors, the following table outlines legal and illegal target areas on the competitor's body.

Legal Target Areas

The following areas of the competitor's body are considered legal target area for continuous point sparring.

- Competitor's Head Area
 - Face (Catcher's mask area)
 - Side of Head
 - Top of Head
 - Back of Head
- Competitor's Body Area
 - Chest and rib cage (above belt line)
 - Side of body (defined as below armpit to above belt line)

Illegal Target Areas

The following areas of the competitor's body and vital spots are strictly illegal targets.

- Competitor's Head Area
 - Front (throat), side and back of neck;
- Competitor's Body Area
 - Any attack to the back or spine;
 - Any attack to the kidney area;
 - Any attack below the belt;
 - Any attack to the buttocks;
 - Any attack to the groin;
 - Any attack to any leg area;
 - Any attack to shoulder, elbow or knee joints;

General

- Any attack to any joint (neck, shoulder, elbow, wrist, hip, knee, ankle, etc.)

Legal Attacking Technique

To ensure safety of all sparring competitors, the following table outlines legal and illegal target technique that may be used to attack a legal area on the competitor's body.

Legal Techniques

The following techniques are considered legal for use in point award from an attack to a legal target.

- Legal Hand Technique
 - Any punch with fore fist
 - Any attack with the knife hand or reverse knife hand;
 - Any attack with the back fist or side fist
- Legal Kicking Technique
 - Any standing, mid-air or flying kick

Illegal Techniques

The following techniques are strictly illegal for use and may result in minus point award.

- Any "blind" technique
 - Competitor's must visually "see" the legal target for all point awards;
- Any elbow strike;
- Any knee strike;
- Any technique using the fingertip (flat, upset, double, etc.);
- Any directed attack to a competitor's eyes;
- Open hand slapping;
- Head butts of any kind;
- Any attack below the belt;
- Throws and/or takedowns (i.e. hip/shoulder throws or scissors takedowns) of any kind;
- Holds of any kind;
- Grappling;
- Fighting on the ground; and/or
- Attacking a fallen competitor (on the ground).
- Sweeping to competitor's knees or legs (i.e. drop sweep)

Sparring Point System

The following point award system shall be implemented:

One (1) Point Award

- Any legal hand technique (standing, mid-air or flying) that is delivered to a legal target area on the body or head.

Two (2) Point Award

- Any legal standing kick delivered to a legal body target.
- Any legal mid-air or flying kick delivered to a legal body target.

Three (3) Point Award

- Any legal standing kick delivered to a legal head target
- Any legal mid-air or flying kick delivered to head target.

At **the** beginning of every event, the Chief Referee shall review 1, 2 and 3 point awards for the event for all tournament officials and competitors.

Fouls

The following are considered fouls, for which a warning or “minus point” may be awarded by the Center Referee. Typical fouls include:

- Attack to an illegal target area;
- Low Kick;
- Attack with an illegal technique;
- Holding, clinching or grabbing;
- Unsportsmanlike conduct
- Falling down (any part of the body, other than the feet, touching the ground) - whether intentionally or not
- Turning back to the other competitor;
- Running or going out-of-bounds;
- Excessive Contact (**Mandatory Minus Point**)

This is not a comprehensive list of fouls.

Warnings

The Center Referee may award a “warning” to a competitor for any foul committed by said competitor that is deemed “minor” by the Center Referee during the course of the match.

Deduction Points

During the course of a round/match and as the Center Referee is awarding warnings to any given fighter, the score keeper notates each warning and accumulation of the same.

At the end of the match, the corner judges receive the total accumulated warning and minus points for each competitor. Judges will indicate a “deduction point” for every three (3) warnings received by an individual score card. Deduction points and minus points are then subtracted from the total points awarded by the corner judge during the course of the match.

Minus Points

During the course of the round/match and as the Center Referee solely determines, he/she may award a “minus point” to a competitor. It is the responsibility of the Center Referee to decide if the foul was a serious breach of the rules, could result in serious injury or was intentionally executed to result in harm or bodily injury to the opponent. In which case, the Center Referee may award a “minus point” to the competitor responsible for the foul.

Examples of fouls that may result in a minus point are:

- A technique delivered with excessive force that results in a broken nose to his or her opponent;

- Intentionally striking an opponent’s knee joint after successive warnings by the Center Referee for low kicking; or
- An intentional head butt to an opponent’s nose during a momentary clench between the two (2) competitors.

Disqualification

During the course of the match, the Center Referee may disqualify any opponent if:

- A major sign of disrespect or unsportsmanlike conduct toward the opposing competitor, the competitor’s coach or any ring personnel.
- Three (3) minus points are awarded to the same competitor;
- A competitor’s attack results in a “knockout” of his or her opponent;
- Contact resulting in “blood being drawn” and cannot be reasonably controlled by the competitor, his coach or the event medical staff within a reasonable time.
- A competitor may be disqualified if they are not present at the time they are called into the match. The Center Referee will allow for a reasonable grace period before announcing a disqualification of the missing competitor;
- A competitor may be disqualified if he/she is injured through no fault of the other competitor and cannot resume the match.
- A competitor may be disqualified if found to be under the influence of alcohol or drugs.

Sparring Scorecard

| Rocky Mountain Taekwon-Do Alliance Sparring Score Card | | |
|---|---------------------------------|------------------------------------|
| 111 22 3 | Points | 11 23 |
| 10 | Total Points | 7 |
| 4 | Warnings 3 = 1 Minus Pt. | 0 |
| 1 | Deduction Points | 0 |
| 1 | Minus Pts | 0 |
| 8 | Net Points | 7 |
| Red (Hong) <input checked="" type="radio"/> | Split (=) <input type="radio"/> | Blue (Chong) <input type="radio"/> |
| Judge Name: CA | Corner #: 1 | Ring #: 1 |

Here is an example of the scorecard used by judges during the course of a match or round.

Note the deduction of a one (1) point from the “Red” competitor’s score for the accumulation of four (4) warnings.

Ring officials (Corner Judges) should sign the scorecard and indicate which corner they acted as a judge and what ring they were working.

Section 5: Patterns Competition

Patterns Ring

The layout of the patterns competition area is illustrated at the right. Notice the difference in position of the "Blue" and "Red" competitors as being reverse.

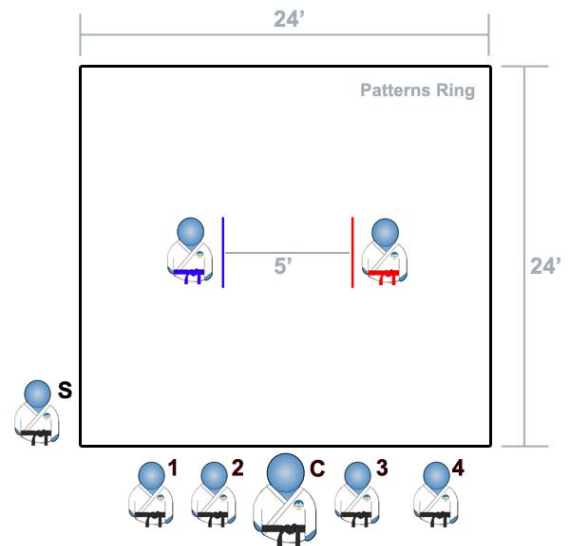
Rule-of-Thumb: The "Red" competitor is always to the right of the Center Referee.

In patterns competition the Center Referee is generally the highest rank individual on the judge's panel (line). The Center Referee is responsible for announcing the "call for scores" by all the match judges.

General

All patterns competition shall be head-to-head with each competitor demonstrating their pattern at the same time.

Unless specified otherwise, all patterns competition shall be **single elimination** matches. Winners shall progress forward through the bracket until the final bracket winners are determined.



ITF Patterns Competition

Color Belt Patterns Competition

Color belt patterns competition shall be conducted such that competitors shall perform their highest "known" pattern. For example, if the "Red" competitor is a 7th Gup, they should demonstrate Do-San as their competition pattern. However, if the 7th Gup "Red" competitor in this example just tested for 7th and does not know Do-San, they may demonstrate Dan-Gun as their competition pattern.

Rule-of-Thumb: If the competitor does not know their Gup level pattern, they may demonstrate the next pattern **below** their Gup level pattern.

Back Belt Patterns Competition

Black belt patterns competitors shall be required to perform two (2) patterns for competition.

One (1) pattern is the competitor's choice while the second pattern ("the designated pattern") is the Center Referee's (or his/her designee) pattern choice. The "designated" pattern may be any pattern in Taekwon-Do up to the lowest ranking competitor's current Dan level patterns.

For example, if the "Red" competitor is a 1st Dan and the "Blue" competitor is a 3rd Dan. The designated pattern may be Chon-Ji through the 1st Dan Black belt patterns (Kwang-Gae, Po-Eun, or Gae-Baek). However, if the 1st Dan "Red" competitor has just been promoted, the "designated" pattern selection would narrow to all patterns between Chon-Ji and Choong-Moo.

Patterns Scoring

Patterns judges shall be selected such that all judges are knowledgeable of the highest pattern performed by any competitor within the bracket. Optimally, the judge's expertise in patterns proficiency and knowledge should be one (1) rank higher than the highest ranking patterns competitor.

All patterns competition shall be judged based upon the following criteria:

1. Accuracy - Technical accuracy of the demonstrated competition pattern shall be evaluated for:
 1. Stances;
 2. Body facing and posture;
 3. Tool (attack/block) focus and position (target height)
 4. Accuracy of the competitor's starting and stopping position within the ring.
2. Power - Demonstration of power and focus of technique;
3. Balance - Demonstration of smooth, fluid balance and execution of technique;
4. Breath-Control - Demonstration of proper breathing and breath control through pattern;
5. Rhythm - The demonstrated competition pattern should be executed according to standards for regular, slow, fast, continuous and connecting speeds and motions.

Open Patterns Competition

Open patterns competition is offered to those event competitors whose martial art discipline is not in traditional ITF Taekwon-Do.

Color Belt Patterns Competition

Color belt patterns competition shall be conducted such that competitors shall perform their highest "known" pattern.

Black Belt Patterns Competition

Black belt patterns competitors shall be required to perform two (2) patterns of the competitor's choice for competition.

Patterns Scoring

Given the available of senior black belts and instructors, patterns judges shall be selected such that all judges provide a "spectrum of knowledge" from the various martial arts disciplines attending the event.

All patterns competition shall be judged based upon the following criteria:

1. Content – Demonstration of effective technique
2. Power - Demonstration of power and focus of technique;
3. Balance - Demonstration of smooth, fluid balance and execution of technique;
4. Breath-Control - Demonstration of proper breathing and breath control through pattern's execution;
5. Rhythm - The demonstrated competition pattern's rhythm should be executed in a smooth fashion absent from noticeable loss of focus or continuity.

Section 6: Speed Kicking Competition

General

Competitors kicks are “counted” for the number of successful attempts making contact with a kicking target located at the competitor’s belt height within a given period (match round length).

Speed kicking competition shall be available for event competitors ages 11 and under.

Match Round Length

An individual match round shall be sixty (60) seconds in length.

Match Officials

Two (2) event officials shall be present during execution of this event.

- Timekeeper [TK]: This official provides governance of the event match round length (sixty (60) seconds) and has the following responsibilities. The timekeeper shall:
 - Assure that all bracketed event competitors are present and at the start of the event;
 - Call the current event competitors to the match ring;
 - Announce the “on-deck” kicking competitor;
 - Bow-In/Bow-Out the current kicking competitor from the match ring at the start and end of the match;
 - Hold and maintain the target pad height at the belt knot height of the individual competitor for the entirety of the match round length
 - Setting the time clock for the match round length;
 - Starting the match and clock;
 - Announcing that time has expired once the match round length has expired; and
 - Record the competitor score (successful kick count) at the end of the match.
- Scorekeeper [SK]: This official is responsible for accurate counting of successful kick attempts (points) made by the competitor against the target pad. The scorekeeper shall utilize a hand counter for accurate point control during the event match round length.

Definitions

The following definitions are provide to provide guidance on point, kicking technique and kick delivery for the event.

- Successful Kick Attempt (Point Award)

A successful kick attempt that results in a "Point Award" shall be a valid kicking technique utilizing any of the kick delivery methods and shall be defined as:

1. The kick must start with the competitor's foot being "in contact" with the ground.
2. The executed valid kicking technique must end with the competitor's foot making direct contact with the target pad.
3. The executed kick must return fully to the ground such that the competitor's foot is once again "in contact" with the ground.

- Valid Kicking Technique

The competitor may choose any single kicking technique (e.g. front kick, side kick, etc.) to use. Selection of this technique is the competitor's choice and the same technique (i.e. front kick) must be used continuously throughout the match round length.

During the match round length, the competitor may employ any manner of kick delivery against the target using only the selected kicking technique.

- Kick Delivery

The valid kicking technique used by the competitor during the match round length may be delivered against the target in any of the following methods:

1. Lead Leg Delivery (e.g. given that the right leg is back and the left leg is in front, the left leg (lead leg) may be used or visa-versa);
2. Rear Leg Delivery (e.g. given that the right leg is back and the left leg is in front, the right leg (rear leg) may be used or visa-versa);
3. Combination Kicking – the valid kicking technique may be delivered by alternating between right and left legs and may be initiated from the lead or rear leg in any combination;
4. Mid-Air Kicking (lead or rear leg) – jumping vertically to make contact to the target with either the lead or rear leg.

Note: Any of the methods or alternating between methods shall be acceptable.

Match Procedure

The following match execution procedure shall be employed by the ring officials for prompt execution of the event.

1. [TK] Event bracket competitor check-in. Timekeeper shall assure all bracketed competitors are present.
2. [TK] Competitor Bow-In: Timekeeper shall bow all competitors into the event.
3. Match Round Start
 - A. [TK] Competitor Bow-In: Timekeeper to announce current and on-deck competitor. Call current competitor to match ring and bow-in current competitor.
 - B. [TK] Set Match Time: Timekeeper to set the match round length (60 seconds) upon stop watch or provided timer.
 - C. [TK] Point Counter Reset: Timekeeper to assure that scorekeeper fully resets the match point counter;
 - D. [TK] Match Round Start: Timekeeper announces start of the match round and simultaneously starts the match timer.
 - E. [SK] Scoring: The scorekeeper shall award points for valid kicking techniques making contact with the target that start and end with the competitors kicking foot making contact with the ground.
 - F. [TK] Match Round End: Timekeeper announces then end of the match once the match round length and commands the current competitor to stop kicking.
 - G. [SK] Announce Points: Scorekeeper shall announce the total number of point awarded for the current competitor.
 - H. [SK] Record Points: Record Points: Scorekeeper shall record the total number of point awarded for the current competitor on the event bracket sheet.
 - I. [TK] Competitor Bow-Out: Timekeeper shall bow-out the current competitor and call the on-deck competitor to the match ring.
 - J. Repeat items B-I until all bracketed competitors performance/participation are complete and recorded.
4. [TK] Event End: Timekeeper shall bow-out all competitors upon completion of match round activities for the event bracket.

Section 7: Breaking Competition

General

Breaking shall be available for black belt competitor's ages 12 years older).

All breaking, power hand and foot, shall use plastic re-breakable boards.

Note: The event promoter may choose to use natural materials (i.e. pine and/or tile) for the given event.

Power Foot Breaking

Competitors may choose from one (1) of the following techniques.

- Side Piercing Kick (lead leg or rear leg);
- Turning Kick; or
- Back Piercing Kick

Power Hand Breaking

Competitors may choose from one (1) of the following techniques.

- Front punch with forefist;
- Downward strike w/ knifehand;
- Inward or outward strike w/ knifehand; or
- Reverse knifehand.

Breaking Procedure

The following procedure shall be used to determine each competitors breaking board count.

Competitor Board Count

1. All competitors shall line up;
2. The Event Judge shall announce a board count (e.g. 3 boards)
3. Competitors who agree to break the announced board count shall step forward and the Event Judge shall record the competitor's chosen board count.
4. Step 3 and 4 shall repeat with a higher board count (e.g. 4 boards) until all competitors have agreed to a chosen board count.

Competitor Breaking Procedure

Each competitor shall follow the procedure below during their attempt to break the pre-chosen board count.

1. Bow-In to the Event Judge
2. Measure and Adjust: The breaking competitor may adjust the break to a desired height and have one (1) measurement of distance before the breaking attempt. After the measurement, the competitor must execute the break. **A competitor may not touch the break with any part of their body.**
3. Ready: The competitor shall indicate to the Event Judge that they are ready.
4. Break Execution: The competitor executes their attempt at the break.
5. Finish & Bow-Out: The competitor must bow-out of the ring.

Notes:

- The competitor has a total time of one (1) minute to set the correct heights and to attempt the break.
- Failure to attempt break within time allowed will result in 0 points

Scoring

The following rules shall be enforced.

Physical Materials (boards/tile)

1. Each broken (wood) board will count as two (2) points.
2. Each cracked (wood) board, which can be separated with reasonable finger pressure, will count as one (1) point.
3. Each broken tile will count as one (1) point.
4. No points shall be awarded for tile not completely broken.

Re-Breakable Materials

When using re-breakable boards, **ALL** boards must be broken apart cleanly to receive credit for the break. For example, a competitor chooses to break five (5) boards and the equivalent re-breakable combination is two (2) black boards and one (1) green board.

In this example all boards must be separated completely for the competitor to receive a five (5) point award.

In summary, for a chosen board count (e.g. 5 boards) all re-breakable boards must be completely broken to receive the equivalent board count point award.

The following examples are provided for clarity.

Example 1: 4 Board Count - Physical Boards

The competitor successfully executes a break that results in all four (4) physical boards being completely broken. This break shall be recorded as an eight (8) point score.

Example 2: 6 Board Count – Physical Boards

The competitor successfully executes a break that results in four (4) of six (6) boards completely broken. The remaining two boards are cracked and can be separated with reasonable finger pressure. This break shall be recorded as a ten (10) point score.

Example 3: 2 Board Count – Re-Breakable (single board; equivalent board value= 2)

Competitor successfully executes a break that results in full separation of the re-breakable board. This break shall be recorded as a two (2) point score.

Example 4: 2 Board Count – Re-Breakable (single board; equivalent board value= 2)

The competitor successfully executes a break that results in the board being flexed, yet not completely separated. This break shall be recorded as a zero (0) point score.

All re-breakable boards must be broken (fully separated) to receive the equal board count point award.

Section 8: Team Sparring

General

Team sparring shall be available for junior and adult black belts.

Team Composition

The following table outlines the general composition rules of teams participating in Team Sparring.

Junior Team Composition

| | |
|--------------------|---|
| Member Count: | 5 + 1 (Alternate) |
| Rank Criteria: | Black Belt ¹ |
| Age | 12-17 |
| Gender | All Male; or All Female; or Mixed |
| Team Captain: | Highest Rank |
| Bracket Type: | Single Elimination |
| Number of Rounds: | 2 |
| Round Length: | 2 Minutes |
| Rest Interval: | 1 Minute |
| Team Match Winner: | Best 3 of 5 |
| Scoring: | Same as Ind. Sparring |

Adult Team Composition

| | |
|--------------------|---|
| Member Count: | 5 + 1 (Alternate) |
| Rank Criteria: | Black Belt ¹ |
| Age: | 18+ |
| Gender: | All Male; or All Female; or Mixed |
| Team Captain: | Highest Rank |
| Bracket Type: | Single Elimination |
| Number of Rounds: | 2 |
| Round Length: | 2 Minutes |
| Rest Interval: | 1 Minute |
| Team Match Winner: | Best 3 of 5 |
| Scoring: | Same as Ind. Sparring |

Footnotes:

¹ Flexibility in the team rank criteria shall be reviewable given availability of competitors

Sparring Process and Competitor Selection

The process for team sparring shall be as follows:

1. The two (2) team captains shall participate in a coin toss. The winner of the outcome shall:
 - a. Choose to place their own team member as the round competitor; or
 - b. Require the opposing team to place a team member as the round competitor.
2. Given the result of Steps 1a or 1b, the opposing team captain shall place a team member to face the previous selected competitor specified in Step 1a or 1b.
3. The match winner is determined and the winning team captain shall make the choice of Step 1a or Step 1b.
4. Match execution and competitor selection shall continue until there is a best 3 or 5 record for a single team.

Note: Once a team competitor has competed in a match round, they are not eligible in the competitor selection process.

Section 9: Team Patterns

General

Team patterns shall be available for junior and adult black belts.

Team Composition

The following table outlines the general composition rules of teams participating in Team Sparring.

| Junior Team Composition | | Adult Team Composition | |
|--------------------------------|---|-------------------------------|---|
| Member Count: | 5 | Member Count: | 5 |
| Rank Criteria: | Black Belt ¹ | Rank Criteria: | Black Belt ¹ |
| Age | 12-17 | Age: | 18+ |
| Gender | All Male; or All Female; or Mixed | Gender: | All Male; or All Female; or Mixed |
| Team Captain: | Highest Rank | Team Captain: | Highest Rank |
| Bracket Type: | Single Elimination | Bracket Type: | Single Elimination |
| Number of Rounds: | 1 | Number of Rounds: | 1 |

Footnotes:

¹ Flexibility in the team rank criteria shall be reviewable given availability of competitors

Scoring

Scoring of the Team Patterns competition shall be governed by the following basic requirements and criteria.

Team Patterns Scoring

Number of Judges Either a 3 or 5 Judge Panel

Scoring Criteria

| | <u>Point Value</u> | <u>Description</u> |
|----------------------------|--------------------|---|
| Degree of Difficulty | 5 | A measure of the difficulty of the techniques presented within the demonstrated pattern |
| Team Cohesion or Unity | 5 | A measure of the unity of the team and how well their demonstration was tightly aligned to present a feeling of a "single competitor" (Analogy: "Moving as One"). |
| Demonstrated Balance | 5 | A measure of the overall balance via choreography and individual management of balance and control during the execution of the demonstration pattern. |
| Demonstrated Power | 5 | A measure of the overall demonstrated power of the technique demonstrated. Was the pattern "pretty" and "fluid" or was there noticeable effort and energy imparted to the pattern's techniques on the part of the individual competitors. |
| Choreography | 5 | A measure of the overall choreography. If the pattern staged as a show, from beginning to end? Did the pattern include synchronization of technique (i.e. sequential execution of individual technique)? |
| Difficulty of Choreography | 5 | Was the choreography simple or complex (i.e. ripples or stepping vs. standard ITF pattern "flow")? |
| Total Points | 30 | |

Section 10: Team Breaking

General

Team breaking shall be available for junior and adult black belts.

Team Composition

The following table outlines the general composition rules of teams participating in Team Breaking.

Junior Team Composition

| | |
|---------------------|---|
| Member Count: | 5 |
| Rank Criteria: | Black Belt ¹ |
| Age | 12-17 |
| Gender ¹ | All Male; or All Female; or Mixed |
| Team Captain: | Highest Rank |

Adult Team Composition

| | |
|----------------|---|
| Member Count: | 5 |
| Rank Criteria: | Black Belt ¹ |
| Age: | 18+ |
| Gender: | All Male; or All Female; or Mixed |
| Team Captain: | Highest Rank |

Footnotes:

¹ Flexibility in the team rank criteria shall be reviewable given availability of competitors

Required Breaks

Each team member shall choose from one (1) of the five (5) required breaks.

The table below highlights the five (5) required breaking techniques for team breaking.

Required Breaks

1. Side Piercing Kick
2. Turning Kick
3. 180 Back Piercing Kick
4. Knifehand strike (Downward, inward or outward)
5. Punch with forefist (Front or downward)

Breaking Procedure

The procedure for Team Breaking shall be analogous to individual breaking.

The Event Judge shall gather individual members from each team that have elected to execute each break (i.e. Side piercing kick, turning kick, etc).

Once the "Required Break" groups are formed, the same procedure for individual breaking shall occur.

Scoring

The same rules for individual breaking shall apply to Team Breaking for each of the "Required Break" groups.

Change History

Date:

14 February, 2014

11 May, 2015

Original Release

General Revisions