

2016 USTL International Invitational Taekwondo Tournament

Tournament Divisions

| AGE as of July 1st | BEGINNER White - Yellow - Orange | | | INTERMEDIATE Green - Camo - Purple - Blue | |
|--------------------------|-------------------------------------|------------------|------------------|--|------------------|
| | Little Dragon | Forms | | Forms | Point Sparring |
| | | Boys/Girls Comb. | Boys/Girls Comb. | | |
| 5 & Under | Boys/Girls Comb. | Boys/Girls Comb. | Boys/Girls Comb. | Boys/Girls Comb. | Boys/Girls Comb. |
| 6-7 | | Boys & Girls | Boys & Girls | Boys/Girls Comb. | Boys & Girls |
| 8-9 | | Boys & Girls | Boys & Girls | Boys/Girls Comb. | Boys & Girls |
| 10-11 | | Boys & Girls | Boys & Girls | Boys/Girls Comb. | Boys & Girls |
| 12-13 | | Boys & Girls | Boys & Girls | Boys/Girls Comb. | Boys & Girls |
| 14-15 | | Boys & Girls | Boys & Girls | Boys/Girls Comb. | Boys & Girls |
| 16-17 | | Boys & Girls | Boys & Girls | Boys/Girls Comb. | Boys & Girls |
| 18-34 | | Men & Women | Men & Women | Boys/Girls Comb. | Men & Women |
| 35-44 | | Men & Women | Men & Women | Boys/Girls Comb. | Men & Women |
| 45+ | | Men & Women | Men & Women | Boys/Girls Comb. | Men & Women |

| AGE as of April 1st | ADVANCED Red-Brown | |
|---------------------------|-----------------------|------------------|
| | Forms | Point Sparring |
| 5 & Under | Boys/Girls Comb. | Boys/Girls Comb. |
| 6-7 | Boys & Girls | Boys & Girls |
| 8-9 | Boys & Girls | Boys & Girls |
| 10-11 | Boys & Girls | Boys & Girls |
| 12-13 | Boys & Girls | Boys & Girls |
| 14-15 | Boys & Girls | Boys & Girls |
| 16-17 | Boys & Girls | Boys & Girls |
| 18-34 | Men & Women | Men & Women |
| 35-44 | Men & Women | Men & Women |
| 45+ | Men & Women | Men & Women |

| Age * | Possible Black Belt Divisions** | BLACK BELT | | |
|-----------|---------------------------------|--------------|------------------|--------------|
| | | Forms | Point | Continuous |
| 5 & Under | Black | Boys & Girls | Boys/Girls Comb. | |
| 6-7 | Black | Boys & Girls | Boys & Girls | |
| 8-9 | Black | Boys & Girls | Boys & Girls | |
| 10-11 | Black 1 Black 2 | Boys & Girls | Boys & Girls | |
| 12-13 | Black 1 Black 2 | Boys & Girls | Boys & Girls | |
| 14-15 | Black 1 Black 2 Black 3+ | Boys & Girls | Boys & Girls | |
| 16-17 | Black 1 Black 2 Black 3+ | Men & Women | Boys & Girls | Boys & Girls |
| 18-34 | Black 1 Black 2 Black 3-4 | Men & Women | Men & Women | Men & Women |
| 35-44 | Black 1 Black 2 Black 3-4 | Men & Women | Men & Women | Men & Women |
| 45+ | Black 1 Black 2 Black 3-4 | Men & Women | Men & Women | Men & Women |

* AGE - Competition Age will be the competitor's age as of July 1st of the Competition Year.
 ** BLACK BELT RANK DIVISIONS - Black belt divisions may be broken into the indicated groups based on the number of competitors registering.
 *** WEIGHT CLASSES - Sparring Divisions may be broken into weight classes in staging based on the relative size of the competitors.
 Safety will be our primary criteria in determining weight classes.
 **** The Tournament Director reserves the right to combine Male & Female competitors in forms divisions of 3 or fewer competitors regardless of age.
 ***** The Tournament Director reserves the right to combine Male & Female competitors in certain sparring divisions of 3 or fewer competitors.



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SPARRING - POINT & CONTINUOUS

Sparring Equipment

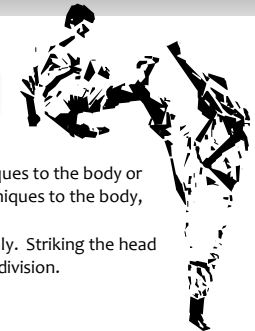
- **MANDATORY GEAR** - The following sparring gear is mandatory:
 - Foam dipped vinyl hand and feet protective equipment.
 - Head guard with padded top
 - Mouthpiece
 - Male competitors must wear groin cup.
 - Cloth or vinyl shin guards
- **OPTIONAL GEAR** - Cloth or vinyl forearm guards, Hogu, Breast protector and groin protector for female competitors
- **NOT ALLOWED** - No gear may contain metal or other hard materials or contain the use of zippers, laces or stud fasteners.

Striking Areas & Implements

- **Authorized Areas:**
 - Head: **POINT** The area protected by the headgear.
 - *INTERMEDIATE DIVISIONS ONLY – may not strike the head with Hand techniques. This would be a HAZARD penalty.*
 - *CONTINUOUS SPARRING - The entire head is authorized, however, only light, controlled contact to the face is allowed.*
 - Body: From the collarbone to the navel in front and the “posterior auxiliary line” on both sides.
- **Unauthorized Target Areas:**
 - Face, neck and throat, back, groin, joints and legs.
- **Striking Implements**
 - Hand
 - Punch, Back Fist, Hammer Fist, Ridge Hand, Knife Hand
 - Kick
 - Kicks may make controlled contact to a legal target with any part of the foot below the ankle.
 - They must be executed with good balance or jumping and landing with good balance.
- **Contact**
 - Light, controlled contact is expected in Point Sparring

Points Awarded

- **ONE POINT**
 - **ADVANCED & BLACK BELT DIVISIONS - POINT** - Hand techniques to the body or area protected by the head gear. **CONTINUOUS** - Hand techniques to the body, face or the area protected by the headgear.
 - **INTERMEDIATE DIVISIONS** - Hand techniques to the body only. Striking the head or face is considered a **HAZARD** penalty in the Intermediate division.
- **TWO POINTS**
 - Kicking technique to the body.
- **THREE POINTS**
 - Kick to the head.



Judges & Scoring Procedure

- **POINT SPARRING**
 - **OFFICIALS** - There will be 2 Corner Judges and a Center Referee, all calling points, as well as a Score Keeper and Time Keeper.
 - **JUDGE'S CALLS** - All three judges may vote as follows on points as seen -
 - Point - the judge will indicate 1, 2 or 3 points.
 - No See - the judge did not see the technique & is not voting
 - No Point - the point was invalid, blocked, occurred due to an infraction this is a "NO" vote
 - **MAJORITY RULE** - A competitor must receive a majority of the judges voting to receive a point. In overtime, two judges must call for the same competitor.
- **CONTINUOUS SPARRING**
 - **OFFICIALS** - There will be 3 Corner Judges, recording points on clickers as they are seen, a Center Referee to control the action and call penalties, a Time Keeper and a Score Keeper.
 - **CORNER JUDGE'S VOTES** - At the conclusion of the match, each Corner Judge will indicate his vote by raising the clicker with the most accumulated points. If the point count is the same for both clickers, the Judge will indicate a tie by raising both arms in an "X".
 - **MAJORITY RULE** - A competitor must receive the vote of 2 of the 3 Corner Judges in order to win the match. If there is no majority, the competitors will continue in 1 minute overtime until there is a winner.

- Light to moderate controlled contact is expected in Continuous Sparring.

SPARRING - INFRACTIONS & PENALTIES

Infractions-Point Sparring

- **Verbal Warnings (Play Penalties):**
 - Pushing, grabbing or holding
 - Turning their back to avoid fighting
 - Stepping out of bounds to avoid contact
 - Stalling
 - Presenting a defenseless posture
 - Interruption by athlete's coach
 - Attacking from the ground
 - Falling to avoid contact or loss of balance when attacking (defined as any part of the body other than the feet coming in contact with the floor)
 - **Third verbal warning and each verbal warning thereafter**
- **Full Point Deductions (Hazard):**
 - Attacking a fallen opponent
 - Striking with an unauthorized implement
 - Non-incident contact to an unauthorized area
 - Intentional attack after a "stop" command
 - Excessive contact
 - Throwing, tripping or leg sweeping
 - Uncontrolled attack
 - Pretending injury
 - Discourteous behavior by athlete or coach.

Grounds for Disqualification - Point & Continuous Sparring

- Injuring the opponents face or neck.
- Injuring the opponent by a malicious or excessive attack.
- Drawing blood does NOT automatically mean the attack was excessive or malicious. This should be determined by the Center Referee & judges.
- Injuring and/or rendering an opponent unable to continue by using an unauthorized implement or by attack to an unauthorized area.
- Significant unsportsmanlike conduct by competitor or coach.
- Accumulation of three HAZARD deduction points. Any penalties charged for excessive verbal warnings do NOT count towards disqualification.
- Being under the Influence of alcohol or drugs.



Infractions – Play Penalties

Continuous Sparring

A Warning will be issued for the following infractions (Play Penalties):

- Out of bounds – when a competitor's foot completely crosses the boundary of the ring.
- Loss of balance when attacking – loss of balance is defined as any part of the body, other than the feet, touching the ground
- Pushing, holding or grabbing
- Pretending to be injured
- Intentionally avoiding sparring or stalling
- Pretending to have scored by raising the arm
- Turning the back intentionally to avoid contact
- Unnecessary speaking during competition by competitor or coach
- Paying no attention to the instructions of Center Referee

Play Penalties - A one (1) point deduction will be charged for the accumulation of each three (3) warnings and each warning thereafter. These deductions do NOT count towards Disqualification.

Serious Infractions - Continuous Sparring

- **Hazard Penalties** - A 1 point deduction will be awarded by adding a point to the score of the other player at the discretion of the Center Referee for
 - Unnecessary talking to the Officials by competitor or coach
 - Unsportsmanlike conduct by the competitor or his coach
 - Excessive contact or over aggressiveness, uncontrolled attack
 - Attacking after the break
 - Attacking a fallen opponent
 - Tripping or leg sweeping
 - Non-Incidental Illegal attacks
- **Disqualifications** may be awarded at the discretion of the Center Referee for the following:
 - Excessive, intentional or malicious contact or unnecessary aggression
 - Repeated point deductions - when a competitor accumulates 3 Hazard Penalties.
 - Extreme disrespect to the officials or other competitors by the competitor or his coach.
 - Being under influence of alcoholic beverages or drugs.



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GENERAL COMPETITION INFORMATION

| TYPES OF COMPETITION | Rank Divisions | Age Divisions | Black Belts | Colored Belts | Competition Date | Ring Size |
|-----------------------------|-----------------------------------|-------------------------------|--------------------|----------------------|-------------------------|------------------------------|
| Patterns | Beg/Int/Adv/Black | All Junior & Adults | Yes | Yes | Saturday | 20 ft x 20 ft (6 x 6 metres) |
| Point Sparring | Beg/Int/Adv/Black | All Junior & Adults | Yes | Yes | Saturday/Sunday | 20 ft x 20 ft (6 x 6 metres) |
| Continuous Sparring | Black Belt | 15-17, Adult Men & Women | Yes | NO | Sunday | 30 ft x 30 ft (9 x 9 metres) |
| Weapons Forms | Colored Belt/Black Belt | 15 & Under, 16 & Older | Yes | Yes | Saturday | 20 ft x 20 ft (6 x 6 metres) |
| Power Breaking | Black Belt | 18 & Older | Yes | NO | Saturday | |
| Creative Breaking | Black Belt | 18 & Older | Yes | NO | Saturday | 30 ft x 30 ft (9 x 9 metres) |
| Team 3 - Forms | Black Belt | Under 12, 12-14, 15-17, Adult | Yes | NO | Saturday | 30 ft x 30 ft (9 x 9 metres) |
| Team 3 - Point | Black Belt | 12-14, 15-17, Adult | Yes | NO | Sunday | 30 ft x 30 ft (9 x 9 metres) |
| Team 3 - Continuous | Black Belt - Women & Junior Teams | 15-17, Adult | Yes | NO | Sunday | 20 ft x 20 ft (6 x 6 metres) |
| Team 5 - Men's | | | | | | |
| Continuous | Black Belt | Adult | Yes | NO | Sunday | 30 ft x 30 ft (9 x 9 metres) |
| Sparring Drills | Beginners | | NO | Yes-Beg Only | Saturday | 20 ft x 20 ft (6 x 6 metres) |
| Little Dragons | Beginners | | NO | Yes-Beg Only | Saturday | 20 ft x 20 ft (6 x 6 metres) |
| Demo Teams | All | All Junior & Adults | Yes | Yes | Saturday | |

LENGTH OF INDIVIDUAL SPARRING ROUNDS

Point Sparring

Continuous Sparring

| Ranks | Ages | <u>Semi &</u> | | | |
|---------------|---------------|---------------------------|---------------------------|---------------------------|--------------------------------------|
| | | <u>Preliminary</u> | <u>Final Match</u> | <u>Preliminary</u> | <u>Semi & Final Match</u> |
| Colored Belts | < 16 Years | 1 - 2 min | 2 - 90 sec | N/A | N/A |
| Colored Belts | 16 Years & UP | 1 - 2 min | 2 - 90 sec | N/A | N/A |
| Black Belts | < 16 Years | 1 - 2 min | 2 - 90 sec | N/A | N/A |
| Black Belts | 16 Years & UP | 2 - 2 min | 2 - 2 min | 2 - 2 min | 2 - 2 min |

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TEAM COMPETITION

DEMO TEAM COMPETITION

| | | | |
|--------------------|-------------------|-----------|----------------|
| 2-14 Team Members | Male/Female Comb. | All Ranks | \$ 75 per team |
| 15 or more Members | Male/Female Comb. | All Ranks | \$100 per team |

Teams will judged on the following criteria:
Choreography, Technique, Creativity, Use of music, props, costumes and an Overall Score

TEAM - FORMS (3 person)

| | | |
|------------------|--|-------------|
| 11 & Under | Boys/Girls Comb. | Black Belts |
| 12-14 | Boys/Girls Comb. | Black Belts |
| 15-17 | Boys/Girls Comb. | Black Belts |
| Adult 18-34 | Men/Women Cmb | Black Belts |
| Sr. Adult - 35 + | We will consider splitting out a Senior Division if interest warrants it. | |

Teams may be all male, all female or mixed.

LENGTH OF SPARRING ROUNDS

| | | TEAM - Point Sparring | | TEAM - Continuous Sparring | |
|-------------|---------------|-----------------------|------------|----------------------------|--------------|
| | | Preliminary | Finals | Preliminary | Finals |
| Black Belts | < 15 Years | 1 - 90 sec | 1 - 90 sec | Not Eligible | Not Eligible |
| Black Belts | 15 Years & UP | 1 - 90 sec | 1 - 90 sec | 1 - 2 min | 2 - 2 min |

3 PERSON TEAM - POINT SPARRING

| | | | | |
|------------------|--|--------|-------------|----------|
| 11 & Under | Male | Female | Black Belts | 3 Person |
| 12-14 | Male | Female | Black Belts | 3 Person |
| 15-17 | Male | Female | Black Belts | 3 Person |
| Adult 18-34 | Male | Female | Black Belts | 3 Person |
| Sr. Adult - 35 + | We will consider splitting out a Senior Division if interest warrants it. | | | |

**There are NO Weight Class restrictions for the 3 person teams.*

TEAM - CONTINUOUS SPARRING

| | | | | |
|-------|------|--------|-------------|----------|
| 15-17 | Male | Female | Black Belts | 3 Person |
| Adult | | Female | Black Belts | 3 Person |
| Adult | Male | | Black Belts | 5 Person |

| Men's Team 5 Weight Classes - No more than 2 competitors in any weight class | |
|--|----------------|
| Under 141 lb | Under 64 kg |
| 141 lb to 154 lb | 64 kg to 70 kg |
| 155 lb to 168 lb | 70 kg to 76 kg |
| 169 lb to 181 lb | 76 kg to 82 kg |
| Over 181 lb | Over 82 kg |

| Women's & Junior Team Weight Classes -No more than 2 competitors in any weight class | |
|--|----------------|
| Under 121 lb | Under 55 kg |
| 121 lb to 134 lb | 55 kg to 61 kg |
| 134 lb to 148 lb | 61 kg to 67 kg |
| Over 148 lb | Over 67 kg |



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BREAKING COMPETITION

MATERIALS

BOARDS - All techniques are to be performed on 1 inch by 11 inch boards.
 HOLDER - Boards will be secured in a mechanical holder.
 VERTICAL TARGET ONLY - All techniques must be applied to a vertical target which simulates a standing opponent.

BOARD COST -

\$ 2 - Cost of boards - You must use boards provided by the USTL.
 You must purchase your boards in advance.
 They will be available for you at the event.
 The USTL will buy back any unbroken boards.

BOARD BREAKING DIVISIONS

| | <u>Power</u> | <u>Combination</u> |
|--|---------------------|---------------------------|
| | Adult Men | Adult Men |
| | Adult Women | Adult Women |

POWER BREAKING COMPETITORS -

PICK YOUR BEST TECHNIQUE - THE MOST BOARDS BROKEN WILL WIN!

HAND TECHNIQUES - You must be 18 or older to compete.

Approved techniques include Forearm, Back Elbow, Knife Hand or Side Fist, Ridge Hand, Palm Heel or Punch

FOOT TECHNIQUES - You must be 18 or older to compete.

Approved techniques would include any kick that can be applied to a vertical target

The Power Breaking Competition will begin at 9AM on Saturday and last until 4 PM. You may break at any time during the day by checking in at the Board Breaking station. At 4 PM any ties will be broken and winners announced. The winner will be the person who breaks the most total boards in both.

COMBINATION BREAKING COMPETITORS

You may use up to 10 boards and break a maximum of 5 stations.

You must provide your own holders.

You have 2 minutes to set up.

