

State Games of Michigan

Taekwondo Championships Competition Rules

June 22nd, 2024

Poomsae (Forms)

- All traditional taekwondo color belt poomsae allowed for all color belt competitors.
- Black belt competitors can perform any traditional taekwondo recognized black belt poomsae.
- Taekwondo uniform must be clean and in good condition.
- All form divisions will be **single elimination** in a bracketed head-to-head competition. Competitor with the most votes will be the winner of the round.
- Judging criteria will be (in this order): **Technique, Power, Focus, Rhythm, Grace, Beauty**
- **Black Belt Competitors:** The gold medalist from each 14-17yrs or 18+yrs age division/bracket will be moved on to compete for their respective Junior Grand Champion or Grand Champion competitions. See Grand Champion Rules.

Kyorugi (Olympic Continuous Sparring):

Mandatory Equipment:

- **Gen 2 Daedo eHead gear, eFoot gear and eHogu will be utilized for all divisions.**
Taekwondo uniform must be clean and in good condition.

Modified WTF competition rules (Single elimination):

- 7 and under: No Head Contact
- Color belts 8yrs+: Junior Safety Rules (Light head contact)
- Black belts 8-14yrs: Junior Safety Rules (Light head contact)
- Black belts 15yrs+: Full Head Contact

Scoring (All rings will utilize electronic scoring):

- 1 pt for a powerful punch to the legal scoring area of the trunk protector
- 2 pts for a powerful kick to the legal scoring area of the trunk protector
- 4 pts for an accurate & powerful turning kick to the legal scoring area of the trunk protector
- 3 pts for an accurate kick to the head
- 5 pts for an accurate turning kick to the head. Please note junior safety rules competitors will be awarded 3 pts for a turning kick to the head.
- 1 pt for every Gam-jeom penalty given to the opposing contestant.
- 5 Gam-jeoms in a round will end the round.
- A 12-point gap will end the round.

Determination of the Winner:

- All divisions will be **best of 3 rounds**.
- Winner of the round will be declared at the end of each round.
- Competitor that wins 2 rounds win the match. Note that a 3rd round will only be contested if the competitors split the first two rounds.

Example 1, Competitor A wins round 1 and Competitor B wins round 2, a third round is contested.

Example 2, Competitor A wins round 1 and round 2, there will not be a third round.

Round Duration:

- Rounds will be 1 Minute with a 30 second break for all divisions

Age Divisions:

- 9 and under, 10-11yrs, 12-13yrs, 14-17yrs, Senior 18-32yrs, Exec 33-42yrs, Ultra 43+yrs

Rank:

- Beginner - 10th Geup – 8th Geup
- Intermediate – 7th Geup – 5th Geup - **Sparring competitions for 7th Geup and above.**
- Intermediate II – 4th Geup – 3rd Geup
- Advanced – 2nd Geup – 1st Geup
- Black Belt (1st to 3rd Dan)
- Master Black Belt (4th to 9th Dan) - **Poomsae and Breaking competitions only for Masters.**

Weight:

- Light/Middle/Heavy

Awards:

- Poomsae (Forms) 1 Gold (1st), 1 Silver (2nd) & 2 Bronze (3rd & 4th); Kyorugi (Sparring) 1 Gold (1st), 1 Silver (2nd) & 2 Bronze (3rd & 4th)

Tournament Committee reserves the right to divide/combine divisions based on age, gender, weight, and if necessary forms could become co-ed based on participation numbers. Divisions and rules may be modified if necessary. Safety is most important. WCTKD has full and final authority on eligibility to participate and to change or interpret these rules at any time in its sole discretion. All decisions are final.

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Power Breaking Division

Board Breaking:

	9 & Under	10-11yrs	12-13yrs	14-17yrs	18+yrs	Hand or Foot Break?
Green	X	X	X	X	X	Yes
Blue / Purple Belt	X	X	X	X	X	Yes
Red Belt / Brown Belt	X	X	X	X	X	Yes
Black Belt	X	X	X	X	X	Yes

- All contestants will be the rank of Green Belt or its equivalent and above.
- Divisions will be broken up into male or female
- All contestants must complete the online registration and wavier to compete.
- All contestants must be registered for **this event on or before 6/15/24 by midnight**. After this date, registration will be closed.
- Contestants will report the amount of material they intend to break during the online registration. There will be no changes allowed once registration is **closed on 6/15/24 by midnight**. This information will be kept confidential.
- Contestants are to wear a Taekwondo uniform that is clean and in good condition.
- All breaking material will be provided by the tournament.
- All breaks will be held in holding device (ages 14 and up) that will be provided by the tournament.
- Breaking with the elbow is not allowed and not considered as a hand technique.
- Contestants must break with a bare foot or hand and not covering the contact point with bandage or any other material. In addition, wrapping the wrist will be allowed as a safety device for either hand technique division.
- Contestants must break on first attempt. If the contestant fails to break on the first attempt, they will be eliminated. Or if a contestant makes a choice to practice their technique within the 30 second time limit and touches the material. That point of contact will be considered their first attempt at the break.
- The referee will check with the contestant to make sure that they are ready before signaling the timekeeper. Once the timekeeper is signaled the contestant will have 30 seconds to complete the break. Contestants may practice their technique before breaking but may only start practicing once the time has started. If the contestant exceeds the 30 second time limit they will be allowed to complete the break, but will be disqualified.
- Boards will not be used once they have been struck by a contestant.
- Competitors can drop boards at the ring. However, this will result in a loss of points for the number of boards that they choose to drop. For example, if they select 4 boards and choose to drop 1 board and break all remaining 3 pcs. They will be scored on 3 pcs, which results in 15 out 20 points for a foot technique or 24 out of 32 points for a hand technique.

Types of breaking divisions:

Hand and Foot board breaks will compete against each other with points awarded to each type of break. See the scoring chart for the point system.

Breaking Type	Material Type & Size	Board Size by Age	System	Safety Gear	Contest Goal
Hand Technique, <i>any point below the wrist</i>	1/2" x 8" x 11 ¼" Board	11 and under	Single Elimination	Wrist wrap is optional	Contestant will break their maximum number of boards.
Kicking Technique, <i>any point below the ankle</i>	1/2" x 8" x 11 ¼" Board	11 and under	Single Elimination	None	Contestant will break their maximum number of boards.
Hand Technique, <i>any point below the wrist</i>	¾" x 8" x 11 ¼" Board	12 and older	Single Elimination	Wrist wrap is optional	Contestant will break their maximum number of boards.
Kicking Technique, <i>any point below the ankle</i>	¾" x 8" x 11 ¼" Board	12 and older	Single Elimination	None	Contestant will break their maximum number of boards.

Competitor's age 14 and older will utilize the board holding machine.

Scoring:

Breaking Type	Scoring Method	Tie Breaking Factor
Hand, Board, <i>any point below the wrist</i>	8 points for each piece of completely broken material.	Percentage of broken material* and/or the individual of lesser weight.
Kick, Board, <i>any point below the ankle</i>	5 points for each piece of completely broken material.	Percentage of broken material* and/or the individual of lesser weight.
<i>*Example, Competitor A, selects 4 boards and breaks 3, which is 75% of the material selected. Competitor B selects 5 boards and breaks 3, which is 60% of the material selected. Then Competitor A wins because they broke 15% more of the material.</i>		

Determination of the Winner:

- The material will be counted by the referee and then reported to the judges by holding up the number of fingers that represents the number of broken materials.
- If there is a questionable piece of material the official or referee will hold the item up to see if it separates on its own. If it remains attached, then this will not be counted as completely broken material.

Grounds for Disqualification:

- Judges will have the final determination of the intent and integrity of the break.
- Pressing down or application of an after push to the material with the contestant's body weight which will be determined by the referee.
- Unsportsmanlike like conduct. For example: if the contestant is questioning or arguing with officials they will be disqualified.
- Contestants failing to follow instructions by the referee or judges will be disqualified.

Awards: 1 Gold (1st), 1 Silver (2nd) & 2 Bronze (3rd & 4th)

Tournament Committee reserves the right to divide/combine divisions based on age, gender, weight, and if necessary forms could become co-ed based on participation numbers. Divisions and rules may be modified if necessary. Safety is most important. WCTKD has full and final authority on eligibility to participate and to change or interpret these rules at any time in its sole discretion. All decisions are final.

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Junior Grand & Grand Champion Division

Poomsae (Forms)

- Gold medalists from their respective group/division will be in the **single elimination** bracketed head-to-head competition.
- Black belt competitors can perform any traditional taekwondo black belt poomsae.
- Competitor with the most votes will be the winner of the round and advance in the Grand Champion bracket.
- Judging criteria will be (in this order): **Technique, Power, Focus, Rhythm, Grace, Beauty**
- The competitor that wins the final round of the Grand Champion bracket will be declared the Poomsae Grand Champion

Age Divisions:

- 14-17yrs & 18+yrs (Male & Female)

Rank:

- Black Belt

Awards:

- 1- Junior Grand Champion 14-17yrs (Male)
- 1- Junior Grand Champion 14-17yrs (Female)
- 1- Grand Champion 18+yrs (Male)
- 1- Grand Champion 18+yrs (Female)

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Taekwondo Championships Referee details

Permitted Areas:

- **Trunk:** Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. However, such attacks shall not be made on the part of the spine.
- **Head:** The area above the collar bone. Only foot techniques are permitted.

Scoring Areas:

- **Trunk:** Attack by fist and foot techniques on the colored area of the trunk protector are permitted. However, such attacks shall not be made on the part of the spine.
- **Head:** The entire head above the bottom line of the head protector.

Note – Permitted areas are different than scoring areas as the permitted area is legal to contact, however only the scoring areas can yield a point.

Prohibited Acts:

- **A “Gam-jeom” penalty shall be counted as one (1) additional point for the opposing contestant.**
- **When a contestant receives five (5) Gam-jeom penalties the contestant will be declared loser by punitive declaration for that round.**

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

1. Crossing the Boundary Line (One foot out of bounds.)
2. Falling down (Unless it is after a scoring turning kick, as a result of a prohibited act, due to players collision and both fall or knock down when an 8-count is given.)
3. Avoiding or delaying the match (Stalling or no intention of attacking)
4. Grabbing or pushing the opponent (Includes hooking the leg with forearm.)
*Note – Gam-jeom penalty will only be given for pushing if it is during the attack by an opponent, pushing the opponent out of bounds or when prolonged/continuous contact. Pushing is permitted as a “quick impact.”
5. Impeding the match:
 - a. Lifting the leg to block
 - b. Kicking the opponent’s leg to impede the opponent’s kicking attack
 - c. Lifting a leg/ kicking in the air for more than 3 seconds
 - d. Lifting a leg/ kicking in the air for 4 times or more
 - e. Aiming a kick below the waist
6. Kicking below the waist
7. Attacking the opponent after “Kal-yeo”
8. Hitting the opponent’s head with the hand (includes wrist, arm, and elbow.)
9. Butting or attacking with the knee
10. Attacking the fallen opponent (includes motioning as if to attack.)
11. Attacking the trunk PSS with the side or bottom of the foot in the clinch position
12. Attacking the back of the head PSS in a clinch position
13. Following misconducts of contestant or coach:
 - a. Not complying with the referee’s command or decision
 - b. Inappropriate protesting of officials’ decisions
 - c. Inappropriate attempts to disturb or influence the outcome of the match
 - d. Provoking or insulting the opposing contestant or coach
 - e. Any other severe misconduct or unsportsmanlike conduct on the part of a contestant or coach

Coaching In Match Appeals:

Each coach shall receive one (1) appeal card per contest.

The scope of the appeal request is limited to only one action which has occurred within five (5) seconds from the moment of the coach's request.

If the appeal is successful and the contested issue is corrected, the coach shall retain the appeal quota for that contest.

What cannot be appealed:

1. Kicks scored, or not scored, to the body
2. Punches scored or not scored
3. Reversal of a previous appeal decision
4. Invalidation of points gained through illegal action, such as grabbing or pushing—unless referee has awarded a penalty, but failed to remove the point(s)
5. Two or more actions

What can be appealed:

1. Bonus point was not added for a turning kick *Corner judge or Referee can appeal in lieu of the coach if the appeal card has previously been used.
2. Head kick not scored
3. Points not waived off when scored after a penalty. Note – The referee must have called the penalty first and failed to wave off the points.