

March 10, 2018 Kim's Academy Friendship Tournament

Kapaun Mount Carmel High School, 8506 East Central, Wichita
Registration: 11am Competition: 12pm **\$20 per competitor**. Open to all Kim's Academy students.

FORMS (POOMSE)

Traditional and Kukkiwon forms are permitted. Tae Guek, Pal Gwe, and black belt forms are allowed. Competitors should choose a form appropriate to their belt level, but there will not be strict restrictions on which form you must perform.

Judges will award points from 1-10 for each competitor. Judges scores will be tallied and final placements will be awarded based on total scores.

In case of a tie, competitors will perform their forms again.

SPARRING (KYUROGI)

Each competitor is permitted only one coach in the ring area
Adult and Black Belt matches will be 2 rounds of 2 minutes each with 1 minute rest time between rounds. Color belts under 18 yrs will be 2 rounds of 1 minute each with 30 seconds rest time between rounds.

***Number of rounds & times may be subject to change. Announcement will be made at the tournament.**

Competitors **MUST** have their own mouth guard and males **MUST** have groin protection. Competitors are encouraged to have their own head, forearm and hand, shin and instep, chest, and head gear but a limited supply is available to borrow.

HEAD CONTACT

- No head contact for children under age 12
- Light head contact all color belts 12-17 yrs old
- Light head contact for all black belts 12-15 yrs old
- FULL head contact color belts 18 and older
- FULL head contact black belts 16 and older



DIVISIONS

Every effort will be made to group competitors in divisions so that they are competing against competitors of close age and rank. However, if due to limited number of competitors, there is a difference in age; the sparring rules applicable to the youngest competitor will be used.

EQUIPMENT

All competitors must wear

- Chest protector
- Head gear
- Shin pads
- Forearm pads
- Mouth piece
- Cup (males)
*to be worn inside of dobok please

Finger nails and toe nails clipped

Long hair tied back

Glasses or any eyewear deemed unsafe must be removed

No jewelry. -ear stud, chains, nose or eyebrow rings, etc

No metallic or hard objects in hair

PERMITTED TECHNIQUES

- **Fist Techniques:** A straight punching technique using the knuckle part of a tightly clenched fist
- **Foot Techniques:** Delivering techniques using any part of the foot below the ankle bone
- The front part of the tightly clenched fist -no backfists, hammer fists, knife hands, ridge hands or anything other than a straight or reverse punch.
- Any type of foot technique is allowed.

PERMITTED AREAS

- **Trunk:** Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. Attack to the spine, however, is not permitted.
- **Head:** This is the area above the collarbone. Only foot techniques are permitted.

SCORING AREAS

- **Trunk:** The blue or red colored area of the trunk protector
- **Head:** The entire head above the bottom line of the head protector

VALID POINTS

- **1 pt.** punch to the body (head not permitted)
- **2 pts.** kick to the trunk protector
- **3 pts.** for attack to the head (kicks only)

***Head techniques:** if it touches it scores

**** Extra 1pt for turning kicks will not be added to the score at this time**

- **1 pt.** awarded to the other opponent for a **Gam-jeom**

CRITERIA FOR SCORING A PUNCH

- Delivering a punch using the tightly clenched, correctly made fist
- Punch should be executed with extended arm
- Power and accuracy. The body is staggered as a result of the impact

PENALTIES:

- **Gam-jeom** (1pt. Deduction) 1pt added to opponent's score.

****There are no more Kyongos's**

PENALTIES

- Crossing the Boundary Line
- Avoiding or delaying the match
- Grabbing
- Pushing opponent out of bound
- Pushing opponent while kicking
- Kicking below waist
- Attacking after "Kal-yeo"
- Hitting opponent's head with the hand
- Butting or attacking with the knee
- Attacking fallen opponent

- Lifting the knee to block and/or impede opponent's kicking attack, or lifting a leg for more than 3 seconds.
- Misconduct of contestant or coach

WAYS TO WIN

- **Win by final score** -Winning player scores more pts. than opponent
- **Win by Point Gap** -When there is a 20 pt. difference at the completion of the 1st round or any time during the 2nd round.
- **Win by Withdrawl**
 - Player withdraws from the match due to injury or other reason
 - Player does not resume the match after the rest period or fails to respond to the call to begin the match
 - Coach throws in the towel
- **Win by referee's penalties** - When player accumulates a total of **10 Geomjangs**
- **Win by Golden Point**
- **Win by Superiority**

GOLDEN POINT ROUND

- After the 2 rounds if the winner cannot be decided, a 3rd round will be conducted in 1 minute round
- The first contestant to score a point(s) or whose opponent receives 2 Gam-jeoms shall be declared the winner

SUPERIORITY

If no one scores in Golden Point Round, winner is decided by Superiority:
Technical dominance
Greater number of techniques
More advance techniques
(This only based on overtime round only)

Modified USAT/WTF Rules