

## 2012 Keystone State Games



# Tae Kwon Do

3-5 Year Old

**Poomsae, Breaking, Sparring and obstacle course Divisions**

DIVISION			
Male (Beginner)	0-12 Months Experience	TKD01MS	*Scoreless Participation*
Female (Beginner)	0-12 Months Experience	TKD01FS	*Scoreless Participation*
Male (Advanced)	1-2 Years' Experience	TKD01M	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> & 3 <sup>rd</sup> Places
Female (Advanced)	1-2 Years' Experience	TKD01F	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> & 3 <sup>rd</sup> Places

**Scoreless participation: Participants will not be scored but given a chance to participate. Each participant will automatically receive medal for participation.**

5-7 Year Old Division

**Poomsae, Breaking weapons and Sparring Divisions**

DIVISION			
Male (Beginner)	White, Yellow, Orange, Green Belts.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD02M
Female (Beginner)	White, Yellow, Orange.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD02F
Male (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD03M
Female (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD03F
Male (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD04M
Female (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD04F
Male (Black Belt)	Black Belts	1 <sup>st</sup> Dan/Poom & up	TKD05M
Female (Black Belt)	Black Belts	1 <sup>st</sup> Dan/Poom & up	TKD05F

## 8-9 Year Old Division

### Poomsae, Breaking, weapons and Sparring Divisions

DIVISION			
Male (Beginner)	White, Yellow, Orange, Green Belts.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD06M
Female (Beginner)	White, Yellow, Orange.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD06F
Male (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD07M
Female (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD07F
Male (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD08M
Female (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD08F
Male (Black Belt)	Black Belts	1 <sup>st</sup> Dan/Poom & up	TKD09M
Female (Black Belt)	Black Belts	1 <sup>st</sup> Dan/Poom & up	TKD09F

## 10-11 Year Old Division

### Poomsae, Breaking, weapons and Sparring Divisions

DIVISION			
Male (Beginner)	White, Yellow, Orange, Green Belts.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD10M
Female (Beginner)	White, Yellow, Orange.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD10F
Male (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD11M
Female (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD11F
Male (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD12M
Female (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD12F
Male (Black Belt)	Black Belts	1 <sup>st</sup> Dan/Poom & up	TKD13M
Female (Black Belt)	Black Belts	1 <sup>st</sup> Dan/Poom & up	TKD13F

## 12-13 Year Old Division

### Poomsae, Breaking, weapons and Sparring Divisions

DIVISION			
Male (Beginner)	White, Yellow, Orange, Green Belts.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD14M
Female (Beginner)	White, Yellow, Orange.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD14F
Male (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD15M
Female (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD15F
Male (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD16M
Female (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD16F
Male (Black Belt)	Black Belts	1 <sup>st</sup> Dan/Poom & up	TKD17M
Female (Black Belt)	Black Belts	1 <sup>st</sup> Dan/Poom & up	TKD17F

## 14-17 Year Old Division

### Poomsae, Breaking, weapons and Sparring Divisions

DIVISION			
Male (Beginner)	White, Yellow, Orange, Green Belts.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD18M
Female (Beginner)	White, Yellow, Orange.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD18F
Male (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD19M
Female (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD19F
Male (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD20M
Female (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD20F

## 18-32 Year Old Division

### Poomsae, Breaking, weapons and Sparring Divisions

DIVISION			
Male (Beginner)	White, Yellow, Orange, Green Belts.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD21M
Female (Beginner)	White, Yellow, Orange.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD21F
Male (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD22M
Female (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD22F
Male (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD23M
Female (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD23F

### WEIGHT CLASSES

Age	sex	rank	Light	middle	heavy
≥ 18	M	Beg/Int/Adv	≤ 136.4 lbs.	136.5-171.6 lbs.	≥ 171.7 lbs.
≥ 18	F	Beg/Int/Adv	≤ 129.8 lbs.	129.9-147.4 lbs.	≥ 147.5 lbs.

## 33-45 Year Old Division

### Poomsae, Breaking, weapons and Sparring Divisions

DIVISION			
Male (Beginner)	White, Yellow, Orange, Green Belts.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD24M
Female (Beginner)	White, Yellow, Orange.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD24F
Male (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD25M
Female (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD25F
Male (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD26M
Female (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD26F

**WEIGHT CLASSES**

<b>Age</b>	<b>sex</b>	<b>rank</b>	<b>Light</b>	<b>middle</b>	<b>heavy</b>
≥ 18	M	Beg/Int/Adv	≤ 136.4 lbs.	136.5-171.6 lbs.	≥ 171.7 lbs.
≥ 18	F	Beg/Int/Adv	≤ 129.8 lbs.	129.9-147.4 lbs.	≥ 147.5 lbs.

**46 & Over Division**

**Poomsae, Breaking, weapons and Sparring Divisions**

<b>DIVISION</b>			
Male (Beginner)	White, Yellow, Orange, Green Belts.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD27M
Female (Beginner)	White, Yellow, Orange.	10 <sup>th</sup> -7 <sup>th</sup> Gup	TKD27F
Male (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD28M
Female (Intermediate)	Green, Blue, Purple.	6 <sup>th</sup> -3 <sup>rd</sup> Gup	TKD028F
Male (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD29M
Female (Advanced)	Brown, Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	TKD29F

**WEIGHT CLASSES**

<b>Age</b>	<b>sex</b>	<b>rank</b>	<b>Light</b>	<b>middle</b>	<b>heavy</b>
≥ 18	M	Beg/Int/Adv	≤ 136.4 lbs.	136.5-171.6 lbs.	≥ 171.7 lbs.
≥ 18	F	Beg/Int/Adv	≤ 129.8 lbs.	129.9-147.4 lbs.	≥ 147.5 lbs.

## BLACK BELT DIVISIONS

# GYOROOGI SPARRING BLACK BELT COMPETITION

(Ages 14 and above)

<b>Divisions</b>	<b>14-17 Male</b>		<b>14-17 Female</b>	
Fin/Fly	≤ 105.8 lbs.	TKD30	≤ 97.0 lbs.	TKD31
Bantam/Feather	105.9-121.3 lbs.	TKD32	97.1-108.0 lbs.	TKD33
Light/Welter	121.3-138.9 lbs.	TKD34	108.1-121.2 lbs.	TKD35
Light Middle/Middle	139.0-160.9 lbs.	TKD36	121.3-138.9 lbs.	TKD37
Light Heavy/Heavy	≥ 161.0 lbs	TKD38	≥139.0 lbs	TKD39

<b>Divisions</b>	<b>18-35 Male</b>		<b>18-35 Female</b>	
Fin/Fly	≤ 127.6 lbs.	TKD40	≤ 112.2 lbs.	TKD41
Bantam/Feather	127.7-147.4 lbs.	TKD42	112.3-129.8 lbs.	TKD43
Light/Welter	147.5-171.6 lbs	TKD44	129.9-147.4 lbs.	TKD45
Middle/Heavy	≥ 171.7 lbs.	TKD46	≥ 147.5 lbs	TKD47

<b>Divisions</b>	<b>≥ 36 Male</b>		<b>≥ 36 Female</b>	
Light	≤ 136.4 lbs.	TKD48	≤ 129.8 lbs.	TKD49
Middle	136.5-171.6 lbs.	TKD50	129.9-147.4 lbs.	TKD51
Heavy	≥171.7 lbs	TKD52	≥147.5 lbs.	TKD53

AGE	BELT COLOR	QUALIFIER RULES
6-7	YELLOW	NH
	GREEN	NH
	BLUE	NH
	RED	NH
	BLACK	NH
8-9	YELLOW	NH
	GREEN	NH
	BLUE	NH
	RED	NH
	BLACK	JSR
10-11	YELLOW	NH
	GREEN	NH
	BLUE	NH
	RED	NH
	BLACK	JSR
12-13	YELLOW	JSR
	GREEN	JSR
	BLUE	JSR
	RED	JSR
	BLACK	JSR
14-17	YELLOW	JSR
	GREEN	JSR
	BLUE	JSR
	RED	JSR
	BLACK	ADULT
SENIOR	YELLOW	ADULT
	GREEN	ADULT
	BLUE	ADULT
	RED	ADULT
	BLACK	ADULT

ADULT – Adult Competition Rules shall apply.

NH – No Head Contact

JSR –(WTF) Junior Safety: Light Head contact

Adult – Full Head Contact

## **SPARRING (GYOROOGI)** **Competition Rules & Regulations**

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**The current USA Taekwondo Rules and Regulations and modified rules of The World Taekwondo Federation will govern this Championship.**

**NOTE: All black belts, coaches, and referees should attend the referee meeting to be held at 9:45 A.M..**

### **Equipment**

**Sparring competitors must supply their own protective gear.** White forearm and shin/instep protectors, mouth pieces, chest protectors and headgear are mandatory. Protective athletic cup is mandatory for male sparring competitors. Only plastic water bottles are allowed in the arena. No eyeglasses or safety glasses of any kind will be permitted for sparring.

### **Permitted Techniques and Areas**

#### **Permitted Techniques**

1. Fist techniques: Delivering techniques by using the front parts of the fist.
2. Foot techniques: Delivering techniques by using the part of the foot below the ankle bone.

#### **Permitted Areas**

1. Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector.
2. Head: This area is permitted to be attacked with foot techniques only.

### **Scoring**

**The valid points are divided as follows:**

- 1 point for a valid attack on trunk protector (Hogu)**
- 2 points for a valid turning kick to the trunk protector (*Spinning Back Kick or Tornado Kick*)**
- 3 points for a valid kick to the head**
- 4 points for a valid turning kick to the head (*Spinning Back Kick or Tornado Kick*)**
- 1 Extra Point – 8-Count**

**11 and under - No Head Contact**

**12 and above Color Belts - Controlled Head Contact**

**12 and above Black Belts will be competing under adult Black Belt rules (Full Contact)**

**Matches will have no point ceiling but will be stopped at any twelve (12) point difference in the second round.**

### **Rounds**

<b>Junior Color Belt (6-17) 2 @ 1:00 w/ 30sec</b>	<b>Senior Color Belt (18 &amp; Up) 2 @ 1:00 w/ 30 sec</b>
<b>Junior Black Belt (6-13) 2 @ 1:00 w/ 30 sec</b>	<b>Senior Black Belt (14 &amp; Up) 2 @ 1:30 w/ 30 sec</b>
<b>Finals (14 &amp; Up Black Belts) 3 @ 1:30 w/ 30 sec</b>	

## Valid points

### Points

1. Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas of the body.
2. The valid points are divided as follows:
  - a. One (1) point for attack on trunk protector.
  - b. Two (2) points for spinning attack on the trunk protector. (*Spinning Back Kick or Tornado Kick*)
  - c. Three (3) points for attack to the head.
3. Match score shall be the sum of all two rounds.
4. Invalidation of points: When a contestant performs an attack to score through the use of prohibited acts; the points shall be annulled before deductions are applied.

**Color belt 11 and under** who executes a kick to the head shall receive a half point deduction. A minor injury, defined as abrasion or bleeding caused by non-excessive contact, shall receive a one point deduction. The referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is a minor injury, and if the attack is a non-excessive one.

**Color belt 12 and above (11 and under)** who executes a kick to the head which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if the attack is an excessive contact, and if the injury is a major one.

NOTE: Inability to continue because of fright, crying or loss of will following a legal kick to the head which did not cause injury does not constitute grounds for disqualification of the attacker.

## Prohibited Acts

### Kal-yeo, Kyong-go, & Gam-jeom

1. Penalties on any prohibited acts shall be declared by the referees.
2. Penalties are divided into “Kyun-go” (warning) and “Gam-jeom” (deduction).
3. Two “Kyong-go” penalties shall be counted as an additional one (1) point for the opposing contestant. However, the final odd-numbered “Kyong-go” shall not be counted in the grand total.
4. A “Gam-jeom” shall be counted as an additional point for the opposing contestant.
5. Prohibited acts
  - 1) The following acts shall be classified as prohibited acts, and a “**Kyung-go**” shall be declared.
    - a. Crossing the Boundary Line
    - b. Avoiding or delaying the match (i.e. by turning the back to the opponent, pretending injury, or disregarding the 10 second “engagement” rule)
    - c. Falling down
    - d. Grabbing, holding, or pushing the opponent
    - e. Attacking below the waist
    - f. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach
    - g. Butting or attacking with the knee

- h. Hitting the opponent's face with the hand
- i. Lifting the knee to avoid a valid attack or impede the progress of an attack

2) The following acts shall be classified as prohibited acts, and a "Gam-jeom" shall be declared.

- a. Attacking the opponent after "Kal-yeo"
- b. Attacking the fallen opponent
- c. Throwing the opponent by grappling the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand
- d. Intentionally attacking the opponent's face with the hand
- e. Interrupting the progress of the match on the part of a contestant or a coach
- f. Violent or extreme remarks or behavior on the part of a contestant or a coach
- g. Intentionally avoiding the match
- h. Manipulating, or attempting to manipulate, the electronic scoring system

6. When a contestant intentionally refuses to comply with the Competition Rules or the referee's order, the referee may declare the contestant loser by penalty after one (1) minute.

7. When the contestant receives eight (8) "Kyong-go" or four (4) "Gam-jeom" penalties, or in the event of

any combination of "Kyong-go" and "Gam-jeom" that add up to four penalty points, the referee shall declare the contestant loser by penalties.

8. "Kyong-go" and "Gam-jeom" shall be counted immediately in the total score.

9. When the referee suspends a contest for declaration of "Kyong-go" or "Gam-jeom" the contest time shall not be counted from the moment of the referee's declaration of "Shi-gan" until "Kye-sok" is declared for resumption of the contest.

### **Tied Matches**

#### **Sudden-Death**

1. Matches ending in a tied score will result in a "Sudden-Death" fight off. One (1) timed round will begin with the first contestant to score declared the winner.

2. A "Sudden-Death" round that ends in a tie will result in the referee declaring a winner based on superiority.

### **Match Decisions**

#### **Contest Declarations**

- 1. Win by K.O. (knock-out)
- 2. Win by Referee Stop Contest (RSC)
- 3. Win by score superiority

1) Win by final score

2) Win by point gap: When there is a twelve (12) point gap in the second round, the match will be stopped and a winner declared.

3) Win by withdrawal

4) Win by disqualification

5) Win by referee's punitive declaration

## Forms (Poomsae)

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All individual Color Belt Poomsae contestants must perform the Poomsae listed below for all ages.

Division		
White	10 <sup>th</sup> -9 <sup>th</sup> Gup	<b>Taegeuk 1</b>
Yellow	8 <sup>th</sup> -7 <sup>th</sup> Gup	<b>Taegeuk 2</b>
Green	6 <sup>th</sup> -5 <sup>th</sup> Gup	<b>Taegeuk 4</b>
Blue	4 <sup>th</sup> -3 <sup>rd</sup> Gup	<b>Taegeuk 6</b>
Red	2 <sup>nd</sup> -1 <sup>st</sup> Gup	<b>Taegeuk 8</b>

**Participants who do not know the Poomsae listed above will still be able to compete but participants who perform the Poomsae listed above will be scored higher than a Poomsae that is not listed above.**

## Poomsae Scoring

### Scoring

1. The referee and judges shall award a score, on a scale of five to ten, ten being the highest, to the contestant by displaying the score card.
2. Any tenth of a point may be awarded (0.1, 0.9, etc)
3. The highest and lowest scores will be dropped from the total computation. In case of tie, however, all scores will be computed to break the tie.

### Individual Merits

Judges and referee will award scores on the basis of the following merits:

1. Correct and orderly execution of each movement;
2. Degree of proficiency which will be judged on the basis of:
  - 1) Beginning and ending the Poomse at the same spot
  - 2) Executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment
  - 3) Mental concentration
  - 4) Focused eye and head movements
  - 5) Accurate targets
  - 6) Inhaling and exhaling at the proper moments
  - 7) Rhythm
  - 8) Balance
  - 9) Intensity
  - 10) Competition manner and attitude

## Black Belt Poomsae

All black belts will compete in paired competition in a single elimination bracket. Pairs of competitors will be randomly selected. Each pair will simultaneously perform the designated poomsae. The judges will apply WTF standards for correct techniques and performance. The judges will select the winner who will advance to the next round. The poomsae performed in each round has been randomly selected from among the compulsory poomsae for that division and are posted. If the division is large enough to have more than four rounds then the designated poomsae will be repeated.

## Board Breaking Rules

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1. Competitors can choose the kind of techniques and number of boards to break.
2. The maximum set-up time is 1 minute.
3. The maximum time to complete the performance is 1 minute.
4. The maximum number of tries for a specific break is 2 tries.
5. The performance must be done within the WTF regulation ring size (8 m x 8 m).
6. All boards for 18+ Year olds breaking must be 12-inch by 10-inch, 1/2-inch thick pine.  
All boards for 10-17 year olds breaking must be 12-inch by 10-inch, 1/4-inch thick pine.  
All boards for 6-9 year olds breaking must be 12-inch by 8-inch, 1/4-inch thick pine.

**Boards can be purchased at the event. Participants who bring in their own boards must have them inspected prior to participation in the event.**

## Coach Requirements

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Participating coaches at the **Keystone State Games** are required to abide by Tae Kwon Do's tenets which define the spirit of a good martial artist and the atmosphere of this tournament:

- Courtesy** (behavior that demonstrates consideration, cooperation, and generosity)
- Integrity** (honesty, trustworthiness, and incorruptibility)
- Perseverance** (determination, commitment, faithfulness)
- Self-Control** (exercising restraint over one's impulses, self-discipline)

Any coaches yelling undesirable remarks, stopping matches without merit or any misconduct on the part of the contestant or the coach will result in immediate disqualification. The coach and his/her team will be escorted off the premises by local law enforcement.

## **Tournament Leaders:**

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