



Rules and Regulations For Provincial & Regional Championships

Eligibility:

- Each competitor must be a student or instructor of an established / recognized Tae Kwon-do International club, school or Academy and a full member in good standing of "**invited**" clubs, schools or organizations.
- Each competitor must complete a "tournament registration form" which includes a waiver, releasing Tae Kwon-do International Schools from any liability. This form must be signed, also, by the parent or legal guardian of any competitor under the legal age of eighteen years.
- Each competitor must pay his/her registration fee and be fully registered by the registration deadlines.
- A competitor may only compete if they are eligible in terms of gender, age and Martial Art rank/experience. The tournament director and/or the officials committee reserve the right to place any competitor in an alternate division at their discretion with gender, age, size and rank being the determining factors.
- Each competitor must be in good physical condition and mental health and be able to withstand the controlled contact and vigorous pace of tournament competition.
- Each competitor must practice good sportsmanship throughout the tournament.
- Failure to comply with any of these regulations/guidelines will result in expulsion from the tournament.

Equipment:

- Each competitor will wear a clean, strong uniform and appropriate belt signifying their rank level.
- Every competitor will wear a uniform and/or crest that indicates their club, school and/or organization. Questionable attire will be subject to the Tournament Director's and/or the Officials Committee's discretion.
T-shirts are not allowed.
- SPARRING EQUIPMENT: (all equipment is subject to the tournament director's approval)
Mandatory: hand pads foam dipped covering the fingers, knuckles, ridge-hand and knife-hand
foot pads foam dipped covering the toes, instep, sides of foot **and back of the heel**
head gear foam dipped, vinyl or leather.
Mouth Guard - must be form-fitted, **groin guard**, shin guard and/or forearm guard made from a soft material,
Not Allowed: hand-wraps, wire frame or loose glasses, any protective pads made from a hard material, shoes, sneakers, slippers, rings, bracelets, necklaces, earrings or other jewelry
- Failure to comply with any of these regulations/guidelines will result in disqualification as a competitor.

Personal Conduct / Dress Code:

COMPETITORS:

- Each competitor shall practice good sportsmanship throughout the tournament, both in and out of uniform.
- Competitors shall not talk unnecessarily to the officials at any time during competition.
- Each competitor shall wear a uniform acceptable to his/her club, school or organization.
- Awards will be presented at the completion of each competition/division throughout the day.
- Awards will not be presented to competitors who are not in uniform.
- Any negative coaching or cheering, or negativity exhibited by or for the competitor will result in that competitor being disqualified from that event, or all events, and may result in expulsion from the tournament facility.

OFFICIALS & BLACK-BELTS:

- Black-Belt Officials (judges and referees) will wear either their official school uniform with or without clean white runners, or, dark pants with a light shirt and dark tie.
- "Red" Officials (ie: timers & score-keepers) will officiate in respectable, semi-formal attire and will have their admission fee waived. "Officials Shirts" are provided.

NOTE: The Tournament Director reserves the right to expel any competitor and/or spectator For conduct he/she feels is detrimental to other competitors and/or the success of the tournament.



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Patterns:

During this event competitors compete, two at a time, to see who has the superior form. After their performance three, five or seven Black Belt judges choose the winner with a show of hands. Competitors may repeat the same form more than once throughout the event. If a coloured belt competitor stops during their performance they may start over again with the judges regarding this as one mistake and deduct accordingly. If a Black-Belt competitor does not complete his/her form, the "win" is automatically given to their opponent. In the event neither Black-Belt competitor completes his/her form, both will be disqualified from the event creating a "bye" for the next competitor in line.

This event is a modified double elimination, meaning, while every competitor is guaranteed a minimum of two matches, they do not necessarily have to lose twice to be eliminated from the event.

SPARRING:

This event is also a modified double elimination. A Black Belt referee and two Black Belt corner judges control the rings. Points are awarded to a competitor who scores on a legal target (head and front torso). Contact is not necessary to score points. Rounds will be 1.5 minutes in length with the winner being the competitor with the most points at the end of the time limit or the first competitor to score 10 points.

Competitors must have their own equipment.

Non-Contact: Absolutely no contact is permitted to the head for those under adult Blue Belt. Some light contact to the body will be allowed but excessive contact will not be tolerated. Minus points will be deducted by the referee for heavy contact, striking to the groin, illegal techniques, etc. Three minus points warrant a disqualification. Three warnings warrant one minus point.

Semi-Contact: There will be some light head contact permitted for adult Blue Belt and higher. Excessive contact will still result in a minus point.

3-2-1 Point System: competitors scoring with more difficult techniques are rewarded for their effort:

1-Point: strike with the hands to head or body or kick to body

2-Points: standing kick to head

3-Points: jump kick to head (competitor must clearly be airborne)

Automatic Disqualification will result, at the officials and/or tournament director's discretion when any of the following occur: malicious attack, foul language, arguing with official, negative coaching or cheering from spectators on behalf of a competitor. Any "cheering" which is an attempt (as interpreted by the officials or tournament director) to influence the referee or judges will not be tolerated and will result in the disqualification of the competitor.