

Northwest Taekwondo Festival - Competition Rules

Board Breaking Competition: Ages 4-12

- Each belt level must complete a specific board breaking technique.
 - White: Pushing Kick, left & right foot
 - Yellow-High Green: Side Kick, left & right foot
 - Blue-Advanced Blue: Back Kick, left & right foot
 - Red-Danbo: Spinning Heel Kick, left & right foot
 - All Black Belts: Spinning Heel Kick & Flying Side Kick, using either foot
- With the 2 kicks students will try to break the most boards possible, with a max. total of 5 boards a kick (boards will be stacked), and only 2 chances.
- Points: +2 pt. for each cleanly broken board on the 1st try, +1 pt. for each cleanly broken board on the 2nd try.
- Registration includes 2 breaking boards. Additional boards may be purchased at the event. 1/4" demo boards, cost \$3 each.

Demo Board Breaking Competition: Ages 13-Adult

- Competitors must bring their own board holder(s)!
- All belt levels attempt up to 3 different kicks/stations.
- Limited to a single board for each kick, for a maximum total of 3 boards.
- This is a free style event judged on execution (only 2 attempts per board), timing, kihap, connections between breaking skills, difficulty, and presentation.

Forms Competition:

- Most divisions will have 4 competitors. The festival committee will divide the Forms division by similar BELT and AGE.
- Color belt forms will follow testing requirements. If you recently tested you may choose to perform your previous poomsae.
- Forms competitors may perform the same or different forms. Competitors will be given a score, judged on power, speed, control, flexibility, stance, focus, rhythm, and kihap.

All-Around Competition:

- Students registered for forms, sparring, & board breaking will be automatically entered in the All-Around Competition.
- Points are awarded for medals earned in each of the events. Gold = 5, Silver = 3, Bronze = 1
- After all 3 events are completed points will be totaled and students will receive a ribbon or trophy.
 - Red Ribbon: 3-5 points
 - Blue Ribbon: 7-9 points
 - Tri-Color Ribbon: 11-13 points
 - All-Around Champion Trophy: 15 points

All-Around School Awards:

- Students who receive an All-Around Champion Trophy earn 1 point for their Taekwondo school.
- 1st, 2nd, and 3rd place school banners will be awarded to the top three Taekwondo schools.

Sparring Competition: All Belts-All Ages

1 minute rounds, 2 rounds, 30 second rest period

- Most divisions will have 4 competitors. The festival committee will divide the competitors by BELT and AGE.
- Sparring division is single elimination bracket form.

Scoring

1 pt - Strong single middle punch

2 pt - Middle kick

+2 pt - Turning kicks

Full Safety Gear is Required!

Head kicks are not allowed. No Pushing.

Two unintentional head kicks will RESULT IN A LOSS.

NOTE: Inability to continue because of fright, crying, or loss of will does not constitute grounds for disqualification of an opponent.

Penalty Points: +1 pt for Opponent

- Crossing the Boundary
- Evading the opponent
- Falling down
- Attacking a fallen opponent
- Grabbing, holding, or pushing
- Attacking below the waist
- Pretending injury
- Hitting the opponent's face with hand
- Lifting knee to avoid attack
- Throwing down the opponent by grabbing their attacking foot, or by pushing them with the hand
- Interrupting the progress of the match on the part of the contestant or a coach
- Violent or undesirable remarks or behavior on the part of a competitor or coach

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Tag-in Team Sparring Competition: Ages 12 & under

1. Must be a Black Belt to participate
2. 5 players per team (co-ed)
3. 2 Rounds
 - I. 1st Round: Each player will be matched with a player on the opposite team of similar size. Each player will spar for 35 seconds.
 - II. Points from all players will be totaled for the 1st Round score.
 - III. 2nd Round: 5 minutes of nonstop sparring! Each coach will call in any 1 player to spar. The player, no matter who they are facing, must spar for 20 seconds. At 20 seconds the coach may choose to tag-in a new player. Sparring and scoring do not stop!
4. Scores will be combined from the 1st and 2nd Round to crown a winning team!
5. Same sparring rules as the individual event, including no head kicks.
6. Winning team will receive a trophy.

Black Belt Poomsae Championship: All Ages

1. Any level of Black Belt is able to participate.
2. All competitors must perform the Koryo Poomsae
3. Competitors will be evaluated by Masters and judged on power, speed, control, flexibility, stance, focus, rhythm, and kihap.
4. Depending on the number of participants, a medium to large group of competitors will perform at same time. During the performance, judges will eliminate competitors until there is only 1 champion remaining.
5. One trophy will be awarded to the champion.

Demo Team Competition: All Ages

1. Teams have 2 minutes to set up.
2. Performance time is a maximum of 6 minutes, not including time for set-up. **Teams that go over time will be disqualified.**
3. Only martial arts weapons are allowed.
4. Team members must be 3rd Degree Black Belt and lower.
5. Teams will be evaluated on unity, basic group skills, Taekwondo trick skills, presentation, and creativity. Additionally, the group size and age range of the students will be taken into consideration.

NWTKD Festival Schedule

- Competitors should arrive 30 minutes early
- All times are approximate
- Events will run until completion
- Listen & look for the announcements in the main gym to know when to go to the holding

7:30	Doors Open
8:00	Women, Ages 13-Adult: All Events
8:30	Men, Ages 13-Adult: All Events
9:30	Girls, Age 4-8: All Events
10:30	Boys, Ages 4-6: All Events
10:30	Black Belt Poomsae Preliminaries
11:00	Boys, Ages 7-8: All Events
11:00	Team Sparring Semifinals
12:30	Special Events: Demo, Team Sparring Finals, Black Belt Poomsae Championship
2:00	Girls, Ages 9-10: All Events
3:00	Girls, Ages 11-12: All Events
4:00	Boys, Ages 9-10: All Events
5:30	Boys, Ages 11-12: All Events

