

## **COMPETITION RULES & REGULATIONS**

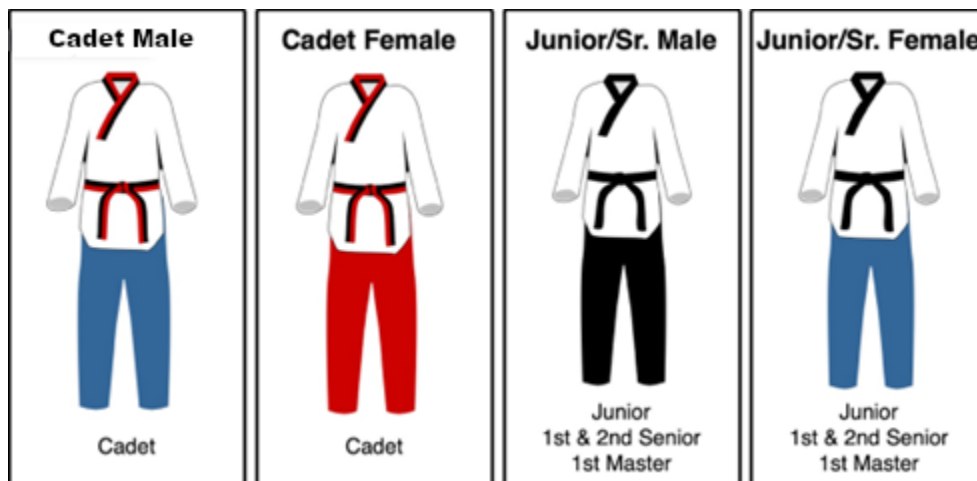
**POOMSAE:** Poomsae competitors must perform only the poomsae designated for their specific rank. Scores based on: proper order, beauty, grace, rhythm, accuracy, power, technique and attitude. 4 competitors per division except for Sport Poomsae.

Rank (Kup)	10-9	8-7	6-5	4-3	2-1	Poom-Dan 1-2-3
Belt Colors	White	Yellow	Green	Blue	Red	Black
Poomsae Taeguek	Kicho or T1	T1 or T2	T3 or T4	T5 or T6	T7 or T8	Koryo-Keumgang-Taebaek etc.

### Individual Sports Poomsae (Black Belts Only) 12+

Athletes competing in Sport Poomsae will need to know all the forms associated with their age rank and a random form will be chosen while you are in the ring on the day of competition.

Division		Compulsory Poomsae
<b>Individual</b>	<b>Dragon (6-7)</b>	Taeguek 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	<b>Tiger (8-9)</b>	
	<b>Youth (10-11)</b>	
	<b>Cadet (12-14)</b>	Taeguek 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	<b>Junior (15-17)</b>	Taeguek 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
	<b>Under 30</b>	Taeguek 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
	<b>Under 40</b>	
	<b>Under 50</b>	Taeguek 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	<b>Under 60</b>	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	<b>Under 65</b>	
	<b>Over 65</b>	
	<b>Over 70</b>	



**SPARRING/KYOROOGI:** The current USAT & WT competition rules will govern this championship. Best out of 3 round format. The organizing committee may modify some rules according to the local condition. Grassroots = 60 second rounds, best out of 3. World-class = 90 second round, best out of 3. 12 point gap and 5 gamjeon rule.

### Application of Junior Safety Rules for USAT State and Local Championships

Age	Belt Color	Applicable Rules
Dragon 6 – 7	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	
Ninja 8 – 9	Yellow	No Head Contact
	Green	Junior Safety Rules
	Blue	
	Red	
	Black	
Youth 10 – 11	Yellow	No Head Contact
	Green	Junior Safety Rules
	Blue	
	Red	
	Black	
Cadet (12 – 14)	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black	
Junior (15 – 17)	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black	Adult Rules
Senior	Yellow	Adult Rules
	Green	
	Blue	
	Red	
	Black	

\* Note: Tournament director may change the time limit and alter weight division if necessary

# **WORLD CLASS BLACK BELT SPARRING DIVISIONS**

- We may combine two weight class to ensure everyone gets a match. Please look for updates.

Male:	Youth (10-11)	Female:
-30kg (66.0)	Fin	-30kg (66.0)
-35kg (77.0)	Light	-35kg (77.0)
-40kg (88.0)	Middle	-40kg (88.0)
+ 40kg	Heavy	+ 40kg

Male:	Cadet (12-14)	Female:
-33kg (72.8)	Fin	-29kg (63.9)
-37kg (81.6)	Fly	-33kg (72.8)
-41kg (90.4)	Bantam	-37kg (81.6)
-45kg (99.2)	Feather	-41kg (90.4)
-49kg (108)	Light	-44kg (97)
-53kg (116.8)	Welter	-47kg (103.6)
-57kg (125.7)	Light Middle	-51kg (112.4)
-61kg (134.4)	Middle	-55kg (121.3)
-65kg (143.3)	Light Heavy	-59kg (130.1)

Male:	Juniors (15-17)	Female:
-45kg (99.2)	Fin	-42kg (92.6)
-48kg (105.8)	Fly	-44kg (97)
-51kg (112.4)	Bantam	-46kg (101.4)
-55kg (121.3)	Feather	-49kg (108)
-59kg (130)	Light	-52kg (114.6)
-63kg (138.9)	Welter	-55kg (121.3)
-68kg (149.9)	Light Middle	-59kg (130.0)
-73kg (160.9)	Middle	-63kg (138.9)
-78kg (172)	Light Heavy	-68kg (149.9)
+ 78kg	Heavy	+ 68kg

## **Seniors**

Weight class	Men	Women
	Weight limit kg (lb)	Weight limit kg (lb)
Heavyweight	unlimited	unlimited
Middleweight	87 (191.8)	73 (160.9)
Welterweight	80 (176.4)	67 (147.7)
Lightweight	74 (163.1)	62 (136.7)
Featherweight	68 (149.9)	57 (125.7)
Bantamweight	63 (138.9)	53 (116.8)
Flyweight	58 (127.9)	49 (108.0)
Finweight	54 (119.0)	46 (101.4)