



## Frequently Asked Questions and Information

### 1. What is the required uniform to participate?

Any Taekwondo uniform can be worn in all events with the exception of Individual Traditional Forms - Sport (ITFS). Only ITFS participants must follow World Taekwondo/USA Taekwondo sport uniform requirements.

U.S. Taekwondo Center students: You should wear the uniform (Dobok) color of the program that you are currently enrolled in (EXAMPLE: All Black Belt Club students should wear a BLUE Uniform.) Demonstration Team members should ONLY wear the Demonstration Team Dobok during Opening Ceremonies and Demonstration Team Competition. Demonstration Team members should wear his or her regular program uniform during all other competition at the Rocky Mountain State Games .

### 2. Can participants wear shoes?

Shoes are **NOT** allowed for any events. However, if shoes are required for a medical reason, please bring a written doctor's note that states shoes are required for participation. This note will need to be submitted to the Holding Area Manager prior to your event.

### 3. What do I need to bring to Participant Check-In?

Upon completion of your online registration, you will receive an email confirmation with your events. Please bring a copy of the email confirmation (a mobile version or print out) in case there are any errors with the participant badge.

### 4. Can someone else pick up my participant badge?

Only a parent or immediate family member can pick up a participant badge if the participant cannot be present. Upon pick up, you will be requested to sign a document verifying all events are correct and CANNOT be changed. (Changes will ONLY be made if there was an error by the Organizing Committee.) Anyone who signs on your behalf will be acknowledging all event registrations are correct and CANNOT be changed.

### 5. What happens if I lose my badge?

Badges can be re-printed at the Participant Check-In area for a \$5 re-print fee.

### 6. What are the different codes and what do they mean?

Each event is abbreviated with a different code. The codes are below.

	<u>CODE</u>	<u>EVENT</u>
1	ICB	Individual Creative Breaking
2	ITF	Individual Traditional Forms
3	ITFS	Individual Traditional Forms - Sport
4	TTF	Team Traditional Forms
5	IS	Individual Sparring - Traditional
6	ISE	Individual Sparring - Electronic
7	IJH	Individual Jumping High Kick
8	IPKH	Individual Power Knife Hand
9	IPSSK	Individual Power Skipping Side Kick
10	IPBK	Individual Power Back Kick
11	ISHK	Individual Spin Hook Kick

	<u>CODE</u>	<u>EVENT</u>
12	ICFWO	Individual Creative Forms without Weapons
13	ICFWW	Individual Creative Forms with Weapons
14	TCFWO	Team Creative Forms without Weapons
15	TCFWW	Team Creative Forms with Weapons
16	TDC	Team Demonstration
18	ICBP	Individual Creative Breaking - Para
19	ITFP	Individual Traditional Forms - Para

### 7. What do the different division numbers mean?

The first number of the division indicates the ring that the participant will be competing in. For example, Division 104 will be held in Ring 1.



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## 8. What are the age divisions and participant gender specifications?

Age will be determined as of Thursday, July 14, 2022. The age divisions are listed below.

Division Name	Pee Wee	Child	Pre-Teen	Teen	Adult	Senior	Executive	Platinum
Age	7 and under	8-9 years old	10-12 years old	13-17 years old	18-30 years old	31-45 years old	46-54 years old	55+ years old

All events will be separated into **MALE** and **FEMALE** with the exception of the following:

- a. Team Traditional Forms
- b. Team Creative Forms WITH Weapons
- c. Team Creative Forms WITHOUT Weapons
- d. Pee Wee Sparring (if appropriate)

Individual Traditional Forms Sport (ITFS) and Individual Sparring Electronic (ISE) divisions will follow USATKD guidelines. Divisions can be found in official event rules.

There is **NO Guarantee** that every division can be broken up under the above guidelines as the divisions are dictated by the number of athletes in each category. The Organizing Committee will separate each category by age, weight, and ability at the discretion of the Organizing Committee for the safety of each participant.

## 9. How many participants will be in each division?

The Organizing Committee will divide divisions to be as fair as possible for all participants with the discretion to create divisions outside these guidelines, if necessary. Each division will have a maximum of 5 participants. Medals or Trophies will be awarded to 1st, 2nd and 3rd place. In addition to each award, each participant can request a digital copy and/or physical copy of an AWARD CERTIFICATE that will display the event name and place. (For example: John Smith, Individual Traditional Forms, 7 and under, 1st Geup, 1st place.) For digital copies, please email all requests to [events@familyblackbelt.com](mailto:events@familyblackbelt.com). A physical copy of the award certificate is available upon request the day of the Rocky Mountain State Games at the Award podium at no additional cost.

All RECORD KEEPING events (listed below) will NOT have a maximum of 5 per division. Each division will be broken down by age and belt level and MAY have more than 5 per division. For example, the Child's division (age 8-9) 1st Poom has 16 participants registered. This will ONLY be one division of 16 participants. First, second and third place awards will be given.

- 1. Individual Jumping High Kick
- 2. Individual Power Breaking Knife Hand (Downward)
- 3. Individual Power Breaking Skipping Side Kick
- 4. Individual Power Breaking Turning Back Kick
- 5. Individual Spinning Hook Kick

## 10. What happens if I do not come to the Holding area when I am called to compete?

Participants are required to go to the Holding Area when his or her division is close to being called to the competition floor to compete. The participant will be called a maximum of three (3) times to appear in the Holding Area. If a participant does not appear in the Holding Area after the maximum of three (3) times to appear, the participant will be disqualified from the competition with no refund. The only exception to this is if the participant is already on the competition floor competing in a different division.

## 11. How do I register for a team event?

Each participant will complete their individual registration for their team event and include any additional individual events they will participate in. At the time of registration, you will be asked to provide your team name and the names of each participant. Each participant will pay their registration fees separately.

## 12. My Team Traditional Forms team has participants with different ranks. What form do we need to perform?

Your team should perform the form for the LOWEST belt rank. For example, the team has 3 members: two are 1<sup>st</sup> Dan Black Belts, the third member is a 1st geup. The entire team should perform Taegeuk Pal Jang (8), NOT Koryo.



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### 13. Are there coaches allowed?

Coaches will be allowed on the competition floor. There are no coaching fees. All coaches must complete an **abbreviated** online Safesport review that will be provided by the Organizing Committee. Coaches may only be on the competition floor when his or her athlete is on the competition floor to perform. All coaches must agree to a code of conduct. Failure to comply with the code of conduct will result in immediate revocation of the coaching pass.

Please note: During the competition for Individual Creative Board Breaking (ICB) athletes are encouraged to provide their own holders. You do NOT need a coaching pass to be a holder. However, if you are only a holder – you CANNOT coach the student. If you intend to coach an athlete, you must register for a coach's pass.

### 14. Are there a maximum number of events for each participant?

There are NOT a maximum number of events a person can participate in. However, a person cannot register for the same event more than once. (For example, a participant CANNOT be on 2 Team Creative Forms teams.) The more events a person participates in, the more likely the chance of scheduling conflicts. The Organizing Committee will work hard to ensure participants will not be scheduled to perform in 2 separate events at the same time.

### 15. Will there be video replay available to question scores?

All scores and results are final. Video replay to question scoring is not available at the Rocky Mountain State Games. If you have a question about a score you may ask to speak with a member of the Organizing Committee so questions can be directed appropriately to the Referee Chairman.

### 16. How do I bring the music for my competition?

Music is only allowed in ICFWO, TCFWO, ICFWW, TCFWW, and TDC. Athletes are required to email the music file to [events@familyblackbelt.com](mailto:events@familyblackbelt.com) NO LATER THAN WED 7/13/22 at 10:00 AM **AND** are required to bring a backup on a USB Drive or Media player the day of the competition.

### 17. What is the difference between Individual Sparring Traditional (IS) and Individual Sparring Electronic (ISE)?

Individual Sparring Traditional will use traditional chest protectors (hogu) that are non-electric and have no sensors. The scoring will be done 100% by the referees. For complete details see the rules for IS.

Individual Sparring Electronic will use both Generation 1 and 2 Daedo Chest protectors and socks. All Black Belt divisions age 12 and up will use Generation 2 and will be required to have Generation 2 socks. All other divisions (including color belts) will use Generation 1 socks. If you are a color belt or black belt under 12 you cannot use generation 2 socks. Athletes are required to have their own Daedo sparring socks. No Daedo socks will be available for purchase the day of the competition. There will be no video replay available. For complete details see the rules for ISE.

Only ISE will require an official weigh-in. If you are competing in IS, you will NOT need to weigh-in. All athletes weighing in are required to wear clothes. You are recommended to weigh in wearing dobok or t-shirt and shorts. Shoes cannot be worn. Any participant not making the weight they registered at may be moved to the weight bracket they do weigh in at.

U.S. Taekwondo Center Students: You must get approval from your Lead instructor before registering for Individual Sparring Electronic (ISE).

### 18. What is the difference between Individual Traditional Forms (ITF) and Individual Traditional Forms Sport (ITFS)?

Individual Traditional Forms will use Rocky Mountain State Games rules. For complete details see the rules for ITF.

Individual Forms Sport will use modified WT/USATKD rules which also requires athletes to know all Taegeuk and Kukkiwon Black Belt Forms. ITFS is for only Black Belts.

U.S. Taekwondo Center Students: You must get approval from your Lead instructor before registering for Traditional Forms Sport (ITFS).



# ROCKY MOUNTAIN STATE GAMES RULES

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### 19. What are the Para-Taekwondo Events?

There will only be two para-taekwondo events: Individual Creative Board Breaking (ICBP) and Individual Traditional Forms (ITFP). There will be many sub-divisions within our para-taekwondo events.

### 20. Can Para-Taekwondo participants utilize an aide?

Para-taekwondo participants will be allowed to have an aide, whether it be a parent, support worker, or instructor. All aides MUST register online at [www.familyblackbelt.com](http://www.familyblackbelt.com) like a participant to sign a waiver and acquire a badge. Aides will NOT have to pay to serve in this role. If the Aide is competing, the Aide will have to pay for those events.

### 21. What does the term “Geup” mean and what is my “Geup”?

Geup is a Taekwondo term used for belt ranks. Rather than say “Yellow Belt”, a person would say “9th Geup”. Typically, the lower the Geup, the closer the person is to 1st-degree Black Belt. (For example, a 1st Geup is the level before 1st-degree Black Belt.) The Geup Chart is a way to classify each belt level.

For the Rocky Mountain State Games, each participant can perform any Kukkiwon Form appropriate to their belt level (Kyoorogi Poomsae, Palgwe, are NOT allowed).

U.S. Taekwondo Center BLACK BELT - Leadership and above Conversion Chart		
Belt Color	Geup	Eligible Form (poomsae)
4 <sup>th</sup> Dan and above	N/A	Hansoo, Cheon Kwon, Ji tae, Sipjin, Pyung won, Taebaek, Keumgang, Koryo
3rd Dan/Poom	N/A	Taebaek, Geumgang, Koryo
2nd Dan/Poom	N/A	Geumgang, Koryo
1st Dan/Poom	N/A	Koryo
U.S. Taekwondo Center COLOR BELT (GEUP) - Leadership and Black Belt Club - Conversion Chart		
Belt Color	Geup	Eligible Form (poomsae)
Black Belt Eligible	1st	Taegeuk 1-8
Bo Dan 2	1st	Taegeuk 1-8
Bo Dan 1	1st	Taegeuk 1-8
Red Senior 2	2nd	Taegeuk 1-8
Red Senior 1	2nd	Taegeuk 1-7
Red	3rd	Taegeuk 1-6
Brown Senior	3rd	Taegeuk 1-6
Brown	4th	Taegeuk 1-6
Blue	5th	Taegeuk 1-6
Purple	6th	Taegeuk 1-3
Green	7th	Taegeuk 1-3
Orange	8th	Taegeuk 1-3
Yellow	8th	Taegeuk 1-3
U.S. Taekwondo Center COLOR BELT (GEUP) - Basic Course - Conversion Chart		
Belt Color	Geup	Eligible Form (poomsae)
Orange	8th	Ki Bon 1 + 2 (No Taeguk poomsaes)
Yellow	8th	Ki Bon 1 + 2 (No Taeguk poomsaes)
White	9th	Ki Bon 1 + 2 (No Taeguk poomsaes)

It is **RECOMMENDED**, that higher belt levels such as Bo Dan 2 perform a Higher level Taeguk (6-8) as opposed to Taeguk (1-2).

**The U.S. Taekwondo Center uses the below Geup ranks. Non-USTC students should speak to his or her own Taekwondo Instructor for clarification and guidance.**

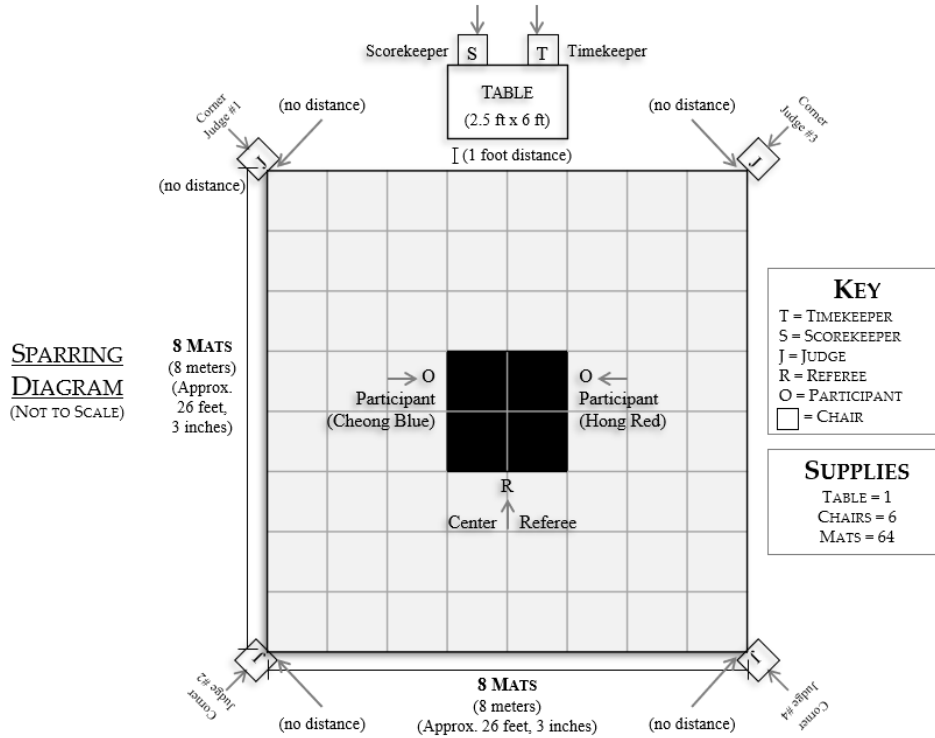


# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/6/2022



## IS -- INDIVIDUAL SPARRING (1 Participant. No Age Requirements)



Many of the rules are similar to USATKD/WT rules but have been modified for the safety and training of all students.

1. Sparring competition will be 2 rounds, 1 minute each with a 30-second break between each round. Safety rules will be in effect:
  - a. Controlled kicking and punching are only allowed to the hogu (chest protector).
  - b. Students 13 years old and older (ALL Ranks) can use LIGHT contact with kicks to the head.
  - c. No contact is allowed below the belt, or with any hand techniques to the head.
  - d. Participants using excessive contact to the head will be warned or given a Gam-Jeom (penalty) for 1st offense and disqualified for any additional offense.
2. Techniques executed with correct form to the body will be awarded 1 point.
  - a. Any spinning techniques to the body (back kick, spinning roundhouse kick) will be awarded one (1) additional point:
  - b. For ages 13 years old and older, any LIGHT contact technique to the head will be awarded 3 points.
  - c. For ages 13 years old and older, any LIGHT contact spinning technique to the head will be awarded an additional 1 point (spinning hook kick, spinning roundhouse).
3. The participant with the most points at the end of the match will be the winner.
4. The following are prohibited acts. Any occurrence shall result in a Gam-Jeom penalty: head contact with upper body strike, holding, grabbing, butting (with head or knee), tripping, falling, any strike after "Kal-yeo", striking the opponent on the ground, intentionally blocking a kick with the knee, stepping out of bounds, avoiding fighting, pushing out of bounds while the opponent is kicking, and unsportsmanlike conduct. (Each Gam-Jeom penalty will cause 1 point to be added to the opponent's score. Ten Gam-Jeom penalties will cause disqualification).



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5. In the event of a tie, a sudden death overtime round will take place. First point scored at the referee's discretion will win the match.

### Additional Notes:

1. Excessive contact for the head is when the kick causes the head to move (however, not when the head moves due to ducking)
2. Time stops each time the referee calls "Kal-yeo"
3. One foot out (the entire foot) of bounds is a Gam-Jeom penalty (unless pushed out - then Gam-Jeom penalty for the pusher)

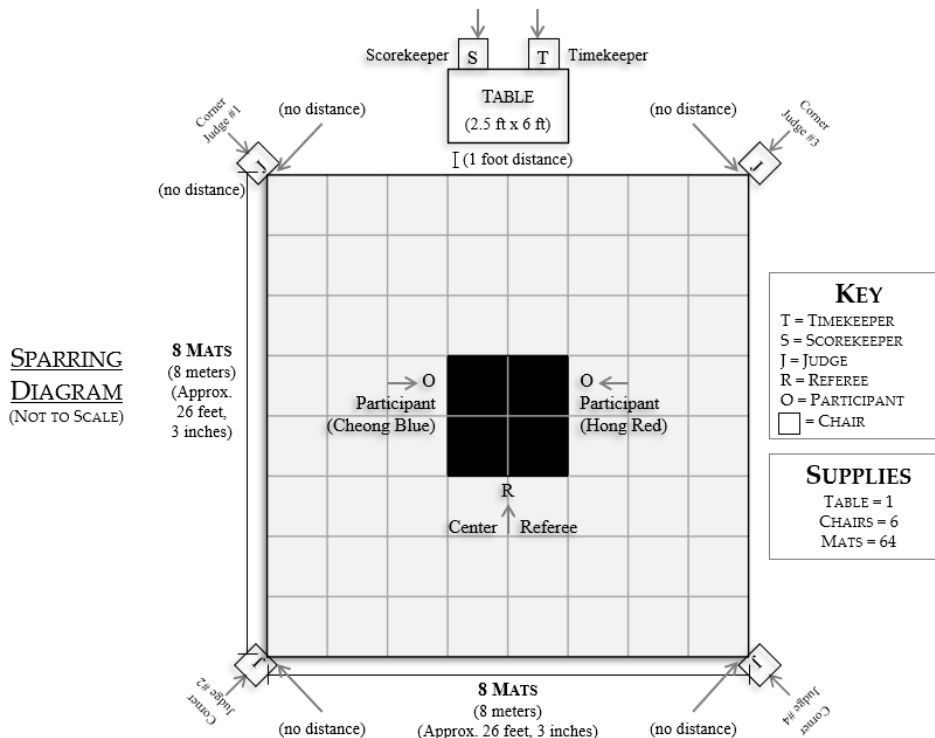


# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/6/2022



## ISE -- INDIVIDUAL SPARRING ELECTRONIC (1 Participant. No Age Requirements)



The Rocky Mountain State games will follow WT Olympic Weight divisions. All brackets can be adjusted or modified at the discretion of the Organizing Committee to ensure the safety of all athletes. If there is no like athlete in a safe weight category you will be in a division of one (1) person and be awarded a gold medal. You will have the option to fight an exhibition match which must be agreed to by both athletes. :

Adults (Age 18 & up)				Youth (Age 17 & below)			
Men's Division		Women's Division		Men's Division		Women's Division	
Under 58 kg	Not exceeded 58 kg	Under 49 kg	Not exceed 49 kg	Under 48 kg	Not exceeded 48 kg	Under 44 kg	Not exceed 44 kg
Under 68 kg	Over 58 kg & not exceeding 68 kg	Under 57 kg	Over 49 kg & not exceeding 57 kg	Under 55 kg	Over 48 kg & not exceeding 55 kg	Under 49 kg	Over 44 kg & not exceeding 49 kg
Under 80 kg	Over 68 kg & not exceeding 80 kg	Under 67 kg	Over 57 kg & not exceeding 67 kg	Under 63 kg	Over 55 kg & not exceeding 63 kg	Under 55 kg	Over 49 kg & not exceeding 55 kg
Over 80 kg	Over 80 kg	Over 67 kg	Over 67 kg	Under 73 kg	Over 63 kg & not exceeding 73 kg	Under 63 kg	Over 55 kg & not exceeding 63 kg
				Over 73 kg	Over 73 kg	Over 63 kg	Over 63 kg

Individual Sparring Electronic will use both Generation 1 and 2 Daedo Chest protectors and socks. All Black Belt divisions age 12 and up with use Generation 2 and will be required to have Generation 2 socks. All other divisions (including color belts) will use Generation 1 socks. If you are a color belt or black belt under 12 you cannot use generation 2 socks. Athletes are required to have their own Daedo sparring socks. No Daedo socks will be available for purchase the day of the competition. There will be no video replay available.

The Rocky Mountain State Games will use the June 1, 2022 World Taekwondo (WT) Sparring Rules (<http://m.worldtaekwondo.org/rules-wt/rules.html>). The only modifications are:



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1. Uniforms: Any martial art uniform can be worn.
2. The ring layout will be the above layout.
3. Weigh-in: an athlete's weight shall be measured either Fri 7/15 or Sat 7/16. Your weight at weigh-in will be used in bracketing, not necessarily the weight you registered at.





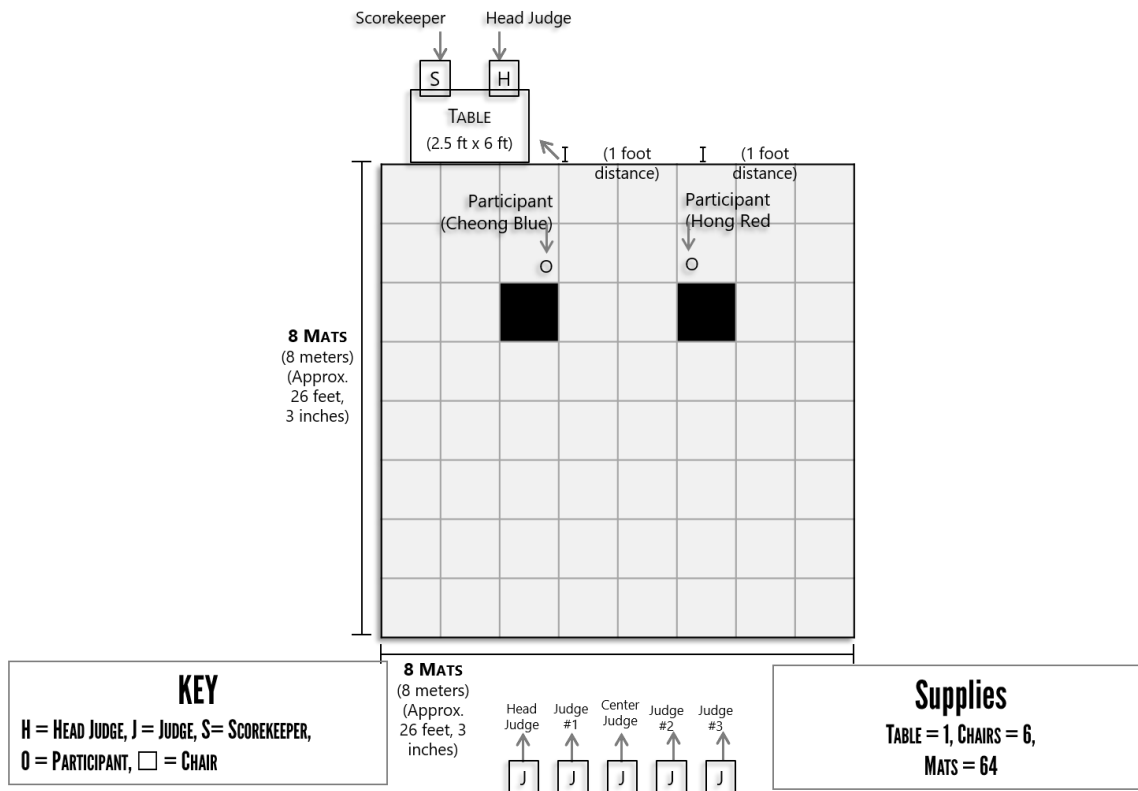
# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/6/2022

### ITF -- INDIVIDUAL TRADITIONAL FORMS (POOMSAE)

(1 Participant. No Age Requirements. All Belts)

Maximum Points = 90 Points



1. Only Kukkiwon poomsaes are allowed. ITF, Kyoorogi poomsae, and palgwes are prohibited.
2. Base Points - Each participant always begins with 50 points.
3. The following will complete each participant's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
    - iii. Accuracy of Each Kicking Technique - correct form, height, and power of kick
  - b. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
    - iii. Volume of Movement -- Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height). Strength/power/presentation of blocks and strikes.

NOTE: In general, each participant's uniform should be clean and pressed, and the belt should be tied correctly. How the belt is tied and the uniform will not be considered in any score.



# ROCKY MOUNTAIN STATE GAMES RULES

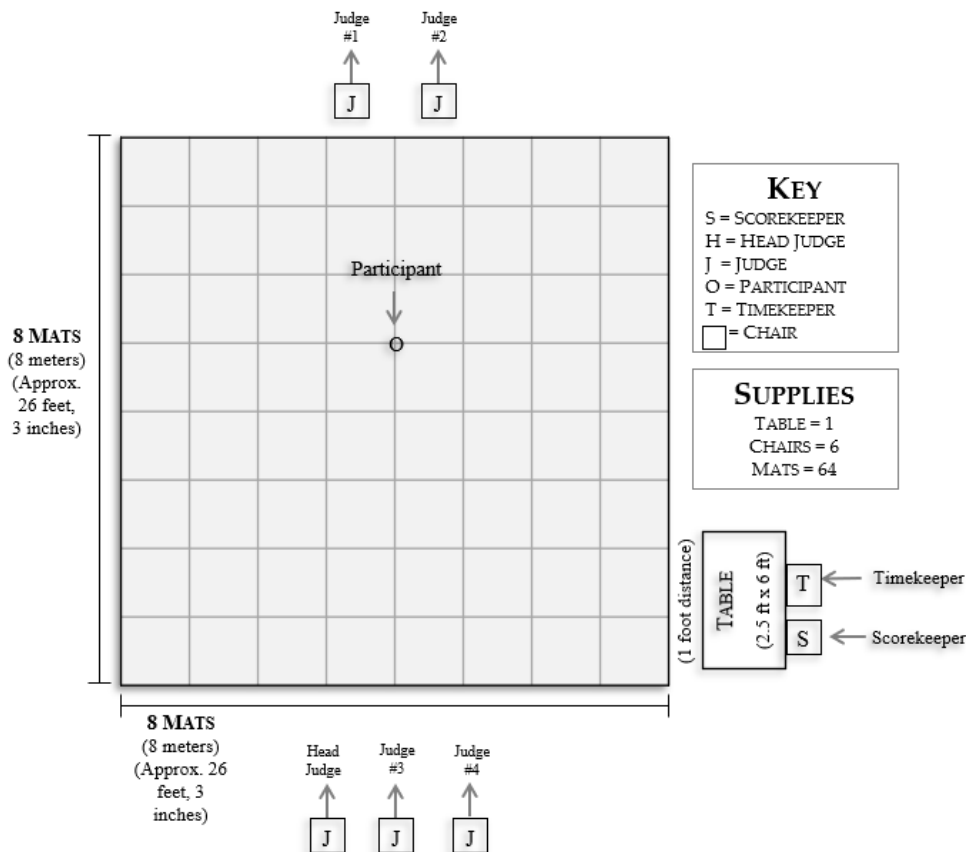
## Updated 6/6/2022

- c. Accurate Sequence of Movements (10 points)
  - i. Correct poomsae based on Participant's registered rank. If participant performs the wrong poomsae according to the registered rank (EXAMPLE: 1<sup>st</sup> Guep performs 1<sup>st</sup> Dan Poomsae Koryo), participant will automatically receive a score of 5 for Accurate Sequence of Movements but will NOT be disqualified.
  - ii. Correct order of techniques for each poomsae, including correct stances, blocks and strikes (For example, NOT scoring only if the forward stance was correct, but determining if it was a forward stance when it was supposed to be a back stance.)
- d. Presentation (10 points)
  - i. Speed/Tempo/Flow
  - ii. Eye Control - correct direction to "look", correct eye position as well as where eyes are focused
  - iii. Speed and Power of Each Individual Technique
  - iv. Overall timing and synchronization of hands/feet/kihap(s).
4. Deductions
  - i. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
  - ii. Participant exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
  - iii. Unsportsmanlike conduct (1 point deduction)
5. Tiebreaker
  - a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



# ROCKY MOUNTAIN STATE GAMES RULES Updated 6/6/2022

## ITFS -- INDIVIDUAL TRADITIONAL FORMS (SPORT) (1 Participant. No Age Requirements)



The Rocky Mountain State Games will use the 2020 USATKD Poomsae Rules ([click here for a full copy](#)). The modifications are:

1. There will only be 1 round of poomsae. Each Athlete will perform 2 poomsaes. The average of those scores will be the final score.
2. Designated poomsaes will be announced by Saturday, July 9<sup>th</sup>.
3. The ring layout will be the above layout.

### Black Belt Divisions

Division (Age)	Compulsory Poomsae
6 - 7	Taegeuk 2, 3, 4, 5, 6, 7, 8, Koryo
8 - 9	
10 - 11	
Cadet (12 – 14)	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
Junior (15 – 17)	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebaek
Under 30	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Under 40	
Under 50	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Under 60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Under 65	
Over 65	



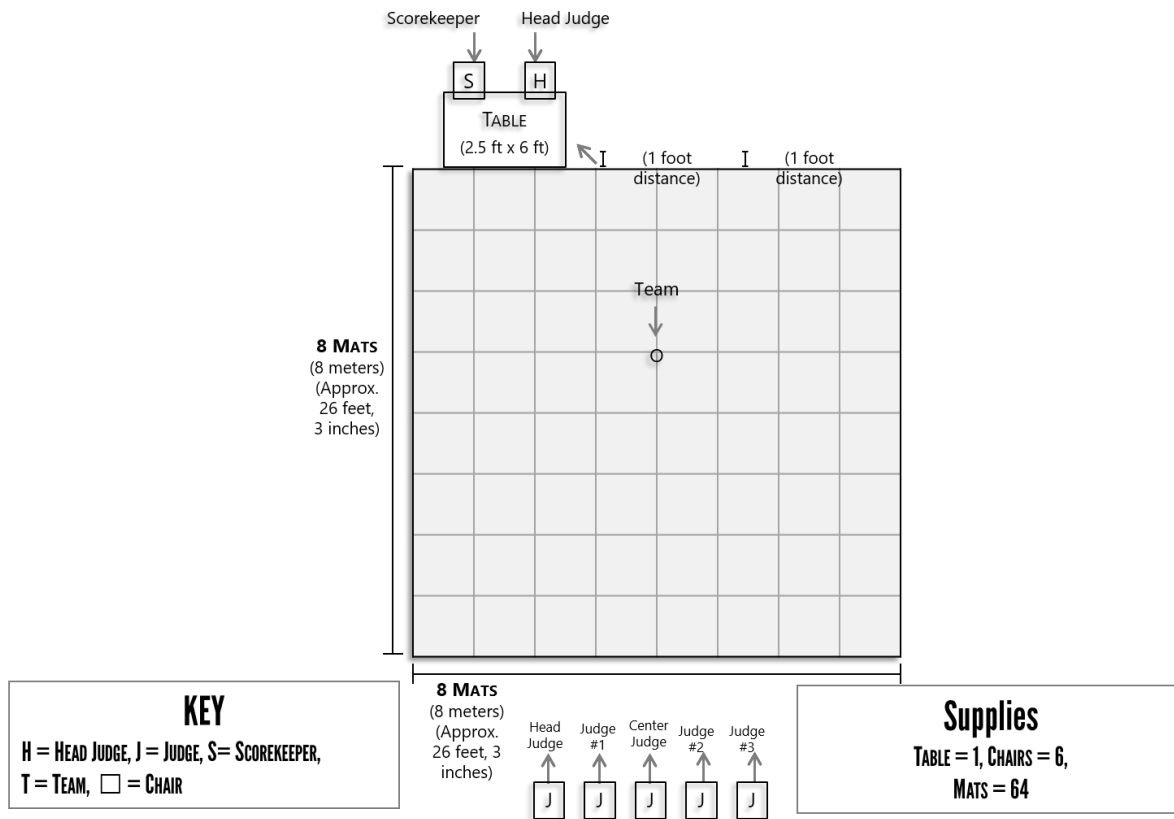
# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/6/2022

### TTF -- TEAM TRADITIONAL FORMS (POOMSAE)

(2-10 Participants. No Age Requirements. All Belts)

(Each team must select a team captain and team name.) Maximum Points = 100 Points



1. Base Points - Each team always begins with 50 points.
2. The following will complete each team's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
    - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
    - iv. Speed and Power of Each Individual Technique
  - b. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
    - iii. Volume of Movement -- Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height).  
Strength/power/presentation of blocks and strikes.



# ROCKY MOUNTAIN STATE GAMES RULES

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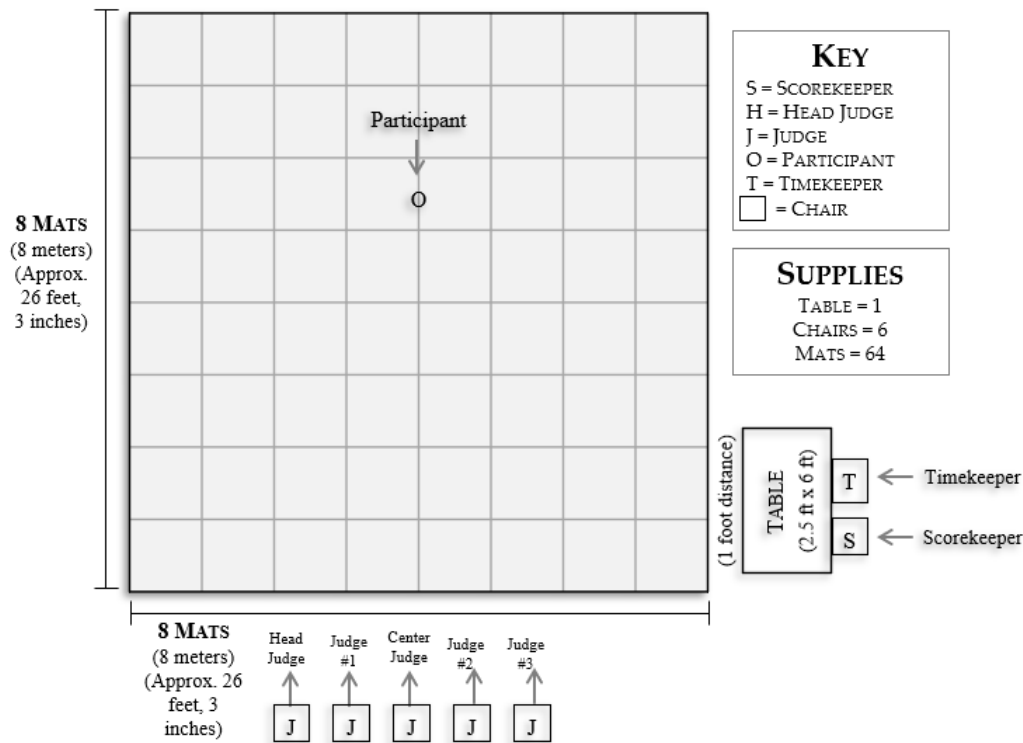
- b. Accurate Sequence of Movements (10 points)
    - i. Correct poomsae based on lowest team member's registered rank. If team performs the wrong poomsae according to the lowest team member's registered rank (EXAMPLE: 1 team member is an 8<sup>th</sup> Guep and team performs 1<sup>st</sup> Dan Poomsae Koryo), team will automatically receive a score of 5 for Accurate Sequence of Movements but will NOT be disqualified.
    - ii. Correct order of techniques for each poomsae, including correct stances, blocks and strikes (For example, NOT scoring only if the forward stance was correct, but determining if it was a forward stance when it was supposed to be a back stance.)
  - c. Presentation (10 points)
    - i. Speed/Tempo/Flow
    - ii. Eye Control - correct direction to "look", correct eye position as well as where eyes are focused
    - iii. Speed and Power of Each Individual Technique
    - iv. Overall timing and synchronization of hands/feet/kihap(s).
  - c. Unity of Team Performance (10 points)
    - i. Team Synchronization - Every movement must be executed by each team member at the same time. However, team members may be facing different directions. Movements out of synchronization with other team members (for example, an "echo" movement) will result in a lower score.
3. Deductions
- a. Team member crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
  - b. Team exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
  - c. Too many or too few team members (1 point deduction)
  - d. Unsportsmanlike conduct (1 point deduction)
4. Tiebreaker
- a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – teams will perform the poomsae one (1) additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/6/2022

### IFCWO – INDIVIDUAL CREATIVE FORMS (POOMSAE) WITHOUT WEAPONS (1 Participant. No Age Requirements. All Belts) Maximum Points = 90 Points



1. Base Points - Each participant always begins with 50 points.
2. Music is HIGHLY ENCOURAGED and must be emailed to [events@familyblackbelt.com](mailto:events@familyblackbelt.com) no later than Wed 7/13/22 at 10:00 AM. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment; no explicit lyrics.
3. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. NO weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar product is prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
4. The following will complete each participant's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
    - iii. Speed and Power of Each Hand Technique



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- b. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – as soon as the Participant’s name is called to enter the ring for your competition.
    - iii. Volume of Movement -- Height of kick(s). Strength/power/presentation of blocks and strikes.
  - c. Execution of Compulsory Techniques (10 points)
    - i. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
      - 1. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
      - 2. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
      - 3. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
    - ii. Execution of Each Kicking Technique
  - d. Creativity (10 points)
    - i. Composition of choreography
    - ii. Creativity of entire routine
    - iii. Degree of Difficulty
5. Deductions
- a. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
  - b. Participant exceeds the 90 second time limit (1 point deduction for every 10 seconds over time limit)
  - c. Unsportsmanlike conduct (1 point deduction)
  - d. Participant fails to perform required techniques (1 point deduction for each kick omitted)
  - e. For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction)
6. Tiebreaker
- a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



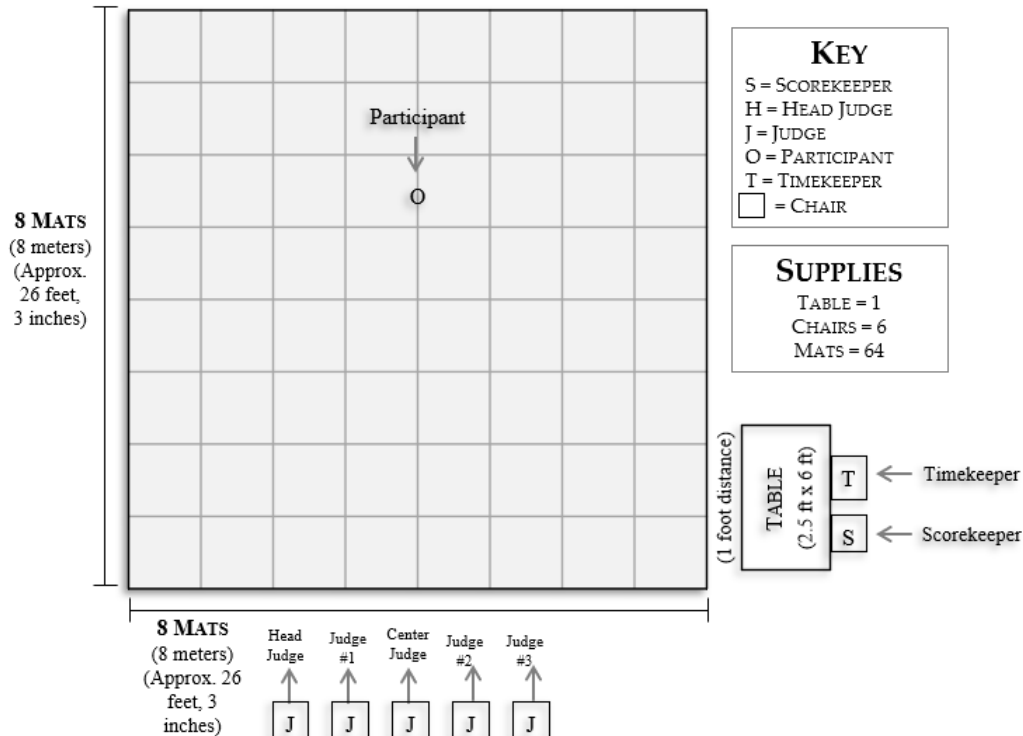
# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/6/2022

## IFCW – INDIVIDUAL CREATIVE FORMS (POOMSAE) WITH WEAPONS

(1 Participant. No Age Requirements. All Belts)

Maximum Points = 90 Points



1. Base Points - Each participant always begins with 50 points.
2. Music is HIGHLY ENCOURAGED and must be emailed to [events@familyblackbelt.com](mailto:events@familyblackbelt.com) no later than Wed 7/13/22 at 10:00 AM (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment; no explicit lyrics.
3. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar product is prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
4. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.
5. The following will complete each participant's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
    - iii. Speed and Power of Each Hand Technique





# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/6/2022

- iv. Execution of use of Weapon(s)
  - b. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – as soon as the Participant’s name is called to enter the ring for your competition.
    - iii. Volume of Movement -- Height of kick(s). Strength/power/presentation of blocks and strikes.
  - c. Execution of Compulsory Techniques (10 points)
    - i. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
      1. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
      2. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
      3. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
    - ii. Execution of Each Kicking Technique
  - d. Creativity (10 points)
    - i. Composition of choreography
    - ii. Creativity of entire routine
    - iii. Degree of Difficulty
- 6. Deductions
  - a. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
  - b. Participant exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
  - c. Unsportsmanlike conduct (1 point deduction)
  - d. Each time participant unintentionally drops weapon (1 point deduction for each occurrence)
  - e. Participant fails to perform required techniques (1 point deduction for each kick omitted)
  - f. For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction)
- 7. Tiebreaker
  - a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



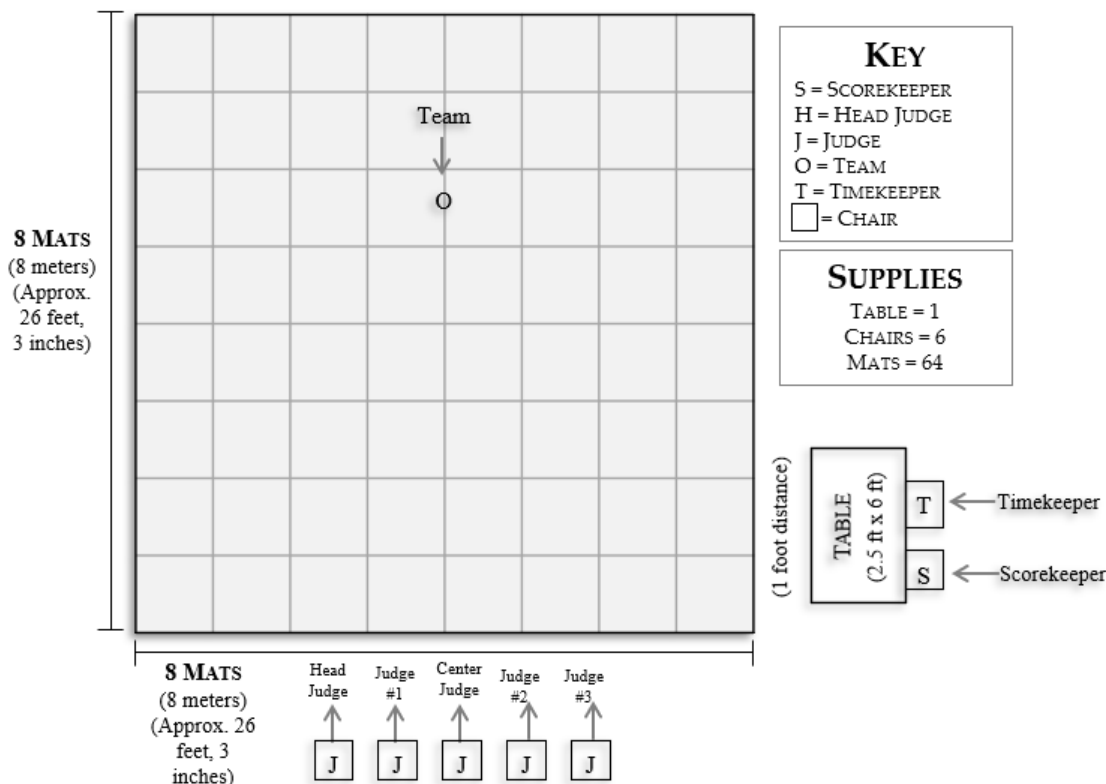
# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/6/2022

## TCFWO -- TEAM CREATIVE FORMS (POOMSAE) WITHOUT WEAPONS

(2-10 Participants. No Age Requirements. All Belts)

(Each team must select a team captain and team name.) Maximum Points = 100 Points



1. Base Points - Each team always begins with 50 points.
2. Music is HIGHLY ENCOURAGED and must be emailed to [events@familyblackbelt.com](mailto:events@familyblackbelt.com) no later than Wed 7/13/22 at 10:00 AM. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment; no explicit lyrics.
3. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. NO weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar product is prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
4. The following will complete each team's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
    - iii. Speed and Power of Each Hand Technique



# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/6/2022

- b. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – as soon as the Participant’s name is called to enter the ring for your competition.
    - iii. Volume of Movement -- Height of kick(s). Strength/power/presentation of blocks and strikes.
  
  - c. Compulsory Techniques (10 points)
    - i. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed)
      - 1. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
      - 2. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
      - 3. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
    - ii. Execution of Each Kicking Technique. ALL of the team members MUST perform all of the above minimum 6 kicks. One (1) or more of the team members MAY execute additional kicks beyond the required minimum 6 kicks. The Unity of the above minimum kicks will ONLY be scored in the “Unity of Team Performance” Score. The quality of all kicks in the entire poomsae are ALSO being scored in this category.
      - 1. More advanced kicks will result in a higher score. FOR EXAMPLE: A double front snap kick in the air will be a higher score than 2 standing front snap kicks.
- NOTE: In the scoring category of “Correct Execution of Each Technique” it does contain “Accuracy of Each Kicking Technique - correct form, height and power of kick”. This will remain in the “Correct Execution of Each Technique” and the kicks will ALSO be scored in “Compulsory Techniques”
- d. Creativity (10 points)
    - i. Composition of choreography
    - ii. Creativity of entire routine
    - iii. Degree of Difficulty
  
  - e. Unity of Team Performance (10 points)
    - i. Team synchronization
    - ii. Movements should be executed by each team member at the same time. However, team members may be facing different directions. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization (for example, an “echo” movement) will NOT result in a lower score.

### 5. Deductions

- a. Team member crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
- b. Team exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
- c. Too many or too few team members (1 point deduction)
- d. Unsportsmanlike conduct (1 point deduction)
- e. Team fails to perform required techniques (1 point deduction for each kick omitted)  
For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction)

### 6. Tiebreaker

- a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – teams will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



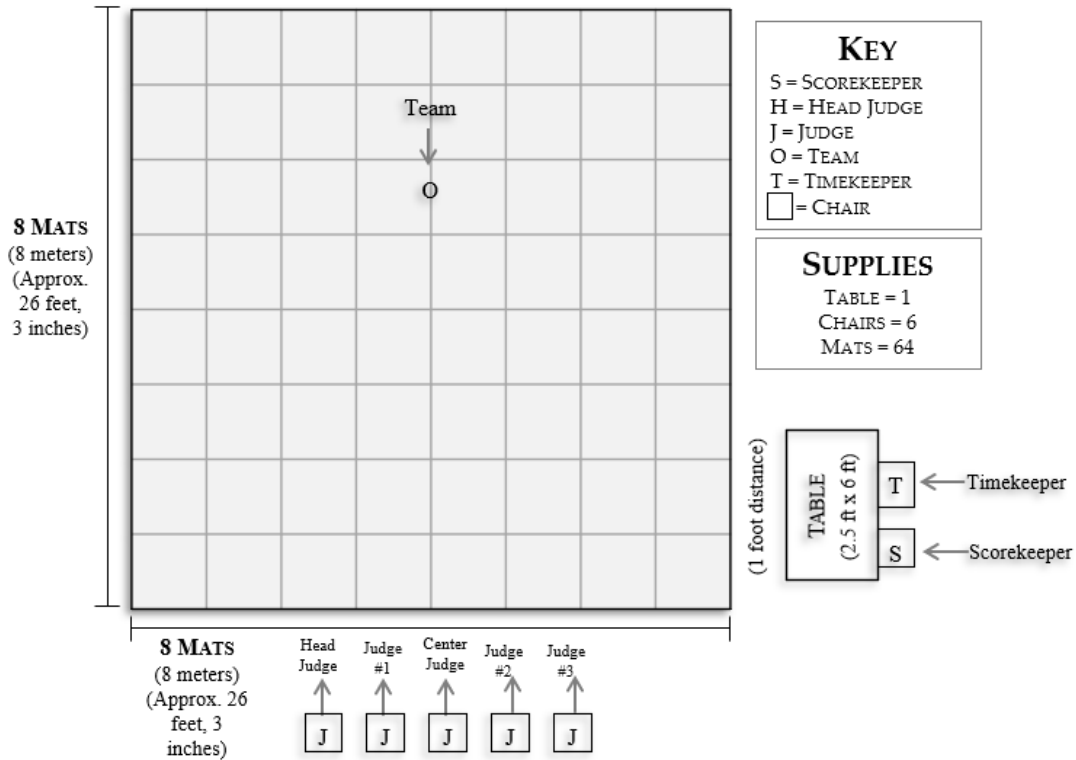
# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/6/2022

## TCFWW -- TEAM CREATIVE FORMS (POOMSAE) WITH WEAPONS

(2-10 Participants. No Age Requirements. All Belts)

(Each team must select a team captain and team name.) Maximum Points = 100 Points



1. Base Points - Each team always begins with 50 points.
2. Music is HIGHLY ENCOURAGED and must be emailed to [events@familyblackbelt.com](mailto:events@familyblackbelt.com) no later than Wed 7/13/22 at 10:00 AM. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment; no explicit lyrics.
3. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar product is prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
4. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.
5. The following will complete each team's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
    - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
    - iv. Speed and Power of Each Individual Technique
    - v. Use of Weapon(s)



# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/6/2022

- b. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – as soon as the Participant’s name is called to enter the ring for your competition.
    - iii. Volume of Movement -- Height of kick(s). Strength/power/presentation of blocks and strikes.
  - c. Compulsory Techniques (10 points)
    - i. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
      - 1. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
      - 2. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
      - 3. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
    - ii. Execution of Each Kicking Technique. ALL of the team members MUST perform all of the above minimum 6 kicks. One (1) or more of the team members MAY execute additional kicks beyond the required minimum 6 kicks. The Unity of the above minimum kicks will ONLY be scored in the “Unity of Team Performance” Score. The quality of all kicks in the entire poomsae are ALSO being scored in this category .
      - 1. More advanced kicks will result in a higher score. FOR EXAMPLE: A double front snap kick in the air will be a higher score than 2 standing front snap kicks.
- NOTE: In the scoring category of “Correct Execution of Each Technique” it does contain “Accuracy of Each Kicking Technique - correct form, height and power of kick”. This will remain in the “Correct Execution of Each Technique” and the kicks will ALSO be scored in “Compulsory Techniques”

- b. Creativity (10 points)
  - i. Originality of Composition
  - ii. Degree of Difficulty
- c. Unity of Team Performance (10 points)
  - i. Team Synchronization
  - ii. Movements should be executed by each team member at the same time. However, team members may be facing different directions. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization (for example, an "echo" movement) will NOT result in a lower score.

### 6. Deductions

- a. Team member crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
- b. Team exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
- c. Too many or too few team members (1 point deduction)
- d. Unsportsmanlike conduct (1 point deduction)
- e. Each time participant unintentionally drops weapon (1 point deduction for each occurrence)
- f. Team fails to perform required techniques (1 point deduction for each kick omitted)  
For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction)

### 7. Tiebreaker

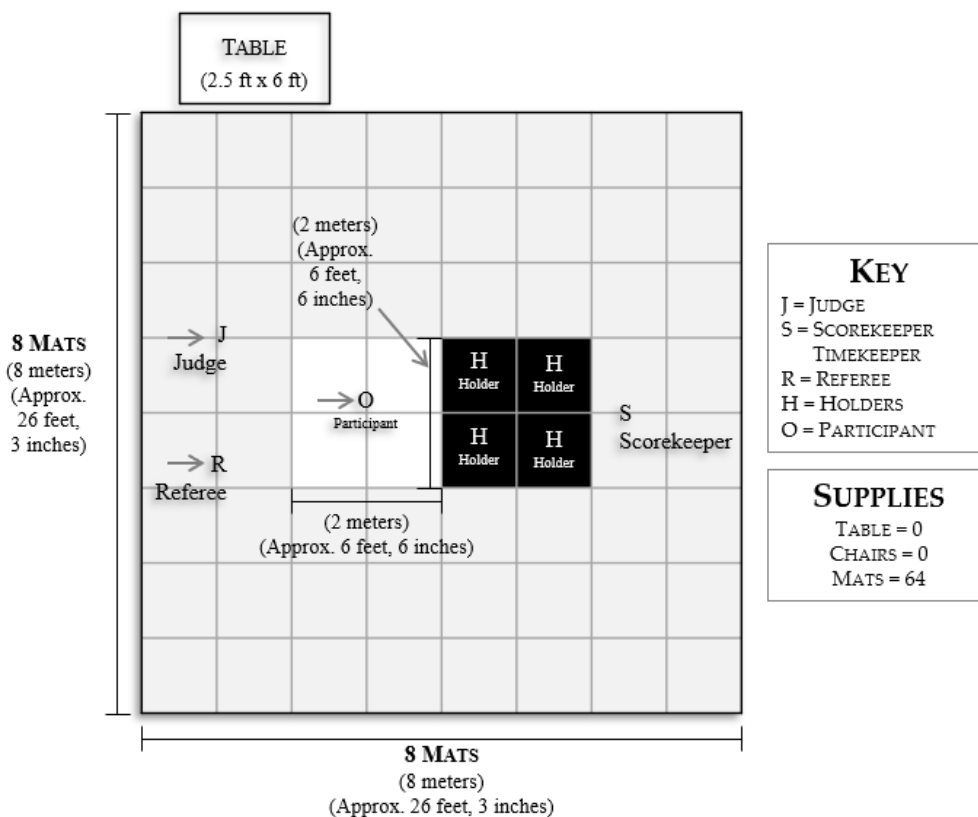
- a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – teams will perform poomsae one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/6/2022

## IHSK -- INDIVIDUAL SPINNING HOOK KICK (1 Participant. MINIMUM AGE OF 8. All Belts)



- Participant will attempt to break as many 1/4-inch pine boards as possible with a continuous Spinning Hook Kick. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
- The participant who breaks the most boards will be declared the winner.
- During the 30-second attempt, if the participant touches the board with their foot but the board does NOT break, the holder CANNOT reuse that board for the next attempt. The holder must reload a NEW board. If the participant does NOT touch the board, then the holder can reuse that board for the next attempt.
- The maximum number of holders is four with two holders in front. Holders will be provided by the Organizing Committee.

If a participant would prefer to provide his or her own holders, that is acceptable. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements for board holders. (A taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for a family environment.) ONLY martial arts shoes are allowed on the mats.

- The front two holders must wear chest protectors and headgear.
- Holders must remain in a 2 meter x 2 meter square. Participant must remain in a separate 2 meter x 2 meter square (SEE DIAGRAM)



# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/6/2022

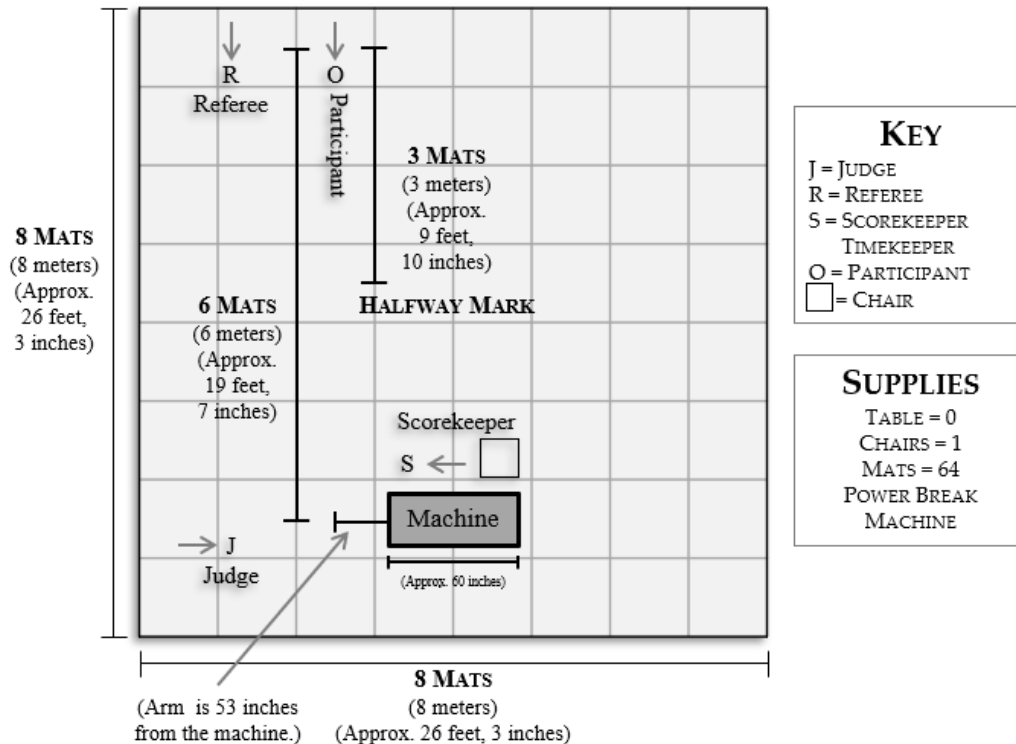
7. Holders can only use one hand to hold the board the participant is attempting to break.
8. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. If there is still a tie after the overtime round, both participants will be awarded 1st place.
9. Broken boards will not be included in the final total score for the following infractions:
  - a. The bottom of the board must be no lower than the participant's waist. If the board is held below the participant's waist, there will be NO BREAK awarded for EVERY infraction.
  - b. If the participant crosses into the square of the holders and steps outside of the square, there will be NO BREAK awarded for EVERY infraction.
  - c. The participant must break the board with the HEEL or the BOTTOM of the foot. If the participant breaks the board using the foot edge or instep, there will be NO BREAK awarded for EVERY infraction.
  - d. When a holder moves their wrist/hand to assist the breaking technique, there will be NO BREAK awarded for EVERY infraction.
10. No Break (Score of 0)
  - a. Participant touches the ground with any part of the body other than feet during the 30 second attempt
  - b. Participant falls down during the 30 second attempt
  - c. Participant or holder crosses over any boundary line more than 3 times
  - d. Participant breaks the target with the foot edge or instep more than 3 times



# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/6/2022

## IJH -- INDIVIDUAL JUMPING HIGH KICK (1 Participant. MINIMUM AGE OF 8. All Belts)



1. Each participant has a maximum of 30 seconds to attempt to break the board with Running Jumping Front Snap Kick. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
2. Each participant has only one attempt to break the board for each round.
3. Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
4. The running distance is approximately 6 meters, and the starting board height will be determined by the referee.
5. The order of participants (who breaks first) will be determined by height. The shortest participant will attempt to break first.
6. Participants must break the board to advance to the next round. Board must be broken by an upward kicking technique to be considered a successful break.
7. Once the participant passes the designated halfway mark, an attempt is counted upon approach. (For example, once the participant crosses the designated halfway mark, they may not return to the starting position to attempt to break again.)
8. After each round, the board height will be raised incrementally at the referee's discretion.





# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/6/2022

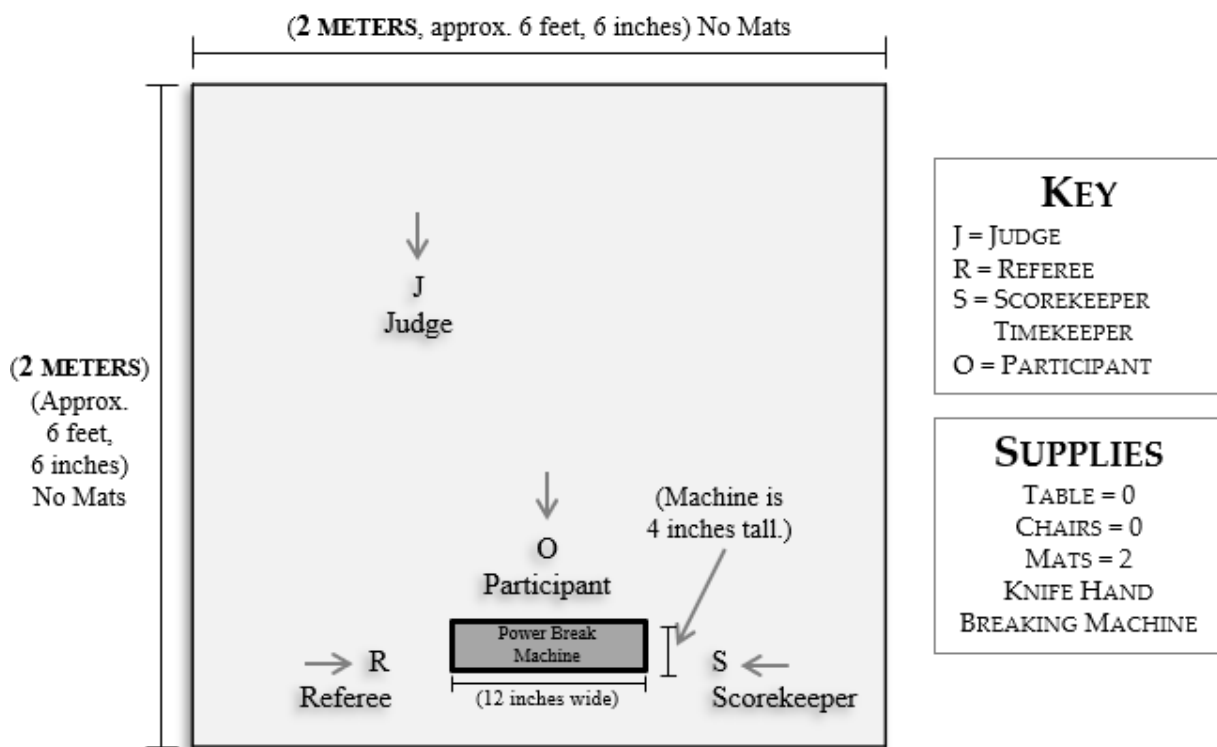
9. The participant to break the highest board will be declared the winner.
10. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), the height will be raised until a participant FAILS to break the board. (If all participants fail to break the board, then 1st place will be awarded to the SHORTEST participant.)
11. Once a winner is determined the 1<sup>st</sup> place winner the competition is over. The first place winner is NOT allowed to keep breaking until he or she fails. The ONLY exception is for the age division 18-30, both male and female, 1<sup>st</sup> dan and above. Only in these divisions, the 1<sup>st</sup> place winner will given the opportunity to attempt to set the World/U.S. Open Taekwondo Hanmadang Record. The participant will receive ONLY one (1) attempt to set the World/U.S. Open Taekwondo Hanmadang Record.
12. If any part of the body touches the floor besides the feet, it is considered NO BREAK



# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/6/2022

## IPKH -- INDIVIDUAL POWER BREAKING KNIFE HAND (DOWNWARD) (1 Participant. MINIMUM AGE OF 13. All Belts)



1. Each participant will have one attempt to break with a Knife Hand Strike in an area approximately 2 meters x 2 meters. The floor will NOT be matted. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
2. The participant will attempt to break 3/4 -inch pine boards with no spacers. Boards may not be taped together.
3. All boards will be placed on a board holding stand, which is 4 inches tall from the floor. The board holding stand will be placed directly on the floor.
4. The participant is allowed 60 seconds to set up and place the board(s) on the holding stand.
5. The width of the board holding stand will be at the participant's discretion.
6. Once the referee declares "Si Jak (begin)", the participant's break must be done within 30 seconds
7. The participant must use the side of the palm (from the side of the first knuckle of the little finger to the front side of the wrist) for Knife Hand. Fingers can be bent; however, the hand cannot be closed in a fist position.
8. Participants may not cover the breaking hand with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
9. Each participant must PRIVATELY complete a form that states the number of boards he or she will attempt to break prior to the start of the division.
10. The participant who breaks the most boards will be declared the winner.



# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/6/2022

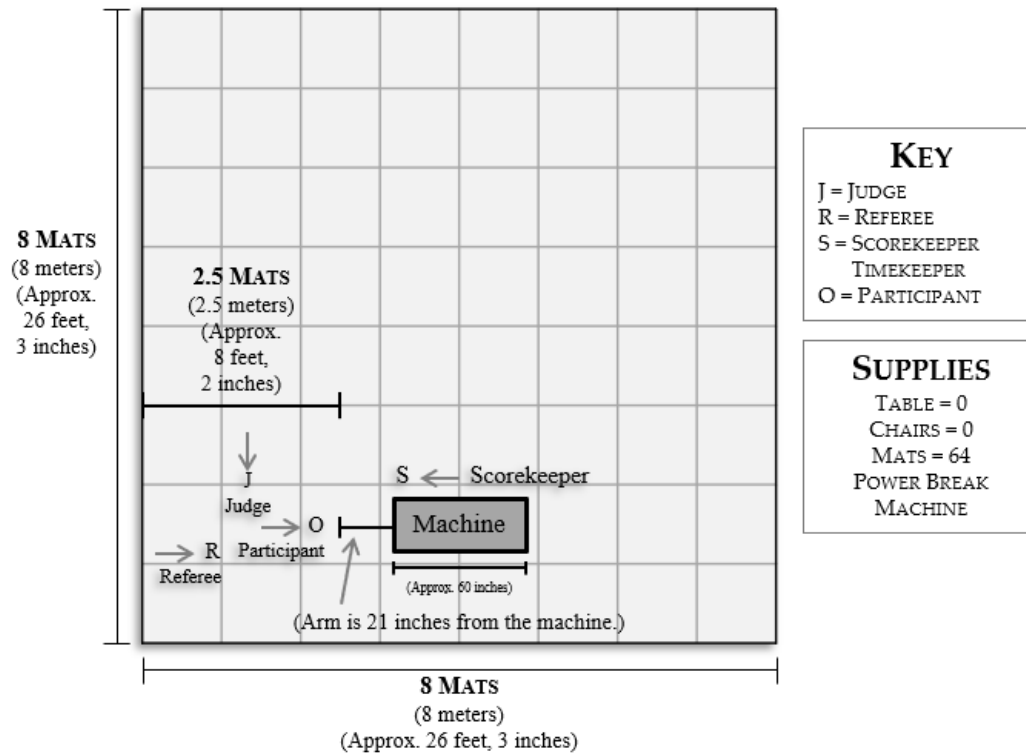
11. If two or more participants break the same number of boards, the participant who attempted to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position within the division, because they attempted to break more boards)
12. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. (Add 1 additional board ). If there is overtime, both participants will be required to use the same breaking machine (in overtime only) to attempt the board break.
13. If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event. A tie in an overtime situation can be any of the following:
  - a. Participants both break the same number of boards
  - b. Participants both cannot break any of the boards
14. During overtime – if both participants attempt to break the same number of boards but neither participant breaks ALL of the attempted boards, the participant who breaks more boards will be declared the winner. For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 5 boards and only 3 boards break. Therefore, Participant #1 will receive the higher final position within the division, because he or she broke more boards)
15. If both participants do NOT break the boards but it still results technically to overtime, one additional board will NOT be added. In this situation, the participants will either both attempt the same number of boards OR 1 board will be removed. For example, Participant #1 attempts to break 5 boards and breaks no boards. Participant #2 attempts to break 5 boards and breaks no boards. This is technically a tie. Rather than adding 1 board and both Participant #1 and Participant #2 attempt to break 6 boards, the Participants will either each attempt to break 5 boards again or each attempt to break 4 boards. This decision will be at the discretion of the referee.
16. Deductions
  - a. Participant crosses outside of the 2 meter x 2 meter ring (1 board deduction)
  - b. Participant disobeys the referee's instructions (1 board deduction)
  - c. Participant exceeds the 30-second time limit (1 board deduction)
  - d. Unsportsmanlike conduct (1 board deduction for each occurrence)  
(For example, trying to distract the other participants, not showing respect to others, etc.)
17. No Break (Score of 0)
  - a. Participant attempts to break the boards twice
  - b. Participant uses any part of the body OTHER than the side of the palm (from the side of the first knuckle of the little finger to the front side of the wrist) for Knife Hand. (EXAMPLE: Participants breaks boards with the wrist)
  - c. After attempting the break, participant falls down after breaking, touching the ground with any part of the body above the knees (The hand that broke the boards IS permitted to touch the ground after the break. In addition, a knee touching the ground is allowed.)
  - d. Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in disqualification.



# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/6/2022

## IPSSK -- INDIVIDUAL POWER BREAKING SKIPPING SIDE KICK (1 Participant. MINIMUM AGE OF 8. All Belts)



1. Each participant will have one attempt to break with a Skipping Side Kick in an area approximately 1 meter x 3.5 meters. Both of the participant's feet must remain in the area of 1 meter x 3.5 meters. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
2. The participant will attempt to break 3/4 -inch pine boards with no spacers. Boards may not be taped together.
3. The participant's break must be done within 30 seconds. Once the referee declares "Si Jak (begin)", the participant may not touch the boards.
4. The participant must use the heel of the foot/foot blade. The middle of the boards must be at least as high as the participant's waist for Skipping Side Kick breaking.
5. Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
6. Each participant must PRIVATELY complete a form that states the number of boards he or she will attempt to break prior to the start of the division.
7. The participant who breaks the most boards will be declared the winner.
8. If two or more participants break the same number of boards, the participant who attempted to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position within the division, because they attempted to break more



# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/6/2022

boards.)

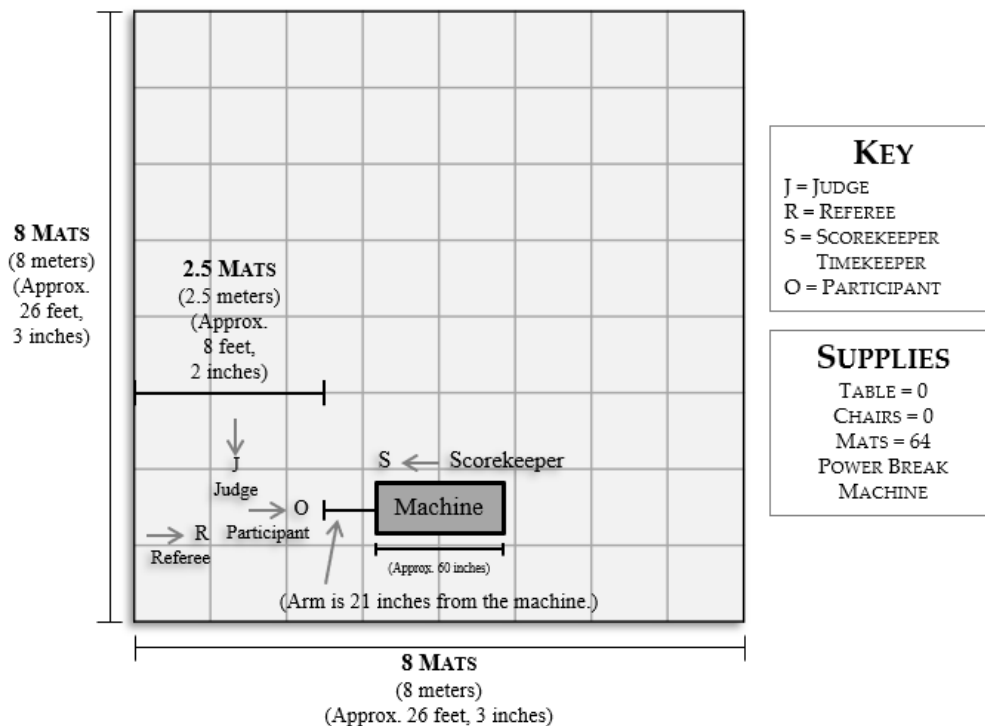
9. If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event. A tie in an overtime situation can be any of the following:
  - a. Participants both break the same number of boards
  - b. Participants both cannot break any of the boards
10. During overtime – if both participants attempt to break the same number of boards but neither participant breaks ALL of the attempted boards, the participant who breaks more boards will be declared the winner. For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 5 boards and only 3 boards break. Therefore, Participant #1 will receive the higher final position within the division, because he or she broke more boards)
11. If both participants do NOT break the boards but it still results technically to overtime, one additional board will NOT be added. In this situation, the participants will either both attempt the same number of boards OR 1 board will be removed. For example, Participant #1 attempts to break 5 boards and breaks no boards. Participant #2 attempts to break 5 boards and breaks no boards. This is technically a tie. Rather than adding 1 board and both Participant #1 and Participant #2 attempt to break 6 boards, the Participants will either each attempt to break 5 boards again or each attempt to break 4 boards. This decision will be at the discretion of the referee.
12. Deductions
  - a. Participant exceeds the 30-second time limit (1 board deduction)
  - b. Participant disobeys the referee's instructions (1 board deduction)
  - c. Unsportsmanlike conduct (1 board deduction for each occurrence)  
(For example, trying to distract other participants, not showing respect to others, etc.)
13. No Break (Score of 0)
  - a. Participant attempts to break the boards twice
  - b. Participant uses any part of the body OTHER than the heel of the foot/foot blade. (EXAMPLE: Participants breaksboards with the instep)
  - c. Participant falls down during the 30-second attempt, touching the ground with any part of the body besides the feet
  - d. Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in a score of 0 = No break.



# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/6/2022

## IPBK -- INDIVIDUAL POWER BREAKING TURNING BACK KICK (1 Participant. MINIMUM AGE OF 8. All Belts)



- Each participant will have one attempt to break with a Turning Back Kick in an area approximately 1 meter x 3.5 meters. (Taking a step before turning is allowed.) Both of the Participant's feet must remain in the area of 1 meter x 3.5 meters. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
- Participants will attempt to break 3/4-inch pine boards with no spacers. Boards may not be taped together.
- The participant's break must be done within 30 seconds. Once the referee declares "Si Jak (begin)", the participant may not touch the boards.
- Participant must use the heel of the foot/foot blade. The middle of the boards must be at least as high as the participant's waist for Turning Back Kick breaking.
- Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
- Each participant must PRIVATELY complete a form that states the number of boards he or she will attempt to break prior to the start of the division.
- The participant who breaks the most boards will be declared the winner.
- If two or more participants break the same number of boards, the participant who attempted to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position within the division, because they attempted to break more.)



# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/6/2022

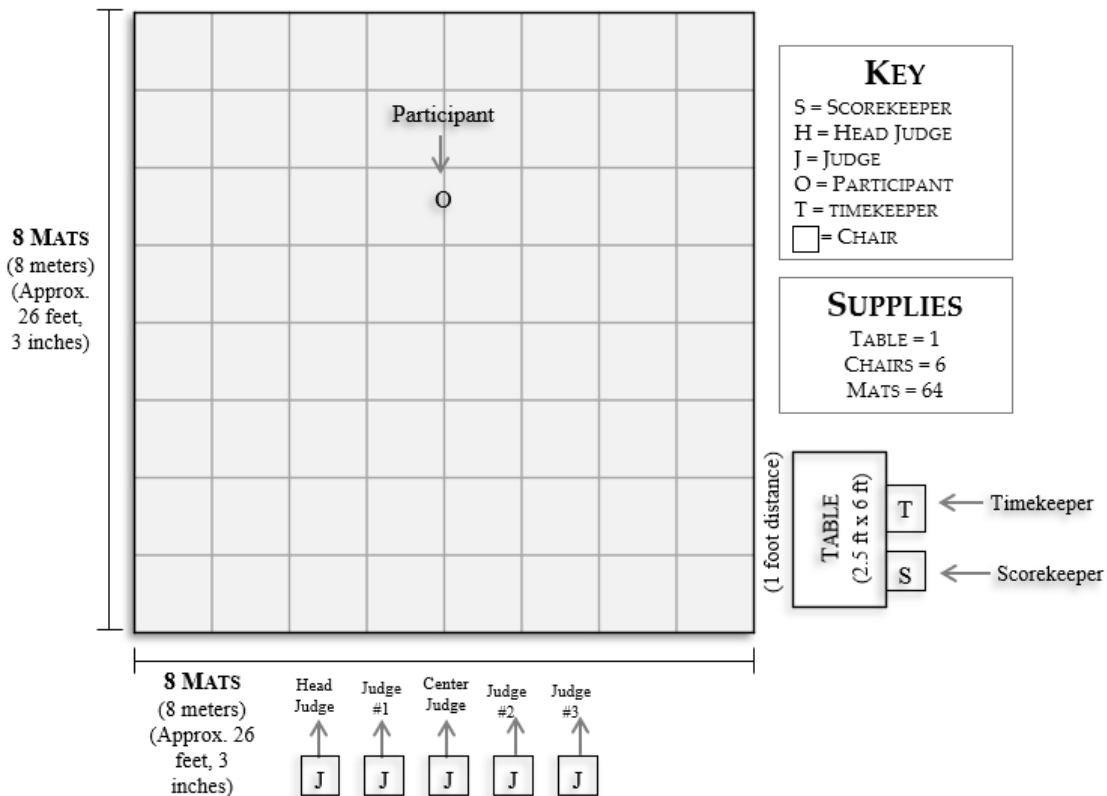
9. If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event. A tie in an overtime situation can be any of the following:
  - a. Participants both break the same number of boards
  - b. Participants both cannot break any of the boards
10. During overtime – if both participants attempt to break the same number of boards but neither participant breaks ALL of the attempted boards, the participant who breaks more boards will be declared the winner. For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 5 boards and only 3 boards break. Therefore, Participant #1 will receive the higher final position within the division, because he or she broke more boards)
11. If both participants do NOT break the boards but it still results technically to overtime, one additional board will NOT be added. In this situation, the participants will either both attempt the same number of boards OR 1 board will be removed. For example, Participant #1 attempts to break 5 boards and breaks no boards. Participant #2 attempts to break 5 boards and breaks no boards. This is technically a tie. Rather than adding 1 board and both Participant #1 and Participant #2 attempt to break 6 boards, the Participants will either each attempt to break 5 boards again or each attempt to break 4 boards. This decision will be at the discretion of the referee.
12. Deductions
  - a. Participant exceeds the 30-second time limit (1 board deduction)
  - b. Participant disobeys the referee's instructions (1 board deduction)
  - c. Unsportsmanlike conduct (1 board deduction for each occurrence)  
(For example, trying to distract other participants, not showing respect to others, etc.)
13. No Break (Score of 0)
  - a. Participant attempts to break the boards twice
  - b. Participant uses any part of the body OTHER than the heel of the foot/foot blade. (EXAMPLE: Participants breaks boards with the instep)
  - c. Participant falls down during the 30-second attempt, touching the ground with any part of the body besides the feet
  - d. Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in disqualification.



# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/6/2022

## ICB -- INDIVIDUAL CREATIVE BREAKING (KYUKPA) (1 Participant. No Age Requirements. All Belts) Maximum Points = 90 Points



1. Base Points - Each participant always begins with 50 points. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
2. Participants have 60 seconds to set up and 60 seconds to execute their breaks.
3. At the participant's discretion, he or she will attempt to break a minimum of 1 board and a maximum of 5 boards. (All boards are 1/4-inch pine boards.) Participant is allowed to do multiple boards at 1 station.
4. Participants may not cover any part of the body that will be used for breaking a board with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
5. Props CAN be used but boards cannot be altered. (For example, board fragments, confetti, streamers, poppers, powder, etc. cannot be added to the boards) Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter, or similar products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable. Board stands, blocks, and board holding devices are considered props and CAN be used.
6. Participants are strongly encouraged provide their own holders. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements for board holders. (A taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for a family environment.) ONLY martial arts shoes are allowed on the mats.





# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/6/2022

7. The participant may attempt to break each technique a maximum of 3 times. Broken boards may not be replaced on the 2nd or 3rd attempt. (For example, if a participant does a split kick in the air and only one board breaks, the participant CANNOT replace broken board with a new board on the 2nd or 3rd attempt.)
8. The following will complete each participant's score:
  - a. Creativity (10 points)
    - i. Creativity of Performance
    - ii. Degree of Difficulty
  - b. Execution of Requirements (10 points)
    - i. Broke at least 1 board and not more than 5 boards
    - ii. Not exceeding the maximum number of attempts per break, maximum of 3 attempts
    - iii. If the participant breaks between 1-3 boards, the maximum score in this category is 9.0. If the participant breaks between 4-6 boards, the maximum score in this category is 10.0.
  - c. Presentation (10 points)
    - i. Speed/Tempo/Flow
    - ii. Speed and Power of Each Individual Technique
    - iii. Overall timing and synchronization of hands/feet/kihap(s).
  - d. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
    - iii. Volume of Movement -- Height of kick(s). Strength/power/presentation of blocks and strikes.
9. Deductions
  - a. Participant exceeds the 60-second time limit for setup (1 point deduction for every 10 seconds over time limit).
  - b. Participant exceeds the 60-second time limit (1 point deduction for every 10 seconds over time limit) 0.2 deduction for each unsuccessful attempt to break a board
  - c. Participant exceeds the maximum number of attempts allowed per break, maximum of 3 attempts (1 point deduction per infraction) EXAMPLE: Participant attempts to break 1 board 4 times = 1.6 point deduction (0.2 x 3 attempts = 0.6 plus additional 1 point deduction = 1.6 point deduction)
  - d. Altering the board in any way (summarized in rule #5) will result in a 1 point deduction for each occurrence.
  - e. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence). Participant will not receive a deduction if the holder crosses outside of the ring)
  - f. Unsportsmanlike conduct (1 point deduction for each occurrence)
10. Tiebreaker
  - a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform breaking routine one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

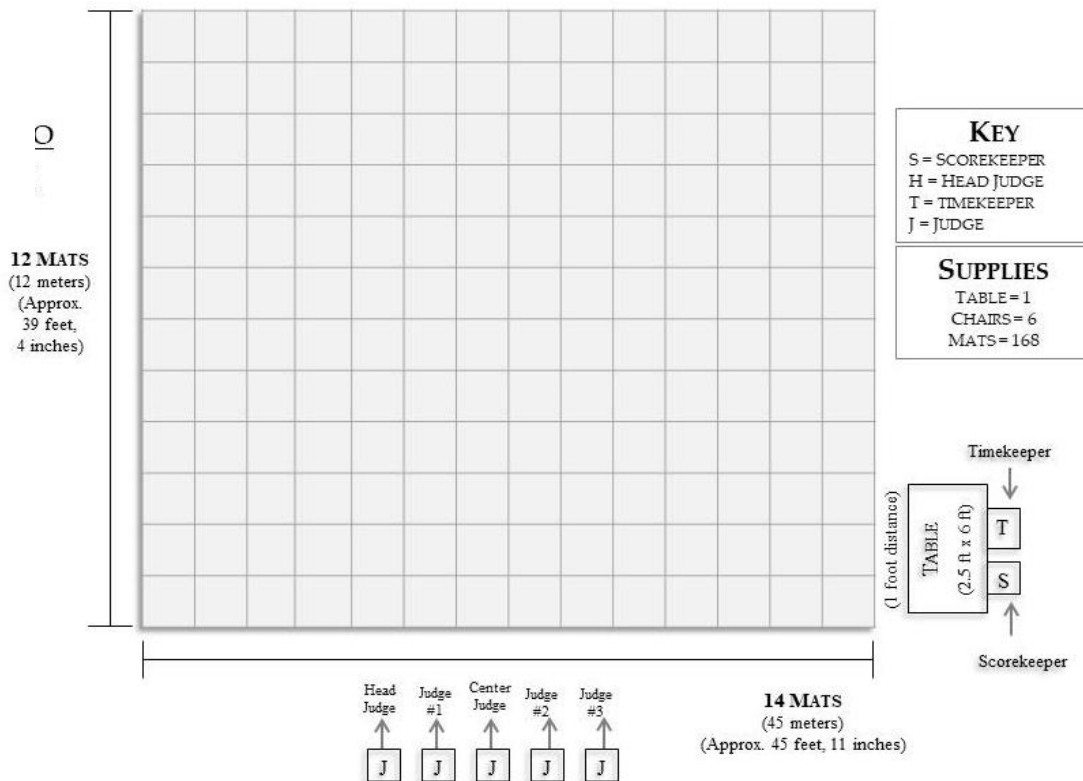


# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/6/2022

## TDC -- Team Demonstration

(5-40 Team Members, No Age Requirement, All Belts)  
 (Each team must select a team captain and team name.)  
 Maximum Points = 120 points



1. Team Demonstration is a fusion of proper Taekwondo techniques in combination with several creative elements which can include music, choreography, and storytelling.
  - a. The following components are REQUIRED for each team.
    - i. Poomsae (Traditional and/or creative)
    - ii. Weapons
    - iii. Self Defense (can include weapons) – simulated fighting with 1 or more participants attacking 1 or more participants defending
    - iv. Board Breaking
      - Each team must attempt to break exactly 50 ¼-inch pine boards – no fewer or more than 50 ¼-inch boards can be used. Each team may determine how to break the 50 ¼-inch boards (can use spacers, holding devices, etc.)
      - Each team must attempt to break exactly 10 ¾-inch pine boards – no fewer or more than 10 ¾-inch boards can be used. Each team may determine how to break the 10 ¾-inch boards (can use spacers, holding devices, etc.)
      - 5 spare ¼ inch boards can be brought onto the mat in case boards from the min/max 50 ¼ inch boards are broken in a transition. These 5 spare ¼ inch boards will be inspected prior to competition and will be marked by black sharpies as the spare. No spare ¾ inch boards can be brought onto the mat.

NOTE: This event will NOT incur the additional board fee of \$10. Each team is responsible for providing their own boards, props, etc. All boards will be measured and checked to ensure that they are the correct material and size (1/4 inch and ¾ inch). If boards are not the correct size and material the Demonstration Team will be responsible for purchasing boards from the Organizing Committee at the competition site.

- In addition to the above required boards, team can break bricks or other items in accordance with



# ROCKY MOUNTAIN STATE GAMES RULES

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clause 7 below regarding props. These optional breaks/techniques may be included in addition to the above required number of boards.

2. Base Points - Each team always begins with 50 points.
3. Teams have a 2-minute setup time limit prior to their performance.
4. Teams have a 7-minute performance time limit, NOT including time for set-up.
5. Ring dimensions are 12 meters x 14 meters.
6. Music is HIGHLY ENCOURAGED and must be emailed to [events@familyblackbelt.com](mailto:events@familyblackbelt.com) no later than Wed 7/13/22 at 10:00 AM. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment; no explicit lyrics.
7. Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar product is prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable. Board stands, blocks, board holding devices, are considered props and CAN be used.
8. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.
9. The following categories of performance will be judged independently and will collectively comprise each team's score:
  - a. Unity of Team Performance (10 points)
    - i. Degree of difficulty of synchronized parts of performance
    - ii. Team Synchronization – Movements should generally be executed by each performing team member at the same time during Team forms portion of performance. However, team members may be facing different directions. Groups of team members may perform distinct actions, but unity within their group should be maintained, transitions should be smooth, over all movements among the groups should be harmonious. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization done for creative effect (For example, an "echo" movement) will NOT result in a lower score.
    - iii. Minor Deductions (0.10 of point each occurrence) – One team member made a small, but noticeable, out-of-sync movement that, at the judge's discretion, had a detrimental impact on team unity.
    - iv. Major Deductions (0.30 of point each occurrence) – One team member made a major, jarring out-of-sync movement, or multiple team members had synchronization issues performing the same movement or short- sequence of movements. EXAMPLE: Turning the wrong way or performing an obviously incorrect technique compared to the rest of the team.
  - b. Accuracy and Execution of Techniques – Taekwondo Techniques - (10 Points)
    - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Taekwondo Hand Technique (In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place.)
    - iii. Accuracy of Each Taekwondo Kicking Technique – Correct form, height and power of kick.
    - iv. Minor Deductions (0.10 of point each occurrence) – One or more team member(s) made a small, but noticeable, incorrect Taekwondo technique
    - v. Major Deductions (0.30 of point each occurrence) – grossly incorrect or poor Taekwondo technique (stance, block, kick, etc.) or other major errors such as a total loss of balance resulting in a fall or significant stumble during any Taekwondo or non-Taekwondo action.



# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/6/2022

- c. Accuracy and Execution of Techniques – Weapons - (10 Points)
- Execution of use of weapon(s)
  - Creativity of use of weapon(s)
  - Consider applicability of actions with the weapon's intended use and look for miscues such as unintentionally fumbling or dropping the weapon. However, obvious disarms, such as during a self-defense routine, will not be penalized.
  - Minor Deductions (0.10 of point each occurrence) – incorrect or poor technique while using weapon(s), or other minor errors such as fumbling (but not dropping) a weapon, or slight loss of balance NOT resulting in a fall or significant stumble.
  - Major Deductions (0.30 of point each occurrence) – grossly incorrect or poor technique while using weapon(s) an unintentionally dropped weapon, or other major errors such as a total loss of balance resulting in a fall or significant stumble during any Taekwondo or non- Taekwondo action.
- d. Accuracy and Execution of Techniques – Board Breaking and Other Breaking - (10 Points)
- Each team must attempt to break exactly 50 ¼-inch pine boards – no fewer or more than 50 ¼-inch boards can be used. Each team may determine how to break the 50 ¼-inch boards (can use spacers, holding devices, etc.)
  - Each team must attempt to break exactly 10 ¾ inch pine boards – no fewer or more than 10 ¾ inch boards can be used. Each team may determine how to break the 10 ¾ inch boards (can use spacers, holding devices, etc.)
  - In addition to the above required boards, teams can break brick or other items in accordance to clause 7 above regarding props. These optional breaks may be included in addition to the above required number of boards.
  - Degree of Difficulty
  - Creativity of Breaking performance
  - Minor Deductions (0.10 of point each occurrence) – missed break. The minor deduction applies to missed boards or props.
  - Major Deductions (0.30 of point each occurrence) – major errors such as a total loss of balance resulting in a fall or significant stumble during any taekwondo or non-taekwondo action during breaking. The major deduction applies to missed boards or props.
- e. Presentation (10 points)
- Etiquette – proper respect in response to judges commands
  - Attitude – kihap, confidence, assertiveness, body language
  - Tempo/Flow of the performance – Consider the transitions between segments of the performance and whether they flow smoothly, have a good rhythm, and harmony that contributes to the overall performance.
  - Speed and Power of Taekwondo Techniques
  - Eye Control - correct direction to "look", correct eye position as well as where eyes are focused.
- f. Creativity (10 points)
- Degree of Difficulty of Choreography – consider difficulty of Taekwondo sequences in conjunction with the level of sophistication in musical timing and other thematic elements as well as the degree of team member participation in any given action.
  - Degree of Difficulty of breaks, kicks, and tricks – consider height of jumps, number of kicks in a jump, gradient of spins in a spin kick, consecutive kicks, and acrobatics performed in combination with a Taekwondo action such as a break.
  - Originality of Composition – consider the creativity of the actions, components, attire, and thematic elements and how they contribute to the overall performance.



# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/6/2022

g. Taekwondo Spirit (10 points)

- i. Kihap – confidence
- ii. Attitude and Etiquette – as soon as the Team’s name is called to enter the ring for your competition.

NOTE: In general, each participant’s uniform should be clean and pressed, and the belt should be tied correctly. However, the Organizing Committee understands that this is an “Open” tournament and there are various interpretations/standards for belt tying, etc. that are specific to each martial art school/style. Therefore, how the belt is tied and the uniform will not be considered in any score.

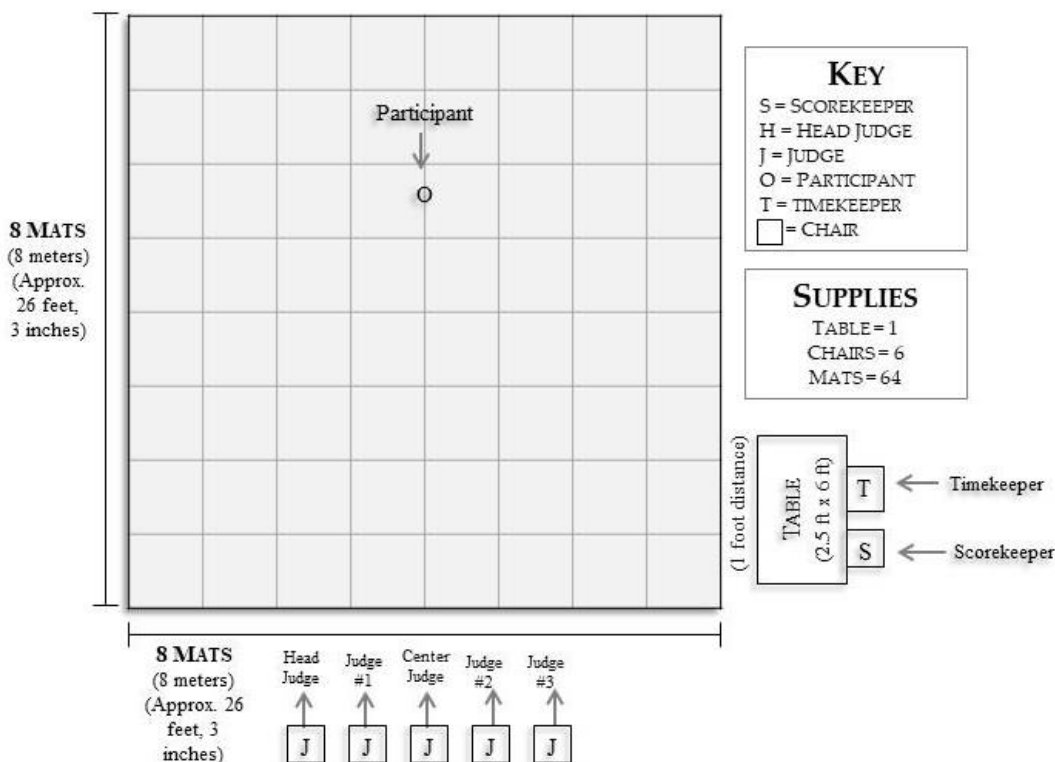
10. Procedural Deductions – To be deducted from final score, for procedural or other infractions not specifically covered by judging criteria.
- a. Team exceeds the 120-second time (2 minutes) limit for setup (1 point deduction for every 10 seconds over time limit)
  - b. Team exceeds the 7-minute time limit (1 point deduction for every 10 seconds over time limit)
  - c. Unsportsmanlike conduct (1 point deduction)
    - i. Including but not limited to making undesirable remarks or any misconduct on the part of a participant or coach or interfering with another participant, coach, or official.
  - d. Team crosses outside of the 12 meter x 14 meter ring (1 point deduction for each occurrence)
    - i. Unintentional landing outside of the ring will be considered a deduction (Example: a participant performs a flying side kick, does not control landing and steps outside of the ring)
    - ii. All techniques, movements, breaking techniques (including weapons, props, boards, holders, and holding devices) must remain inside of the ring during the demonstration.
    - iii. All team members must remain on the mat at all times. Stepping off of the mat will result in a 1 point deduction for each occurrence.
  - e. Too many or too few team members (1 point deduction)
11. Tiebreaker
- a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – team will perform routine one additional time. Judges will rescore. If there is still a tie, the winner will be determined by the following:
    - i. Add the score of ONLY “Unity of Team Performance” and “Creativity” (Maximum of 20 points) – The highest score will be declared the winner.
    - ii. If there is still a tie after above scenario “i.” then the 6 judges will raise their hand to identify the judge’s opinion on which team had the best overall performance.



# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/6/2022

## ICBP – INDIVIDUAL CREATIVE BREAKING (KYUKPA) PARA-TAEKWONDO (1 Participant. No Age Requirements. ALL BELTS) Maximum Points = 90 Points



1. Base Points - Each participant always begins with 50 points. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
2. Participants have 90 seconds to set up and 90 seconds to execute their breaks.
3. At the participant's discretion, he or she will attempt to break a minimum of 1 board and a maximum of 5 boards. (All boards are 1/4-inch pine boards.) Participant is allowed to do multiple boards at 1 station.
4. Participants may not cover any part of the body that will be used for breaking a board with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
5. Props CAN be used but boards cannot be altered. (For example, board fragments, confetti, streamers, poppers, powder, etc. cannot be added to the boards) Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed). ALL props must be provided by the participant and cannot pose a safety risk to the participant or the audience. Absolutely NO Pyrotechnics, fireworks (including poppers), or flame breaks. Confetti, glitter or similar product is prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable. Board stands, blocks, board holding devices, are considered props and CAN be used.
6. Participants may provide their own holders. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements for board holders. (However, a taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for a family environment.) ONLY martial arts shoes are allowed on the mats.



# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/6/2022

7. The participant may attempt to break each technique a maximum of 3 times. Broken boards may not be replaced on the 2nd or 3rd attempt. (For example, if a participant does a split kick in the air and only one board breaks, the participant CANNOT replace broken board with a new board on the 2nd or 3rd attempt.)
8. The following will complete each participant's score:
  - a. Creativity (10 points)
    - i. Creativity of Performance
    - ii. Degree of Difficulty
  - b. Execution of Requirements (10 points)
    - i. Broke at least 1 board and not more than 5 boards
    - ii. Not exceeding the maximum number of attempts per break, maximum of 3 attempts
  - c. Presentation (10 points)
    - i. Speed/Tempo/Flow
    - ii. Speed and Power of Each Individual Technique
    - iii. Overall timing and synchronization of hands/feet/kihap(s).
  - d. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
    - iii. Volume of Movement -- Height of kick(s). Strength/power/presentation of blocks and strikes.

NOTE: In general, each participant's uniform should be clean and pressed, and the belt should be tied correctly. How the belt is tied and the uniform will not be considered in any score.

9. Deductions
  - a. Participant exceeds the 90-second time limit for setup (1 point deduction for every 10 seconds over time limit).
  - b. Participant exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit) 0.2 deduction for each unsuccessful attempt to break a board
  - c. Participant exceeds the maximum number of attempts allowed per break, maximum of 3 attempts (1 point deduction per infraction) EXAMPLE: Participant attempts to break 1 board 4 times = 1.6 point deduction (0.2 x 3 attempts = 0.6 plus additional 1 point deduction = 1.6 point deduction)
  - d. Altering the board in any way (summarized in rule #5) will result in a 1 point deduction for each occurrence.
  - e. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence). Participant will not receive a deduction if the holder crosses outside of the ring)
  - f. Unsportsmanlike conduct (1 point deduction for each occurrence)
10. Tiebreaker
  - a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform breaking routine one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.



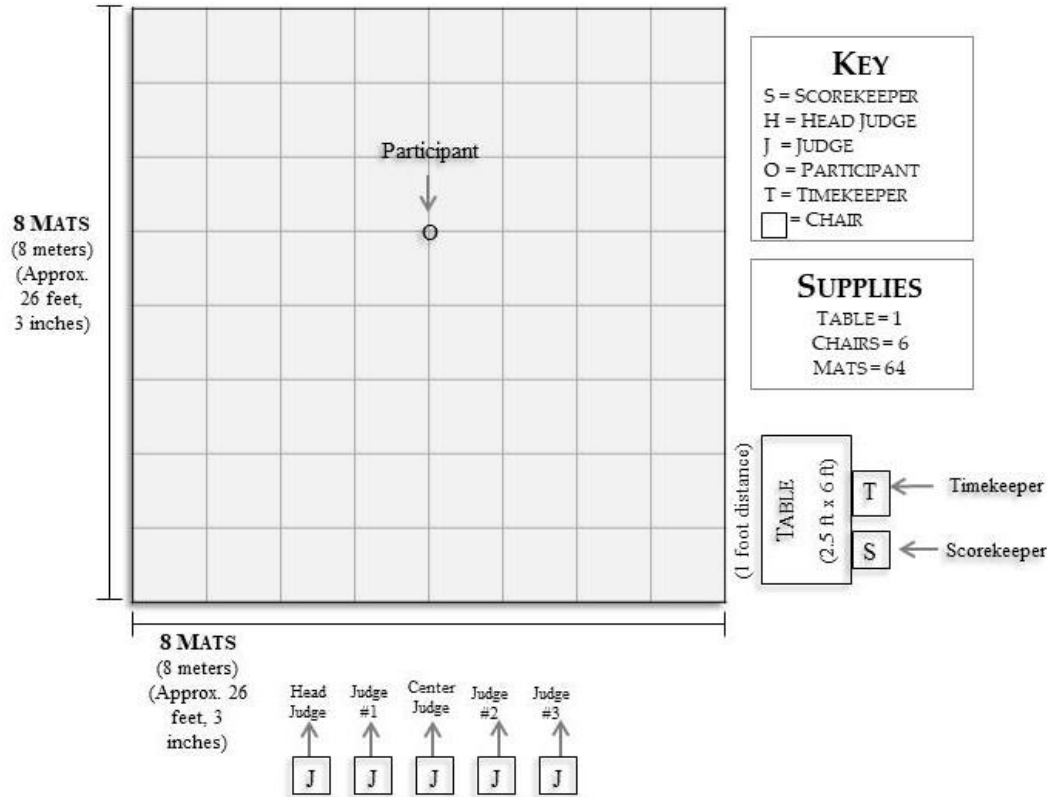
# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/6/2022

## ITFP -- INDIVIDUAL TRADITIONAL FORMS (POOMSAE) PARA-TAEKWONDO

(1 Participant. No Age Requirements. All Belts)

Maximum Points = 90 Points



1. Only Kukkiwon poomsaes are allowed. ITF, Kyoorogi poomsae, and palgwes are prohibited.
2. Base Points - Each participant always begins with 50 points.
3. The following will complete each participant's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
    - iii. Accuracy of Each Kicking Technique - correct form, height, and power of kick
  - b. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
    - i. Kihap – confidence
    - ii. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
    - iii. Volume of Movement -- Height of kick(s) – generally higher is better although some forms specify the target height on some kicks (Example: Koryo specifies that the side kick should be knee height). Strength/power/presentation of blocks and strikes.

NOTE: In general, each participant's uniform should be clean and pressed, and the belt should be tied correctly. How the belt is tied and the uniform will not be considered in any score.





# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/6/2022

- c. Accurate Sequence of Movements (10 points)
    - i. Correct poomsae based on Participant's registered rank. If participant performs the wrong poomsae according to the registered rank (EXAMPLE: 1<sup>st</sup> Guep performs 1<sup>st</sup> Dan Poomsae Koryo), participant will automatically receive a score of 5 for Accurate Sequence of Movements but will NOT be disqualified.
    - ii. Correct order of techniques for each poomsae, including correct stances, blocks and strikes (For example, NOT scoring only if the forward stance was correct, but determining if it was a forward stance when it was supposed to be a back stance.)
  - d. Presentation (10 points)
    - i. Speed/Tempo/Flow
    - ii. Eye Control - correct direction to "look", correct eye position as well as where eyes are focused
    - iii. Speed and Power of Each Individual Technique
    - iv. Overall timing and synchronization of hands/feet/kihap(s).
4. Deductions
- a. Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
  - b. Participant exceeds the 120-second time limit (1 point deduction for every 10 seconds over time limit)
  - c. Unsportsmanlike conduct (1 point deduction)
5. Tiebreaker
- a. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2<sup>nd</sup> and 3<sup>rd</sup> places awarded) – participants will perform the poomsae one (1) additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.