



# MASTERS CHALLENGE RULES

## Updated 10/23/2024



### Frequently Asked Questions and Information

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

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 competitions at the Masters Challenge.

Only ITFS participants must follow World Taekwondo/USA Taekwondo sport uniform requirements.

#### 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 Badge Pick-up?

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. After you pick up your participant badge you are required to check-in at the holding area when your division is displayed on the TV monitors.

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

Badges can be re-printed at the Participant Badge Pick-up 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	PTF	Pairs Traditional Forms
5	TTF	Team Traditional Forms
6	IS	Individual Sparring - Traditional
7	IJH	Individual Jumping High Kick
8	IPKH	Individual Power Knife Hand
9	IPSSK	Individual Power Skipping Side Kick

	<u>CODE</u>	<u>EVENT</u>
10	IPBK	Individual Power Back Kick
11	ISHK	Individual Spin Hook Kick
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	TDR	Team Demonstration
17	ITFP	Individual Traditional Forms - Para
18	ICBP	Individual Creative Breaking - 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 and the second and third numbers indicate what division you will be in. For example, Division 104 will be held in Ring 1 and will be the 4<sup>th</sup> division. Although this is the general format, the location of the ring is always subject to change based on the conditions of the tournament. Please listen for announcements to see which ring each division will compete in.



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### 8. What time do I need to arrive for the competition? Do I need to be there the entire day?

When you arrive to Colorado Springs Christian School you must pick up your participant badge. Your participant badge will list all the events that you are competing in. You can pick up your badge early on Friday, November 1<sup>st</sup> from 6:30 PM– 7:30 PM OR a *minimum* of 1 hour prior to the start time of your event. For example, Individual Traditional Forms (ITF) is scheduled to begin at 10:00 AM. A participant should arrive by at least 9:00 AM to pick up the participant badge. Please note, the schedule is subject to change based on the final participant totals. All participants must pick up their badge no later than 1:00 PM on Saturday, November 1, 2024.

Once the participant picks up the participant badge, he or she should look at the division number (Example ITF – 204). The code indicates the event (ITF = Individual Traditional Forms) and the next 3 digits see above #7 of the FAQ.

There will be TV monitors throughout Colorado Spring Christian School that “Call” division numbers to the holding area. If your division number appears on the screen you must go to the holding area and check-in. Once you check-in at the holding area the Organizing Committee will put you with the other athletes in your division. You must stay in Holding as soon as you are checked into Holding. Once your division is ready to compete you will go with your division out to the competition floor. After competing you will go to the award podium to receive your medal.

If you are competing in additional events, you will repeat the process and go to the holding area when your next division is called to check-in. You **must** check-in to the holding area for every division you compete in.

### 9. 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 to check-in when his or her division is displayed on the TV Monitors. This means the division is close to being called to the competition floor to compete. Once a competitor is checked into the holding area they are required to stay in the holding area. 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.

### 10. What are the Opening Ceremonies and Parade of Athletes?

The Opening Ceremonies will be held on Saturday, November 1, 2024 from 1:00 – 1:45 PM. The Opening Ceremonies will have the National Anthems and Parade of Athletes. All participants will line up by Taekwondo School and march into the arena like the Olympic Games. Participants should wear their Taekwondo uniform and wear their medal(s) if the participant has already competed in the morning. There will be a National level demonstration. All participants are highly encouraged but not required to participate in the Parade of Athletes. No sign up is necessary to be included in the Parade of Athletes. Simply go to the holding area by 12:45 PM to be included. Participants are encouraged to show their school spirit in creative ways.

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

Age will be determined as of Thursday, October 31<sup>st</sup>, 2024. The age divisions are listed below.

Division Name	Pee Wee	Dragon	Tiger	Youth	Cadet	Junior
Age	3-5 years old	6-7 years old	8-9 years old	10-11 years old	12-14 years old	15-17 years old



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Division Name	Senior	Under 40	Under 50	Under 60	Under 70	Over 70
Age	18-30 years old	31-40 years old	41-50 years old	51-60 years old	61-70 years old	71+ years old

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

- Team Traditional Forms
- Pairs Traditional Forms
- Team Creative Forms WITH Weapons
- Team Creative Forms WITHOUT Weapons
- Pee Wee Sparring (if appropriate)

Individual Traditional Forms Sport (ITFS) 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.

### 12. 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 4 participants. Medals will be awarded to 1st, 2nd and two 3rd places. In addition to each award, each participant can request a 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.) A physical copy of the award certificate is available upon request the day of the Masters Challenge at the Award podium at no additional cost.

All RECORD KEEPING events (listed below) will NOT have a maximum of 4 per division. Each division will be broken down by age and belt level and MAY have more than 4 per division. For example, the Tiger 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. **Individual Traditional Forms Sport (ITFS) will NOT have a maximum of 4 per division.**

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

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

Each participant will complete their individual registration for their team event. Make sure to include any additional individual events they will participate in. You will choose one person on your Team to create the Team Name. Once they have completed their registration the rest of the Team will be able to pick the Team name from the drop down list when the Team event is selected. Each participant will pay their registration fees separately. This can also be done if your Teammate has already registered but did not select a Team event. They can go back and edit their registration.

### 14. Will there be pairs and family forms events?

There is Pairs Traditional Forms (PTF). Pairs can be made up of the same gender or mixed gender. There must be exactly two (2) people registered to make up a Pairs Traditional Forms Group.

There is Team Creative Forms with Weapons (TCFWW), and Team Creative Forms without Weapons (TCFWO). Any of these team events can have between two (2) and ten (10) participants of the same or mixed gender to make up the team.

Team Traditional Form (TTF) can have between three (3) and ten (10) participants of the same or mixed gender to make up the team.



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The Organizing Committee will divide divisions to be as fair as possible for all participants with the discretion to create divisions outside of these guidelines.

Age	Belt Ranks
All 17 and Under	All Color Belts
All 17 and Under	All Black Belts
All 17 and Under	Mixed ranks (color and black belts)
All 18-40	All Color Belts
All 18-40	All Black Belts
All 18-40	Mixed ranks (color and black belts)

Age	Belt Ranks
All 41 and over	All Color Belts
All 41 and over	All Black Belts
All 41 and over	Mixed ranks (color and black belts)
All mixed ages	All Color Belts
All mixed ages	All Black Belts
All mixed ages	Mixed ranks (color and black belts)

### 15. 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.

### 16. Are there Coaches allowed?

Only coaches will be allowed on the competition floor. There is a one-time coaching registration fee of \$15. All coaches must complete the code of conduct form online. Failure to comply with the code of conduct will result in immediate revocation of the coaching pass. Coaches may only be on the competition floor when his or her athlete is on the competition floor to perform. Coaches are not permitted to step into the ring at any time unless directed to by the Organizing Committee staff. If you purchase a coaching pass you do NOT need to purchase a spectator ticket.

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.

### 17. Will participants have to remove jewelry before competing?

All jewelry must be removed before entering the competition floor. If a piece of jewelry cannot be removed, it must be taped and secured to prevent injury.

### 18. 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.

### 19. 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 Masters Challenge. 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.

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

Music is only allowed in ICFWO, TCFWO, ICFWW, TCFWW, and TDR. Athletes are required to upload the music file to kihapp, email the music file to [events@familyblackbelt.com](mailto:events@familyblackbelt.com) NO LATER THAN WED 10/30/24 at 12:00 PM(NOON), **AND** are required to bring a backup on a USB Drive or Media player the day of the competition.

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



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Individual Traditional Forms(ITF) will use Masters Challenge rules. For complete details see the rules for ITF. Individual Forms Sport (ITFS) will use modified WT/USATKD rules which also requires athletes to know all Taegeuk and Kukkiwon Black Belt Forms. For complete details see the rules for ITFS.

NOTE: Only official Poomsae Team members may register for Traditional Forms Sport (ITFS).

## 22. 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 Masters Challenge each participant can perform any Form appropriate to their belt level (Taegeuk, Kyoorigi Poomsae, Palgwe, advanced Kukkiwon Poomsae, etc).

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

The U.S.  
Center  
below

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, Palgwe 1-8, Kyoorigi Poomsae 1-4, Il Cheon Poomsae 1+2
3rd Dan/Poom	N/A	Taebaek, Geumgang, Koryo, Palgwe 1-8, Kyoorigi Poomsae 4, Il Cheon Poomsae 1+2
2nd Dan/Poom	N/A	Geumgang, Koryo, Palgwe 1-8, Kyoorigi Poomsae 4, Il Cheon Poomsae 1+2
1st Dan/Poom	N/A	Koryo, Palgwe 1-8, Kyoorigi Poomsae 3, Il Cheon Poomsae 1+2
U.S. Taekwondo Center COLOR BELT (GEUP) - Leadership and Black Belt Club - Conversion Chart		
Belt Color	Geup	Eligible Form (poomsae)
Black Belt Eligible	1st	Taeguk 1-8, Kyoorigi Poomsae 1-2
Bo Dan 2	1st	Taeguk 1-8, Kyoorigi Poomsae 1-2
Bo Dan 1	1st	Taeguk 1-8, Kyoorigi Poomsae 1-2
Red Senior 2	2nd	Taeguk 1-8, Kyoorigi Poomsae 1-2
Red Senior 1	2nd	Taeguk 1-7, Kyoorigi Poomsae 1-2
Red	3rd	Taeguk 1-6, Kyoorigi Poomsae 1-2
Brown Senior	3rd	Taeguk 1-6, Kyoorigi Poomsae 1-2
Brown	4th	Taeguk 1-6, Kyoorigi Poomsae 1
Blue	5th	Taeguk 1-6, Kyoorigi Poomsae 1
Purple	6th	Taeguk 1-3, Kyoorigi Poomsae 1
Green	7th	Taeguk 1-3, Kyoorigi Poomsae 1
Orange	8th	Taeguk 1-3
Yellow	8th	Taeguk 1-3
U.S. Taekwondo Center COLOR BELT (GEUP) - Basic Course - Conversion Chart		
Belt Color	Geup	Eligible Form (poomsae)
Orange	8th	Ineligible to compete in ITF
Yellow	8th	Ineligible to compete in ITF
White	9th	Ineligible to compete in ITF

Taekwondo  
uses the  
Geup ranks.

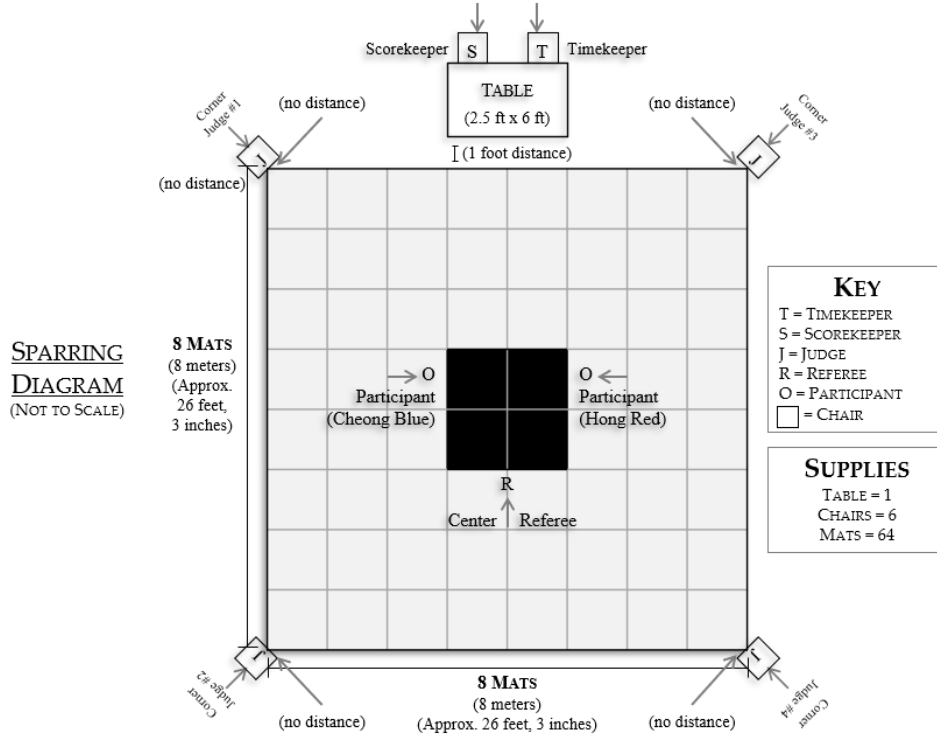


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## IS -- INDIVIDUAL SPARRING - Traditional (1 Participant. No Age Requirements)



Adults (age 18 and up)			
Men's Divisions		Women's Divisions	
Under 58kg	Not Exceeding 58kg	Under 49kg	Not Exceeding 49kg
Under 68kg	Over 58kg and not exceeding 68kg	Under 57kg	Over 49kg and not exceeding 57kg
Under 80kg	Over 68kg and not exceeding 80kg	Under 67kg	Over 57kg and not exceeding 67kg
Over 80kg	Over 80kg	Over 67kg	Over 67kg

Junior (Age 15 to 17)			
Men's Divisions		Women's Divisions	
Under 48kg	Not Exceeding 48kg	Under 44kg	Not Exceeding 44kg
Under 55kg	Over 48kg and not exceeding 55kg	Under 49kg	Over 44kg and not exceeding 49kg
Under 63kg	Over 55kg and not exceeding 63kg	Under 55kg	Over 49kg and not exceeding 55kg
Under 73kg	Over 63kg and not exceeding 73kg	Under 63kg	Over 55kg and not exceeding 63kg
Over 73kg	Over 73kg	Over 63kg	Over 63kg

Cadet (Age 12 to 14)			
Men's Divisions		Women's Divisions	
Under 37kg	Not Exceeding 37kg	Under 33kg	Not Exceeding 33kg
Under 45kg	Over 37kg and not exceeding 45kg	Under 41kg	Over 33kg and not exceeding 41kg
Under 53kg	Over 45kg and not exceeding 53kg	Under 47kg	Over 41kg and not exceeding 47kg
Under 61kg	Over 53kg and not exceeding 61kg	Under 55kg	Over 47kg and not exceeding 55kg
Over 61kg	Over 61kg	Over 55kg	Over 55kg





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Youth (Age 10 to 11)	
Divisions	
Under 30kg	Not Exceeding 30kg
Under 35kg	Over 30kg and not exceeding 35kg
Under 40kg	Over 35kg and not exceeding 40kg
Over 40kg	Over 40kg

Tiger (Age 8 to 9)	
Divisions	
Under 21kg	Not Exceeding 21kg
Under 25kg	Over 21kg and not exceeding 25kg
Under 30kg	Over 25kg and not exceeding 30kg
Over 30kg	Over 30kg

Dragon (Age 6 to 7)	
Divisions	
Under 19kg	Not Exceeding 19kg
Under 23kg	Over 19kg and not exceeding 23kg
Under 27kg	Over 23kg and not exceeding 27kg
Over 27kg	Over 27kg

Pee Wee (Age 3 to 5)	
Divisions	
No weight divisions	

1. No weigh-in is required for Individual Sparring
2. Sparring will have slightly different age divisions shows below:
  - a.

Division Name	Pee Wee	Dragon	Tiger	Youth	Cadet	Junior	Senior	Ultra	Platinum
Age	3-5 years old	6-7 years old	8-9 years old	10-11 years old	12-14 years old	15-17 years old	18-30 years old	31-40 years old	41+ years old

3. All participants must have finger and toe nails short and trimmed. There is no jewelry allowed to be worn on ears, face, neck, wrist, ankle, etc. No glasses or sport goggles can be worn.
4. 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.
5. 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.
6. The participant with the most points at the end of the match will be the winner.
7. The following are prohibited acts. Any occurrence shall result in a Gam-Jeom penalty: head contact with upper body strike, holding, grabbing, grabbing to impede opponent's attack or to execute and attack, 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 (the entire foot has to be out of the ring to be considered stepping out of bounds), stalling/avoiding fighting, pushing out of bounds while the opponent is kicking, low kick, attacking a fallen opponent, throwing the opponent, and unsportsmanlike conduct. (Each Gam-Jeom penalty will cause 1 point to be added to the opponent's score. Ten (10) Gam-Jeom penalties will cause immediate disqualification).
8. In the event of a tie, a sudden death overtime round will take place. First point scored at the center referee's discretion will win the match. The first point scored can be a kick, punch, or Gam-Jeom to determine the winner of overtime.

Additional Notes:



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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. Pushing while fighting is allowed with the following exceptions:
  - a. Pushing your opponent out of the ring. If you push your opponent out of the ring you will be given a Gam-Jeom penalty.
  - b. Pushing your opponent while they are kicking. If you push your opponent while they are in the act of kicking, the person pushing will be given a Gam-Jeom penalty.
  - c. Excessive pushing (more than 3 seconds continuously).
  - d. Pushing and scoring off the grab is a Gam-Jeom penalty. A participant would have to push, release the opponent, and then score the point. If a participant leaves their hands on the hogu and then score, those points are removed the person pushing/grabbing is given a Gam-Jeom penalty.
4. One foot out (the entire foot) of bounds is a Gam-Jeom penalty (unless pushed out - then Gam-Jeom penalty for the pusher)
5. During a medical stoppage of the fight the timeclock will be paused. In the event of injury the center referee will stop the fight and call for medical. Once medical enters the ring the center referee will call "Keshi." There will be a one (1) minute medical timeout (Keshi). If the participant can continue the match but the medical team needs more time, the center referee will grant an additional "Keshi" which will allow another one (1) minute medical timeout. If a participant cannot continue due to medical reasons after the maximum 2 minute medical timeout, the center referee will declare a winner.

If a participant cannot continue the fight due to a medical issue, the other participant will be declared the winner. The exception to this rule is if the participant causes a medical issue by an illegal technique/movement. If the participant who injures their opponent by an illegal technique/movement causes an injury that prevents his or her opponent from continuing, the injured participant will be declared the winner.
6. If there is only a single (1) competitor in a weight, age, and belt division that competitor will automatically be awarded 1<sup>st</sup> place. This competitor will have the option to fight in an exhibition match provided both competitors agree to the exhibition match. The result of the exhibition match will not affect the 1<sup>st</sup> place award for the original competitor that is a single competitor.



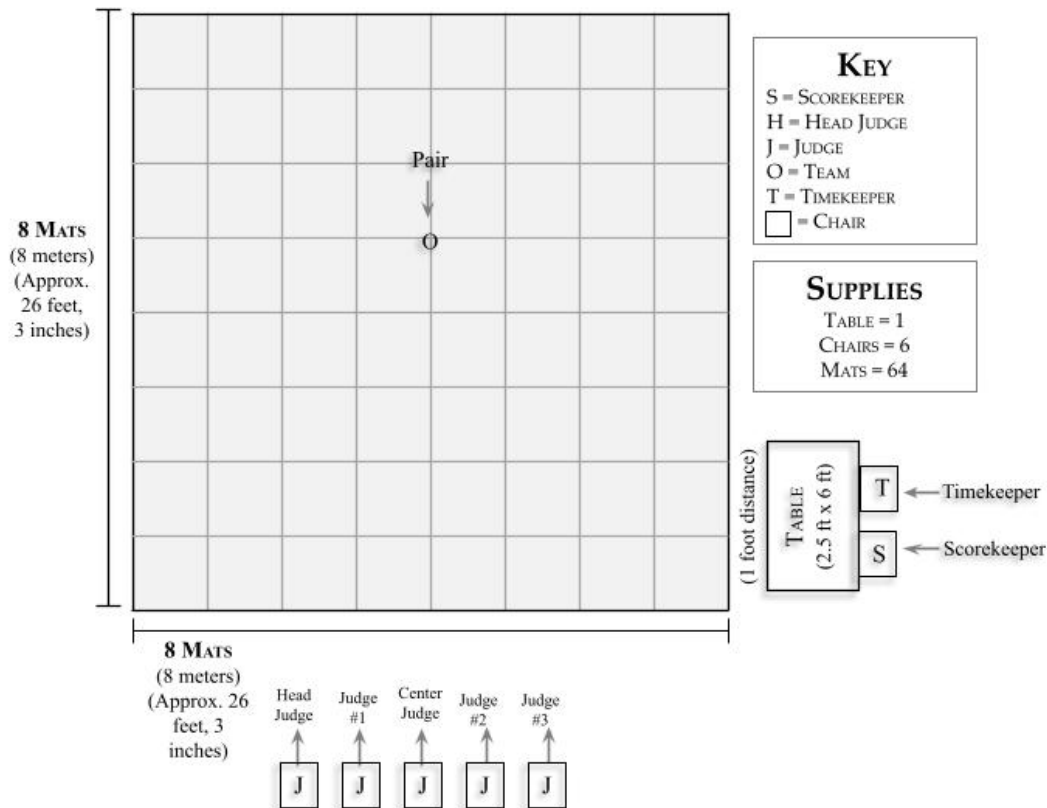


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## ITF -- INDIVIDUAL TRADITIONAL FORMS (POOMSAE) (1 Participant. No Age Requirements. All Belts) Maximum Points = 90 Points



1. 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.
  - 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.



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- 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)

## 2. Deductions

- i. Participant crosses outside of the 8-meter x 8-meter ring (.5 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- ii. Participant exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
- iii. Unsportsmanlike conduct (1 point deduction)
- iv. Restarting the poomsae: If the Referee determines the participant has stopped their performance of the poomsae, the Referee will call "Kalyo" and ask the participant if they want to restart. The time clock will pause when the Referee calls "Kalyo." The Referee will determine a stopped performance based on age and belt rank.
  - 1. If the participant declines to restart and continues the poomsae the Referee will call "Kaseok" and the time clock of 90 seconds will resume and the pause in the performance of the poomsae will impact the Presentation score. If the participant exceeds the 90-second time limit it will result in a 1 point deduction for every 10 seconds over time limit.
  - 2. If the participant elects to restart the poomsae it will result in an automatic two (2) point deduction. The Referee will reset the participant in the starting position and call "Sijak" and the participant will restart the performance of the poomsae. The time clock will resume from the time it was paused. The Judges will clear out the score of the initial unfinished performance of the poomsae and score the entirety of the 2<sup>nd</sup> restarted performance of the poomsae. If the 2<sup>nd</sup> restarted performance results in the participant exceeding the 90-second time limit it will result in a 1 point deduction for every 10 seconds over time limit.

## 3. Tiebreaker

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.

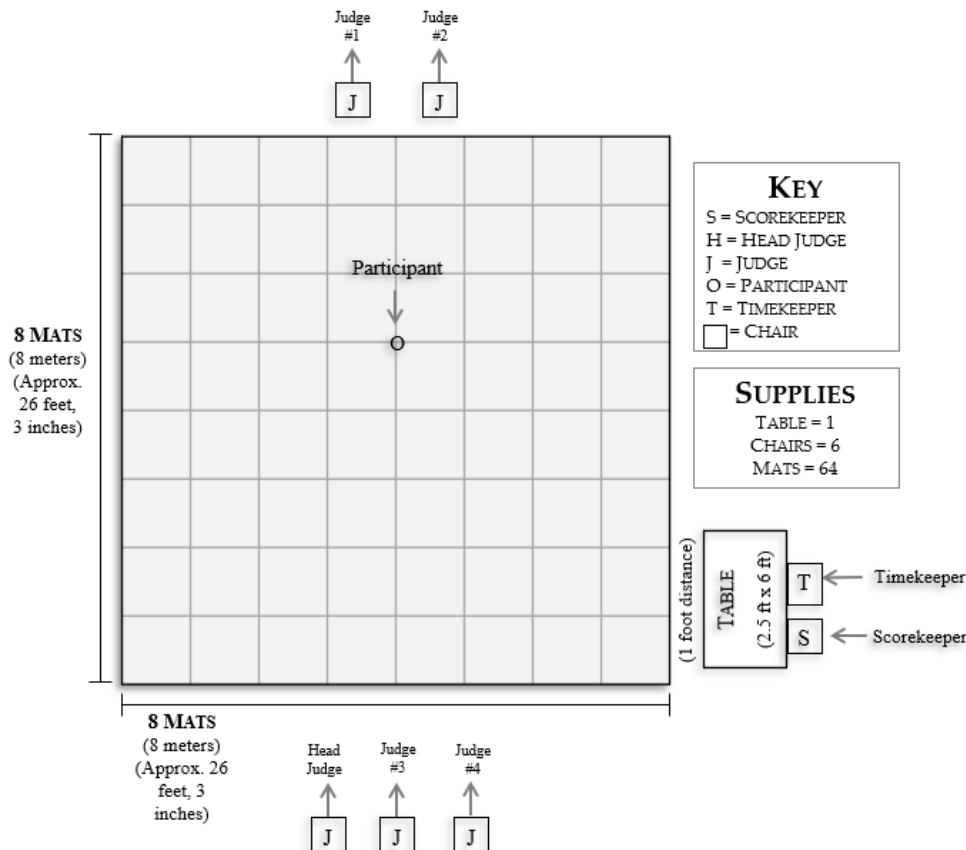


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## ITFS -- INDIVIDUAL TRADITIONAL FORMS SPORT (1 Participant. No Age Requirements)



The Masters Challenge will use the 2024 USATKD Poomsae Rules ([click here for a full copy](#)). This competition is for both Color and Black belts. The updated compulsory poomsae for black belts are shown in the chart below. 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, October 26, 2024.
3. The ring layout will be the above layout.

### Black Belt Divisions

COMPULSORY POOMSAE – BLACK BELTS	
INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
DRAGON	TAEGEUK 2, 3, 4, 5, 6, 7, 8 JANG, KORYO
TIGER	
YOUTH	
CADET	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK
JUNIOR	TAEGEUK 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON
UNDER 30	TAEGEUK 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE
UNDER 40	
UNDER 50	TAEGEUK 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON
UNDER 60	KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE, CHONKWON, HANSU
UNDER 65	
OVER 65	
OVER 70	

### Color Belt Divisions

Division	Compulsory Poomsae
Yellow (7th & 8th Geup) All Ages	Taeguk 1, 2 Jang
Green (5th & 6 Geup) All Ages	Taeguk 1, 2, 3, 4 Jang
Blue (3rd & 4th Geup) All Ages	Taeguk 3, 4, 5, 6 Jang
Red (1st & 2nd Geup) All Ages	Taeguk 4, 5, 6, 7, 8 Jang

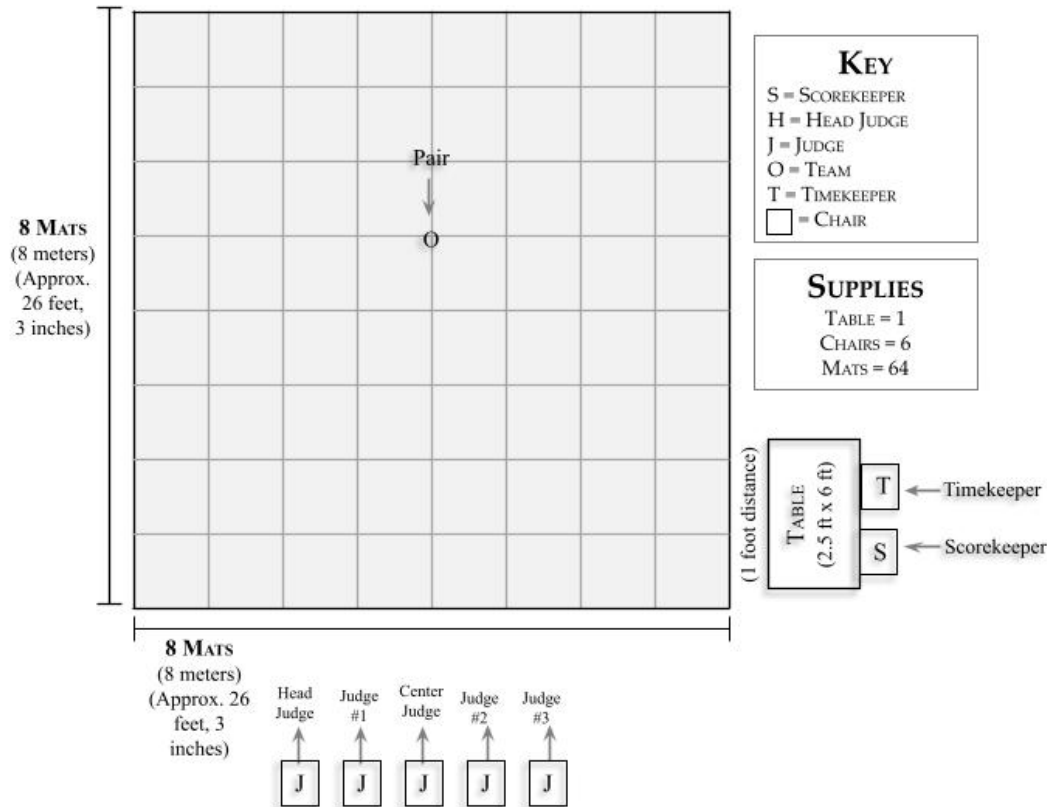


# MASTERS CHALLENGE RULES

Updated 10/23/2024



## PTF – PAIRS TRADITIONAL FORMS (POOMSAE) (2 Participants. No Age Requirements. All Belts) (Each team must select a team captain and team name.) Maximum Points = 100 Points



1. 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.
  - c. 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 8th Guep and team performs 1st Dan Poomsae Koryo), team will automatically receive a score of 5 for Accurate Sequence of Movements but will NOT be disqualified.



# MASTERS CHALLENGE RULES

## Updated 10/23/2024



- 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).
  - e. 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.
2. Deductions
- a. Team member crosses outside of the 8 meter x 8 meter ring (.5 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
  - 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. Restarting the poomsae: If the Referee determines the participants have stopped their performance of the poomsae, the Referee will call "Kalyo" and ask the participants if they want to restart. The time clock will pause when the Referee calls "Kalyo." The Referee will determine a stopped performance based on age and belt rank.
    - i. If the participants decline to restart and continues the poomsae the Referee will call "Kaseok" and the time clock of 90 seconds will resume and the pause in the performance of the poomsae will impact the Presentation score. If the participants exceed the 90-second time limit it will result in a 1 point deduction for every 10 seconds over time limit.
    - ii. If the participants elect to restart the poomsae it will result in an automatic two (2) point deduction. The Referee will reset the participants in the starting position and call "Sijak" and the participants will restart the performance of the poomsae. The time clock will resume from the time it was paused. The Judges will clear out the score of the initial unfinished performance of the poomsae and score the entirety of the 2<sup>nd</sup> restarted performance of the poomsae. If the 2<sup>nd</sup> restarted performance results in the participants exceeding the 90-second time limit it will result in a 1 point deduction for every 10 seconds over time limit.
3. Tiebreaker
- 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.

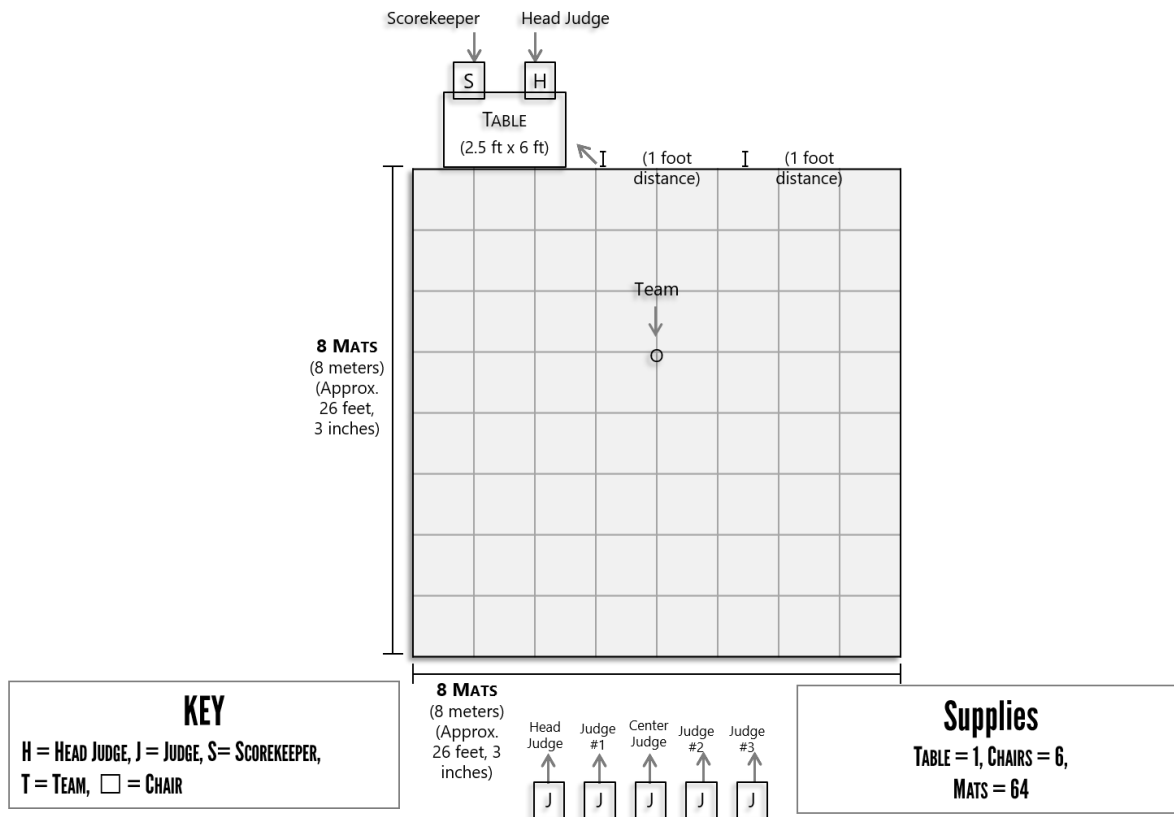


# MASTERS CHALLENGE RULES

Updated 10/23/2024



## TTF -- TEAM TRADITIONAL FORMS (POOMSAE) (3-10 Participants. No Age Requirements. All Belts) (Each team must select a team captain and team name.) Maximum Points = 100 Points



1. 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.
  - c. 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 8th Guep and team performs 1st 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
      1. 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





# MASTERS CHALLENGE RULES

## Updated 10/23/2024



- 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).
- e. 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.

### 2. Deductions

- a. Team member crosses outside of the 8-meter x 8-meter ring (.5 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- 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. Restarting the poomsae: If the Referee determines the participants have stopped their performance of the poomsae, the Referee will call "Kalyo" and ask the participants if they want to restart. The time clock will pause when the Referee calls "Kalyo." The Referee will determine a stopped performance based on age and belt rank.
  - i. If the participants decline to restart and continues the poomsae the Referee will call "Kaseok" and the time clock of 90 seconds will resume and the pause in the performance of the poomsae will impact the Presentation score. If the participants exceeds the 90-second time limit it will result in a 1 point deduction for every 10 seconds over time limit.
  - ii. If the participants elect to restart the poomsae it will result in an automatic two (2) point deduction. The Referee will reset the participants in the starting position and call "Sijak" and the participants will restart the performance of the poomsae. The time clock will resume from the time it was paused. The Judges will clear out the score of the initial unfinished performance of the poomsae and score the entirety of the 2<sup>nd</sup> restarted performance of the poomsae. If the 2<sup>nd</sup> restarted performance results in the participants exceeding the 90-second time limit it will result in a 1 point deduction for every 10 seconds over time limit.

### 3. Tiebreaker

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.

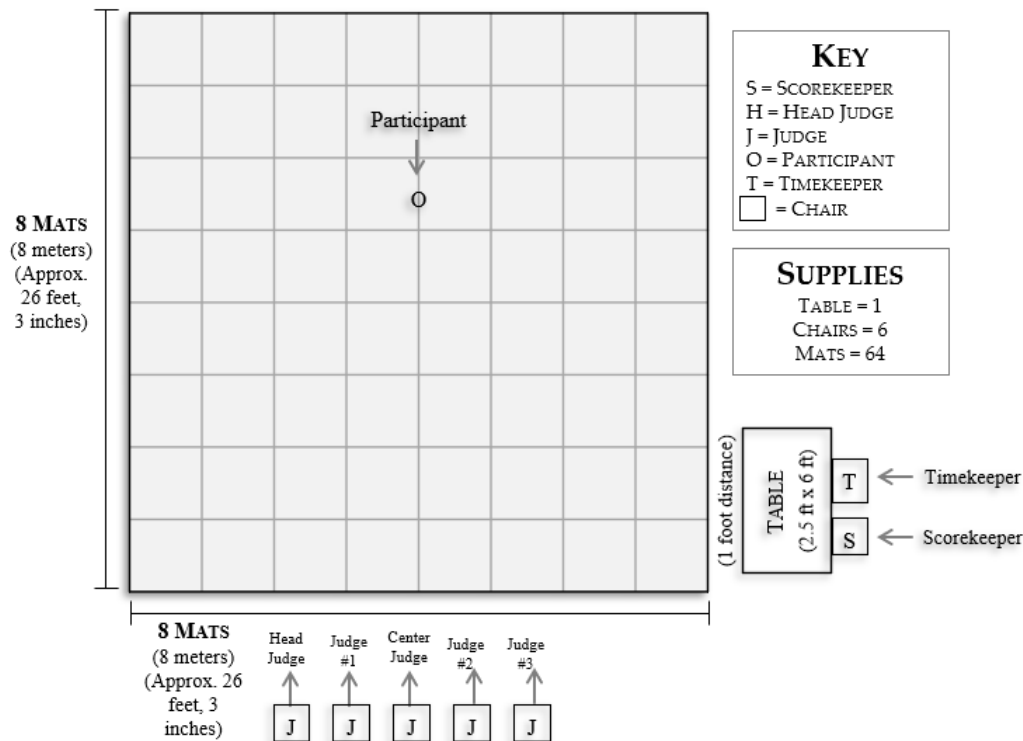


# MASTERS CHALLENGE RULES

Updated 10/23/2024



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



1. Music is **HIGHLY ENCOURAGED**. Athletes are required to upload the music file to kihapp, email the music file to [events@familyblackbelt.com](mailto:events@familyblackbelt.com) NO LATER THAN WED 10/30/24 at 12:00 PM, **AND** are required to bring a backup on a USB Drive or Media player the day of the competition. All music must be suitable for a family environment, no explicit lyrics.
2. 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 products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
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. Speed and Power of Each Hand Technique
    - iv. 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). Strength/power/presentation of blocks and strikes.
  - c. Execution of Compulsory Techniques (10 points)



# MASTERS CHALLENGE RULES

## Updated 10/23/2024



- 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)
  - i. Execution of Each Kicking Technique 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.
  - d. Creativity (10 points)
    - i. Composition of choreography
    - ii. Creativity of entire routine
    - iii. Degree of Difficulty
4. Deductions
- a. Participant crosses outside of the 8 meter x 8 meter ring (.5 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
  - 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)
  - f. Only participants can be in the ring during the competition. Any non-participant that enters the ring to be a part of the performance to help hold a prop or other action is prohibited.
  - g. Use of explicit lyrics in the music (2 point deduction)
5. Tiebreaker
- 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.

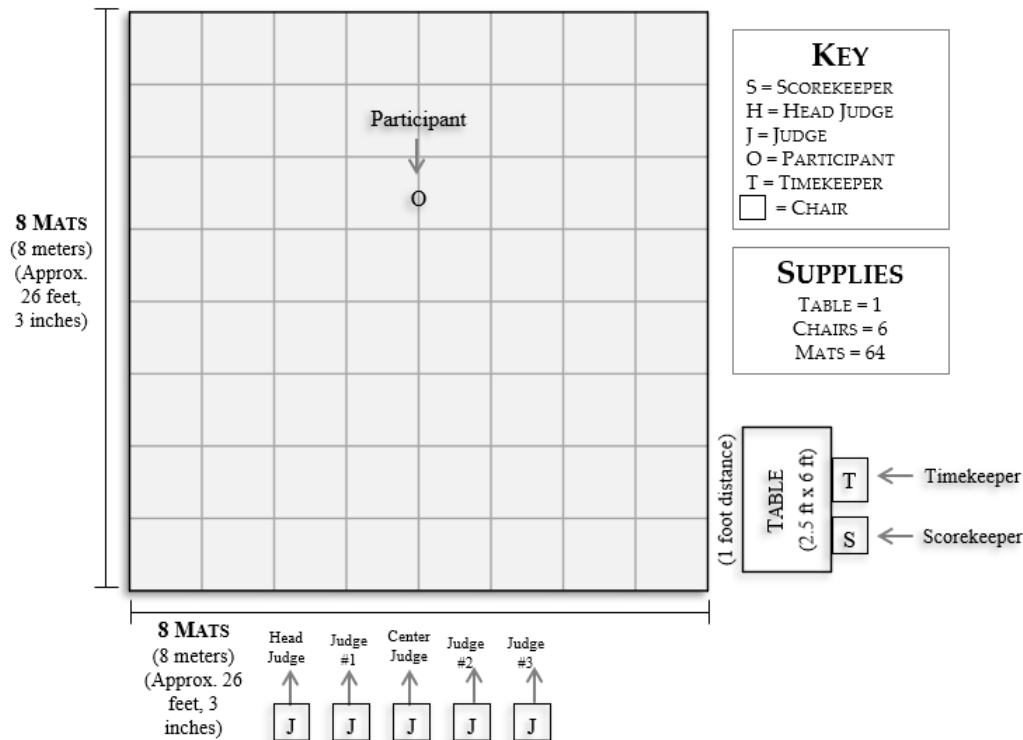


# MASTERS CHALLENGE RULES

Updated 10/23/2024



## ICFWW – INDIVIDUAL CREATIVE FORMS (POOMSAE) WITH WEAPONS (1 Participant. No Age Requirements. All Belts) Maximum Points = 90 Points



1. Music is **HIGHLY ENCOURAGED**. Athletes are required to upload the music file to kihapp, email the music file to [events@familyblackbelt.com](mailto:events@familyblackbelt.com) NO LATER THAN WED 10/30/24 at 12:00 PM, **AND** are required to bring a backup on a USB Drive or Media player the day of the competition. All music must be suitable for a family environment; no explicit lyrics.
2. 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.
3. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.
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
    - iv. Accuracy of Each Kicking Technique - correct form, height and power of kick
    - v. Use of Weapon(s)
  - b. Expression of Energy (Formerly Taekwondo Spirit) (10 points)
    - i. Kihap – confidence



# MASTERS CHALLENGE RULES

## Updated 10/23/2024



- 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 (.5 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- 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)
- f. Only participants can be in the ring during the competition. Any non-participant that enters the ring to be a part of the performance to help hold a prop or other action is prohibited.
- g. Use of explicit lyrics in the music (2 point deduction)
- h. Each time participant unintentionally drops weapon (1 point deduction for each occurrence)

6. Tiebreaker

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.

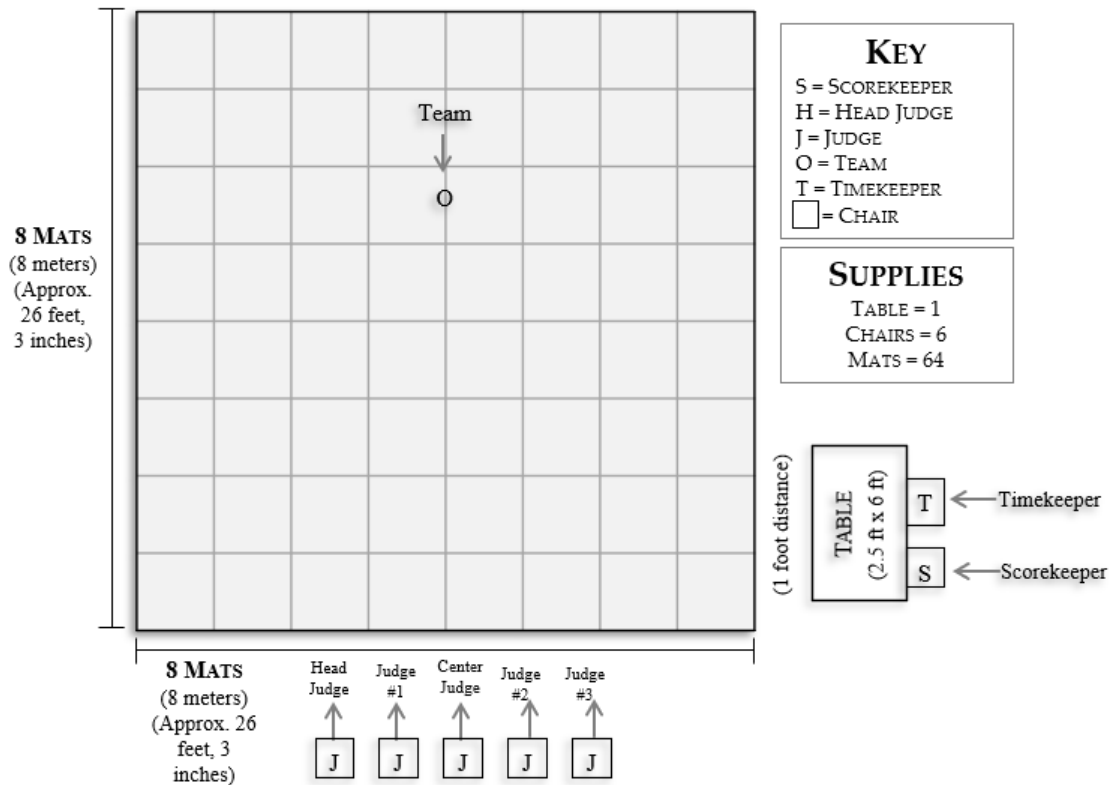


# MASTERS CHALLENGE RULES

Updated 10/23/2024



## 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. Music is **HIGHLY ENCOURAGED**. Athletes are required to upload the music file to kihapp, email the music file to [events@familyblackbelt.com](mailto:events@familyblackbelt.com) NO LATER THAN WED 10/30/24 at 12:00 PM, **AND** are required to bring a backup on a USB Drive or Media player the day of the competition. All music must be suitable for a family environment; no explicit lyrics.
2. 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.
3. 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
    - iv. 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). Strength/power/presentation of blocks and strikes.





# MASTERS CHALLENGE RULES

## Updated 10/23/2024



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.

4. Deductions

- a. Team member crosses outside of the 8 meter x 8 meter ring (.5 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- b. bounds and result in a deduction.
- c. Team exceeds the 90-second time limit (1 point deduction for every 10 seconds over time limit)
- d. Too many or too few team members (1 point deduction)
- e. Unsportsmanlike conduct (1 point deduction)
- 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)
- g. Only participants can be in the ring during the competition. Any non-participant that enters the ring to be a part of the performance to help hold a prop or other action is prohibited.
- h. Use of explicit lyrics in the music (2 point deduction)

5. Tiebreaker

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.

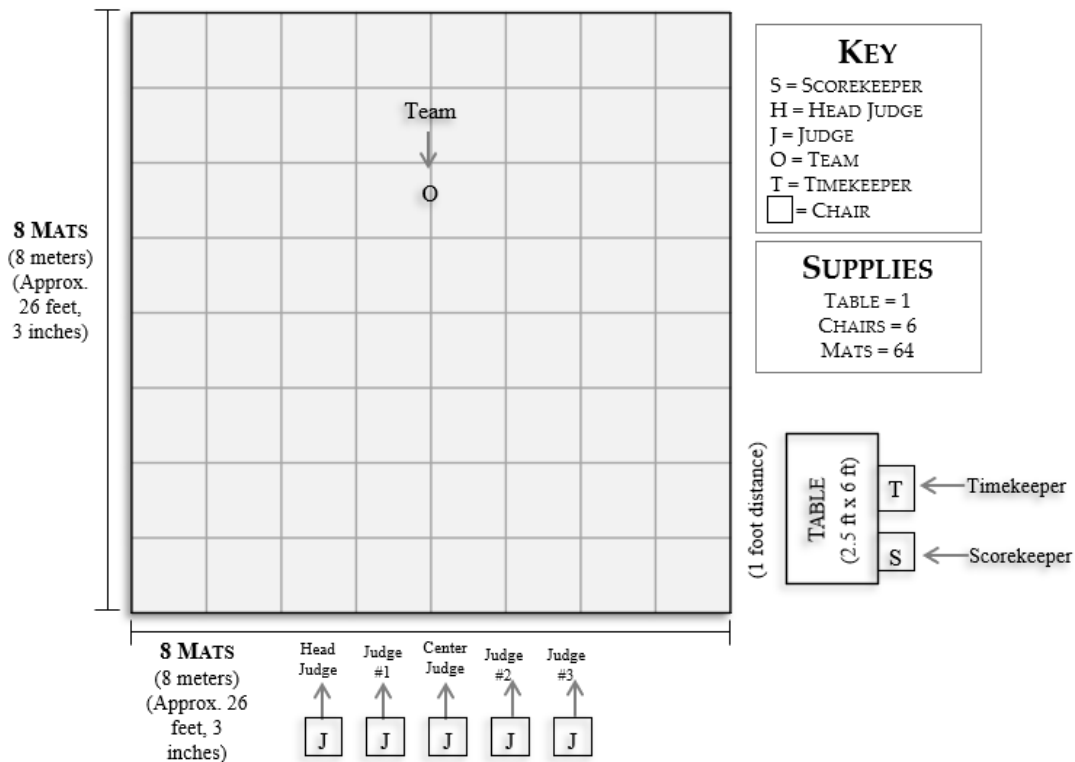


# MASTERS CHALLENGE RULES

Updated 10/23/2024



## 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. Music is **HIGHLY ENCOURAGED**. Athletes are required to upload the music file to kihapp, email the music file to [events@familyblackbelt.com](mailto:events@familyblackbelt.com) NO LATER THAN WED 10/30/24 at 12:00 PM, **AND** are required to bring a backup on a USB Drive or Media player the day of the competition. All music must be suitable for a family environment, no explicit lyrics.
2. 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.
3. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.
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. 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)
  - 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.



# MASTERS CHALLENGE RULES

## Updated 10/23/2024



- 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.

### 5. Deductions

- a. Team member crosses outside of the 8 meter x 8 meter ring (.5 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- 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)
- g. Only participants can be in the ring during the competition. Any non-participant that enters the ring to be a part of the performance to help hold a prop or other action is prohibited.
- h. Use of explicit lyrics in the music (2 point deduction)

### 6. Tiebreaker

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.

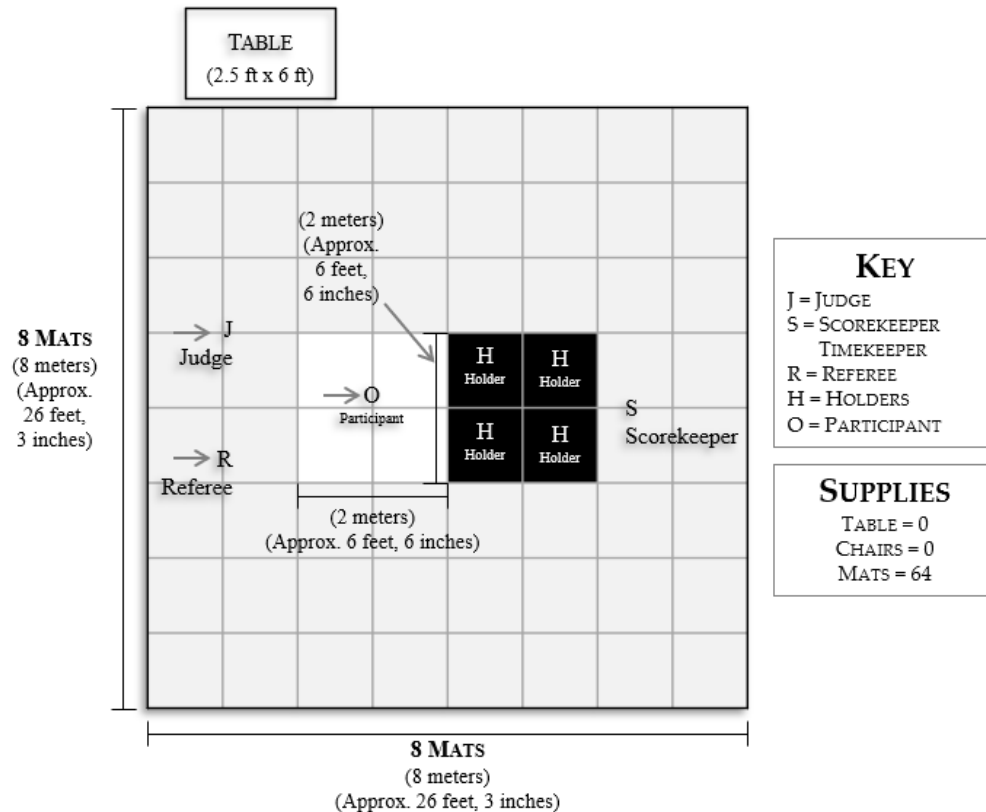


# MASTERS CHALLENGE RULES

Updated 10/23/2024



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



1. 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.
2. The participant who breaks the most boards will be declared the winner.
3. 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.
4. 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.
5. The front two holders must wear chest protectors and headgear.
6. 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)
7. Holders can only use one (1) hand to hold the board the participant is attempting to break.



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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. Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds.
  - d. Participant breaks the target with the foot edge or instep more than 3 times

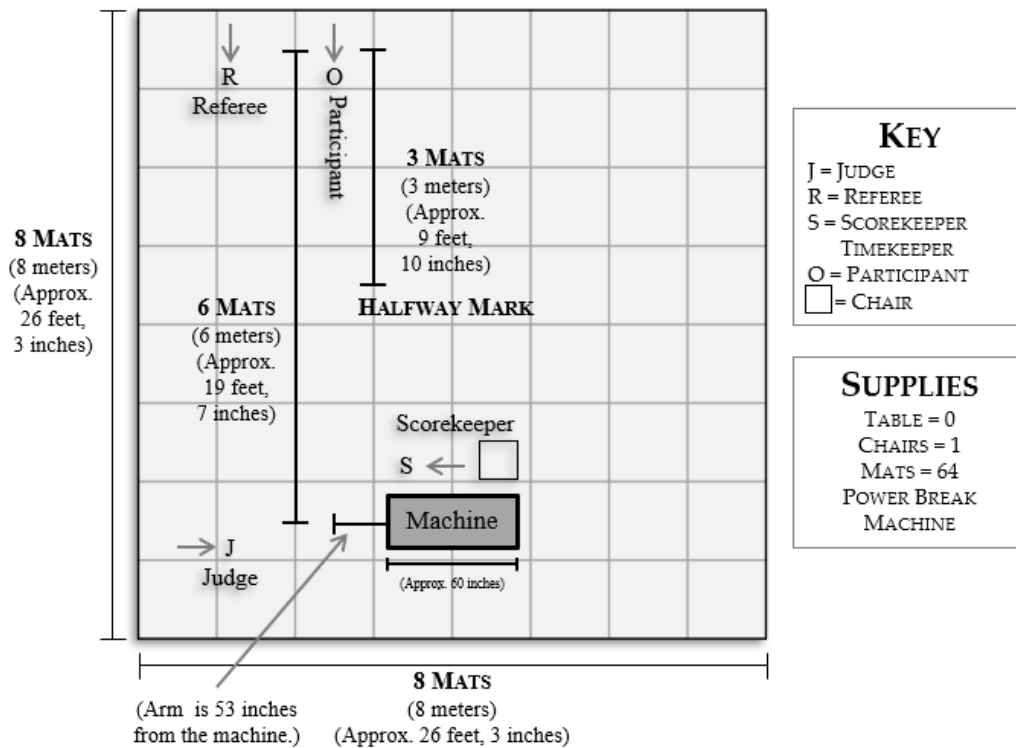


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## IJH -- INDIVIDUAL JUMPING HIGH KICK (1 Participant. MINIMUM AGE OF 8. All Belts)



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. If the board was not broken by an upward kicking technique but broken when it hits the ground it is considered NO 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.





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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 Masters Challenge Record. The participant will receive ONLY one (1) attempt to set the Masters Challenge Record. Setting a personal record does NOT qualify and the participant will NOT be given an additional opportunity to break.
12. If any part of the body touches the floor besides the feet, it is considered NO BREAK

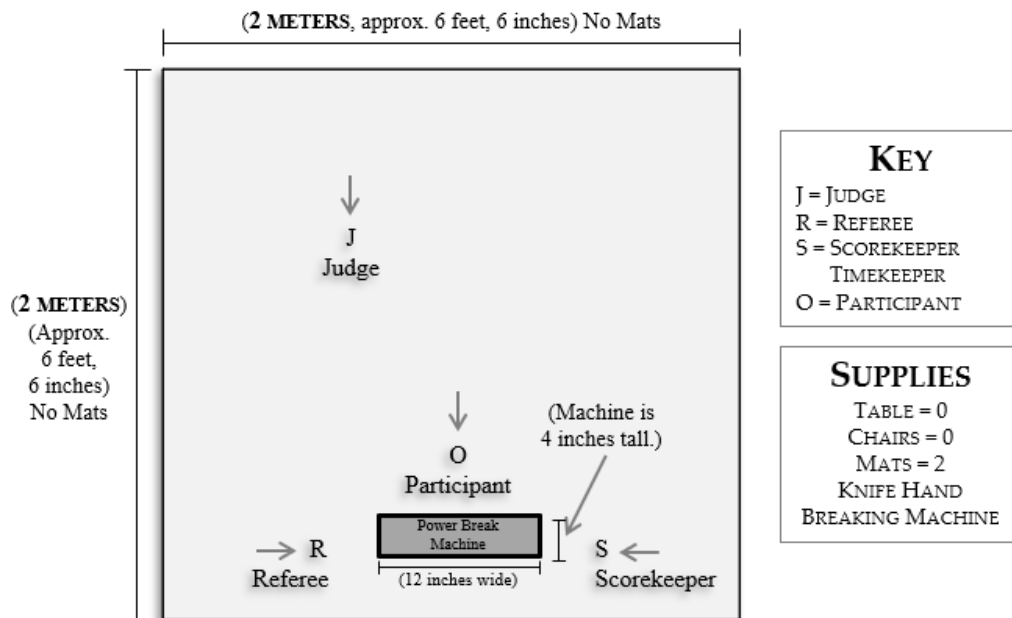


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## IPKH -- INDIVIDUAL POWER BREAKING KNIFE HAND (DOWNWARD) (1 Participant. MINIMUM AGE OF 13. All Belts)



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. The dimensions of the boards are 8 inches x 11 inches and 3/4 inch thick. Boards may not be taped together. Athletes CANNOT sort through the boards to select boards. The referee will hand each participant their requested number of boards. If there is an egregious defect (staple in the board, pre-existing damage, etc.) a board can be switched. This exchange of a defective board is at the discretion of the referee.
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. A referee or organizing committee member may be available to help setup the boards. However, the participant must be the final person to touch/setup the boards.
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 may not touch the boards to readjust or measure. Any touch of the boards will be considered the one(1) and only attempt. 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



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break prior to the start of the division.

10. The participant who breaks the most boards will be declared the winner. After the attempt the referee will shake a board(s) that are not clearly broken one (1) time. After the shake of the board(s) the referee will determine if it will count as a broken board.
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). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds.
  - 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.

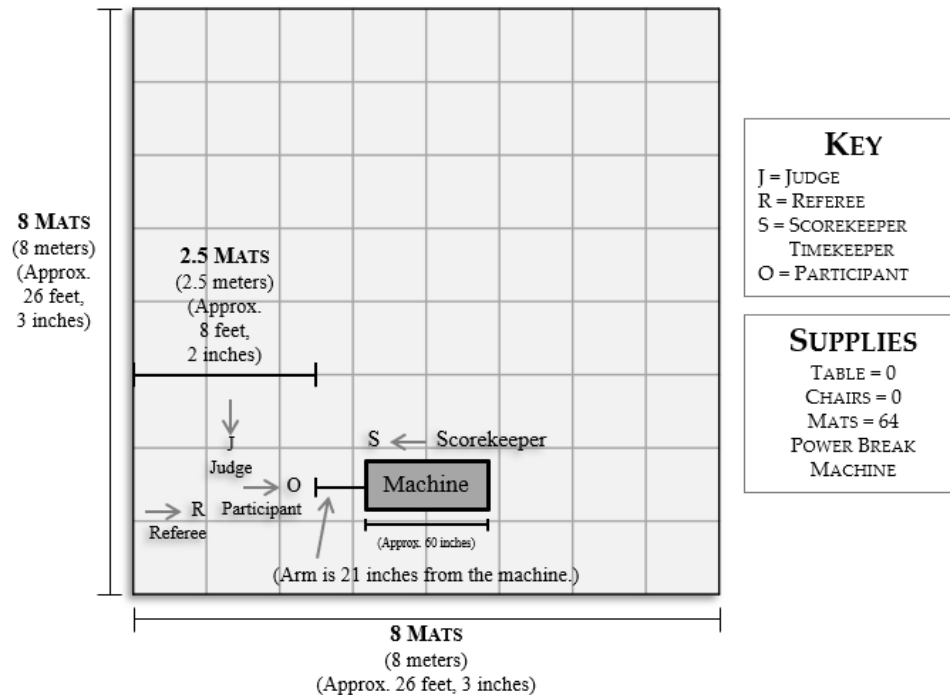


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## IPSSK -- INDIVIDUAL POWER BREAKING SKIPPING SIDE KICK (1 Participant. MINIMUM AGE OF 8. All Belts)



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 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. The dimensions of the boards are 8 inches x 11 inches and 3/4 inch thick. Boards may not be taped together. Athletes CANNOT sort through the boards to select boards. The referee will hand each participant their requested number of boards. If there is an egregious defect (staple in the board, pre-existing damage, etc.) a board can be switched. This exchange of a defective board is at the discretion of the referee.
3. Once the referee declares "Si Jak" (begin), the participant may not touch the boards to readjust or measure. Any touch of the boards will be considered the one(1) and only attempt. The participant's break must be done within 30 seconds.
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. After the attempt the referee will shake a board(s) that are not clearly broken one (1) time. After the shake of the board(s) the referee will determine if it will count as a broken board.
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



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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)

9. 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.
10. 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
11. 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)
12. 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.
13. 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.)
14. 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. It is acceptable if the participant falls into the breaking machine or catches his or herself of the breaking machine as long as only the feet touch the ground.
  - 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.







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#1 will receive the higher final position within the division, because they attempted to break more boards)

9. 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.
10. 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
11. 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)
12. 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.
13. 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.)
14. 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. It is acceptable if the participant falls into the breaking machine or catches his or herself of the breaking machine as long as only the feet touch the ground.
  - 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.

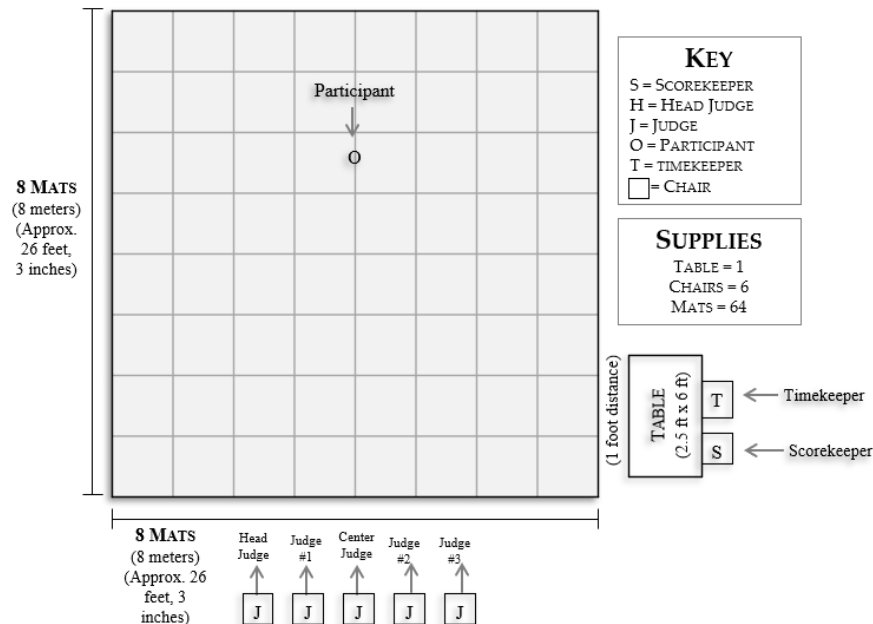


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## ICB -- INDIVIDUAL CREATIVE BREAKING (KYUKPA) (1 Participant. No Age Requirements. All Belts) Maximum Points = 90 Points



1. 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.
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



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- 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 4-5 boards, the maximum score in this category is 10.0.
  - iv. All boards must be broken with a Taekwondo technique. EXAMPLE: a participant does a split kick in the air. The athlete mistimes the jump and 1 board is broken by the shoulder instead of by a punch. The board broken by the shoulder will not be counted as a successful broken board.
- 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). It is the participant's responsibility to ensure that the holders are setup within the 60-second 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 ( $0.2 \times 3 \text{ attempts} = 0.6$  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 (.5 point deduction for each occurrence). Participant will not receive a deduction if the holder crosses outside of the ring) Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
- f. Unsportsmanlike conduct (1 point deduction for each occurrence).
- g. Board holders are discouraged from assisting/moving the board to assist the break. A slight movement will NOT result in a deduction. Flagrant or egregious movement of the board to assist the break will result in a 0.2 deduction for each infraction.
- h. Moving a board holder or board after the referees states "Sijak" (begin) will not result in an immediate deduction but will affect the Presentation (see 8.C above) score.

### 10. Tiebreaker

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.

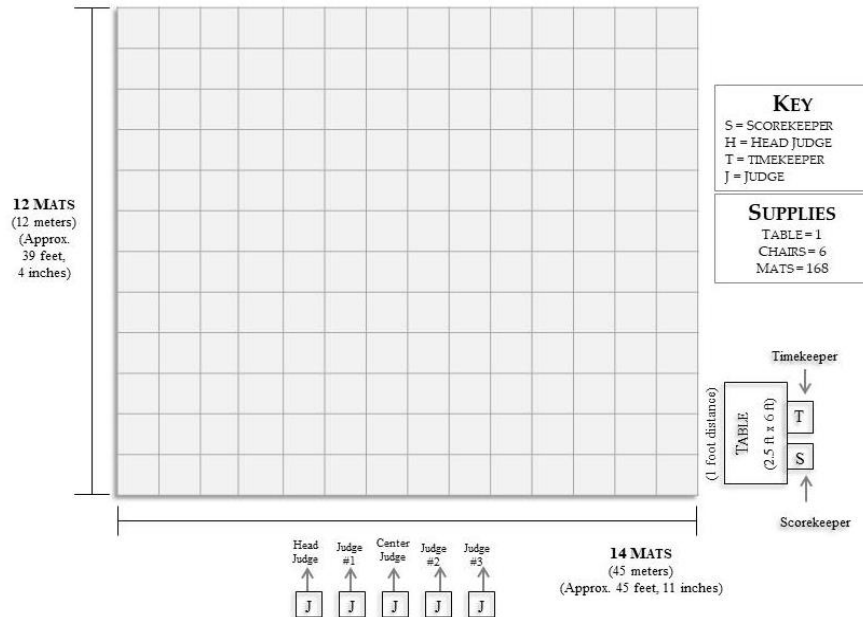


# MASTERS CHALLENGE RULES

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## TDR -- 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 between 50 and 60  $\frac{1}{4}$ -inch pine boards. Each team may determine how to break the 50-60  $\frac{1}{4}$ -inch boards (can use spacers, holding devices, etc.)
      - Each team must attempt to break exactly 10  $\frac{3}{4}$ -inch pine boards – no fewer or more than 10  $\frac{3}{4}$ -inch boards can be used. Each team may determine how to break the 10  $\frac{3}{4}$ -inch boards (can use spacers, holding devices, etc.)
      - 5 spare  $\frac{1}{4}$  inch boards can be brought onto the mat in case boards from the min/max 50  $\frac{1}{4}$  inch boards are broken in a transition. These 5 spare  $\frac{1}{4}$  inch boards will be inspected prior to competition and will be marked by black sharpies as the spare. No spare  $\frac{3}{4}$  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 ( $\frac{1}{4}$  inch and  $\frac{3}{4}$  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 clause 7 below regarding props. These optional breaks/techniques may be included in addition to the above required number of boards.

2. Teams have a 2-minute setup time limit prior to their performance.



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3. Teams have a 7-minute performance time limit, NOT including time for set-up.
4. Ring dimensions are 12 meters x 14 meters.
5. Music is **HIGHLY ENCOURAGED**. Athletes are required to upload the music file to kihapp, email the music file to [events@familyblackbelt.com](mailto:events@familyblackbelt.com) NO LATER THAN WED 10/30/24 at 12:00 PM, **AND** are required to bring a backup on a USB Drive or Media player the day of the competition. All music must be suitable for a family environment; no explicit lyrics.
6. 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.
7. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee.
8. 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.
  - c. Accuracy and Execution of Techniques – Weapons - (10 Points)
    - i. Execution of use of weapon(s)
    - ii. Creativity of use of weapon(s)
    - iii. 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.
    - iv. 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.
    - v. Major Deductions (0.30 of point each occurrence) – grossly incorrect or poor technique while using



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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)

- i. Each team can attempt to break between 50 and 60 ¼-inch pine boards. Each team may determine how to break the 50-60 ¼-inch boards (can use spacers, holding devices, etc.)
- ii. 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.)
- iii. 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.
- iv. Degree of Difficulty
  1. Attempting to break a higher quantity of boards will result in a higher score.
  2. Single Jump breaks will result in a higher score. A single jump break is defined as breaking 3 or more fixed targets with one or more various techniques using the hands and feet through a single jump. The greater number of boards broken in a single jump technique will result in a higher score.
  3. Acrobatic Breaking: A breaking technique executed by jumping into the air rotating along the horizontal axis - to strike the target with a foot will result in a higher score.
  4. Rotational Breaking: A breaking technique executed by jumping into the air while rotating along the vertical axis - to strike the target with a foot. A higher degree of rotation (540 degree or 720 degree turn) will result in a higher score.
- v. Creativity of Breaking performance
- vi. Minor Deductions (0.10 of point each occurrence) – missed break. The minor deduction applies to missed boards.

e. Presentation (10 points)

- i. Etiquette – proper respect in response to judges commands
- ii. Attitude – kihap, confidence, assertiveness, body language
- iii. 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.
- iv. Speed and Power of Taekwondo Techniques
- v. Eye Control - correct direction to “look”, correct eye position as well as where eyes are focused.

f. Creativity (10 points)

- i. 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.
- ii. 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.
- iii. Originality of Composition – consider the creativity of the actions, components, attire, and thematic elements and how they contribute to the overall performance.

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.

9. 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)





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- 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 (.2 point deduction for each occurrence). Any part of the body that touches the ground outside of the ring will be considered out of bounds. Example: if half of the foot steps out of bounds it will be considered out of bounds and result in a deduction.
  - i. All team members must remain on the mat at all times. Stepping off of the mat will result in a .2 point deduction for each occurrence. 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. The only exception is that if a board(s) or prop(s) is broken and pieces go out of the ring there will NOT be any deductions.
- e. Too many or too few team members (1 point deduction)
  - f. Use of explicit lyrics in the music (2 point deduction)

### 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) – 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.