

## Frequently Asked Questions and Information

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

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

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

### 2. Can participants wear shoes?

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

### 3. What do I need to bring to Participant 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. You can begin picking up participant badges, participant bags, and any pre-ordered items starting Friday, July 24, 2026 from 6:30pm to – 7:30pm at Sand Creek High School. Badge pick up will also be open at 7:30am on Saturday, July 25<sup>th</sup>. All Sparring and Demo Team members will be strongly encouraged to pick up their badges Friday night.

### 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 \$10 re-print fee.

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

	<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	ISE	Individual Sparring - Electronic
8	IJH	Individual Jumping High Kick
9	IPKH	Individual Power Knife Hand
10	IPSSK	Individual Power Skipping Side Kick

	<u>CODE</u>	<u>EVENT</u>
11	IPBK	Individual Power Back Kick
12	ISHK	Individual Spin Hook Kick
13	ICFWO	Individual Creative Forms without Weapons
14	ICFWW	Individual Creative Forms with Weapons
15	TCFWO	Team Creative Forms without Weapons
16	TCFWW	Team Creative Forms with Weapons
17	TDR	Team Demonstration Recreational
18	TDC	Team Demonstration Championship
19	ITFP	Individual Traditional Forms - Para
20	ICBP	Individual Creative Breaking - Para



# ROCKY MOUNTAIN STATE GAMES RULES

Updated 6/11/2026



## 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.

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

When you arrive to the Sand Creek High 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 July 24<sup>th</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 July 25, 2026.

Once the participant picks up the participant badge, they 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 the high 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. 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, 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 July 25, 2026 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 12:30 PM to be included. Each Taekwondo School is strongly encouraged to bring their own School banner. 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, July 23<sup>rd</sup>, 2026. 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

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:

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

Individual Traditional Forms Sport (ITFS) 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 3rd place. 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 Rocky Mountain State Games 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 Child's division (age 8-9) 1st Poom has 16 participants registered. This will ONLY be one division of 16 participants. First, second and third place awards will be given. **Individual Traditional Forms Sport (ITFS) will NOT have a maximum of 4 per division.**

- |  |   |
|--|---|
| 1. Individual Jumping High Kick                    | 3. Individual Power Breaking Skipping Side Kick |
| 2. Individual Power Breaking Knife Hand (Downward) | 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.

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 1<sup>st</sup> 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 \$25. 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 Rocky Mountain State Games. If you have a question about a score you may ask to speak with a member of the Organizing Committee so questions can be directed appropriately to the Referee Chairman.

### 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 **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)?

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

U.S. Taekwondo Center Students: Only official Poomsae Team members may register for Traditional Forms Sport (ITFS).

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

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

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

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

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

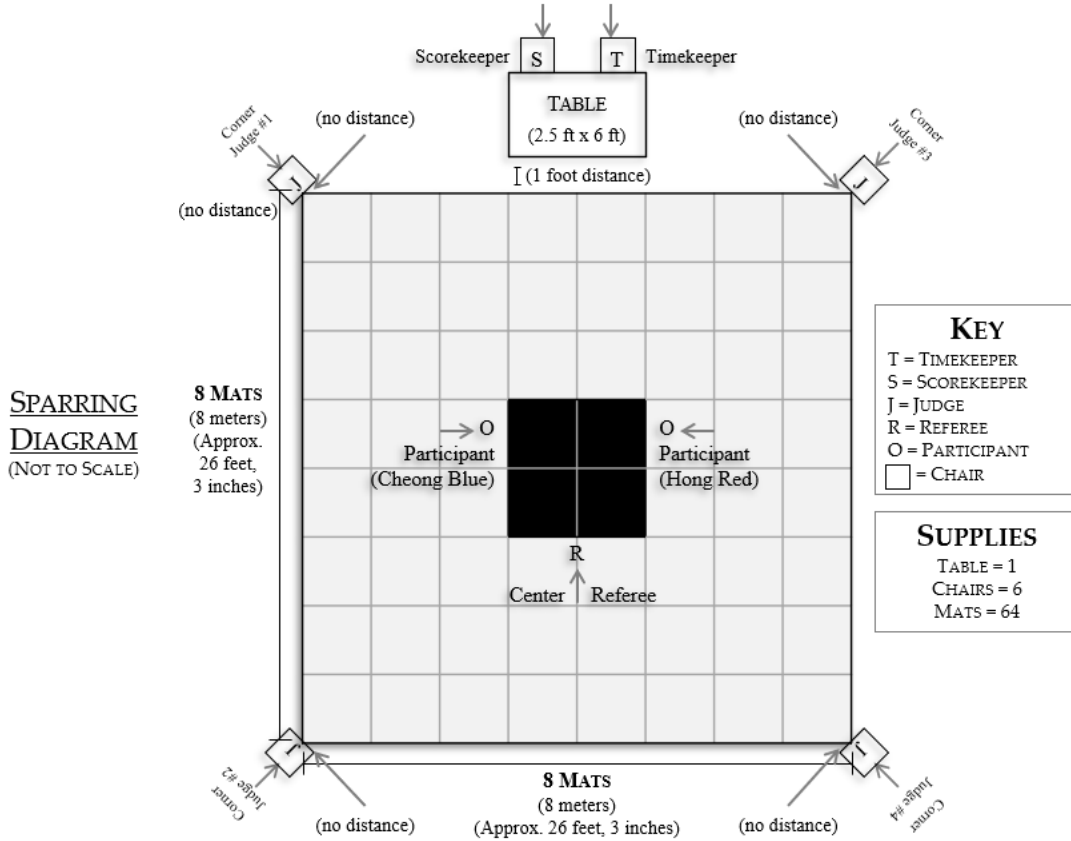
Geup is a Taekwondo term used for belt ranks. Rather than say “Yellow Belt”, a person would say “9th Geup”. Typically, the lower the Geup, the closer the person is to 1st-degree Black Belt. (For example, a 1st Geup is the level before 1st-degree Black Belt.) The Geup Chart is a way to classify each belt level. For the Rocky Mountain State Games each participant in Traditional Forms can perform any Kukkiwon Form appropriate to their belt level (USTC Kyoorogi Poomsae, Palgwe, etc. are NOT allowed). See next page.

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

<b>U.S. Taekwondo Center BLACK BELT - Leadership and above Conversion Chart</b>		
<b>Belt Color</b>	<b>Geup</b>	<b>Eligible Form (poomsae)</b>
4 <sup>th</sup> Dan and above	N/A	Hansoo, Cheon Kwon, Ji tae, Sipjin, Pyung won, Taebaek, Keumgang, Koryo
3rd Dan/Poom	N/A	Taebaek, Geumgang, Koryo
2nd Dan/Poom	N/A	Geumgang, Koryo
1st Dan/Poom	N/A	Koryo
<b>U.S. Taekwondo Center COLOR BELT (GEUP) - Leadership and Black Belt Club - Conversion Chart</b>		
<b>Belt Color</b>	<b>Geup</b>	<b>Eligible Form (poomsae)</b>
Black Belt Eligible	1st	Taegeuk 1-8
Bo Dan 2	1st	Taegeuk 1-8
Bo Dan 1	1st	Taegeuk 1-8
Red Senior	2nd	Taegeuk 1-8
Red	2nd	Taegeuk 1-7
Brown Senior	3rd	Taegeuk 1-6
Brown	3rd	Taegeuk 1-6
Blue Senior	4th	Taegeuk 1-6
Blue	5th	Taegeuk 1-6
Purple	6th	Taegeuk 1-3
Green	7th	Taegeuk 1-3
Orange	8th	Taegeuk 1-3
Yellow	8th	Taegeuk 1-3
<b>U.S. Taekwondo Center COLOR BELT (GEUP) - Basic Course - Conversion Chart</b>		
<b>Belt Color</b>	<b>Geup</b>	<b>Eligible Form (poomsae)</b>
Orange	8th	Ineligible to compete in ITF. Can only compete in ICB.
Yellow	8th	Ineligible to compete in ITF. Can only compete in ICB.
White	9th	Ineligible to compete in ITF. Can only compete in ICB.

## 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

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

Child (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

Pee Wee (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

Tiger (Age 3 to 5)	
Divisions	
No weight divisions	

1. No weigh-in is required for Individual Sparring
2. Sparring age divisions shown below:

Division Name	Pee Wee	Dragon	Tiger	Youth	Cadet	Junior	Senior	Ultra	Platinum
<b>Age</b>	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 between 2-3 rounds. Whoever wins 2 rounds first will win the match. Rounds are 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 who wins 2 rounds will be the winner. The score resets to 0 after every round.
  - a. EXAMPLE: Round 1: blue = 5, red = 4. Blue wins the round. Round 2: score starts blue = 0, red =0. At the end of round 2, blue =3, red =2. Blue wins the round and the match (won 2 rounds). There will be no round 3.
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

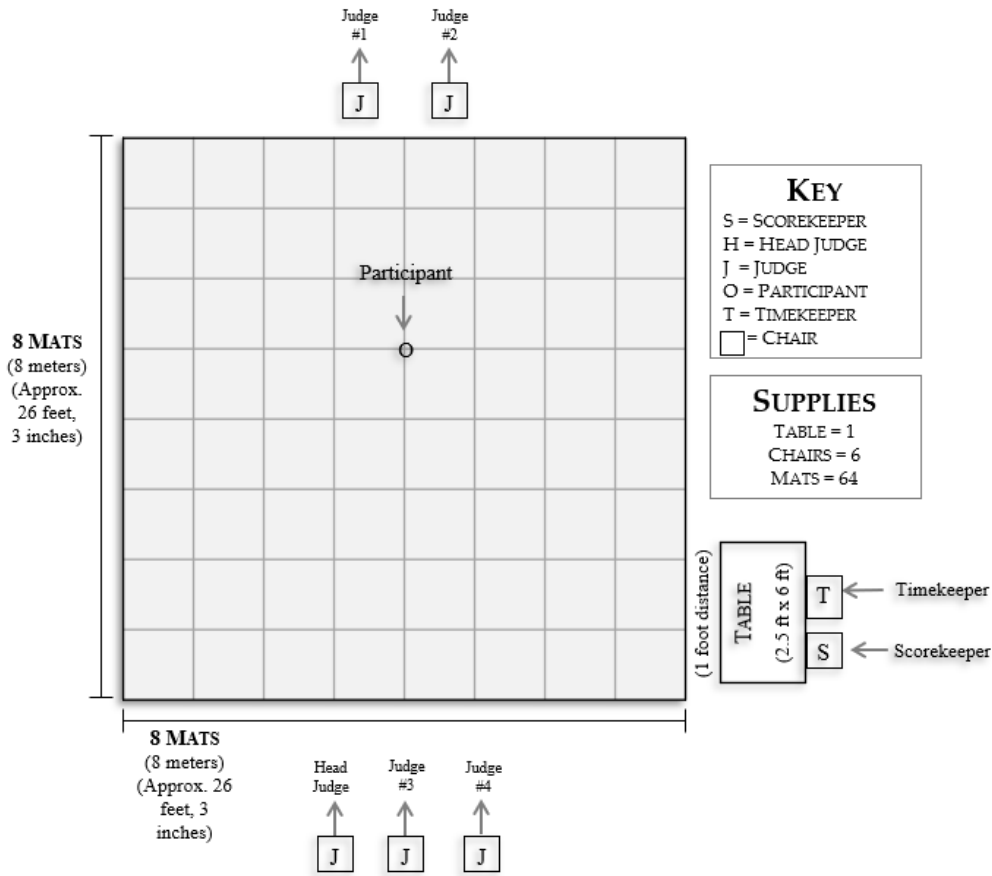
penalty will cause 1 point to be added to the opponent's score. Ten (10) Gam-Jeom penalties will cause immediate disqualification).

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:

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 the participant cannot continue due to medical reasons after the maximum 2 minute medical timeout, the center referee will declare a winner.
  - a. 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.

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



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
2. Competition time limit: 90 seconds maximum
3. The following will complete each participant's score:

Points	Grading Criteria	Grading Criteria Details	Points
4.0	Accuracy	Basic Taekwondo movements and balance	4.0
6.0	Expressivity	Speed and power	2.0
		Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
		Expression of energy	2.0

### A. Accuracy (4.0 points):

- I. Basic Taekwondo movements according to Kukkiwon guidelines
  - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)

- b. 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
  - c. Accuracy of Each Kicking Technique - correct form, height, and power of kick
- II. **Balance**
- a. Properly shifting weight when connecting movements
  - b. Correct weight distribution and balance in stances
  - c. How the participant performs movements without losing balance when applying power to the target of the strike.
- B. Expressivity (6.0 points):**
- I. **Speed and Power (2.0 points)**
- a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.
- II. **Harmony (2.0 points)**
- a. Sturdiness and Gentleness
    - i. Poomsae should be performed with strong balance. The power of each block, strike, or kick should be powerful, quick, and natural/relaxed.
  - b. Tempo and rhythm
    - i. Speed/tempo/flow
    - ii. Overall timing and synchronization of hands/feet/kihap(s)
- III. **Expression of Energy (2.0 points)**
- a. Kihap – confidence
  - b. Attitude and Etiquette – as soon as the Participant's name is called to enter the ring for your competition.
  - c. Eye Control - correct direction to “look”, correct eye position as well as where eyes are focused
  - d. 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.

#### 4. Deductions

- A. Participant crosses outside of the 8-meter x 8-meter ring (.3-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 (.3-point deduction)
- C. Unsportsmanlike conduct (1 point deduction)
- D. 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.
  - 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.
  - 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.
- E. If a participant performs a poomsae that is not allowed based on belt rank it will result in a 5 point deduction. EXAMPLE: A green belt 7<sup>th</sup> geup performs 1<sup>st</sup> degree black belt poomsae Koryo.
- F. All deductions will be applied at the end of the performance to the final score.



# ROCKY MOUNTAIN STATE GAMES RULES

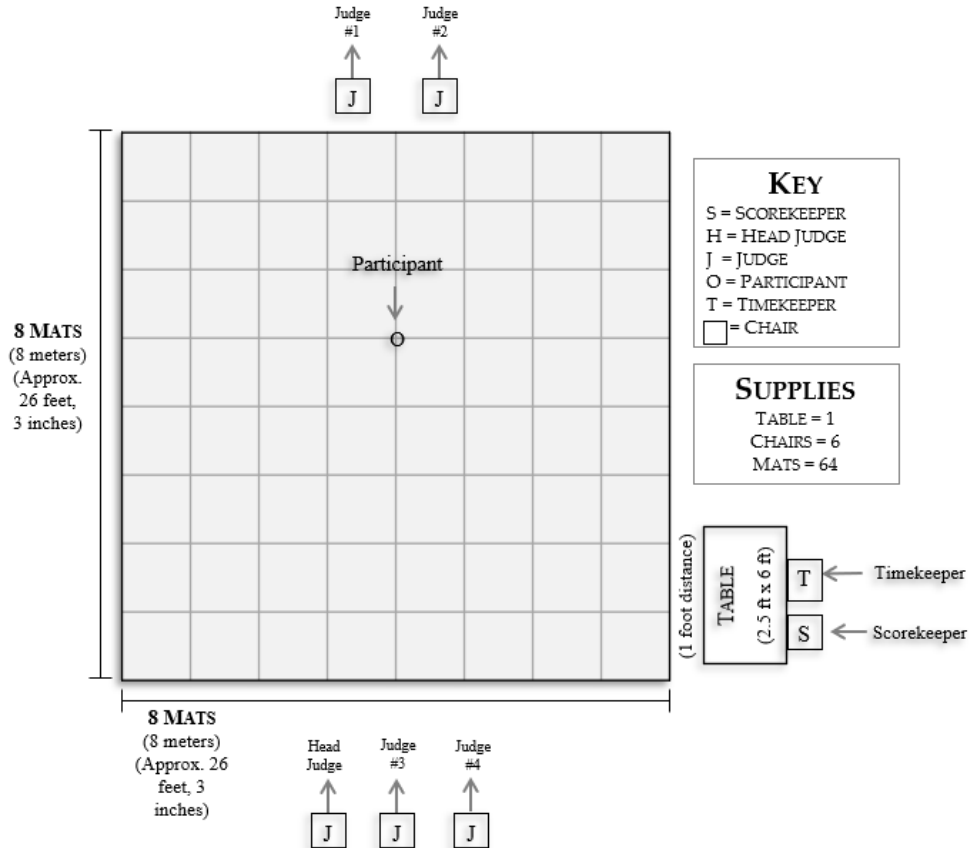
Updated 6/11/2026



## 5. Tiebreaker

- A. In the case of a tie, the participant with the higher expressivity score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
- B. If there is still a tie, In the event of a tie for 1<sup>st</sup> place only (If there is a tie for 2<sup>nd</sup> or 3<sup>rd</sup> place there will be multiple 2<sup>nd</sup> and 3<sup>rd</sup> places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

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



The Rocky Mountain State Games will use the 2025 WT/USATKD Poomsae Rules ([click here to view full](#)) 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 Thursday July 23, 2026.
3. The ring layout will be the above layout.

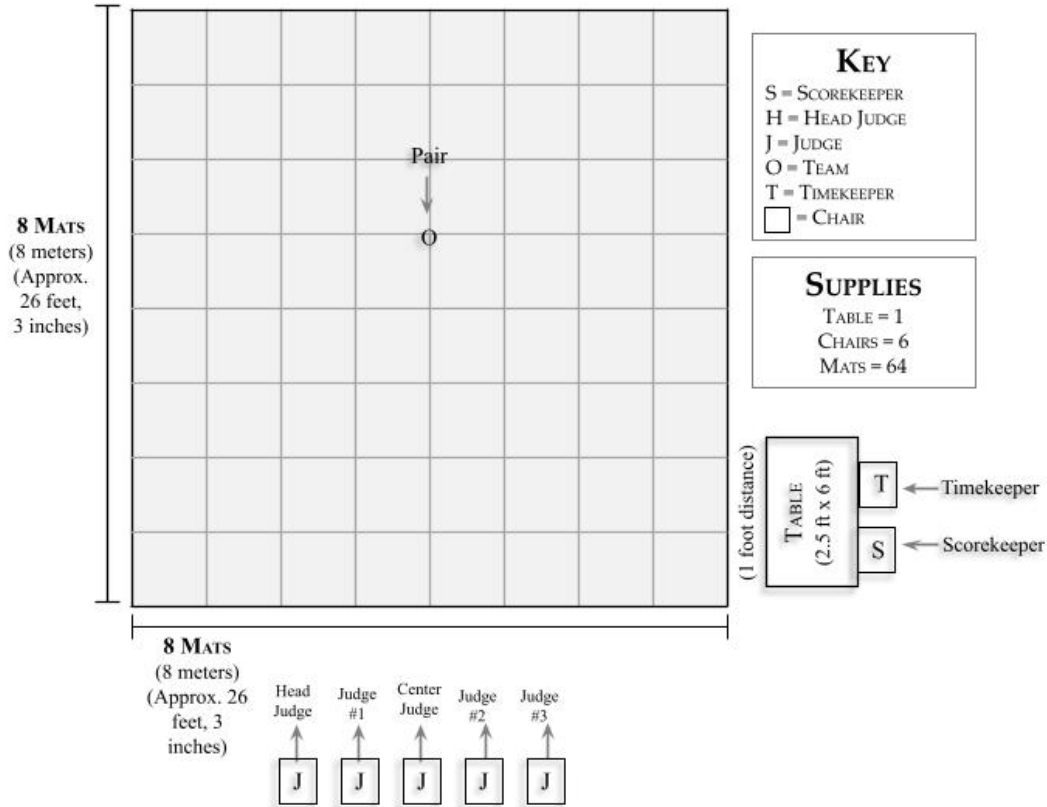
### Black Belt Divisions

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	Taeguek 1, 2 Jang
Green (5th & 6 Geup) All Ages	Taeguek 1, 2, 3, 4 Jang
Blue (3rd & 4th Geup) All Ages	Taeguek 3, 4, 5, 6 Jang
Red (1st & 2nd Geup) All Ages	Taeguek 4, 5, 6, 7, 8 Jang

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



1. There must be exactly two (2) people registered to make up a Pairs Traditional Forms Group. Pairs can be made up of the same gender or mixed gender (co-ed).
2. Each pair should perform the one (1) poomsae for the **LOWEST** belt rank in the chart above. For example, one participant is a 1st Dan Black Belt, and the pair partner is a 1st Geup. The pairs team should perform Taegeuk Pal Jang (8), NOT Koryo.
3. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
4. Competition time limit: 90 seconds maximum
5. The following will complete each Pair's score:

Points	Grading Criteria	Grading Criteria Details	Points
4.0	Accuracy	Basic Taekwondo movements and balance	4.0
6.0	Expressivity	Speed and power	2.0
		Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
		Expression of energy	2.0

## A. Accuracy (4.0 points):

- I. Basic Taekwondo movements according to Kukkiwon guidelines
  - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
  - b. 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
  - c. Accuracy of Each Kicking Technique - correct form, height, and power of kick
- II. Balance
  - a. Properly shifting weight when connecting movements
  - b. Correct weight distribution and balance in stances
  - c. How the participant performs movements without losing balance when applying power to the target of the strike.

## B. Expressivity (6.0 points):

- I. Speed and Power (2.0 points)
  - a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.
- II. Harmony (2.0 points)
  - a. Sturdiness and Gentleness
    - I. Poomsae should be performed with strong balance. The power of each block, strike, or kick should powerful, quick, and natural/relaxed.
  - b. Tempo and rhythm
    - I. Speed/tempo/flow
    - II. Overall timing and synchronization of hands/feet/kihap(s)
- III. Expression of Energy (2.0 points)
  - a. Kihap – confidence
  - b. Attitude and Etiquette – as soon as the Participant’s name is called to enter the ring for your competition.
  - c. Eye Control - correct direction to “look”, correct eye position as well as where eyes are focused
  - d. 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.

## 6. Deductions

- A. Participant crosses outside of the 8-meter x 8-meter ring (.3-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 (.3-point deduction)
- C. Unsportsmanlike conduct (1 point deduction)
- D. 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 determined a stopped performance based on age and belt rank.
  - 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.
  - 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-



# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/11/2026



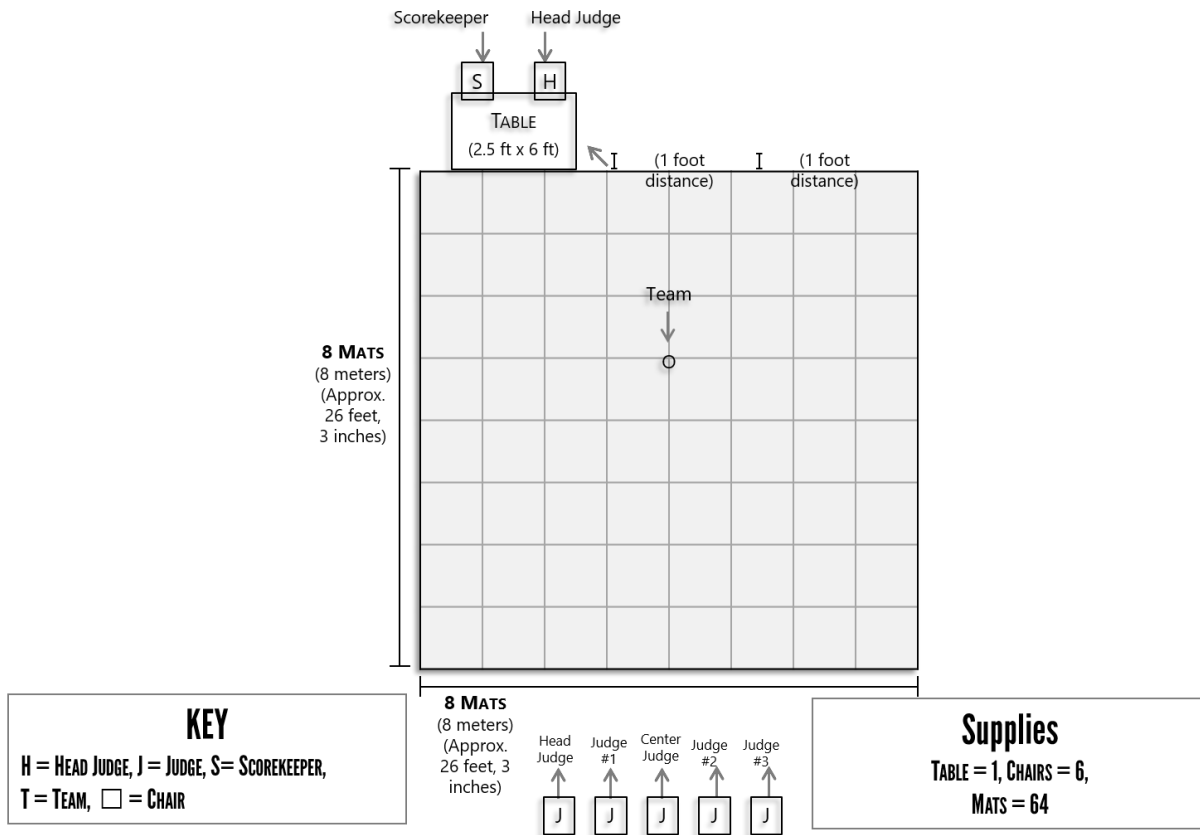
second time limit it will result in a 1 point deduction for every 10 seconds over time limit.

E. All deductions will be applied at the end of the performance to the final score.

F. Tiebreaker

- In the case of a tie, the participant with the higher expressivity score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2<sup>nd</sup> and 3<sup>rd</sup> places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

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



1. There must be between three (3) to ten (10) participants registered to make up a Team Traditional Forms Group. Teams can be made up of the same gender or mixed gender. There are no age or belt restrictions.
2. Each team should perform the one (1) poomsae for the LOWEST belt rank in the chart above. For example, the team has 3 members: two are 1<sup>st</sup> Dan Black Belts, and the third member is a 1st Geup. The entire team should perform Taegeuk Pal Jang (8), NOT Koryo.
3. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
4. Competition time limit: 90 seconds maximum
5. The following will complete each team's score:

Points	Grading Criteria	Grading Criteria Details	Points
4.0	Accuracy	Basic Taekwondo movements and balance	4.0
6.0	Expressivity	Speed and power	2.0
		Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
		Expression of energy	2.0

**A. Accuracy (4.0 points):**

- I. Basic Taekwondo movements according to Kukkiwon guidelines
  - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
  - b. 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
  - c. Accuracy of Each Kicking Technique - correct form, height, and power of kick
- II. Balance
  - a. Properly shifting weight when connecting movements
  - b. Correct weight distribution and balance in stances
  - c. How the participant performs movements without losing balance when applying power to the target of the strike.

**B. Expressivity (6.0 points):**

- I. Speed and Power (2.0 points)
  - a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.
- II. Harmony (2.0 points)
  - a. Sturdiness and Gentleness
    - i. Poomsae should be performed with strong balance. The power of each block, strike, or kick should powerful, quick, and natural/relaxed.
  - b. Tempo and rhythm
    - i. Speed/tempo/flow
    - ii. Overall timing and synchronization of hands/feet/kihap(s)

III. Expression of Energy (2.0 points)

- a. Kihap – confidence
- b. Attitude and Etiquette – as soon as the Participant’s name is called to enter the ring for your competition.
- c. Eye Control - correct direction to “look”, correct eye position as well as where eyes are focused
- d. 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.

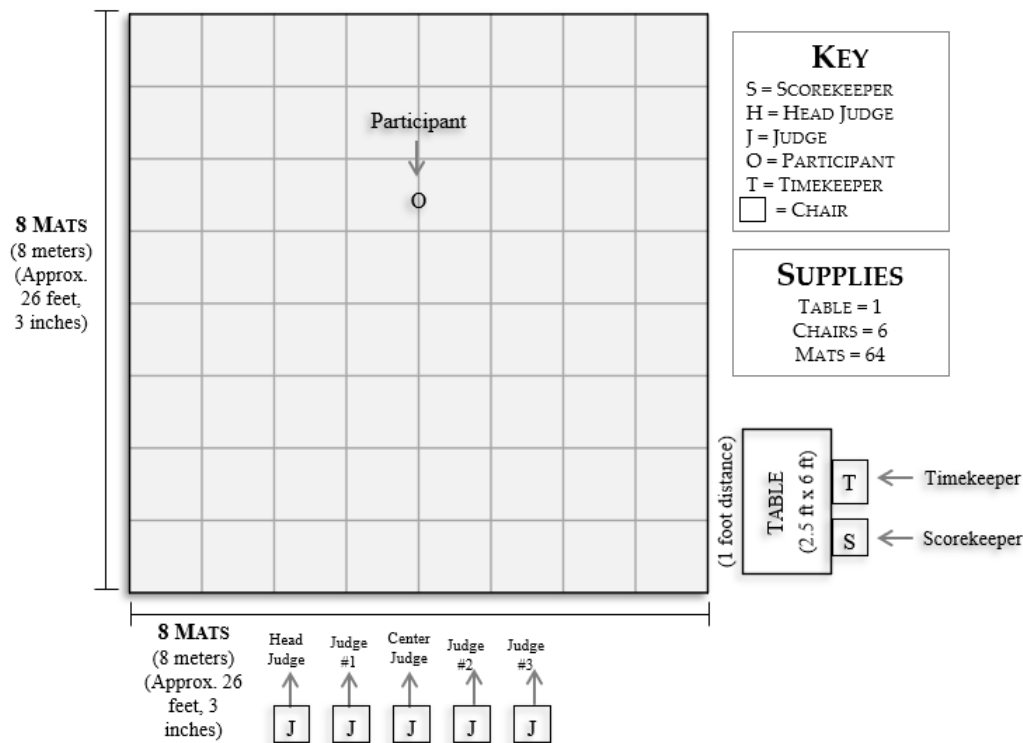
6. Deductions

- A. Participant crosses outside of the 8-meter x 8-meter ring (.3-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 (.3-point deduction)
- C. Unsportsmanlike conduct (1 point deduction)
- D. All deductions will be applied at the end of the performance to the final score.

7. Tiebreaker

- a. In the case of a tie, the participant with the higher expressivity score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2<sup>nd</sup> and 3<sup>rd</sup> places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

**IFCWO – INDIVIDUAL CREATIVE FORMS (POOMSAE) WITHOUT WEAPONS  
(1 Participant. No Age Requirements. All Belts)**



- There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
- Competition time limit: 90 seconds maximum
- Compulsory Techniques:
  - Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
    - 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
    - 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
    - 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
- Music is **HIGHLY ENCOURAGED** and must be uploaded on the participant registration site no later than Wed 7/22/26 at 11:59 PM. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment, no explicit lyrics.
  - The time clock starts when referees calls "sijak" . The time clock ends when either the performance stops or when music ends and performance is over.
- 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
- The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Accuracy of basic Taekwondo movements	2.0
	Compulsory techniques	2.0
Program arrangement (6.0)	Speed and power	2.0
	Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
	Creativity	2.0

**A. Accuracy (4.0 points):**

- I. Accuracy of Basic Taekwondo movements according to Kukkiwon guidelines (2.0)
  - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
  - b. 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
- II. Compulsory Techniques (2.0)
  - a. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
    - i. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
    - ii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
    - iii. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
  - b. Execution of Each Kicking Technique
    - i. Participant fails to perform required techniques (.3-point deduction for each kick omitted). For example, 1 Front Snap Kick instead of 2 (.3-point deduction) No Front Snap Kicks (.6 point deduction)

**B. Program Arrangement (6.0 points):**

- I. Speed and Power (2.0 points)
  - a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing
- II. Harmony (2.0 points)
  - a. Sturdiness and Gentleness
  - b. Poomsae should be performed with strong balance. The power of each block, strike, or kick should powerful, quick, and natural/relaxed.
  - c. Tempo and rhythm
  - d. Speed/tempo/flow
  - e. Overall timing and synchronization of hands/feet/kihap(s)
- III. Creativity (2.0 points)
  - a. Composition of choreography
  - b. Creativity of entire routine
  - c. Degree of Difficulty

**7. Deductions**

- A. Participant crosses outside of the 8-meter x 8-meter ring (.3-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 (.3-point deduction)
- C. Unsportsmanlike conduct (1 point deduction)
- D. 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. (1 point deduction for each occurrence)
- E. All deductions will be applied at the end of the performance to the final score.

**8. Tiebreaker**



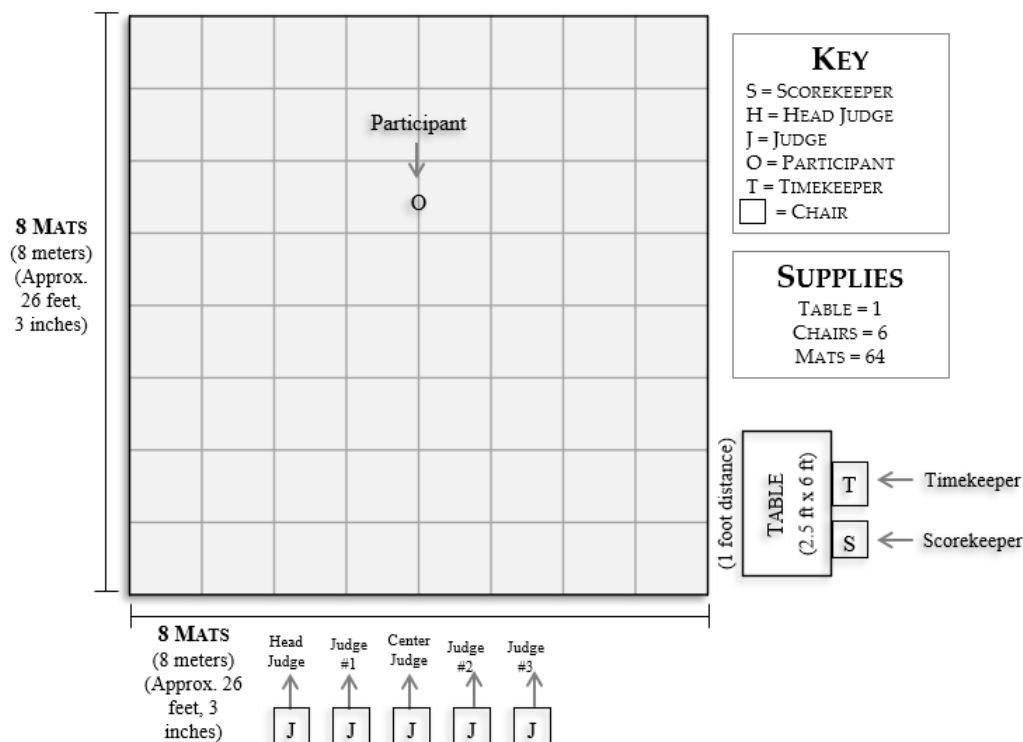
# ROCKY MOUNTAIN STATE GAMES RULES

## Updated 6/11/2026



- A. In the case of a tie, the participant with the higher program arrangement score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
- B. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2<sup>nd</sup> and 3rd places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

## IFCWW – INDIVIDUAL CREATIVE FORMS (POOMSAE) WITH WEAPONS (1 Participant. No Age Requirements. All Belts)



- There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
- Competition time limit: 90 seconds maximum
- Compulsory Techniques:
  - Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
    - 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
    - 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
    - 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
- Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 7/22/26 at 11:59 PM. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment, no explicit lyrics.
  - The time clock starts when referees calls “sijak” . The time clock ends when either the performance stops or when music ends and performance is over.
- 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 products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
- Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee. All weapons will be checked by the organizing committee at participant badge pickup. All weapons that are approved will be marked by the organizing committee.

7. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Accuracy of basic Taekwondo movements	2.0
	Compulsory techniques	2.0
Program arrangement (6.0)	Weapons	2.0
	Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
	Creativity	2.0

**A. Accuracy (4.0 points):**

- I. Accuracy of Basic Taekwondo movements according to Kukkiwon guidelines (2.0)
  - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
  - b. 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
  
- II. Compulsory Techniques (2.0)
  - a. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
    - i. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
    - ii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
    - iii. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
  - b. Execution of Each Kicking Technique
  - c. Participant fails to perform required techniques (.3-point deduction for each kick omitted). For example, 1 Front Snap Kick instead of 2 (.3-point deduction) No Front Snap Kicks (.6 point deduction)

**B. Program Arrangement (6.0 points):**

- I. Weapons (2.0 points)
  - a. Execution of use of weapon(s)
  - b. Creativity of use of weapon(s)
  - c. Consider applicability of actions with the weapon's intended use and look for miscues such as unintentionally fumbling or dropping the weapon.
  - d. Fumbling or unintentionally dropping the weapon(s) .3 deduction
  
- II. Harmony (2.0 points)
  - a. Sturdiness and Gentleness
  - b. Poomsae should be performed with strong balance. The power of each block, strike, or kick should powerful, quick, and natural/relaxed.
  - c. Tempo and rhythm
  - d. Speed/tempo/flow
  - e. Overall timing and synchronization of hands/feet/kihap(s)
  
- III. Creativity (2.0 points)
  - a. Composition of choreography
  - b. Creativity of entire routine

## c. Degree of Difficulty

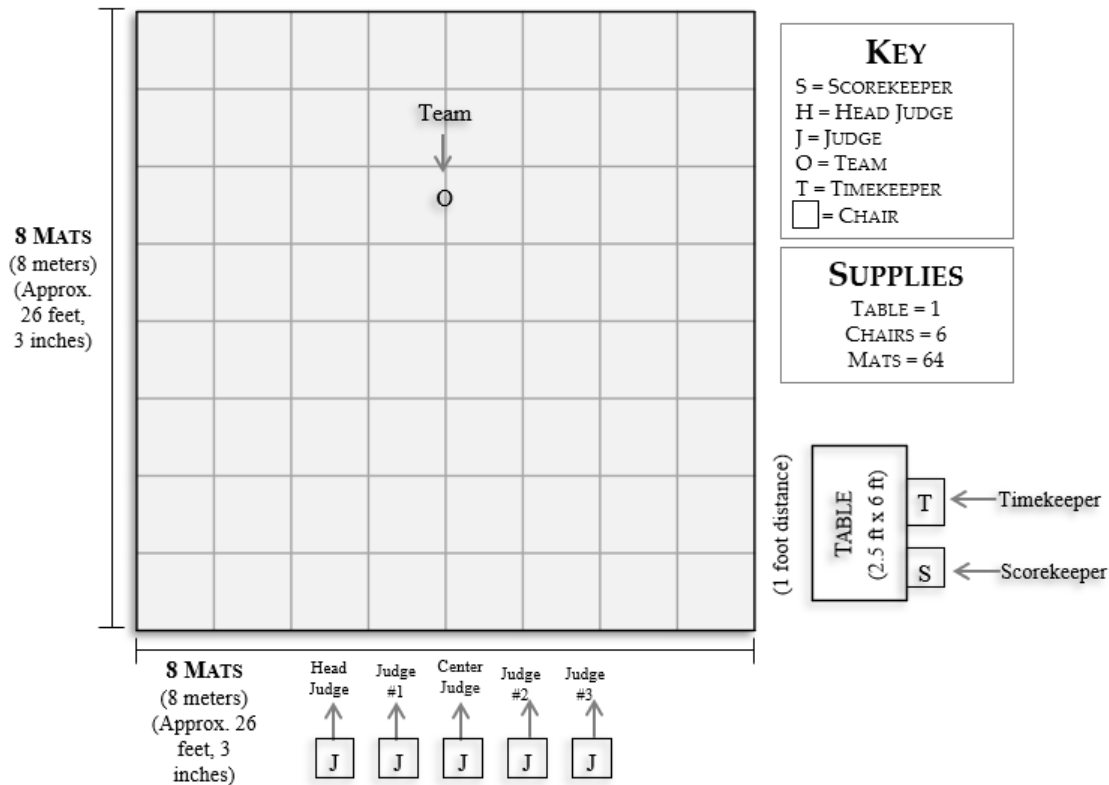
## 8. Deductions

- a. Participant crosses outside of the 8-meter x 8-meter ring (.3-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 (.3-point deduction)
- c. Unsportsmanlike conduct (1 point deduction)
- d. 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. (1 point deduction for each occurrence)
- e. All deductions will be applied at the end of the performance to the final score.

## 9. Tiebreaker

- a. In the case of a tie, the participant with the higher program arrangement score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
- b. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2<sup>nd</sup> or 3<sup>rd</sup> place there will be multiple 2<sup>nd</sup> and 3<sup>rd</sup> places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

## 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.)



- There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
- Competition time limit: 90 seconds maximum
- Compulsory Techniques:
  - Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
    - 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
    - 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
    - 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
- Music is **HIGHLY ENCOURAGED** and must be uploaded on the participant registration site no later than Wed 7/22/26 at 11:59 PM. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment, no explicit lyrics
  - The time clock starts when referees calls “sijak” . The time clock ends when either the performance stops or when music ends and performance is over.
- 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.
- The following will complete each participant’s score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Accuracy of basic Taekwondo movements	2.0
	Compulsory techniques	2.0
Program arrangement (6.0)	Speed and power. Harmony	2.0
	Unity of Team performance	2.0
	Creativity	2.0

**A. Accuracy (4.0 points):**

- I. Accuracy of Basic Taekwondo movements according to Kukkiwon guidelines (2.0)
  - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
  - b. 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
  
- II. Compulsory Techniques (2.0)
  - a. 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)
  - b. Execution of Each Kicking Technique
  - c. Each member of the team must perform the above required minimum number of kicks.
  - d. Participant fails to perform required techniques (.3-point deduction for each kick omitted). For example, 1 Front Snap Kick instead of 2 (.3-point deduction) No Front Snap Kicks (.6 point deduction)

**B. Program Arrangement (6.0 points):**

- II. Speed and Power (2.0 points)
  - a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.
  
- III. Harmony
  - a. Sturdiness and Gentleness
    - a. Poomsae should be performed with strong balance. The power of each block, strike, or kick should powerful, quick, and natural/relaxed.
    - b. Tempo and rhythm
      - a. Speed/tempo/flow
      - b. Overall timing and synchronization of hands/feet/kihap(s)
  
- IV. Unity of Team performance (2.0 points)
  - a. Team synchronization
  - b. 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.

- V. Creativity (2.0 points)
- a. Composition of choreography
  - b. Creativity of entire routine
  - c. Degree of Difficulty

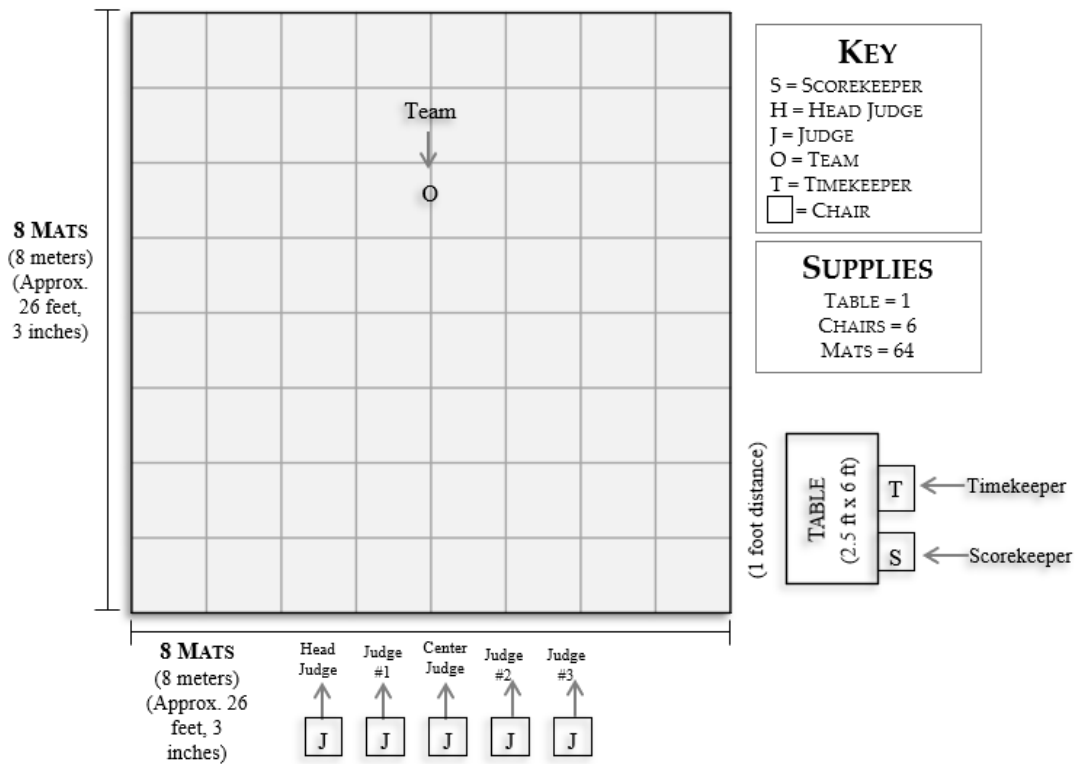
7. Deductions

- A. Participant crosses outside of the 8-meter x 8-meter ring (.3-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 (.3-point deduction)
- C. Unsportsmanlike conduct (1 point deduction)
- D. Participant fails to perform required techniques (.5-point deduction for each kick omitted)
- E. For example, 1 Front Snap Kick instead of 2 (.5-point deduction) No Front Snap Kicks (1 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 (.3-point deduction)
- G. All deductions will be applied at the end of the performance to the final score.

8. Tiebreaker

- A. In the case of a tie, the participant with the higher program arrangement score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
- B. If there is still a tie, In the event of a tie for 1st place only (If there is a tie for 2<sup>nd</sup> or 3<sup>rd</sup> place there will be multiple 2<sup>nd</sup> and 3<sup>rd</sup> places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

**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 = 10 Points**



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
2. Competition time limit: 90 seconds maximum
3. Compulsory Techniques:
  - a. Execution of the *minimum* number of kicks (additional types and number of kicks are allowed):
    - 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
    - 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
    - 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
4. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 7/22/26 at 11:59 PM. (Please bring a backup file on a music player or USB drive.) All music must be suitable for a family environment, no explicit lyrics.
  - a. The time clock starts when referees calls “sjak” . The time clock ends when either the performance stops or when music ends and performance is over.
5. 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 products are prohibited. Chairs and trampolines are prohibited. Flowers and fruit are acceptable.
6. Only martial arts weapons are allowed. Any weapon blade must be dull and approved by the Organizing Committee. All weapons will be checked by the organizing committee at participant badge pickup. All weapons that are approved will be marked by the organizing committee.

7. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Accuracy of basic Taekwondo movements. Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
	Compulsory techniques	2.0
Program arrangement (6.0)	Weapons	2.0
	Unity of Team performance	2.0
	Creativity	2.0

**A. Accuracy (4.0 points):**

- I. Accuracy of Basic Taekwondo movements according to Kukkiwon guidelines (2.0)
  - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
  - b. 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
  - c. Harmony
  - d. Sturdiness and Gentleness
    1. Poomsae should be performed with strong balance. The power of each block, strike, or kick should powerful, quick, and natural/relaxed.
  - e. Tempo and rhythm
    1. Speed/tempo/flow
    2. Overall timing and synchronization of hands/feet/kihap(s)
- II. Compulsory Techniques (2.0)
  - a. 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)
  - b. Execution of Each Kicking Technique
  - c. Each member of the team must perform the above required minimum number of kicks.
  - d. Participant fails to perform required techniques (.3-point deduction for each kick omitted). For example, 1 Front Snap Kick instead of 2 (.3-point deduction) No Front Snap Kicks (.6 point deduction)

**B. Program Arrangement (6.0 points):**

- I. Weapons (2.0 points)
  - a. Execution of use of weapon(s)
  - b. Creativity of use of weapon(s)
  - c. 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.
  - d. Fumbling or unintentionally dropping the weapon(s) .3 deduction
- II. Unity of Team performance (2.0 points)
  - a. Team synchronization
  - b. 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.

III. Creativity (2.0 points)

- a. Composition of choreography
- b. Creativity of entire routine
- c. Degree of Difficulty

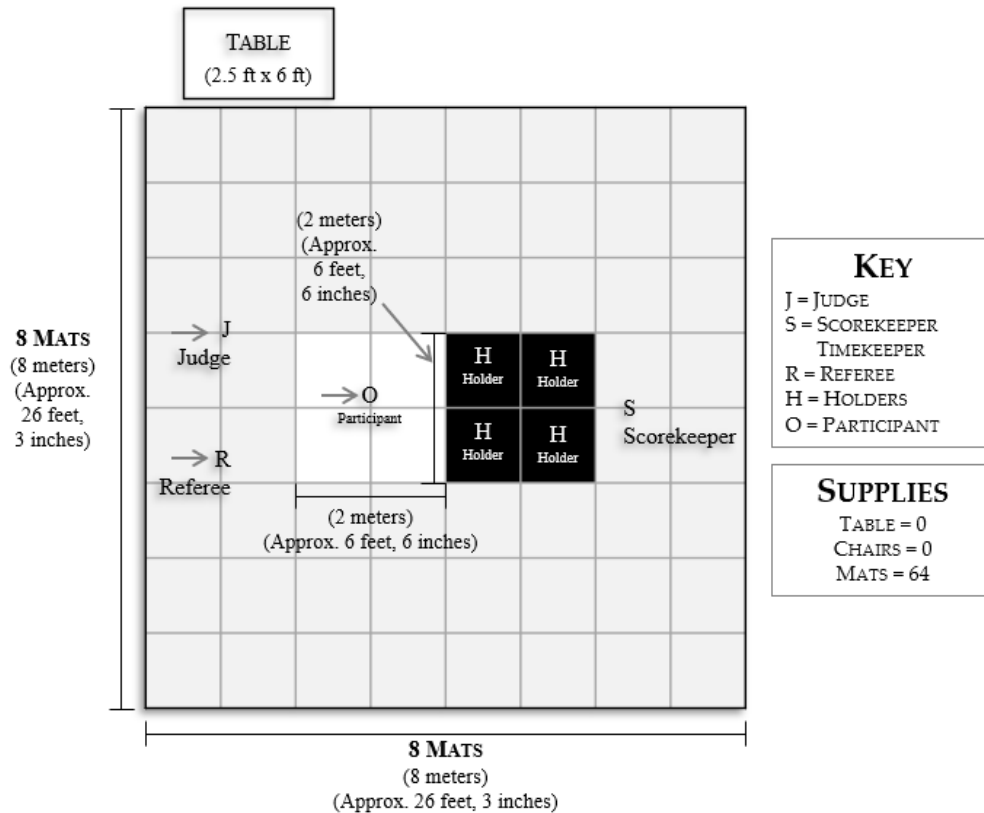
8. Deductions

- a. Participant crosses outside of the 8-meter x 8-meter ring (.3-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 (.3-point deduction)
- c. Unsportsmanlike conduct (1 point deduction)
- d. Participant fails to perform required techniques (.5-point deduction for each kick omitted)
- e. For example, 1 Front Snap Kick instead of 2 (.5-point deduction) No Front Snap Kicks (1 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 (.3-point deduction)

9. Tiebreaker

- a. In the case of a tie, the participant with the higher program arrangement score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
- b. If there is still a tie, In the event of a tie for 1<sup>st</sup> place only (If there is a tie for 2<sup>nd</sup> or 3<sup>rd</sup> place there will be multiple 2<sup>nd</sup> and 3<sup>rd</sup> places awarded) – participants will perform the poomsae one (1) additional time. Judges will re-score.

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

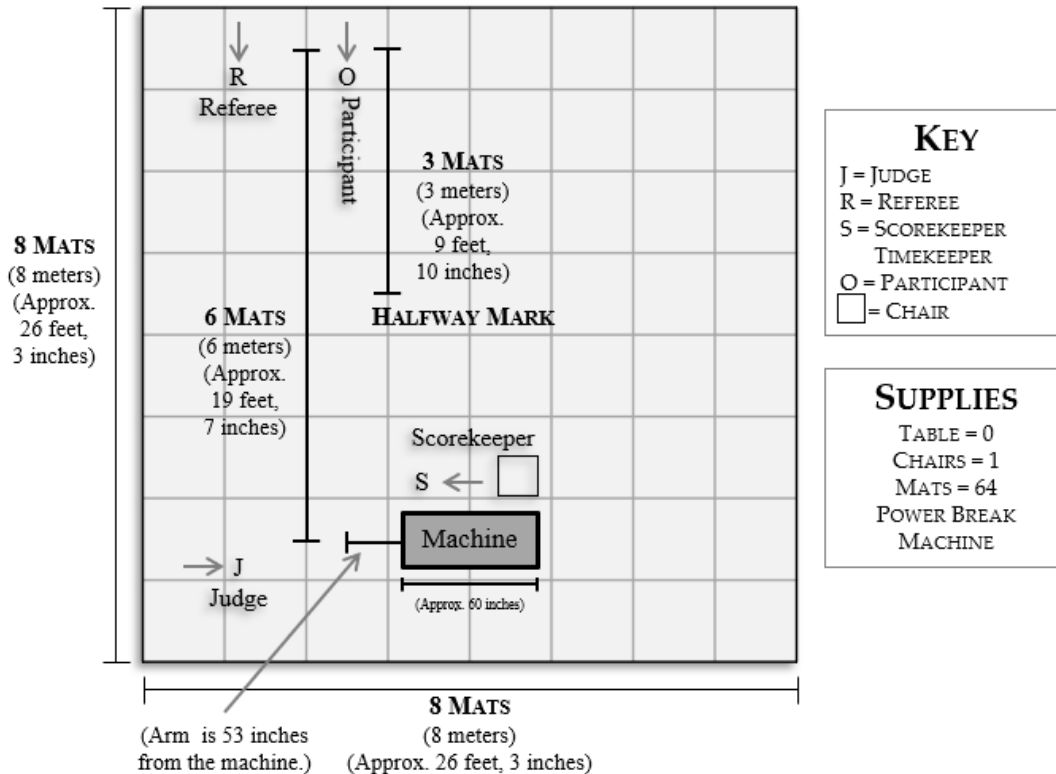


- Participant will attempt to break as many 1/4-inch pine boards as possible with a continuous Spinning Hook Kick. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
- The participant who breaks the most boards will be declared the winner.
- During the 30-second attempt, if the participant touches the board with their foot but the board does NOT break, the holder CANNOT reuse that board for the next attempt. The holder must reload a NEW board. If the participant does NOT touch the board, then the holder can reuse that board for the next attempt.
- The maximum number of holders is five with two holders in front. The participant can provide their own holders or holders will be provided by the Organizing Committee.
  - If a participant would prefer to provide his or her own holders, that is acceptable. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements for board holders. (A taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for a family environment.) ONLY martial arts shoes are allowed on the mats.
- The front two holders must wear chest protectors and headgear.
- Holders must remain in a 2 meter x 2 meter square. Participant must remain in a separate 2 meter x 2

meter square (SEE DIAGRAM)

7. Holders can only use one (1) hand to hold the board the participant is attempting to break.
8. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. If there is still a tie after the overtime round, the winner will be decided based on the age. For the divisions age 17 and under, the younger participant will be declared the winner. For divisions age 18 and over, the older participant will be declared the winner
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 2 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 2 times.

**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 a 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. Each attempt to break the board has a maximum time of 30 seconds
4. 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.
5. The running distance is approximately 6 meters, and the starting board height will be determined by the referee.
6. The order of participants (who breaks first) will be determined by height. The shortest participant will attempt to break first.
7. 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. If it is unclear if the board is broken after the attempt, the referee will shake a board that is not clearly broken one (1) time. After the shake of the board the referee will determine if it will count as a broken board.
8. Once the participant passes the designated halfway mark, an attempt is counted upon approach. (For

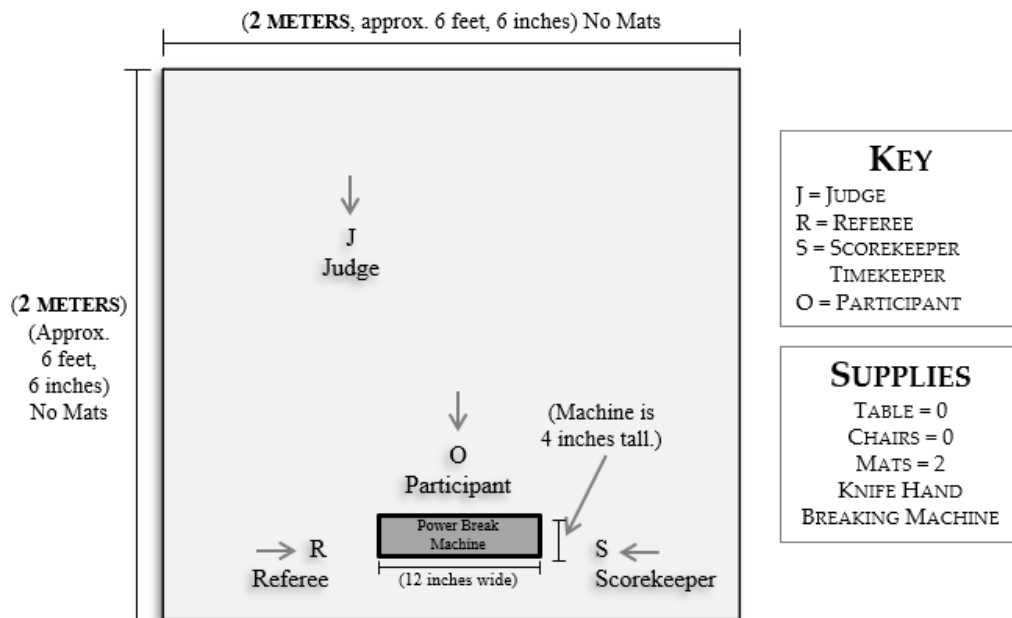
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example, once the participant crosses the designated halfway mark, they may not return to the starting position to attempt to break again.)

9. After each round, the board height will be raised incrementally at the referee's discretion we will not measure.
10. The participant breaking the highest board will be declared the winner.
11. 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.)
12. 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 black belt divisions, both male and female, 1<sup>st</sup> dan and above. Only in these divisions, the 1<sup>st</sup> place winner will be given the opportunity to attempt to set the Rocky Mountain State Games record. The participant will be given the opportunity to attempt to set the Rocky Mountain State Games Record until they fail. For example, if the record is 10 ft, the participant successfully breaks the records at 10 ft 4 inches. The participant can attempt 10 ft 6 inches to set a higher record until he or she fails. Setting a personal record does NOT qualify and the participant will NOT be given an additional opportunity to break.
13. If any part of the body touches the floor besides the feet, it is considered NO BREAK
14. If participant exceeds the 30 second maximum time limit for the attempt, it is considered NO BREAK.

**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 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. Participant breaks boards prior to the referee says "Sijak" (start). (1 board deduction)
  - e. 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)



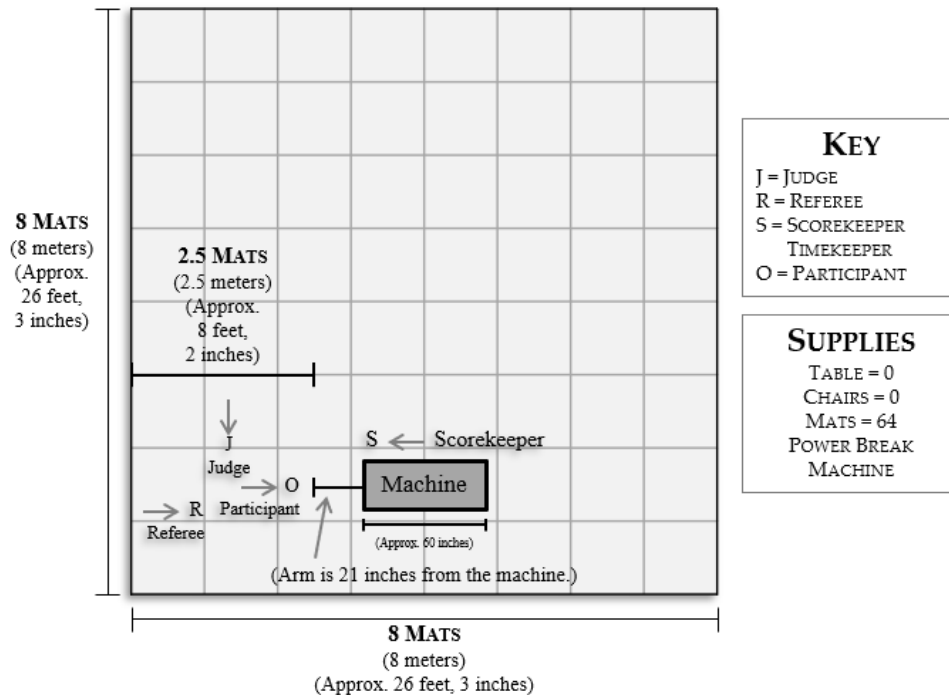
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- c. After attempting the break, participant falls down after breaking, touching the ground with any part of the body above the knees (The hand that broke the boards IS permitted to touch the ground after the break. In addition, a knee touching the 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.

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

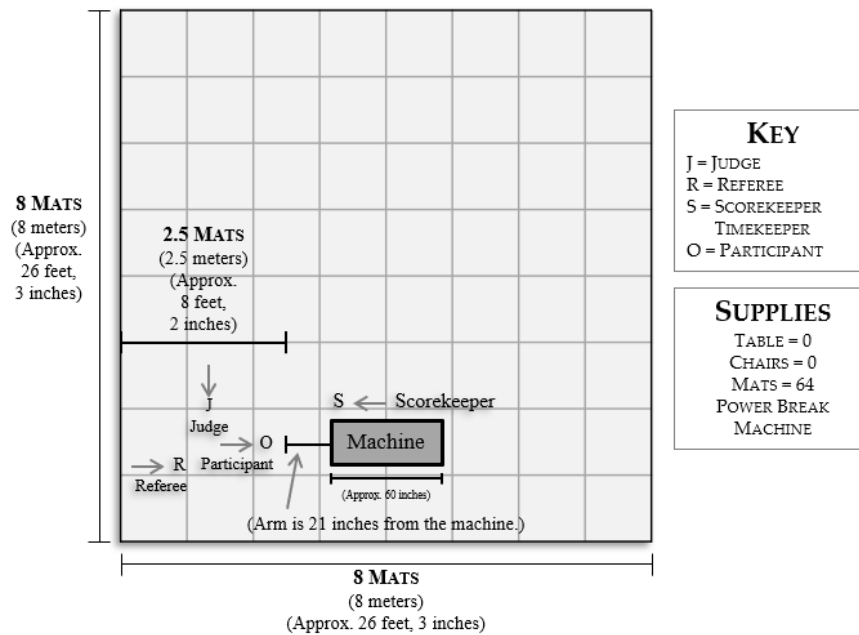


- Each participant will have one attempt to break with a Skipping Side Kick in an area approximately 1 meter x 3.5 meters. Both of the participant's feet must remain in the area of 1 meter x 3.5 meters. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
- 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.
- 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.
- The participant must use the heel of the foot/foot blade. The Side Kick can be executed with the front or back foot. A side kick can be executed with a maximum of two (2) steps or a skipping motion. It is considered a successful attempt if the non-breaking leg is off the ground when contacting the board. The middle of the boards must be at least as high as the participant's waist for Skipping Side Kick breaking.
- Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
- Each participant must PRIVATELY complete a form that states the number of boards he or she will attempt to break prior to the start of the division.
- The participant who breaks the most boards will be declared the winner. 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.
- 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)

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.)
  - d. Participant breaks boards prior to the referee says "Sijak" (start). (1 board deduction)
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.

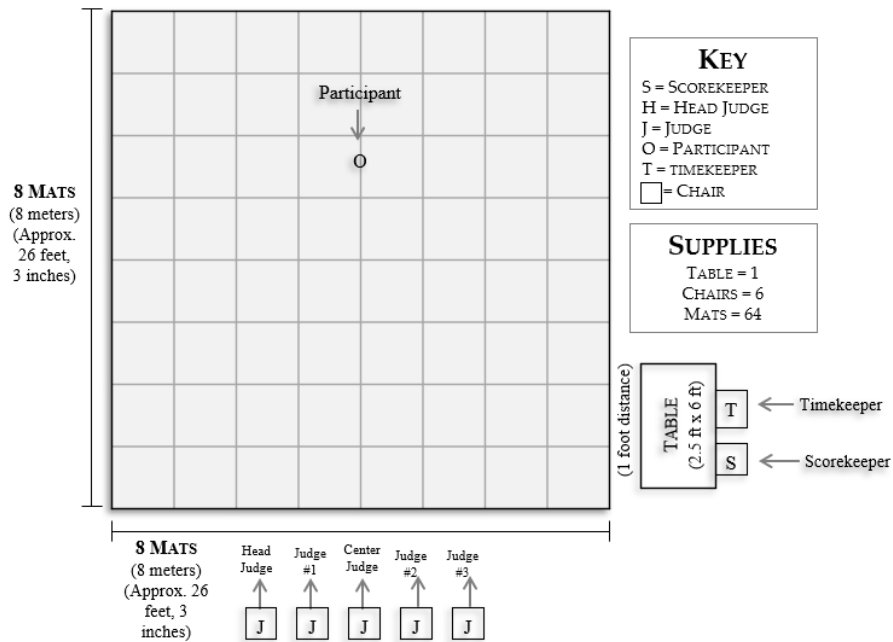
**IPBK -- INDIVIDUAL POWER BREAKING TURNING BACK KICK  
(1 Participant. MINIMUM AGE OF 8. All Belts)**



1. Each participant will have one attempt to break with a Turning Back Kick in an area approximately 1 meter x 3.5 meters. (Taking a step before turning is allowed.) Both of the Participant's feet must remain in the area of 1 meter x 3.5 meters. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
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 he 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. A back kick can be executed with a maximum of two (2) steps or a skipping motion. It is considered a successful attempt if the non-breaking leg is off the ground when contacting the board. The middle of the boards must be at least as high as the participant's waist for Skipping Side Kick breaking.
5. The middle of the boards must be at least as high as the participant's waist for Turning Back Kick breaking.
6. 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.
7. 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.
8. 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.

9. 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)
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), 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.
11. 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
12. 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)
13. 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.
14. 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.)
  - d. Participant breaks boards prior to the referee says "Sijak" (start). (1 board deduction)
15. No Break (Score of 0)
  - a. Participants 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.

**ICB -- INDIVIDUAL CREATIVE BREAKING (KYUKPA)  
(1 Participant. No Age Requirements. All Belts)**



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
2. Competition setup time limit: 60 seconds maximum
3. Competition time limit: 60 seconds maximum
4. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
5. 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.
6. 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.
7. 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.
8. 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. There is a maximum of ten (10) board holders allowed on the mats.
9. 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.)

10. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Execution of requirements	2.0
	Landing	2.0
Program arrangement (6.0)	Skill/Degree of difficulty	2.0
	Presentation	2.0
	Creativity	2.0

11. The following will complete each participant's score:

**A. Accuracy (4.0 points)**

- I. Execution of requirements (2.0 points)
  - a. Broke at least 1 board and not more than 5 boards
  - b. Not exceeding the maximum number of attempts per break, maximum of 3 attempts
  - c. If the participant breaks between 1-3 boards, the maximum score in this category is 1.0. If the participant breaks between 4-5 boards, the maximum score in this category is 2.0.
  - d. 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.
- II. Landing (2.0 points)
  - a. Landing with control/balance after all techniques.
- III. Accuracy deductions
  - a. 0.1 deduction for each unsuccessful attempt to break a board
  - b. 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 = 1.3 point deduction (0.1 x 3 attempts = 0.3 plus additional 1 point deduction = 1.3 point deduction)
  - c. Unbalanced landing after a break will result in a .1-point deduction.
  - d. When a hand touches the ground during landing it will result in a .2-point deduction.
  - e. If a participant falls down or a body part above the knees touches the ground, it will result in a .3 deduction.

**B. Program arrangement (6.0 points)**

- I. Skill/Degree of difficulty (2.0 points)
  - a. Level of difficulty relative to age and belt rank
- II. Presentation (2.0 points)
  - a. Speed/Tempo/Flow
  - b. Speed and Power of Each Individual Technique
  - c. Overall timing and synchronization of hands/feet/kip(s).

- III. Creativity (2.0 points)
  - a. Creativity of Performance

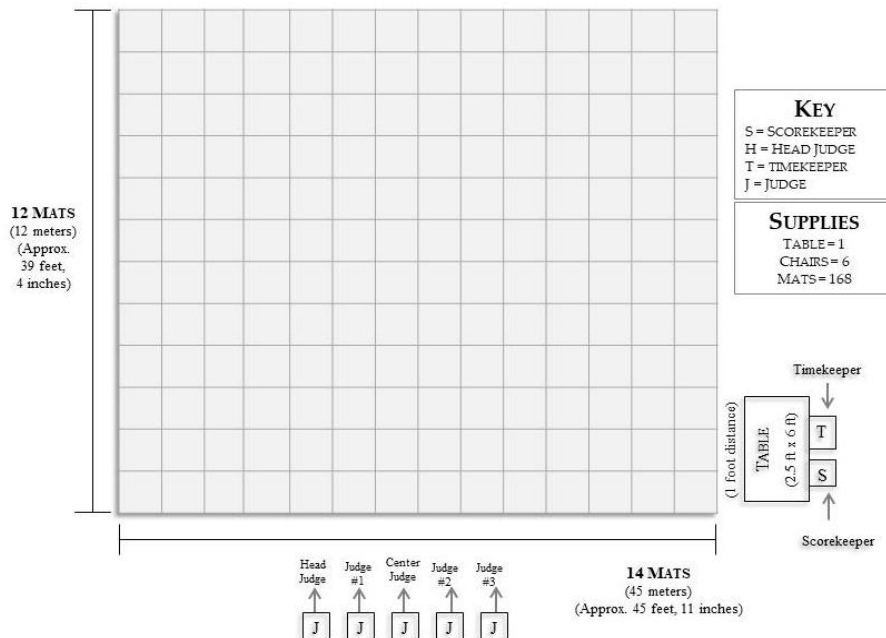
#### 12. Deductions

- A. Participant exceeds the 60-second time limit for setup (0.3 deduction for going 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 (0.3 deduction for going over time limit)
- C. Altering the board in any way (summarized in rule #7) will result in a 1 point deduction for each occurrence.
- D. Participant crosses outside of the 8 meter x 8 meter ring (.3 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.
- E. Unsportsmanlike conduct (1 point deduction for each occurrence).
- F. 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 0.3-point deduction for each infraction.
- G. Moving a board holder or board after the referees states "Sijak" (begin) will not result in an immediate deduction but will affect the Presentation.
- H. All deductions will be applied at the end of the performance to the final score.

#### 13. Tiebreaker

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

**TDR -- Team Demonstration Recreational**  
**(5-40 Team Members, Minimum of four (4) team members must be age 12 or younger, All Belts)**  
**(Each team must select a team captain and team name.)**



1. Team Demonstration is a fusion of proper Taekwondo techniques in combination with several creative elements which can include music, choreography, and storytelling.
    - a. The following components are REQUIRED for each team.
      - i. Poomsae (Traditional and/or creative)
      - ii. Weapons
      - iii. Self Defense (can include weapons) – simulated fighting with 1 or more participants attacking 1 or more participants defending
      - iv. Board Breaking
        - Each team must attempt to break exactly 60 ¼-inch pine boards. Each team may determine how to break the 60 ¼-inch boards (can use spacers, holding devices, etc.)
        - Each team must attempt to break exactly 10 ¾-inch pine boards – no fewer or more than 10 ¾-inch boards can be used. Each team may determine how to break the 10 ¾-inch boards (can use spacers, holding devices, etc.) If the chosen technique requires one or more holding devices for downward strikes, these will be provided by the Organizing Committee.
        - 5 spare ¼ inch boards can be brought onto the mat in case boards from the max 60 ¼ inch boards are broken in a transition. These 5 spare ¼ inch boards will be inspected prior to competition and will be marked by black sharpies as the spare. No spare ¾ inch boards can be brought onto the mat.
- NOTE: This event will NOT incur an additional board fee of \$10. All boards will be measured and checked to ensure that they are the correct material and size (1/4 inch and ¾ inch).
- In addition to the above required boards, team can break bricks or other items in accordance with clause 6 below regarding props. These optional breaks/techniques may be included in addition to the above required number of boards.
2. There will be seven (7) judges. Each judge will score the team based on one of the below categories. The 7 judges scores will be totaled. The team with the highest total score will be deemed the winner.
  3. Teams have a 2-minute setup time limit prior to their performance.

4. Teams have a 6-minute performance time limit, NOT including time for set-up.
5. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 7/22/26 at 11:59 PM. (Please bring a backup file on a music player or USB drive.) 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 will complete 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 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 exactly 60 ¼-inch pine boards. Each team may determine how to break the 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 with clause 6 above regarding props. These optional breaks may be included in addition to the above required number of boards.
  - iv. Degree of Difficulty
    - a. 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.
    - b. 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.
    - c. 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.
  - e. Creativity of Breaking performance
  - f. 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. Expressivity/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. Costumes are acceptable.

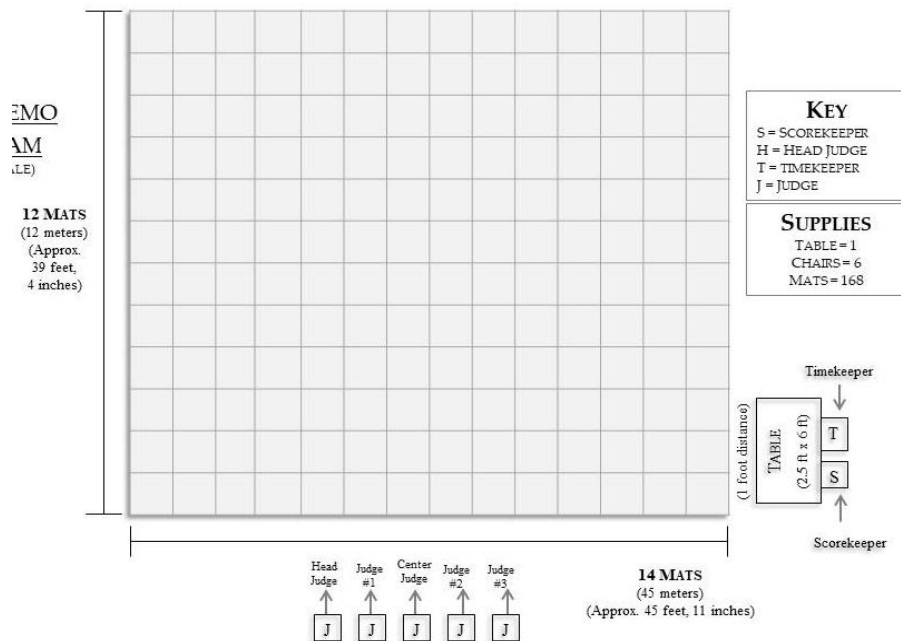
9. Procedural Deductions – To be deducted from final score, for procedural or other infractions not specifically covered by judging criteria.
- a. Team exceeds the 120-second time (2 minutes) limit for setup (1 point deduction for every 10 seconds over time limit)

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- b. Team exceeds the 6-minute time limit (1 point deduction for every 10 seconds over time limit)
  - c. Unsportsmanlike conduct (1 point deduction)
    - i. Including but not limited to making undesirable remarks or any misconduct on the part of a participant or coach or interfering with another participant, coach, or official.
  - d. Team crosses outside of the 12 meter x 12 meter ring (.3 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 .3 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)
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), 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 Accuracy of Execution of techniques board breaking score will be added with the above two (2) scores (Maximum of 30 points). The highest score will be declared the winner.

**TDC -- Team Demonstration Championship  
(5-40 Team Members, No Age Requirement, All Belts)  
(Each team must select a team captain and team name.)**



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
      - a. Each team must attempt to break exactly 60 ¼-inch pine boards. Each team may determine how to break the 60 ¼-inch boards (can use spacers, holding devices, etc.)
      - b. 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.). If the chosen technique requires one or more holding devices for downward strikes, these will be provided by the Organizing Committee.
      - c. 5 spare ¼ inch boards can be brought onto the mat in case boards from the max 60 ¼ inch boards are broken in a transition. These 5 spare ¼ inch boards will be inspected prior to competition and will be marked by black sharpies as the spare. No spare ¾ inch boards can be brought onto the mat.

NOTE: This event will **NOT** incur an additional board fee of \$10. All boards will be measured and checked to ensure that they are the correct material and size (1/4 inch and ¾ inch).

- In addition to the above required boards, team can break bricks or other items in accordance with clause 6 below regarding props. These optional breaks/techniques may be included in addition to the above required number of boards.

2. There will be seven (7) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 5 scores will be the final score.

3. Teams have a 2-minute setup time limit prior to their performance.
4. Teams have a 6-minute performance time limit, NOT including time for set-up.
5. Music is HIGHLY ENCOURAGED and must be uploaded on the participant registration site no later than Wed 7/22/26 at 11:59 PM. (Please bring a backup file on a music player or USB drive.) 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 will complete 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, 80 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.

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- 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 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 exactly 60 ¼-inch pine boards. Each team may determine how to break the 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 with clause 6 above regarding props. These optional breaks may be included in addition to the above required number of boards.
  - iv. Degree of Difficulty
    - a. 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.
    - b. 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.
    - c. 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. Expressivity/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

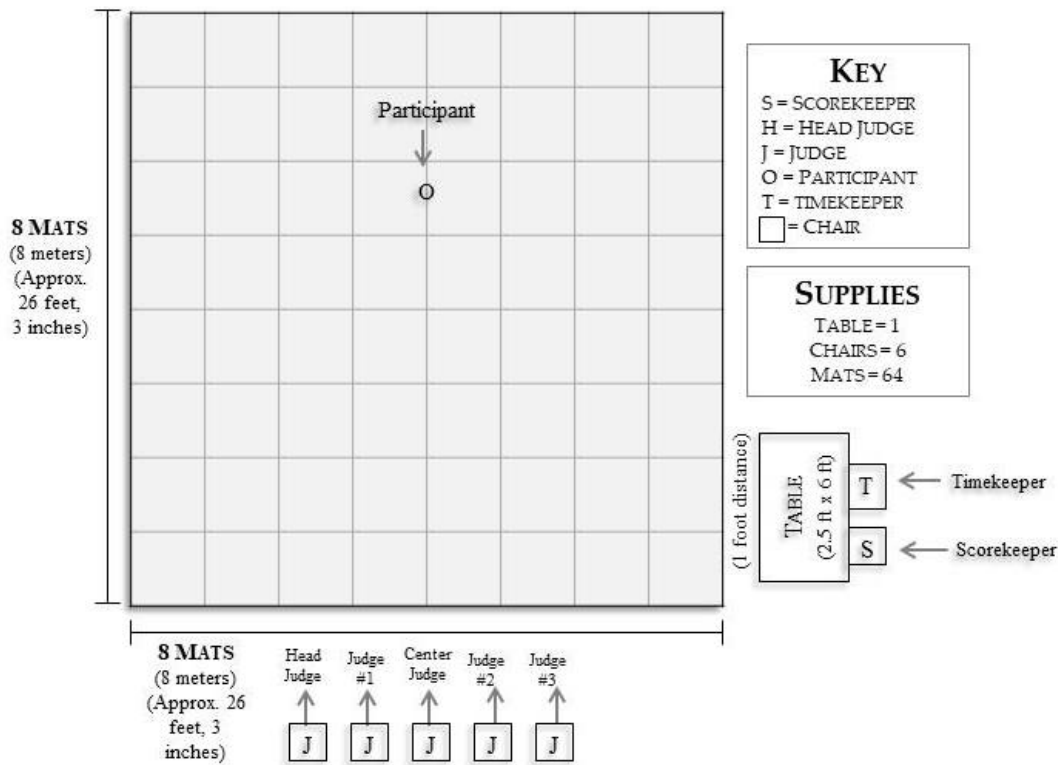
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various interpretations/standards for belt tying, etc. that are specific to each martial art school/style. Therefore, how the belt is tied and the uniform will not be considered in any score. Costumes are acceptable.

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 6-minute time limit (1 point deduction for every 10 seconds over time limit)
  - c. Unsportsmanlike conduct (1 point deduction )
    - i. Including but not limited to making undesirable remarks or any misconduct on the part of a participant or coach or interfering with another participant, coach, or official.
  - d. Team crosses outside of the 12 meter x 12 meter ring (.3 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 .3 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)
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) – the high and low score (previously omitted) will be added back in. 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 7 judges will raise their hand to identify the judge’s opinion on which team had the best overall performance.

**ICBP – INDIVIDUAL CREATIVE BREAKING (KYUKPA) PARA-TAEKWONDO  
(1 Participant. No Age Requirements. ALL BELTS)**



1. There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
2. Competition setup time limit: 60 seconds maximum
3. Competition time limit: 60 seconds maximum
4. This board breaking event will incur an additional flat fee of \$10. Each board breaking event incurs this fee.
5. 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.
6. 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.
7. 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.
8. 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. There is a maximum of fifteen (15) board holders allowed on the mats.

9. 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.)
10. The following will complete each participant's score:

Grading Criteria	Grading Criteria Details	Points
Accuracy (4.0)	Execution of Requirements	2.0
	Landing	2.0
Program Arrangement (6.0)	Skill/Degree of difficulty	2.0
	Presentation	2.0
	Creativity	2.0

11. The following will complete each participant's score:

**A. Accuracy (4.0 points)**

I. Execution of requirements (2.0 points)

- a. Broke at least 1 board and not more than 5 boards
- b. Not exceeding the maximum number of attempts per break, maximum of 3 attempts
- c. If the participant breaks between 1-3 boards, the maximum score in this category is 1.0.
- d. If the participant breaks between 4-5 boards, the maximum score in this category is 2.0.
- e. 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.

II. Landing (2.0 points)

- a. Landing with control/balance after all techniques

**B. Program arrangement (6.0 points)**

I. Skill/Degree of difficulty (2.0 points)

- a. Level of difficulty relative to age and belt rank

II. Presentation (2.0 points)

- a. Speed/Tempo/Flow
- b. Speed and Power of Each Individual Technique
- c. Overall timing and synchronization of hands/feet/kipap(s).

III. Creativity (2.0 points)

- a. Creativity of Performance

12. Deductions

- A. Participant exceeds the 60-second time limit for setup (0.3 deduction for going 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 (0.3 deduction for going over time limit)

# ROCKY MOUNTAIN STATE GAMES RULES

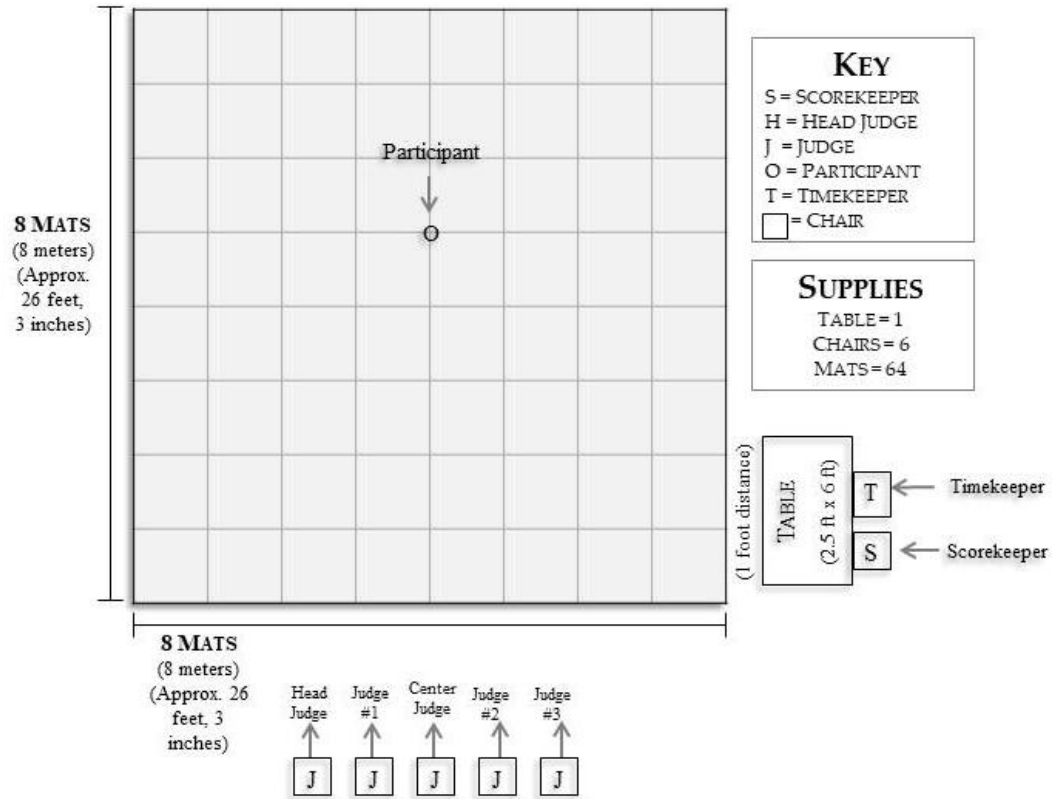
Updated 6/11/2026

- C. 0.1 deduction for each unsuccessful attempt to break a board
- D. 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 = 1.3 point deduction (0.1 x 3 attempts = 0.3 plus additional 1 point deduction = 1.3 point deduction)
- E. Altering the board in any way (summarized in rule #7) will result in a 1 point deduction for each occurrence.
- F. Participant crosses outside of the 8 meter x 8 meter ring (.3 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.
- G. Unbalanced landing after a break will result in a .1 point deduction.
- H. When a hand touches the ground during landing it will result in a .2 point deduction.
- I. If a participant falls down or a body part above the knees touches the ground it will result in a .4 deduction.
- J. Unsportsmanlike conduct (1 point deduction for each occurrence).
- K. 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.
- L. 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 11.B.ii. above) score.

### 13. Tiebreaker

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

## ITFP -- INDIVIDUAL TRADITIONAL FORMS (POOMSAE) PARA (1 Participant. No Age Requirements. All Belts)



- Participants are required to perform the one (1) poomsae according to age and belt rank in the chart above.
- There will be five (5) judges. Each judge will score the participant based on the below. The highest and lowest scores will be excluded. The average of the remaining 3 scores will be the final score.
- Competition time limit: 90 seconds maximum
- The following will complete each participant's score:

Points	Grading Criteria	Grading Criteria Details	Points
4.0	Accuracy	Basic Taekwondo movements and balance	4.0
6.0	Expressivity	Speed and power	2.0
		Harmony: Sturdiness and gentleness, tempo and rhythm	2.0
		Expression of energy	2.0

### A. Accuracy (4.0 points):

- I. Basic Taekwondo movements according to Kukkiwon guidelines
  - a. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
  - b. 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.
  - c. Accuracy of Each Kicking Technique - correct form, height, and power of kick
- II. Balance
  - a. Properly shifting weight when connecting movements
  - b. Correct weight distribution and balance in stances
  - c. How the participant performs movements without losing balance when applying power to the target of the strike.
- B. Expressivity (6.0 points):**
  - I. Speed and Power (2.0 points)
    - a. Poomsae should be performed using the power from your lower body and core to create strong and quick movements. The movements should flow together without any pausing.
  - II. Harmony (2.0 points)
    - a. Sturdiness and Gentleness
      - a. Poomsae should be performed with strong balance. The power of each block, strike, or kick should powerful, quick, and natural/relaxed.
    - b. Tempo and rhythm
      - a. Speed/tempo/flow
      - b. Overall timing and synchronization of hands/feet/kihap(s)
  - III. Expression of Energy (2.0 points)
    - a. Kihap – confidence
    - b. Attitude and Etiquette – as soon as the Participant’s name is called to enter the ring for your competition.
    - c. Eye Control - correct direction to “look”, correct eye position as well as where eyes are focused.
    - d. 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.

## 5. Deductions

- A. Participant crosses outside of the 8-meter x 8-meter ring (.3-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 (.3-point deduction)
- C. Unsportsmanlike conduct (1 point deduction)

## 6. Tiebreaker

- A. In the case of a tie, the participant with the higher expressivity score will be selected as the winner. If there is still a tie, the highest and lowest scores (originally excluded) will be added back to the total score to determine the winner.
- B. If there is still a tie, 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 re-score.