



WEST COAST OPEN 2008 TAEKWONDO RULES MODIFIED

SPARRING RULES

I. REQUIRED EQUIPMENT:

- o Mouth Piece
- o Forearm
- o Shin and Instep
- o Groin guard (male contestants)
- o Head gear white (Red and Blue must match chest protector)
- o Chest Protector
- o (Hand and Foot glove optional)

II. DIVISIONS:

COLOR BELTS	ROUNDS	DURATION	REST	HEAD CONTACT RULES
Adult (18 & Up)	2	1 Minutes	30 Sec	No Head contact
Children (17 & Under)	2	1 Minutes	30 Sec	No Head contact

BLACK BELTS	ROUNDS	DURATION	REST	HEAD CONTACT RULES
Adults (18 & Up)	2	2 Minutes	30 Sec	USA Taekwondo Competition Rules
Juniors (12 -17 yrs)	2	2 Minutes	30 Sec	Light Head Contact (USA Taekwondo Junior Safety Rules)
Children (11 & Under)	2	2 Minutes	30 Sec	No Head contact



POOMSE RULES WTF / ITF

(USA-Taekwondo Poomse Rules with Modifications)

We are excited to announce a different format for the Poomse competition.

- 1) 3 to 5 judge system will be used.
- 2) All Poomse competition will be conducted by a bracket system.
- 3) Winners will advance to the next level of the bracket With
- 4) Losers will be single elimination format.
- 5) Two forms competitors will compete side by side with each other.
- 6) At the conclusion of their Poomse winner will be declared, and will advance up the bracket, while the loser is eliminated.
- 7) Competitor can perform different poomse throughout competition or keep with same.
- 8) Each advancing competitor should expect to do their Poomse again, in accordance with their bracket.
- 9) Judging Criteria
 - a. Correct and orderly execution of each movement
 - b. Degree of proficiency which will be judged on the basis of
 - i. Beginning and ending the Poomsae at the same spot
 - ii. Executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment
 - iii. Mental concentration
 - iv. Focused eye and head movements
 - v. Accurate targets
 - vi. Inhaling and exhaling at the proper moment
 - vii. Balance
 - viii. Rhythm
 - ix. Synchronization of entire body movements
 - x. Competition manner

Coordinator reserves the right to add or eliminate divisions.

Competitors are required to wear their appropriate belt or sash to signify their proper rank.

Uniforms must be clean & un-torn.