

Grinnell & English Valleys 6th Annual Taekwondo Tournament

Saturday March 7th, 2020

Grinnell College, Darby Gymnasium 1201 10th Ave.

Order of Events:

Registration – 8:30am

Opening Ceremony – 10:00am

Elimination – 10:40am

Registration Fee: \$50

Family Max entry fee = \$150

General Admission: \$5.00/Children 3 & under=Free

Tournament Rules

Tournament Officials:

Grand Master Jung, Grand Master Robert Wood, Master Dallas Zimmerman & Master Forrest Gibson

Sparring: In free sparring competition, the contestant who attains a 3-point advantage, or is ahead on points at the end of two minutes is the winner. These points are awarded by decision of the four corner judges and referee: one point is awarded for a hand or foot technique to a legal mid-section target; one point is awarded for a foot technique to a legal high target.

Legal & Illegal Target Zones – The only legal areas are high-section (from neck up) foot techniques and mid-section (including both sides of the torso, for hand and foot techniques). Techniques are to be controlled to 1” or less. Light uniform contact indicates this. Illegal target areas are the whole of the spinal column (neck, back of head, backbone), groin knees, throat and eyes.

Attacking Weapons – The only attacking tools to be used are the front fist, ball of the foot, heel, knife foot, and instep of the foot.

Illegal Techniques – Biting, scratching, holding or clawing, intentionally avoiding close contact, and attacking illegal targets are prohibited. Blind techniques and sweeping techniques are prohibited. Hand techniques to the head or face are prohibited.

Warnings, Point Loss & Disqualifications – Warnings will be issued for rule infractions. Two warnings constitute minus one point. Quarreling with any judge, attempting to end the match injury of opponent or the infliction of bruising, swelling, cut or bleeding will result in disqualification. The referee may disqualify any contestant at any time.

Grand Championship Sparring – This match shall consist of two, two-minute rounds with a one-minute rest between rounds. Male & Female Black belts, ages 17+ are eligible to participate in this grand champion competition.

Forms: Forms will be judged by a panel of 5 judges. Each judge may award a possible ten points. The highest and lowest scores will be disregarded, and the final score will be the total of the remaining points.

Team Forms – Team forms will consist of a min. 3 w/ max of 8 participants. Forms must be recognizable as taekwondo forms creatively developed as the team determines, e.g., synchronized or self-defense styles.

Breaking:

White through Orange → One Board Brown → Three Boards

Green through Blue → Two Boards Black → Four Boards

NOTE: Fist Breaks are allowed for competitors 18 years and older

Weapon Competitions: Absolutely no sharp tips, points or edges to weaponry. Weapons need to be approved at weapons check-in station prior to competition.

Appearance: Each contestant will compete in a clean uniform. Male competitors must wear a groin supporter and cup. Jewelry or trinkets of any kind are not to be worn. Headgear, Foot/Shin and mouth guards are required for all competitors that wish to spar. Hand guards are required for Black belts.