

Cupid's Quarrel Competition Rules 2026

Individual Patterns

Color Belt Division:

This is an OPEN forms competition. Each competitor will select ONE pattern to perform. Judges select the best overall pattern (no handicap for lower ranks) by holding up the flag when the center judge calls for a decision. Judges may not call a tie/indecision. The competitor with the most votes wins.

Because Cupid's Quarrel invites students/schools of various backgrounds and styles, judges should focus on the following criteria: power, flow, and consistency in stances and techniques.

Black Belt Division:

If both competitors know Chan-Hon Patterns the following criteria will be used:

- 1) Designated Pattern: Judges select one mandatory pattern for both competitors to perform. The designated pattern will be one rank lower than the lowest rank (or below). For example, if a 1st and 2nd Dan are competing, the judges must select from high red belt (Choong-Moo) or below.
- 2) Optional Pattern: Each competitor will select a pattern of their choice. The center judge will ask for the name of the pattern before the competitors begin.

Following the completion of BOTH patterns, judges will indicate which competitor they think had the best (combined) performance when the center judge calls for a decision by holding up that side of the flag. Judges may not call a tie/indecision. The competitor with the most votes wins.

If both the competitors do **not know Chan-Hon Patterns, the following criteria will be used:**

The competitors will each perform 2 different patterns; the first pattern may not be repeated. Following the completion of BOTH patterns, judges will indicate which competitor they think had the best (combined) performance when the center judge calls for a decision by holding up that side of the flag. Judges may not call a tie/indecision. The competitor with the most votes wins.

Team Patterns

Team Patterns is an international event featured at ITF tournaments worldwide. In keeping with this tradition, In Nae Taekwon-Do is excited to introduce Team Patterns to our annual Cupid's Quarrel Tournament.

Team Pattern competition emphasizes teamwork, precision, creativity, and strong technical execution. We believe that developing these skills early—starting at the color-belt level—will lead to stronger, more confident Black Belt Teams in the future.

The following rules will apply to the Team Pattern competition at Cupid's Quarrel:

Mixed-Rank Division:

- Each team must consist of 5 members and contain the following *minimum* requirements:
 - One color belt and both genders
 - Black belts may compete as part of a mixed-rank division, but a black belt is not required to be on a team
- Any pattern may be performed with the limitation that the pattern must be no higher than the lowest ranked member of the team
 - For example: If the lowest rank is a high gold belt/green stripe, the highest pattern that may be chosen is Do-San
- The pattern *may* contain up to 3 staggered movements
- Additionally, patterns are judged on teamwork, choreography, and difficulty
- Entrance and exit from the ring are not considered in scoring

Black Belt Division:

Although ITF Team Patterns consist of 5-member teams, this is a local tournament and composing a team of 5 black belts in a regional tournament may be difficult, if not impossible. Therefore, the Black Belt Division will consist of 3-member teams, gender of the members is not a consideration. The rules of the Mixed-Rank Division will apply.

Sparring Rules

- Color belts one 1.5-minute round
- Black belts two 2-minute rounds, 1 minute break between rounds
- Athlete with the most points after the round/rounds wins
- In case of a tie, there will be an extra 1 minute round
 - In case of a 2nd tie, the athletes will fight until one scores a point (Golden Point), accumulates three warnings or receives a minus point
- Please note that the face is **not** a legal target for **color belts**
 - Also note, that accidents happen
- We respectfully ask that if an athlete does not have a coach, that the opponent not be coached during the match. This is not a hard "rule" but is good sportsmanship. We DO however encourage instructors and coaches to help each other out (coach someone from another school if their coach is not present) so our participants can make the most out of their sparring experience 😊

Points are awarded as follows:

1 Point

- Hand technique to the head and middle section
- Jumping hand technique to the middle section
- Kick to the middle section

2 Points

- Jumping hand technique to the head
- Kick to the head
- Jumping kick to the middle section

3 Points

Jumping kick to the head



Legal targets include: side seam to side seam from the belt up – front and sides of head only (no “bops” on the top of the head and the **back of the head is not legal**)

Required gear: Head gear, hand gear, foot gear covering the toes, mouth guard, and all males must have an athletic supporter/cup. Soft shin or forearm guards are permissible but not required. Competitors not wearing all required equipment will forfeit their match.

Power Breaking

13 and Under

13 and Under (sponge-covered boards) Point Values	
Yellow	1 point
Blue	1.5 points
Red	2 points
Black	3.5 points

14 and over (“teethy” boards)		
Color	Approx. wood board equivalency	Point Value
White	¼ wood board	1
Yellow	½ wood board	2
Orange	¾ wood board	3
Green	1 wood board	4
Blue	1 ¼ wood boards	5
Brown	1 ¾ wood boards	7
Black	2 ¼ wood boards	9

- Competitors will pick their own techniques: 1 hand and 1 foot technique as well as their board difficulty
 - Competitors under 18 may **not** use a forefist punch for a hand technique
- Boards may be stacked
 - Combinations of boards can only be made with what is available
- Only 1 attempt is allowed for each technique – only 1 “measure” allowed
 - A second “measure” will count as the attempt, and will receive 0 (zero) points
- A competitor may select to forgo a technique but will receive 0 (zero) points for the break
 - Competitors may not substitute a hand technique for a foot technique or vice versa
- Boards must be in 2 separate pieces to receive points (not “cracked”)
- Point values earned by competitors will not be shared by the judges
- Competitors with the 3 highest point values in each division will receive awards
- In the event of a tie, the competitors will have a break off
 - Same techniques that each competitor broke with the first time, 1 board higher in difficulty
 - If the tie remains, judges will decide on the technique and boards

Specialty Breaking

Specialty Breaking is also an international event featured at ITF tournaments worldwide. In keeping with this tradition, In Nae Taekwon-Do is excited to introduce two of the three specialty breaking techniques to our annual Cupid’s Quarrel Tournament. These techniques will be entered and graded separately.

Specialty Breaking will consist of a jump high front kick and/or a flying side kick. We believe that developing these skills early—starting at the color-belt level—will lead to stronger, more confident Black Belt competitors in the future. Students may participate in one or the other, or both types of specialty jumps. Rules may vary from ITF rules in order to encourage participation from students from other styles and backgrounds. Even so, In Nae feels these competitions will still help develop ITF student skills for international competitions.

Competitors will be divided into three age groups: under 13, 14-17, and 18 and over. (The under 13 and the 14-17 may be broken up further, depending on the number of competitors).

Jump high front kick goal: To jump using the proper technique, and touch the target or break the magnet with the proper tool. The student who can jump the highest and touches the target or breaks the magnet wins.

Flying side kick: To jump over a barrier and touch or break a board on the other side. The student who can clear the highest barrier and still touch or break the board wins.

- Competitors under 13 years old will be grouped according to height
 - Mixed gender
 - **Jump high kick** height starts at the median student height for that division
 - The median is the middle value when a dataset is ordered from least to greatest

- **Flying side kick** the barrier height will start at the belt height of the shortest competitor in the division
- Competitors 14-17 will be grouped by gender
 - Height is not a consideration
 - **Jump high kick** height starts at the median student height for that division
 - **Flying side kick** the barrier height will start at the belt height of the shortest competitor in the division
- Competitors 18 and over will be grouped by gender
 - Height is not a consideration
 - **Jump high kick** height starts at 6' for women, and 6'6" for men
 - **Flying side kick**
 - Women: Starting height will be 8" below the belt height of the shortest competitor in the division
 - Men: Starting height will be 8" below the belt height of the shortest competitor in the division

Jump High Kick Procedure: Students will get one measure and then an attempt to hit the target. Students successfully hitting the target with the correct tool (ball of the foot) will continue in the competition. Students failing to hit the target or hitting the target with the incorrect tool will not continue in the competition. Once each (remaining) student in the division has had an attempt, the target moves higher. If the target is touched, but the magnet is not broken, 1 point is awarded. If the target is touched, and the magnet is broken, the competitor receives 2 points. If, in the competition, one competitor breaks the magnet at a given height, and two (or more) competitors touch the target, but do not break the magnet, the student who broke the magnet wins first place. The remaining students will attempt the same height again to try to break the tie. If the tie continues, the height will increase but the original 1st place winner still earns first place, regardless of whether the remaining competitors hit the higher target or not. This process is completed until the tie is broken. This is generally a fast-moving competition but will happen toward the end of the day.

For students not from the ITF, this is a jump front kick. For instance, if the right foot starts in the back (IE right L-stance), the right foot steps forward, the left knee is brought up (to propel the competitor up) and the right foot completes the kick. Students will have some room to make a running approach, but if the target is missed, the student is out. Especially for younger students, we recommend keeping the approach to only a few steps. Students must land on their feet only. If hands, bottoms, knees, etc., touch the ground any time during the student's approach, jump, or landing, the student does not advance.

Flying Side Kick Procedure: One at a time, students will jump over the barrier/obstacle attempting to hit the target board on the far side of the second hurdle. For this event, students must take off on one foot and must land on the same foot, while hitting a target board with their opposite foot. Executing the correct technique (taking off on one foot, landing on the same foot) and touching the target results in one point. Executing the correct technique and breaking the board into two pieces results in two points. Students who do not execute the proper technique do

not advance in the competition. Students must land on their feet only. If hands, bottoms, knees, etc., touch the ground any time during the student's approach, jump, or landing, the student does not advance. The student who clears the highest barrier and touches/breaks the board wins. . If the target is touched, but the board is not broken, 1 point is awarded. If the target is touched, and the board is broken, the competitor receives 2 points. If, in the competition, one competitor breaks the board at a given height, and two (or more) competitors touch the target, but do not break the board, the student who broke the board wins first place. The remaining students will attempt the same height again to try to break the tie. If the tie continues, the height will increase but the original 1st place winner still earns first place, regardless of whether the remaining competitors hit the higher target or not. This process is completed until the tie is broken. This is generally a fast-moving competition but will happen toward the end of the day.