

# CTF Tournament Rules

## A. PURPOSE OF CTF TOURNAMENT SYSTEM

The CTF Tournament System is designed to offer an additional learning situation for its members. In order for a positive learning situation to occur, it is the responsibility of all Tournament Officials, Instructors and Black Belts to insure that the Tournament is conducted as follows:

- Competition is safe.
- Competition is fair.
- Competition is challenging.

In order that competition is a positive experience for all competitors, the CTF Instructors should insure that any student competing is adequately prepared both physically and emotionally for the competition experience. By nature of competition, there is only one winner and many more losers. A competitor who sets his focus solely on winning is likely to be disappointed. He will find it much more productive to focus on competition as

- a means of measuring himself against others,
- a motivational force for continued practice and improvement,
- an opportunity to view others with greater skills and experience so he can set goals and
- an opportunity to identify personal strengths and weaknesses.

The Instructor should try to insure that not only the students, but also the parents of juniors, understand the competition rules as well as the purpose of competition. Below are a couple of articles that you may wish to share with your potential competitors and parents of your junior students to help explain the importance and purpose of competition.

# TOURNAMENT COMPETITION

*How to get the most from competing.*

Tournaments are a great way to have fun and meet new people. Every tournament is like a family reunion where we get to see people we might never see otherwise.

You can gain a new perspective on Taekwondo from observing students from other schools. By watching the high rank black belt divisions, I have realized what is possible. Everyone needs inspiration and this is a good source. I might not have challenged myself enough simply because I didn't know what could be achieved.

Tournaments provide excellent training experiences. First, they serve as motivation for students to concentrate on their training as they prepare for the tournament. Next they provide the student with valuable experience in performing before a group. This helps the student who is extremely nervous to confront and control his anxiety. I must admit though that the "butterflies" will never go away unless you cease to care about the results. By watching other students of similar age and rank, the student may notice areas where he can improve. Go to the tournament with the attitude that you want to learn from others.

Before you can enjoy and learn from your experience, you must go to the tournament with the right attitude. Not everyone who competes in a tournament wins. In fact, only one person will win in each division. It is how we learn to deal with not being that one person that develops our character. It is what we learn from our performance that will allow us to return next time and improve our performance. I have always found that I learned a great deal from my losses and very little from my wins! *There is no shame in losing if you lose gracefully and have done your best.*

# A NOTE TO PARENTS

Parents are often the unsung heroes of their children's Taekwondo success. Their support is critical if a child is going to reach his potential in Taekwondo, whether he competes or just trains. By providing positive support you can help your children realize that they can reach difficult goals through hard work. If you can give them the little push they sometimes need to get past a difficult time then you are helping them learn a valuable life lesson. Nothing worth having is gained without effort.

You, too, can make a child's tournament experience a positive one. Encourage your child to train hard before the tournament so that he will have the best preparation possible. Nothing is more embarrassing to a child or adult than forgetting your pattern.

Teach your child that true winning means having performed your best whether or not you win a trophy to take home. It takes a lot of courage for your child perform in front of the judges and audience and, therefore, he is already a winner by just stepping into the ring.

## **B. OFFICIALS**

- 1) Chairman of the Tournament: The duty of the Chairman of the Tournament is general supervision of the event. All officials and competitors are under the Chairman's jurisdiction. The Chairman has ultimate responsibility for any decisions made at the tournament.
- 2) Arbitration Committee: The Arbitration Committee will consist of the Tournament Chairman and any senior Black Belts whom he may appoint at each tournament. The Arbitration Committee has the responsibility to help insure that the tournament is run safely and fairly and see that the rules are properly interpreted.
- 3) Tournament Director: The Tournament Director and Assistant Tournament Director will be appointed from the 5<sup>th</sup> degrees of the Federation by the Tournament Chairman to serve on an annual basis. The Tournament Director will be responsible for overseeing the assignment of Officials and Competitors to the rings.
- 4) Master of Ceremonies: the Tournament Chairman will appoint The Master of Ceremonies annually. The Master of Ceremonies will be responsible for introductions of senior officials, calling competitors to rings and announcing results, as well as any other appropriate announcements during the tournament.
- 5) Master Level Referee's Qualifications: Master Level Referees represent our most experienced referees. They must possess at least the rank of 4<sup>th</sup> Degree Black Belt. They must have completed all rules clinics and exams satisfactorily. They must have years of continuous tournament experience in all judging positions exhibiting complete knowledge and understanding of the intent of all tournament rules, excellent judgment in their application and unquestionable integrity at all times. When, in the judgment of the National Director, they have met these qualifications, he will award this rank. Master Level Referees should wear their special black shirt (with Master Level Referee designation) at tournaments so they will be easily recognizable.
- 6) Chief Referee's Qualifications: Chief Referees must meet qualifications of all prior levels of officials through Center Referee including recent satisfactory completion of a Tournament Rules Clinic. In addition they must have a minimum of two active continuous years of recent tournament experience as a Center Judge and receive at least 2 nominations by the Tournament Chairman, Director, or Master Level Referees.
- 7) Center Referee's Qualifications: Center Referees must be at least 18 years old and possess the rank of 3rd Degree Black Belt (Decided Rank)

and above. The Tournament Chairman may appoint certain 2<sup>nd</sup> Degree Black Collars as he deems necessary. They must be of equal or greater rank than the competitors in the division that they are judging. Chief Referees must successfully complete regional or national rules clinics to qualify for certification. They must also have sufficient ring experience and demonstrated good judgment and an understanding of the application of tournament rules. Attendance at the Black Belt Meeting held prior to tournament competition is **mandatory** so that they will be aware of any rules updates or problems encountered at prior tournaments unless the Tournament Chairman specifically exempts them.

- 8) Senior Corner Judge's Qualifications: Senior Corner Judges must have met the qualification of a Corner Judge as well as demonstrate a minimum of 2 continuous years of recent tournament experience as a corner judge. They must demonstrate a thorough knowledge of the tournament rules and have successfully completed a tournament rules clinic and exam within the last 6 months. They must receive at least 2 nominations from the Tournament Chairman, Director, or Master Level Referee.
- 9) Corner Judge's Qualifications: Corner Judges must possess the rank of 1st Black Decided and demonstrate mature judgment. In addition, they must be tall enough to see all sparring from an enhanced viewpoint. They must attend the Black Belt meetings held before each tournament and successfully complete regional or national rules clinics annually.
- 10) Scorekeeper & Timekeepers: The Scorekeepers and Timekeepers should be adults and people of alertness and responsibility or any Black Belt. This is an ideal position for adult competitors and any 1<sup>st</sup> Recommended or inexperienced Black Belt to learn more about the tournament process and begin to develop the skills needed to be a competent Corner Judge.

### **C. OFFICIALS' RESPONSIBILITIES**

1. Tournament Director: The Tournament Director is responsible for the fair and smooth running of the Tournament Divisions. His responsibilities fall into several areas: setting of divisions, assigning judges to rings, supervision of rings and problem resolution. His priorities are (1) safety, (2) fairness and (3) development of personnel.
  - a. Setting of Divisions: Competitors are divided by rank, age and sex into various divisions. In order to have competitive divisions, it is ideal to have divisions of 7 or more so that there are more losers than winners in a division. In younger divisions, boys and girls can compete together quite well, however, only with the consent of their parents. In beginner divisions (white & yellow belts), males and females can compete in the same division without risk. In junior divisions, the recommended age span is 2 years until competitors are 15 or older. If the Tournament Chairman first approves combining divisions, then parental consent is required for a junior competitor to compete in a "higher" or more difficult division. Safety of the competitors is our primary criteria in the establishment of Tournament Divisions. Black Belt Divisions are preset based on the National Championship rules.
  - b. Assignment of Judges: No two judges in a ring should be from the same school. No Judge should be assigned to judge his own student, a classmate in his school or a family member. This is not a question of that judge's ability to be fair but rather a reflection of the CTF's desire to have no apparent cause for a competitor, instructor or spectator to perceive bias. The CTF wishes that its most senior and experienced judges be assigned the role of Center Judge. Corner judges also need to be closely monitored and any judge lacking attention or judgment should be immediately replaced and counseled. Inexperienced judges and new black belts should work as timekeepers and scorekeepers for several tournaments before being assigned to judging positions.
  - c. Supervision and Problem Resolution: The Tournament Directors are in the best position to monitor the performance of all judges and other tournament officials. They should note both excellent as well as sub par performance and pass this information on to that person's instructor. Past performance of the judges should be a primary consideration in Judge's Ring Assignments.
  - d. The Tournament Director is the first step in the Problem Resolution process. Most problems should be handled at this level without the need to involve the Tournament Chairman.
  - e. The Tournament Director should advise the Chairman of the Tournament of any significant or repetitive problems which he may encounter.

2. Master Referee: The Master Referee will be responsible for the centering any tournament division including National Championship Black Belt Divisions as well as any other officiating responsibility requested. They may conduct Tournament Rules Clinics. They should assist in the training and evaluation of Center Judges during tournaments by allowing them to center rings under their supervision.
3. Chief Referee: The Chief Referee will be responsible for the centering of regular black belt divisions at Nationals and the black belt and advanced belt divisions at all other tournaments. They may also be asked to corner National Championship Black Belt Divisions.
4. Center Referee: The Center Referee should only center beginner and intermediate belt divisions, never black belt or advanced adult divisions. They may conduct forms in any division of lower rank except National Championship divisions.
5. Duties of a Center Judge conducting sparring matches:
  - a. The Center Judge (may be a Master, Chief or Center Referee, as appropriate for the division level) will be responsible for starting and ending each sparring match. He has complete authority over both contestants and all ring officials. His duties are to:
    - i. Insure the safety of the competitors by
      - Inspecting all competitors' equipment prior to the beginning of each match and making sure it is proper equipment
      - Controlling the tempo of the match and giving warnings or penalty points for rules infractions when they may occur. He also has the power to disqualify a contestant at any time. However, it is suggested that he discuss rule violations with corner judges before charging penalty points or disqualifying a contestant (normally the first violation is a warning; the second, another warning; the third, an automatic loss of point).
    - ii. Call for and award points.
    - iii. Stop time when necessary for injury, equipment problems or special instructions to the officials or competitors.
    - iv. Supervise the timekeeper and scorekeeper. Make certain that the scorekeeper properly records all points.
    - v. Announce the winner by holding up the winner's hand to complete the match.
  - b. Duties of the Center Judge conducting the forms competition:
    - i. Determine that no conflicts of interest exist among the judges and competitors.

- ii. Determine if the form was completed properly, including all moves in the proper sequence. If a form is not completed properly, the Center Judge should advise the other judges.
- iii. Review the scorekeeper's records for accuracy prior to announcing the winners.
- iv. See that the results and competitor's cards are taken to the officials' table.
- v. Announce the names of the winners at the end of the competition and make the presentation of the first place awards in each division.

5. General Responsibilities of the Center Judge:

- a. Under no circumstances should any official other than a Master Referee, judge one of their own students, other students from their own school or a member of their immediate family. This rule is not an indication of lack of trust in the judgment or fairness of our officials, but is necessary to maintain the undisputable appearance of fairness, which is of paramount importance to our competitors and spectators.
- b. Explain rules to all ring officials and competitors
- c. Collect competitors' entry cards and make certain all cards have the proper signature. ALL CARDS MUST BE SIGNED AND TURNED IN AT THE END OF THE MATCH TO THE OFFICIAL'S TABLE.
- d. Maintain control of the ring and ensure all judging is accurate and unbiased.
- e. Supervise the corner judges. Instruct them where necessary. Training of the corner judges is an essential part of the tournament process.
- f. Supervise the timekeeper and scorekeeper, making certain they are handling their responsibilities accurately and review all paperwork for completeness and accuracy.
- g. If there is a problem or question, he should consult with one of the Tournament Directors or the Chairman of the Tournament.

6. Senior Corner Judges: The Senior Corners should act as corners in rings requiring a higher level of experience, e.g. higher rank or adult competitors. They may act as a corner in any division except National Championship Black Belt Divisions.

7. Corner Judges Duties: The judges (three per ring including the Center Judge) score each match according to the rules in parts E & F below. Corner judges should address any questions they may have to the Center Judge. It is extremely important that corner judges remain extremely alert and focused on the match in their ring.

8. Timekeeper's Responsibilities: The timekeeper must control the stop watch. At the expiration of the two (2) minute round, the timekeeper should loudly yell "Time" and simultaneously throw in the bean bag. The timekeeper should only stop time when directed by the Center Judge. They must continually remain alert and attuned to the match and the Center Judge's instructions.
9. Scorekeeper's Responsibilities: The scorekeeper must accurately record and tally the scores as indicated by the judges in forms divisions and the Center Judge (only) in sparring divisions. The scorekeeper must remain alert and write legibly and completely on the scorekeeping forms. The Scorekeeper will repeat the score as indicated by the Center Judge during sparring matches. The scorekeeper should also legibly record the names of all ring officials on each divisions' forms.

#### **D. GENERAL COMPETITION RULES**

1. Rings for Competition: Rings for competition shall be square and either 18 or 20 feet per side. Each shall be clearly numbered and have clear boundaries and center marks for free-sparring.
2. Official's General Orders: All officials must remain in their ring until form and sparring competition and concluding paperwork are complete and awards are distributed. Ring officials should not leave until they receive permission from the Center Judge. Judges will show no prejudice in judging students and will give their undivided attention to the competitors. The Center Judge will explain rules to competitors before each competition. He will then answer questions.
3. Paper-work required: The Center Judge is responsible for:
  - a) Collecting the competitors' entry cards and verifying that they are properly signed;
  - b) Reviewing and turning in result sheets and entry cards with the ring packets to the judges' table immediately after the competition. Result sheets must be complete, correct and legible;
  - c) Presenting awards to the winners in the center of the ring immediately after each division competition. He will also congratulate each winner and shake his hand.
  - d) Once forms are completed, the Center Judge should prepare for sparring competition in that division.
4. No coaching from the sidelines is allowed during competition.

## **E. FORM COMPETITION RULES**

1. **Form Variations:** The Center Judge will instruct judges to recognize small differences in form techniques by students from different schools and regions. The CTF has grown very fast; consequently, small differences in technique may have been taught. Therefore, judges should score on general forms criteria. Officials should not talk among themselves during forms or between forms competitors as a matter of courtesy to competitors unless a judge has a question regarding the accuracy of the form performed and requires confirmation from the Center Judge. Any discussion should be as brief as possible.
2. **Ring Procedure:** Each competitor should answer "Yes Sir!" loudly and with enthusiasm when his name is called. He should first bow into the ring, then run to the mark in the center of the ring. He should stand at attention with his feet together and hands down at his side as in class. The competitor will then give his name and the name of the form he wishes to perform. He should at all times follow the directions of the judges. The Center Judge will bow him in and then give him the command to begin the form on his (the competitor's) own count. Competitors should stay in the position of the last movement of their form until given the command "Bah-roh." They should stay in the ring until dismissed by the Center Judge.
3. The first three competitors will complete their forms before their scores are decided. Each judge will give a score of 6 through 9.9 using 1/10 points, such as 6.1, 8.2... All scores will be added to determine the competition winner.
4. ***In the event of a tie***, the tied competitors will be asked to perform again. The competitor may choose to either repeat the same form or choose another form appropriate to their rank. Once they have performed, the judges will select the winner. Ties are to be properly run off by having the tied competitors repeat their form and rescore them rather than being decided in conference or otherwise.
5. Use of the following scale may assist in judging, however, the intention of the scoring system is to rank the competitors in a division. Judges should remember to leave sufficient room between their early scores to place later competitors.

<u>Rank</u>	<u>Average-Maximum Scores</u>
Beginner (White/Yellow Belt)	7.0 - 8.0
Intermediate (Green/Blue Belt)	7.5 - 8.5
Advanced (Red/Brown Belt)	8.5 - 9.5
Black Belts	9.0 - 9.9

For example, an average white belt form would receive a score of 7.0, a below average white belt form would receive a score of 6.8 and the most you could award a white belt would be 8.0. If a competitor is unable to complete their form, you would award them a 6.0.

If a competitor omits moves but does complete their pattern, then each judge should penalize them based on the number of moves omitted and the relative value of those moves to the overall pattern. If any judge has a question whether the omission was due to error or merely a difference in the way the student was taught, then they should not score until this has been clarified by a Master Level Referee or the Tournament Chairman.

6. Grading will be based on the criteria below:
  - a. Form Execution
  - b. Difficulty of the Form
  - c. Balance
  - d. Power
  - e. Coordinated Speed of Technique
  - f. Rhythm and Feeling Put Into Form
  - g. Student Attitude
  - h. Eye Control
  - i. Geometry of the Movements
  
7. The Center Judge will have the Scorekeeper walk behind the Judges and receive the scores secretly. ***Only the Tournament Chairman may release the scores.***
  
8. Competitors must execute the correct form for their own rank based on the summary below. Black Belts may perform **any** form up to the highest pattern of their current rank. The judges will factor the difficulty of the form in determining the competitor's score.

<b><u>Beginner Division</u></b>	Chon-Ji	Song Song
White, Yellow, Orange	Dan-Gun	Do-San
<b><u>Intermediate</u></b>	Do-San	Yong Gom
Green, Purple,	Won-Hyo	Yul-Gok
Blue	Joong-Gun	Toi-Gye

<b><u>Advanced</u></b> Brown, Red	Toi-Gye Hwa-Rang	Hyun Sil Choong-Moo
<b><u>Black Belt</u></b> 1 <sup>st</sup> rec'd 1 <sup>st</sup> degree	Kwang-Gae Po-Eun Ge-Baek	Hyun Sil Sil Hyun
2 <sup>nd</sup> rec'd 2 <sup>nd</sup> degree	Eui-Am Choon-Jang Juche	Sil Hyun Ko-Dang
3 <sup>rd</sup> degree	Sam-Il Choi-Yong	Yoo-Sin
4 <sup>th</sup> degree	Yon-Gae Moon-Moo	Ul-Ji
5 <sup>th</sup> degree	So-San	Se-Jong
6 <sup>th</sup> degree	Tong-Il	

**Black belts may do ANY pattern up to their current rank.**

Any colored belt who has held his new rank for two weeks or less may choose to perform his prior rank pattern.

- All colored belts are allowed two chances to complete their form without penalty (including in a tie break situation). Judges must grant a second "try" on a "clean sheet" basis as though it were the first try. Black Belts must complete their form on the first "try." The lowest score to be given is a "6." If any judge questions whether a competitor completes their form accurately, they should immediately bring this to the attention of the Center Judge with a minimum of discussion.
- The judges will determine the winners when the last competitor has finished his form. The Center Judge will have the competitors line up and stand at attention. The Center Judge will then call names of the winners beginning with Third Place. The Center Judge will present the first place award; the next highest ranking judge will present the second place award; the third ranking judge will present the third place award, etc. The contestant will bow to the judges after the awards have been presented. The Center Judge will dismiss them. The students will answer loudly, "Thank you, Sir!" and quickly leave the floor.

## **F. SPARRING RULES**

1. Ring Procedure for Competitors: Each competitor should answer "Yes Sir!" loudly with enthusiasm when his name is called. The competitor should first bow into the ring, then run to the mark indicated by the Center Judge in the center of the ring. The Center Judge will inspect each competitor's sparring equipment before the beginning of each match. The competitors will then follow any instructions from the Center Judge. The competitor should not talk unless directly addressed by the Center Judge or one of the corner judges.
2. White Belts and Yellow Belts will compete with Drill Work and One-step Sparring Combinations as outlined below:
  - a. Due to the differences in terminology among CTF schools, the Center Judge (or his designee) will demonstrate the techniques called for in the Drill Work.
  - b. Matches may be run either as single elimination according to the same Bye System used in Free-Sparring or graded similarly to forms.
  - c. The competitors may do the one-steps either with or without partners.
  - d. If the Bye System is used, winners will be determined by a judge's decision. Rounds will be two (2) minutes in length. The Center Judge will call for a decision and all three Judges will hold up the colored flag indicating the winner.
  - e. If the Center Judge chooses to score each competitor as in forms, then he will conduct the competition in a similar manner to forms. The competitor with the highest total points wins. If there is a tie, the tie will be run off in the same manner as forms competition.
  - f. Judging criteria are stances, geometry, execution, focus, power and difficulty of techniques.
3. Sparring "Bye" System: The proper Bye System should be set up before any sparring begins. If the Center Judge has difficulty, he should ask one of the Master Level Referees, the Tournament Directors or the Chairman for help. Entries should be closed and byes picked five minutes after last call. Generally, matches will be single elimination unless there are only three competitors in the division. In this instance, the match will be run as a double elimination with the first competitor to lose twice receiving third place.
4. Double Elimination: Any brackets used for double elimination will **ONLY** be set by the **Tournament Chairman**, or his designee.

5. Judging Procedures

- a) The three judges will stand, forming a triangle. The Center Judge should stand at the peak, facing the scorer and timekeeper so he can monitor them.
- b) In order to judge well and fairly, every judge must focus totally on the match and move appropriately to maintain clear lines of sight.
- c) The judges will remain in the same rough triangle but move together with the Center Judge initiating the movement.
- d) No judge should just stand in one place nor should any judge move so much faster than the others that he crosses in front of another judge.
- e) If a judge sees a point or penalty occur, he should kiyap loudly and all judges should return to their starting position.
- f) The Center Judge will then say "Judges", and each judge, once he has made his decision how he will call, will raise his flag to chest level, parallel to the ground.
- g) Once all three judges have raised their flags, the Center Judge will call for points and the judges should all **immediately** hold up the appropriate number of fingers for points and the appropriate colored flag or indicate any other appropriate call. Under no circumstances should a judge indicate his intention to call points, warnings, no see or no point prior to the Center Judge's call for points nor should he delay once the call is made.

6. Green Belt through Black Belt will Free Spar as outlined below:

a. Length of Match:

- i. The most points scored at the end of each two (2) minute round will determine the winner **or**
- ii. The match will end when the first competitor accumulates a total of five (5) points.
- iii. Time will run continuously unless the Center Judge should indicate otherwise; such as, time out for a verification on a call, an injury, or a warning.

b. Judges' calls:

- i. Point Scored - The judge should indicate he saw the score by holding up the appropriately colored flag in one hand and fingers to indicate the point value of the technique with the other hand.
- ii. No See - The judge should cover his eyes indicating he did not see the score.
- iii. No point - The judge should cross his arms in an "X" indicating there was no point. This could mean the technique was blocked, was overextended, jammed or too weak, did not strike a legal target, the striking competitor was out of bounds, the technique did not exist, etc.
- iv. Warning or penalty – Once he has indicated his position on points (i., ii., or iii. Above), the judge shall point the colored flag

(representing the offending competitor) at the ground and wave it in a circle.

*The majority decision of the judges will determine if the point is awarded.*

- A “no see” is not counted as a vote.
- A “no point” is counted as a “no” vote.

For example, a “no see”, a “no point” and a “point” call will equal no (0) points. Two “no sees” and a “point” call will equal a point.

c. Match ending in a tie:

- i. Ties will be determined by a "sudden victory;" that is, the first competitor to lead by a point wins.
- ii. In overtime, a point must be confirmed by at least two (2) Judges before the point is awarded.
- iii. There must be confirmation of any point scored in overtime. If two judges call for a point, the competitor will win regardless of whether the third judge votes “no see” or “no point”. If only one judge calls for a point and the other two judges call “no see”, no point is scored in overtime.
- iv. Penalty points as well as proper point scores may decide overtime matches.

d. Competitor out of bounds:

A competitor that is clearly in the ring may score a point on his opponent even when the opponent is out of the ring as long as the Judges have not called for the break. However, the competitor that is out of the ring will not be allowed to score on the opponent in the ring. When both competitors are out of bounds, no points should be scored.

Out of the ring is defined as having no foot on or within the inbounds line. Therefore, a competitor having one foot inbounds and one foot out of bounds may still score points. When both feet are out, play should continue as long as one competitor remains inbounds and the out of bounds competitor does not move so far back that he is out of range of the inbounds competitor. When both competitors are out of bounds, play stops.

If the inbounds competitor jumps off an “inbounds” leg, any points scored will count even if he finishes the technique out of bounds.

e. Scoring of points:

- i. Points are scored by placing valid hand and foot techniques on or in proximity of a legal target area - with varying criteria on technique depending on rank and division and competitors.

ii. There are three point classifications: one-point, two-point and three-point techniques:

- One (1) Point is awarded for a legal hand technique to a legal body or head (in advanced or black belt divisions only) or a legal foot technique to a legal body target area.
- Two (2) points will be awarded for any kicking technique scoring to the head, face, or back of the head above the neck (side of neck and throat are illegal targets).
- Two (2) points will be awarded for jumping kicks to legal body target areas.
- Two (2) points will be awarded for a **jump reverse punch** to any part of the head (allowed only in black belt divisions).
- Three (3) points will be awarded for a jumping kick to the "head" target area.

*NOTE: There shall be no minimum distance from the ground to qualify jumping kicks. The only criterion is that the non-kicking leg be off the ground.*

If the judges score different point levels, e.g. one judge scores one point for a body kick and another judge scores two points for a head kick, the Center Judge should call "time out" and discuss with the Corner Judges the sequence of events for clarification. The Center Judge will then award the proper number of points. If two judges have scored two points and one judge only one point, the majority rule will apply.

g. Legal hand techniques:

Punches, back fist or hammer fist, ridge hand or knife hand strikes.

h. Legal kicks:

Any kick executed while standing with good balance or while jumping and landing with good balance. You may score a kick by contacting the legal target area with any portion of the foot below the ankle.

i. Target Areas: The front and sides of the body above the "belt" are legal for hand and foot techniques in all divisions. The head, face and back of the head above the neck are legal for kicks in all divisions. Hand techniques to the head and face are legal in Red and Black Belt divisions. All other parts of the body except arm and leg blocking areas are illegal target areas.

Points are scored only for techniques to legal target areas. Warnings, penalty (minus) points or disqualification may result for blows to non-target or non-blocking areas.

- j. Contact rules are relative to division. In colored belt competition, students are allowed to score face kicks without contact. If a competitor makes accidental light contact, a point may still be awarded since light contact will be required in higher divisions. However, if the Center thinks the contact is too hard, he may warn, award penalty points or disqualify the attacker immediately. Other body contact may be light to medium. Normally, first infractions will draw a warning for negligence. Malicious attacks on illegal or dangerous target areas (groin, standing knee, throat, etc.) shall draw minus points or disqualification depending on the situation as determined by the Center Judge and other proper officials. If a competitor is injured, the opponent should turn his back and kneel down in a show of courtesy and respect for the injured partner.

Light or incidental hand contact to the face in Green and Blue Belt divisions can result in a warning. However, the Center Judge has the option of awarding penalty points or disqualifying the attacker if he feels the contact is too hard, deliberate, malicious or dangerous in nature.

NOTE: Pretending Pain or Injury: Competitors should not pretend pain as a device to improve competition standing or to gain judges' sympathy. Competitors should always demonstrate integrity and indomitable spirit. Competitors' complaints of contact, blood, or tears, have no bearing on whether too much contact was made. The decision is simply whether the attacker used too much power or penetration.

- k. Penalty or disqualification may result from:
- i. Excessive contact explained above
  - ii. Running out of bounds or falling to avoid attack
  - iii. Grabbing an opponent or his uniform
  - iv. Tripping, throwing, or foot sweeping an opponent
  - v. Fingertip or similar "spearing" techniques
  - vi. Attacking other than legal targets
  - vii. Causing injury from unclipped fingernails or toenails
  - viii. Exhibiting unsportsmanlike conduct at any time before, during, or after the match while under direction of the referee (such conduct elsewhere may draw other Federation action as deemed appropriate by officials).

**The Center will decide whether an infraction warrants only a warning or a penalty or disqualification based on the circumstances. Once a competitor has been warned twice (regardless of the infraction) in any match, subsequent infractions will result in a penalty (negative point) or disqualification.**

- l. Out of bounds rulings depend on whether the competitors have "fought" out or "run" out of the ring. A competitor who runs out of bounds to escape the attacker may be issued a warning. The third and subsequent such infraction results in penalty points. Persons "fighting" out or ejected from the ring by their opponent will not be warned or penalized. If that happens, or if a competitor inadvertently steps out of bounds, the referee will call both competitors back to the center of the ring. Falling down to avoid an attacker will be judged similarly to running out of bounds.
  
- m. Sparring Bracket Guidelines – Competitors are assigned to their brackets randomly with the following exceptions:
  - Byes should be distributed evenly and fairly within the brackets.
  - In the first round, competitors from the same school should not be paired together. The intent is to allow them to spar with people from a different school in the first round; and
  - In the final regional qualifier of the year, the 1<sup>st</sup> place and 2<sup>nd</sup> place qualifiers in the Black Belt Divisions will be seeded at different ends of the brackets.

## **G. COMPETITOR'S APPEARANCE AND DRESS**

1. Uniforms: All Competitors will wear clean, pressed white uniforms.
2. Sparring Equipment: The following sparring safety equipment is mandatory **(NO EXCEPTIONS ALLOWED)** where indicated or strongly recommended where not. All gear must fit properly and be in good condition, free from tears and without tape.
  - **Mandatory** Safety gear on the hands must be foam and cover the top portion of the hand extending downward from above the wrist to within one (1) inch from the end of the finger tips (the thumb is included).
  - **Mandatory** Safety gear on the feet must be foam and cover the entire top of the feet, including the heels and all toes.
  - **Mandatory** - All males must wear protective groin cups inside the dobok pants.
  - **Mandatory** Head gear for all junior competitors through age seventeen (17). The head gear must cover the entire hair line and be made of an approved foam with a padded top. Head gear is recommended for all divisions regardless of age or gender.
  - **Mandatory** - Mouthpieces are mandatory in all divisions.
  - **Optional** protective equipment such as cloth or dipped foam shin and arm guards may be worn. The use of rib, or other guards or braces must be approved by the Tournament Director or the Tournament Chairman (criteria includes opponent's safety, intent of the "guards" and student's special needs or problems).
  - The Tournament Chairman must approve all sparring gear that is not dipped foam.
3. Other Items: The CTF recommends eyeglasses not be worn as they represent a safety hazard. Competitors are urged to wear contact lenses or sports safety glasses. No jewelry or hard braces may be worn. All finger and toe nails are to be clipped short.

***NOTE: The competitors' safety is first and foremost in our desire for fun and fair competition.***

## H. General Rules for Power Breaking

1. Power Breaking Overview: Whoever breaks the most  $\frac{3}{4}$  inch by 11 inch by 12 inch white pine boards with a kick and upper-body technique wins. One attempt will be allowed at each break. Technique is not judged, only the total number of boards broken. Boards will be provided only by the CTF.

### 2. Competition Procedure:

1. Numbers will be drawn to determine the order of breaking.
2. All players will receive one attempt at breaking with a foot technique.
3. Only after all players have attempted to break with a foot technique, will the upper body part of the breaking competition begin. The breaking order will be reversed.
4. All players will receive one attempt to break with an upper-body technique.
5. The competitor with the most broken boards combining both foot and upper-body techniques wins.
6. Ties -
  - First competitor by draw chooses whether the next break will be either by foot or upper-body technique, then proceeds to break. The 2<sup>nd</sup> competitor proceeds to break with the chosen type of break.
  - If a tie still remains, then the 2<sup>nd</sup> competitor chooses the type of break and breaks first with the 1<sup>st</sup> competitor following.
  - This process continues until a winner is decided.

## **I. JUDGING ETHICS**

Demonstrations of prejudice, lack of ring attentiveness, inappropriate behavior, etc., shall be cause for warning from higher officials at any CTF tournament. Any such warnings shall become part of the judge's permanent record. Three warnings within a 12-month period will bring a mandatory two-year suspension from all official activities including judging or participating in tournaments or testings.

## **J. ADDITIONAL RULINGS**

Any Center Judge, corner judge or any other ring official who is having difficulties in resolving a given problem should ask the Tournament Director or Tournament Chairman for help.

## **K. COMPLAINTS**

Instructor, competitor or student complaints or appeals regarding matters of judgment during the tournament are not allowed. Decisions of responsible officials are final.

In the event of an error of a factual nature (such as a failure to turn the score, improper tallying of points, etc.), the error should immediately be brought to the attention of the Center Referee before the beginning of another match. If the Center Judge does not satisfactorily resolve the problem, then it should be brought to the attention of the Chairman of the Arbitration Committee. The Arbiters may then use any evidence they wish to determine the facts of the situation. Any decision by the Arbiters is final.

In the event of a perceived conflict of interest in a ring, the matter should immediately be brought to the attention of the Center Judge prior to the beginning of the Division. If the Center Judge does not satisfactorily resolve the matter, then it should be brought to the immediate attention of the Tournament Director and then to the Tournament Chairman.

## CTF NATIONAL CHAMPIONSHIP RULES

### 1) REGIONS -

a) The following regions represent areas where the CTF has sufficient schools to hold a qualifying tournament. New regions will be added as areas continue to grow.

- i) TENNESSEE, KENTUCKY, INDIANA,
- ii) FLORIDA/SOUTH GEORGIA
- iii) ARKANSAS, TEXAS
- iv) WEST COAST
- v) EAST COAST
- vi) MISSOURI
- vii) NORTH GEORGIA

b) Until a region has sufficient numbers to support a qualifying tournament, their black belts must declare their intention to qualify in another region or the instructor in that area may petition the National Director to appoint one black belt per division to compete in the National Championships.

2) **DETERMINATION OF QUALIFYING DIVISIONS** – The total number of competitors in a division for all qualifying tournaments in a region will determine the status of that division at Nationals. A tentative schedule of divisions will be published by the CTF at the beginning of the competition year.

For example, should the competition level drop below an average of 3 competitors per tournament:

In a 3 or more tournament region, that division will only be allowed to qualify as a 2 tournament regional division

**or**

In a 2 tournament region, that division will only be allowed to qualify as a 1 tournament regional division.

*The effect of this rule would be that the number of competitors qualifying and their seeding position would be reduced.*

The National Office may determine that a division that does not meet the above criteria should make due to interest from other regions and declare it qualified.

### 3) QUALIFYING PROCESS

a) Qualifying Region: A competitor may qualify in his region of residence or he may declare his intention to qualify in another region. In order to

qualify in another region, the competitor must send written notification of his intent to qualify in another region prior to the first tournament of the year in that region or his region of residence. A Black Belt who attempts and fails to qualify in his region of residence may not later attempt to qualify in another region.

- b) Regional Qualifying Process: The number of Black Belts qualifying in each region will be determined by the number of sanctioned qualifying tournaments held in the region (except as noted in paragraph 2 above). In order for the tournament to be sanctioned, the Tournament Director must notify the CTF office in advance of the tournament and submit a \$125.00 sanction fee and tournament results within 30 days after the tournament.
- i) No Sanctioned Tournaments held in region – Any Instructor may petition the National Director for permission to appoint **one (1)** black belt per division to compete in the National Championships. There will be an additional fee of \$25.00 per appointee up to a maximum of \$125.00 per region. Only one (1) competitor from that region will be allowed to compete in the National Championships. Should more than one instructor in the same region wish to send competitors in the same division, the National Director will decide which student will be allowed to compete.
  - ii) One Sanctioned Tournament held in region – The winner of each Black Belt Division is the **only** Qualified Competitor for that Region in the National Championships.
  - iii) Two Sanctioned Tournaments held in region – The top three declared qualifiers in each division will be assigned points based on how they finish in the competition. (e. g. 3 points for a 1<sup>st</sup> place, 2 points for 2<sup>nd</sup> place and 1 point for 3<sup>rd</sup> place) If a “non-declared” black belt competes, they are disregarded in the awarding of points. The Regional Director will tally the points and the **two (2)** top finishers will be the qualifiers for that region.
  - iv) Three or more Sanctioned Tournaments held in region – The same procedure as outlined above under two tournaments will be used, however, there will be **three (3)** qualifiers eligible from each division.
  - v) If a National Champion division fails to make at a regional tournament because it has less than two competitors, then that tournament will not be considered “sanctioned” with respect to that division. This may reduce the number of qualifiers eligible from that division at Nationals to equal the number of times that division made at regional tournaments that year. The seeding will reflect the number of qualifiers.
  - vi) Any region may apply to appoint a Black Belt Competitor in any division that did not make at their Sanctioned tournaments.

- c) Individual Division Qualification: An individual must compete in the appropriate division for his age, rank and gender in both Regional and National Tournaments.
  - i) Age - In order to avoid switching divisions, the age of the competitor on July 1<sup>st</sup> of the competition year will be used to determine his age division for the entire competition year.
  - ii) Rank – The Competitor must compete in the appropriate division for his rank at each tournament. *The competitor may **not** carry over regional qualification points earned in one division to another division if he must change divisions due to a change in rank.* If an individual has qualified in a division and moves to a higher ranked division (due to rank promotion) before Nationals, then he would not be eligible to compete in the lower National Championship division and only in the higher division if he qualified in it after receiving his new rank.
  - iii) Any exception to these rules must be approved in advance of the Tournament season (prior to February 15<sup>th</sup>) by the National Director of the CTF.

#### **4) SEEDING PROCESS AT NATIONAL CHAMPIONSHIPS**

Competitors will be seeded based on the number of “sanctioned” qualifying tournaments in their region and their qualifying position.

- a) Top seeding position will be given to the first place qualifiers from regions with three or more sanctioned tournaments.
- b) Second level seeding will be given to the top finisher in a region with two “sanctioned” qualifiers and the second place finishers from regions with three or more “sanctioned” qualifiers.
- c) Next level seeding will be to the qualifier in a one-qualifier region, second qualifier in a two-qualifier region and the third qualifier from a region with three or more qualifiers.
- d) The lowest seeding position will be given to appointees.

#### **5) FORMS COMPETITION RULES**

- a) The standard CTF Tournament Rules for forms competition apply.
- b) Qualifiers will be seeded with the lowest seed competing first and the top seed competing last.
- c) Judges will display forms scores immediately upon “judges call” by raising their scorecards.

#### **6) SPARRING COMPETITION RULES**

The standard CTF Tournament Rules for sparring competition will apply with the following exceptions:

- a) The Tournament Chairman based on the criteria outlined above will predetermine seeding.

- b) Sparring matches will consist of two two-minute rounds with a 1-minute break in between rounds ~~for coaching~~.
- c) The winner will be the competitor with the most points at the end of the match.

**7) DETERMINATION OF THE NATIONAL CHAMPION**

- a) The 1st place finisher in the Elimination Round Forms and Elimination Round Sparring will then compete again against each other in the Final Round.
- b) In the Final round, the total points earned by each competitor in the Forms competition will be doubled\*\* and then the difference is added to the forms winner's Point Sparring score to determine the National Championship Jacket winner. For example:

Forms Winner's Form Score - (3 judges @ 9.5)	28.5
Sparring Winner's Form Score -(3 judges @ 9.3)	<u>27.9</u>
Difference	.6
	<u>X 2</u>
Advantage to add to Forms Winner's score	1.2

The sparring winner must now outscore the forms winner in the Final round by at least 2 points in order to win.

\*\* In the event that either the Forms or Sparring Winner was rescored in forms in order to break a tie, the first score earned will be used in the difference above.

**8) BOARD BREAKING**

The standard CTF Tournament Rules for sparring competition will apply except that top seed will go last in both the foot and upper-body portions of the competition. The last seed will go first in both, etc.

## OFFICIALS' DRESS

Instructors, judges and others identified as officials shall be properly dressed in uniforms or coat and tie (or women's equivalent). This is required for all judging activities and official Taekwondo events.

### Testings & Tournaments:

- (1) Proper CTF Uniform.
- (2) Slacks with a shirt & tie; sport coat is optional (no jeans when wearing a tie).
- (3) Instructors & School Owners - sport coat is encouraged.
- (4) Master Level Referees – should wear their Master Referee shirt, preferably with khaki slacks.

### Uniform Requirements:

1. Only white traditional uniforms may be worn with no pockets on the pants. Do not roll the sleeves up. Uniforms must be clean, pressed and in good repair.
2. The following patches may be worn on the CTF uniform:
  - a. CTF Patch on the left chest.
  - b. School or USTL Patch on the right.
  - c. The Black Belt Club patch may be worn on the right arm of the jacket near the shoulder.
  - d. Black Belt Club Achievement patches may be worn on the collar of the jacket.
3. Formal Taekwondo Uniforms within the CTF guidelines must be worn to any CTF event unless the Instructor or Black Belt is in shirt, slacks and tie.
4. 5th Degree Black Belts and above should be in a suit or sports coat and slacks.
5. Women who do not wear the CTF Uniform must be in
  - a. Dress
  - b. Slacks and shirt
  - c. Skirt and blouse
  - d. Pants suit (no jeans or tee shirts)

### Uniform Striping Requirements

All Black Belts, **1st Degree Decided and above**, shall add a 7/8" black trim around the bottom of the uniform jacket.

All **Trainee Instructors** shall add the red or blue (if under age 16) 7/8" stripe around the collar and located directly on edge of collar to indicate their status. Once a blue collar instructor reaches age 16, they may then change their striping to red. Note: Do not remove the black trim on the bottom.

All **Certified Instructors** will wear the black striping centered around the collar. Note: do not remove the black trim around the bottom.

- a. If you are a Chief Instructor of a school and 4<sup>th</sup> Degree or above, the yoke strip will be 1-1/2".
- b. If you are an Assistant Certified Instructor teaching in a school with the Chief Instructor or under the rank of 4<sup>th</sup> Degree, you will wear a 7/8" black collar stripe.

All **4<sup>th</sup> Degree Black Belts** should add 7/8" black stripe down each pant leg.

All **5<sup>th</sup> Degree Black Belts** should add a 7/8" black stripe down each shoulder.

All **6<sup>th</sup> Degree Black Belts** should add a 3/8" gold stripe over all black striping on their uniforms.

All **7<sup>th</sup> Degree Black Belts** should change to a 3/8" red stripe over all black striping on their uniforms.

All **8<sup>th</sup> Degree Black Belts** should change to a 3/8" blue stripe over all black striping on their uniforms.

#### Belt Requirements

All Black Belt ranks will wear a plain black belt in good repair. CTF will allow the Black Belt's name in English or Choong Sil Kwon in Korean letters on the left side of the belt and the rank displayed by using the bars to represent each decided rank on the right side. All lettering must be done in gold.

#### Uniform Lettering

Taekwondo, CTF and the Black Belt's first initial and last name may be embroidered on the back of the jacket in all black letters. Colored Belts may have the name of their school or city and state on the back of their uniforms but not their name.

**Colored Belt Uniform**  
(Through 1<sup>st</sup> Degree Recommended)



**1<sup>st</sup> Degree Black Decided**



*\*All Non-CTF Black Belts will be expected to meet equivalent uniform requirements when participating in CTF events.*