

AWARDS AND COMPETITION RULES

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GRAND CHAMPION AWARDS

Every year at the Ahn Classic, we try to recognize the outstanding competitors that attend our championship, and we wanted you to be aware of these awards and how the winners will be determined.

We will be awarding:

- 1 adult (18 yrs old & older) Black Belt Grand Champion trophy
- 1 junior (17 yrs old & under) Black Belt Grand Champion trophy

Based on the following criteria:

- Awards will be based on a tally of points from events in which the competitor competed
- A competitor **MUST** compete in 3 events to qualify (Forms, sparring & breaking).
- In the event of a tie the champions will be decided by a judging of forms.
- **Competitors** interested in competing for champion awards **will be responsible for their own award cards** (distributed at registration), and that they are completed by the volunteer at the award stand and submitted to the head table for verification of points.
- Points for the Black Belt Grand Champions will be awarded as follows:

BREAKING

- 1st Place: 3 points
- 2nd Place: 2 points
- 3rd Place: 1 point

FORMS

- 1st Place: 5 points
- 2nd Place: 4 points
- 3rd Place: 3 points

SPARRING (Olympic or Point)

- 1st Place: 4 points
- 2nd Place: 3 points
- 3rd Place: 2 points

2024 COMPETITION RULES

I. POOMSE (Form)

- Any recognized martial art form is permitted
- Competitors will compete individually, and will be scored with a whole point and decimal system.
- Form will be scored from 1-10 with decimals
- If 5 judges are used, the highest and lowest score will be deducted from total score
- If 3 judges are used all 3 scores will be added for a total
- Judges may discuss a base minimum score before division begins
- All scores **MUST** be signaled simultaneously at command of center judge
- If 5 judges are used and there is a tie score, then the low score will be added back into the total. If a tie still remains, then the high score will be added back into the total. If a tie still remains, there will be a form run-off and the winner will be determined by a show of hands.

POOMSE JUDGING CRITERIA

- Correct movements
- Start and finish in same spot
- Taekwondo-like attitude
- Focus
- Accurate targets
- Breathing and kyaps
- Power
- Balance
- Accuracy and synchronization of movement
- Rhythm

II. KYUKPA (Breaking) -- Boards Only

- Boards must be approved and purchased at the event
- Competitors are required to provide their own board holders.
- The tournament directors reserve the right to modify any breaking routines in the interest of safety.
- Competitors select own techniques and number of stations (**5 max**)
- Maximum 1 minute set-up / 1 minute to execute breaks
- Only 3 attempts per station permitted
- Scores awarded by the same standards as form divisions
- When scoring, consider number of attempts, degree of difficulty, quality, and # of boards
- A competitor who breaks boards on first attempt will always be scored higher than a competitor who breaks on second and third attempts
- Rank degree of difficulty from highest to lowest in following order:
 - Jump spin kicks
 - Spin kicks
 - Jump kicks
 - Standing kicks
 - Hand technique

- Also in consideration will be the number of boards per station as well as suspended boards vs. fixed boards
- In the event of a tie, competitors will perform their breaking routines again without boards. All routines for the tie breaker will be judged as forms, focusing on technique, accuracy, power and presentation. Judges will use a show of hands to determine the winner of any tie breakers.

III. OLYMPIC-STYLE SPARRING

Sparring divisions will be conducted by modified AAU Taekwondo rules. If any rule is not covered, please refer to AAU Taekwondo rules.

MATCH TIMES

Division	# of Rounds	Duration	Rest Period
5-14 Color Belts	Up to 3	1 min	30 sec
5-11 Black Belts	Up to 3	1 min	30 sec
12-14 Black Belts	Up to 3	90 sec	30 sec
15-17 Color Belts	Up to 3	1 min	30 sec
15-17 Black Belts	Up to 3	90 sec	30 sec
18-34 Color Belt	Up to 3	1 min	30 sec
35 & Up Color Belts	Up to 3	1 min	30 sec
18-32 Black Belts	Up to 3	90 sec	30 sec
33-40 Black Belt	Up to 3	1 min	30 sec
41-49 Black Belt	Up to 3	1 min	30 sec
50 & Up Black Belt	Up to 3	1 min	30 sec

MANDATORY EQUIPMENT

- Chest Protector
- Headgear
- Protective Cup (male)
- Mouthpiece (Braces must be covered)
- Shin and instep guards (including WTF approved foot coverings)
- Forearm guards (that do not cover the fist)
- Hand coverings or hand wraps will not be permitted. However, white WTF approved gloves are permitted.

GENERAL RULES

- Each match will be up to 3 rounds of the prescribed times listed above.
- The winner will be determined by the first player that wins 2 rounds “Best of 3”.
- The winner of each round will be determined by the most points scored in each round.
- In the event of a tie score at the end of a round, here is the order of determining the tie breaker: 1. most points scored with turning kicks; 2. most points scored by a. head kicks, b. body kicks, c. punches; 3. majority of judges’ call

- 5 Gam-Jeoms (-1 pt x 5) will cause the competitor to lose the round.
- 12 point gap will stop the match at any time to end the round.
- Every round starts fresh with 0 (zero) points and 0 (zero) gam-jeoms
- Coaches will receive 2 challenge cards per match. They may challenge: 1. head kicks not scored for their own player, 2. technical points not added, 3. removing points that were awarded after a Gam-Jeom, 4. punch points clearly awarded to the wrong player.
- Coach's may NOT challenge judges' call result. The coach will lose one challenge card for this challenge.

MODIFIED RULES

- All divisions and all ranks will be **CONTROLLED** contact to the head.
- Head contact considered malicious or resulting in minor injury can result in deduction of points or disqualification, depending on discretion of the center referee.
- Any excessive head contact that causes continuous bleeding, bruising, or serious injury will deem disqualification.
- Inability to fight due to fright or loss of will due to legal contact should NOT cause disqualification to opposing competitor.
- Competitors are to be awarded points for firm contact to legal scoring areas on the body and **CONTROLLED** contact to legal scoring areas on the head.
- All divisions will be awarded points in the following manner:
 - 1 point punch to body
 - 2 points kick to body
 - 3 points kick to head
 - 4 points turning kick to body with continuous motion
 - 5 points turning kick to head with continuous motion
- Referees, coaches, and competitors should be aware of any outclass situation and do what is conscientious in those situations to prevent serious injury.
- ALL AAU Taekwondo warnings and deductions will apply except as modified.
- "Fight" commands from the center will occur in 3 seconds / 3 seconds.
- Moving backwards or sideways with 3 steps will result in a Gam-Jeom.
- Prolonged pushing or continuous contact will result in a Gam-Jeom.
- Attacking with the side or the bottom of the foot in the clench will result in a Gam-Jeom.
- Attacking the back of the head while in the clench (regardless of contact) will result in a Gam-Jeom.
- Lifting the leg up to the hogu without a kick or punch immediately following is a Gam-Jeom. Lifting the leg and kicking 4 or more times without contact is a Gam-Jeom.
- There are no Joo-eui's.

IV. POINT SPARRING

Sparring divisions will be conducted by modified AAU Taekwondo rules. If any rule is not covered, please refer to AAU Taekwondo rules.

Match Times

Division	# of Rounds	Duration*
5-14 All Ranks	1	2 min
15-17 Color Belts	1	2 min
15-17 Black Belts	1	2 min
18-34 Color Belt	1	2 min
35 & Up Color Belts	1	2 min
35 & Up Black Belt	1	2 min
18-34 Black Belt	1	2 min

* All matches will be two minutes of running time or a 7-point gap, whichever occurs first. In the event of a tie score at the end of regulation, a golden will follow and the winner will be determined by one (1) full point change, by point scored or by penalties.

IMPLEMENTS FOR SCORING

- Hand - closed fist (forefist or backfist) and reverse knifehand (a.k.a. ridgehand). All others hand techniques are considered a penalty and assessed deductions.
- Foot - any part of foot below the ankle

SCORING TARGET AREAS

- Legal **HAND** techniques to the **HEAD & BODY** are punches, ridge hands, and back fists.
- Legal **FOOT** techniques may be with the foot from the ankle down.
- Legal scoring area is the **HEAD** (not the face / face shield) and the **BODY** (from the sides forward).
- **Illegal scoring areas** include the face / face shield, the neck and shoulder area, the back, below the waist, and all joints. Contact with these areas will result in a penalty.
- **Illegal hand techniques** include knife hands, hammer fists, "pawing" (hitting with the palm side of a fist), knife hands and any technique thrown to the face area or the face shield, if worn.
- All points must be scored with good form and balance to the legal target with **LIGHT CONTACT**.

POINTS

- 1 point - valid **HAND** technique to the legal **BODY** or **HEAD** areas
- 1 point - valid **FOOT** technique to the legal **BODY** area
- 2 points - valid **FOOT** technique to the legal **HEAD** area
- 3 points - valid spinning or turning foot technique **WITH BALANCE AND CONTROL** to the legal **HEAD** area
- A majority of the judges must concur to validate the scoring technique.
- A total of 5 full penalty points will result in disqualification.

REQUIRED EQUIPMENT

- Headgear
- Mouthpiece (Braces must be covered)
- Fist and forearm guards (safety hands NOT required, but fist must be covered)
- Shin and instep guards (safety feet NOT required)
- Cup (required for males ONLY)
- Chest protector OPTIONAL
- Olympic sparring gear is acceptable in point sparring competition.
- All safety equipment must be made specifically for martial arts. Any equipment in question must be approved by the head referee.

MODIFIED RULES

- In order to score, the legal scoring implement must be executed with good balance and form, and must touch the legal target area with light contact.
- Referees, coaches, and competitors should be aware of any outclass situation and do what is conscientious in those situations to prevent serious injury.
- Any kick which is considered malicious or causes serious injury can be grounds for disqualification at the discretion of the judges.

Any and all decisions made by the head referee are final and may not be challenged.

It is our intention that all competitors, whether they win or lose, walk away from the Ahn Classic with a positive experience.