

AWARDS AND COMPETITION RULES

I. TRADITIONAL FORMS.....1
 Traditional Forms Judging Criteria2
 II. CREATIVE FORMS2
 Creative Forms Judging Criteria2
 III. PARA FORMS3
 Para Forms Judging Criteria3
 IV. WEAPONS.....3
 Weapons Judging Criteria4
 V. PARA WEAPONS4
 Para Weapons Judging Criteria4
 VI. CREATIVE BREAKING - Boards Only4
 VII. PARA CREATIVE BREAKING.....5
 Para Creative Breaking Judging Criteria5
 VIII. POWER HAND BREAKING6
 IX. POWER SIDE KICK BREAKING6
 X. REPETITIVE SPEED HAND BREAKING7
 XI. REPETITIVE SPEED SIDE KICK BREAKING.....7

NOTE: All situations not covered in these rules are subject to a discussion and a ruling by the tournament directors and the head of officials. These rulings will stand for the duration of the tournament.

I. TRADITIONAL FORMS

- Any recognized Taekwondo form is permitted.
- Participants will compete individually.
- Forms will be scored from 1-10 with decimals.
- If 5 judges are used, the highest and lowest score will be deducted from the total score. In the event of a tie with 5 judges, the lowest score will be added back into the total to break the tie. If the scores are still tied, then the highest score will be added back into the total. If there is still a tie, then the participants will perform their forms one additional time, and the judges will score by a show of hands.
- If 3 judges are used, all 3 scores will be added for a total score.
- In the event of a tie with 3 judges, participants will perform their form one additional time. Judges will determine winner of the run-off with a show of hands.
- Judges may discuss a base minimum score before division begins.
- All scores **MUST** be signaled simultaneously at command of center judge.

TRADITIONAL FORMS JUDGING CRITERIA

- Correct execution of technique
- Start and finish in same spot
- Martial Art Spirit
- Focus
- Accurate targets
- Breathing and kihaps
- Power
- Balance
- Accuracy and synchronization of movement
- Rhythm

II. CREATIVE FORMS

- Any creative form not exceeding the 90 second time limit will be permitted
- Participants will compete individually.
- Participants may use music in their performance, but it is not required. Participants must provide their own speaker.
- Forms will be scored from 1-10 with decimals.
- If 5 judges are used, the highest and lowest score will be deducted from the total score. In the event of a tie with 5 judges, the lowest score will be added back into the total to break the tie. If the scores are still tied, then the highest score will be added back into the total. If there is still a tie, then the participants will perform their forms one additional time, and the judges will score by a show of hands.
- If 3 judges are used, all 3 scores will be added for a total score.
- In the event of a tie with 3 judges, participants will perform their form one additional time. Judges will determine winner of the run-off with a show of hands.
- Judges may discuss a base minimum score before division begins.
- All scores **MUST** be signaled simultaneously at command of center judge.

CREATIVE FORMS JUDGING CRITERIA

- Creativity
- Correct execution of technique
- Start and finish in same spot
- Martial Art Spirit
- Focus
- Accurate targets
- Breathing and kihaps

- Power
- Balance
- Accuracy and synchronization of movement
- Rhythm

III. PARA FORMS

- Any recognized martial arts form is permitted
- Participants will compete individually.
- Instructor assistance is permitted if needed.
- All participants will be awarded first place.

PARA FORMS PERFORMANCE CRITERIA

- Martial Art Spirit
- Focus
- Kiahps
- Power
- Balance

IV. WEAPONS

- No live-bladed weapon is permitted.
- Participants will compete individually.
- Form will be scored from 1-10 with decimals.
- If 5 judges are used, the highest and lowest score will be deducted from the total score. In the event of a tie with 5 judges, the lowest score will be added back into the total to break the tie. If the scores are still tied, then the highest score will be added back into the total. If there is still a tie, then the participants will perform their forms one additional time, and the judges will score by a show of hands.
- If 3 judges are used, all 3 scores will be added for a total score.
- In the event of a tie with 3 judges, participants will perform their form one additional time. Judges will determine winner of the run-off with a show of hands.
- Judges may discuss a base minimum score before division begins.
- All scores **MUST** be signaled simultaneously at command of center judge.

WEAPONS JUDGING CRITERIA

- Correct execution of technique
- Control and use of Weapon
- Martial Art Spirit
- Focus
- Accurate targets
- Breathing and kihaps
- Power
- Balance
- Accuracy and synchronization of movement
- Rhythm

V. PARA WEAPONS

- No live-bladed weapon is permitted.
- Any recognized martial arts form is permitted
- Participants will compete individually.
- Instructor assistance is permitted if needed.
- All participants will be awarded first place.

PARA WEAPONS PERFORMANCE CRITERIA

- Control and use of Weapon
- Martial Art Spirit
- Focus
- Accurate targets
- Kihaps
- Power
- Balance

VI. CREATIVE BREAKING -- Boards Only

- Boards must be approved and purchased at the event.
- Participants are responsible for providing their own holders and stanchions.
- Participants under the age of 12 will attempt to break $\frac{3}{8}$ inch demo boards. Participants 12 and older will break $\frac{1}{2}$ inch demo boards.
- Participants 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.

- In the event of a tie, participants will perform their breaking routine one additional time without boards. Judges will declare winner with a show of hands.
- When scoring, judges will consider number of attempts, degree of difficulty, number of boards, and quality of technique.
- The degree of difficulty, from highest to lowest, in the following order:
 - Jump spin kicks
 - Spin kicks
 - Jump kicks
 - Standing kicks
 - Hand technique
- The degree of difficulty also accounts for the number of boards per station as well as suspended/standing boards vs. fixed boards.

VII. PARA CREATIVE BREAKING -- Boards Only

- Boards must be approved and purchased at the event
- Participants are responsible for providing their own holders and stanchions.
- All participants will break $\frac{3}{8}$ inch demo boards.
- Participants select own techniques and number of stations (**5 max**)
- Maximum 1 minute set-up / 1 minute to execute breaks
- Instructor assistance is permitted if needed.
- All participants will be awarded first place.

VIII. POWER HAND BREAKING

- Each participant will have one attempt to break with a downward hand technique on a standard board stanchion.
- Accepted techniques include: fist, hammer fist, knife hand, palm heel, and ridge hand.
- No spacers permitted.
- No covering on boards (i.e. cloth on striking surface).
- No taping or binding of boards.
- Participants under the age of 12 will attempt to break $\frac{3}{8}$ inch demo boards. Participants 12 and older will break $\frac{1}{2}$ inch demo boards.
- Once the judge declares “begin,” the participant’s break must be done within 30 seconds.
- Participants may not cover the breaking hand with any bandages, tape, or any other material.
- The participant who breaks the most boards will be declared the winner.
- If multiple participants break the same number of boards, the participant who breaks the greater percentage of boards will be declared the winner. (For example, Participant #1 attempts to break 8 boards and succeeds in breaking

all 8. Participant #2 attempts to break 10 boards but only succeeds in breaking 8. Therefore, Participant #1 will be declared the winner, as he succeeded in breaking a higher percentage of boards attempted.)

- In the event of a tie, multiple 1st, 2nd, or 3rd places will be awarded.
- If all participants fail to break on their first attempt, a second attempt will be given to all participants. Participants may change the number of boards they attempt if they choose.

IX. POWER SIDE KICK BREAKING

- Each participant will have one attempt to break with a side kick technique on a standard board holder.
- No spacers permitted.
- No taping or binding of boards.
- Participants under the age of 12 will attempt to break $\frac{3}{8}$ inch demo boards. Participants 12 and older will break $\frac{1}{2}$ inch demo boards.
- Once the judge declares “begin,” the participant’s break must be done within 30 seconds.
- Participants may not cover the breaking foot with any bandages, tape, or any other material.
- The participant who breaks the most boards will be declared the winner.
- If multiple participants break the same number of boards, the participant who breaks the greater percentage of boards will be declared the winner. (For example, Participant #1 attempts to break 8 boards and succeeds in breaking all 8. Participant #2 attempts to break 10 boards but only succeeds in breaking 8. Therefore, Participant #1 will be declared the winner, as he succeeded in breaking a higher percentage of boards attempted.)
- In the event of a tie, multiple 1st, 2nd, or 3rd places will be awarded.
- If all participants fail to break on their first attempt, a second attempt will be given to all participants. Participants may change the number of boards they attempt if they choose.

X. REPETITIVE SPEED HAND BREAKING

- Each participant will break ten (10) boards one at a time as quickly as possible with a downward hand technique.
- Each participant will be responsible to provide their board holders. No mechanical “feeders” will be permitted.
- Participants under the age of 12 will attempt to break $\frac{3}{8}$ inch demo boards. Participants 12 and older will break $\frac{1}{2}$ inch demo boards.
- Once the judge declares “begin,” the participant will break ten (10) boards as quickly as possible.
- Only 1 board may be broken per strike.
- The participant who breaks ten (10) boards in the least amount of time will be declared the winner.
- In the event of a tie, multiple 1st, 2nd, or 3rd places will be awarded.

XI. REPETITIVE SPEED SIDE KICK BREAKING

- Each participant will break ten (10) boards one at a time as quickly as possible with a Side Kick technique.
- Each participant will be responsible to provide their board holders. No mechanical “feeders” will be permitted.
- Participants under the age of 12 will attempt to break $\frac{3}{8}$ inch demo boards. Participants 12 and older will break $\frac{1}{2}$ inch demo boards.
- Once the judge declares “begin,” the participant will break ten (10) boards as quickly as possible.
- Only 1 board may be broken per strike.
- The participant who breaks ten (10) boards in the least amount of time will be declared the winner.
- In the event of a tie, multiple 1st, 2nd, or 3rd places will be awarded.

It is our intention that all participants, whether they win or lose, walk away from the Southern Ohio Fall Games with a positive experience.