

U.S. Chung Do Kwan Association, Inc.
2010-11 Tournament Competition Rules



2010 Tournament Competition Rules

Tournaments hold a very special place in the heart of the USCDKA Founders, Grandmasters Edward and Brenda Sell. During the pioneer days of Taekwondo in the United States, it was tournaments that challenged the skill and character of the competitor. Over the years, politics and inconsistent rules caused many schools to totally eliminate tournaments from their required curriculum. Consequently, many of our students would miss the benefits of challenging themselves under pressure that only competition can provide. We determined to provide our USCDKA family with a safe environment to recapture the benefits of tournaments. Your priority of participation in sanctioned events as a competitor and/or official are greatly appreciated and help us achieve those goals.

Purpose

The primary purpose for encouraging our members to participate and sanction USCDKA tournaments are as follows:

1. To develop and implement a **consistent standardized application of rules and regulations** throughout the United States Chung Do Kwan Association.
2. To provide a **fun, safe, and secure, family environment** for our USCDKA students to compete.
3. To develop brotherhood a sisterhood amongst our members through legitimate competition.

FAMILY MEMBERS

Parents, spouses and family members are very important to the competition. Their role is to be supportive. Sr. Instructors and Coaches have the responsibility of preparing them to model good sportsmanship.

A WORD ABOUT SPORTSMANSHIP

We cannot guarantee that the judges and referees are perfect or score the way that those not in the ring would perceive a score to be. There will always be times when a person feels that he or she should have won but didn't, and times when maybe he or she should have, but the human factor in judging was faulty. But, tournaments will always have this factor present. Knowing this, each of us competes with the mind-set that doing MY best is the most important reward in competition. Competition is NOT just about technique, but also about self-control and respect. Derogatory remarks about the referees, coaches, and even opponent(s) is not appropriate.

However, what we can guarantee is that every tournament official is doing his or her best to provide fairness in scoring. At all times, appreciation of the judges, referees and tournament officials are to be acknowledged. Sr. Instructors are encouraged to serve as referees and judges, and to train other staff members to coach and get experience in the

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

ring as officials prior to the events so that our “best eyes” are in the ring scoring the competition, rather than on the sidelines.

Members, parents, and guests attending these tournaments are expected to be supportive in actions and words. Derogatory remarks will be considered disrespectful and will be dealt with appropriately. As always, the customs and courtesies taught in class are expected to be practiced at all times. Be a finder of GOOD things.

Tournament Eligibility

1. Each contestant must be a USCDKA member and possess a current USCDKA I.D. Membership Card.
2. All contestants must be under the teaching, supervision/direction of a USCDKA Senior Instructor,
3. All contestants must be in good health with no injuries.

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

Officials and Their Duties

The role of every tournament official is to encourage and motivate, NOT to teach. Every competitor, spectator, and official should always feel welcome and at home. Be friendly! We are a family that is working together for a common goal: to provide a safe, secure, family environment for our USCDKA members. Treat all students as if they are your own. Look after the best interest of all competitors. The best judges and referees are the ones who state their honest opinion and do not hold back. You may make mistakes, but learn from them. Keep in mind the criteria for judging. Don't be swayed by your emotions or sympathy for a competitor. Be fair and objective. These are some of the keys that will provide quality competition for our USCDKA family

Tournament Director

A USCDKA Sr. Instructor or Master who has been approved to host the sanctioned tournament.

The USCDKA shall recognize the following as Certified Tournament Judging requirements:

Division II Referee

Must be a certified 3rd Dan or higher in good standings with the Kwan' Jang. Eligible to center referee for all gup rank competition. Minimum age: 18 yrs. old. Must have held Division I Judge certification for at least one year and served in a minimum of two USCDKA sanctioned tournaments within the past 12 months.

Division I Referee

Must be a certified 4th Dan or higher in good standing with the Kwan' Jang. Eligible to center referee for all divisions. Minimum age: 18 yrs. old. Must have held Division II Referee certification for at least one year and served in a minimum of two USCDKA sanctioned tournaments within the past 12 months.

Division II Judge

Must be a certified 1st Dan or higher in good standing with his or her Senior Instructor. Eligible to corner for all gup rank competition. Minimum age: 13 yrs. old.

Division I Judge

Must be a certified 2nd Dan or higher in good standing with his or her Senior Instructor. Eligible to corner for all divisions. Must have held Division II Judge

2010 Tournament Competition Rules

certification for at least one year and served in a minimum of two USCDKA sanctioned tournaments within the past 12 months. Minimum age: 13 yrs. old.

Teen Judges: Only one teen judge is allowed to serve as a judge per competition ring at a time. If more than one teenager is assigned to a ring, they must alternate as corner judges. (The teen not serving as a corner judge may serve as a timer or scorekeeper if necessary.) Judges must be 18 years old to serve at the National Competition level.

Arbitrators and their Responsibility

Definition: Arbitrator is a person that is assigned to take charge and resolve all objections and complaints that occur over the results of any matches in a competition.

The tournament director shall assign arbitrators. Arbitrators must have the rank of at least 4th Degree Black Belt.

Participation may be documented in the student or black belt portfolio for all officials for credit.

Time and Score Keepers

The USCDKA shall certify all recorders. Timekeepers and scorekeepers are also referred to as recorders. Students of all ranks may apply.

Coaches

The USCDKA shall certify all coaches. When your competitor is in the sparring ring your job is to simply keep them pumped up and in the match. Knowing what is happening in the ring is a vital part of this. Make sure you understand the rules and how the ring is handled. The position of coach is NOT to evaluate or criticize the officials. We are a team working together for the benefit of our members. Respect includes learning how to both win and lose gracefully.

During the sparring match only, ONE coach will be allowed at ringside. Coaches must stay in their assigned seats. If more than one coach is at ringside, the match will be stopped. The Sr. Instructor will be notified and the additional coaches on the floor will be in

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

jeopardy of losing their coaches passes. The tournament director, if it is determined that they are consistently or deliberately in violation of the one coach rule, may confiscate their coaches passes and remove them from the competition floor. Coaches may encourage their competitors but cannot interfere with the match. Any interference on the part of the coach will cost the competitor a full point deduction. The coach may not use foul language or any language that may be demeaning to any competitor or official. Any infraction by the coach will result in his or her competitor receiving a full point deduction.

Coaches must:

- Be at least a 1st Dan.*
- Be at least 18 years old.
- Be certified by the USCDKA.
- Wear an official USCDKA Coaches shirt.

*Special consideration may apply for lower ranking students (reviewed on an individual bases).

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

I. TRADITIONAL FORMS and KEIBONS

Beginners have the option of competing in either forms or keibons. They may NOT compete in both.

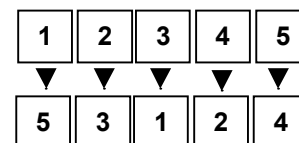
1. NUMBER OF OFFICIALS – SIX

Five USCDKA Certified Black Belts will serve as judges.

A. One Score Keeper.

B. For score keeping purposes:

Seating order of the officials is as follows: Seat #'s



(Highest ranking certified judge is #1, lowest ranking is #5)

C. Once assigned to a ring, the judges cannot leave that ring until the division is complete and approval is given by the Head of Referees.

2. METHOD OF SCORING

A. Judges shall simultaneously lift the appropriate/official scorecard at the command of the center judge so that the audience can see that each score was determined independently.

B. The scorekeeper shall read the scores from left to right allowing each official to verify his or her score.

C. Scores range between 5 to 10 points by ½ point increments.

D. The median score should be 7.0 pts.

E. The competitor's score is the sum of the middle three scores. **The highest and lowest scores of the five judges are eliminated.**

F. **In the case of a tie**, the center referee re-checks the scorekeeper's calculations, adds back in the two scores that were eliminated, and compares the new totals to break the tie. This is done only for those competitors that have tied. The relative finishing place of the other competitors shall not be changed.

G. **If the tie is still not broken**, the contestants that are tied repeat their forms side by side. The judges do not award a new score, but indicate the winner by simultaneously lifting right or left hands toward that competitor.

H. **In the case of a three or more way tie**, after the above attempts to break the tie, a conference of the judges is called and the order of finish is determined by majority rule. (Note: the probability of having multiple ties that cannot be resolved prior to a judges conference is extremely small. USCDKA certified judges are taught to and should make every effort to award scores in

2010 Tournament Competition Rules

such a manner as to discriminate between competitors according to performance and thus avoid ties.)

I. In the event that a **competitor totally forgets his or her form**, have him or her start the form over. Each judge must then deduct 1 full point from the score that would have been awarded to the second attempt if there had not been a restart. Each restart receives a full point deduction, however, in no case can a competitor receive less than a “5.” (Example: the competitor forgets the form and must start over. After completing the form on the second attempt, the judge feels the form scored an 8. He or she would then score the form a 7 because of the re-start. Note, the judge deducts the point from his or her score; not the scorekeeper. Remember, a full point is deducted from the final score **only** if they must start over.)

3. CRITERIA FOR SCORING – Forms or poomse are the backbone of traditional martial arts.

A. When judging this event, be sure you know the approved way of performing the form. Some of the traditional black belt forms have exaggerated stances, therefore, if you judged the form based on the basic stance, your score would be wrong.

B. All form competitors must perform a traditional form recognized by the USCDKA. Forms performed must be within the range listed in the USCDKA Forces of Taekwondo for gup students. **Gup students may compete with one of two forms/keibon, the required form/keibon for their next promotion or the one underneath it.**

Division	*Competitive Form
Beginner Students Poomse/Forms:	Taeguek Il (1) Chong – Taeguek Som (3) Chong;
Beginner Students Keibons:	Star Block Set, Keibon #1, #2, #3, or #4 only.
Intermediate Students:	Taeguek Il (1) Chong – Taeguek Yuk (6) Chong;
Advanced Students:	Taeguek Yuk (6) Chong – Taeguek Pil (8) Chong, Koryeo, Da’lee Hyung El (#1) Chong.
Black Belt Competitors	Any black belt poomse from Koryeo , Dalee Hyung El (#1) Chong up to their current testing forms.

****Competitors competing with a form outside the range either higher or lower will be disqualified.***

2010 Tournament Competition Rules

C. Keep in mind that the Chung-Do Kids and some of the children curriculum varies from the textbook. If in doubt about the legality of the form, the center referee should question the student regarding their required curriculum.

4. If there are less than three competitors, a division may be combined with another with final approval from tournament director.

5. While judging, all officials should be watchful of lines, angles, focus, power, enthusiasm, and precision applied by each contestant. As the Kwan'Jang has stated many times, "Poomse is a language of movements that should tell an exciting story!" What story are you hearing?

- **Lines** = 6 point check
- **Angles** = bend in the major joints, body posture
- **Focus** = striking line, point of contact, eye contact
- **Power** = timing, shifting body weight, push/pull, *giyup*.
- **Precision** = theory of movement, stances, direction of force, and detailed application of technique.
- **Enthusiasm** = Show excitement and some emotion and perhaps some charisma.
- **Customs, courtesies, respect, and confidence** are also factors in the final score.

6. Wrong moves or techniques need to be judged for consistency to determine if the competitor was taught wrong or if he or she actually forgot the correct move.

7. **Special consideration should be given to young children (6 and under).**

Judging should be influenced by the amount of power and enthusiasm and not primarily memorization of a particular form.

8. **The role of an official is not only to judge, but also to encourage and motivate.**

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

Forms Competitors Scoring Sheet

Ring# _____ Division: _____ Center Referee: _____
 1st Place: _____ School: _____
 2nd Place: _____ School: _____
 3rd Place: _____ School: _____

Name	#1	#2	#3	#4	#5	Total
Madison	8	7.5	8.5	8.5	8	25.5
Haley	7.5	8.5	8	7.5	8.5	
Matthew	8	8.5	8.5	8	9	
Amber	7.5	8.5	8	8	8	
Robby	8	8.5	7.5	9	8	

Name	Place			#1	#2	#3	#4	#5	Total
	1st	2nd	3rd						
Madison, School				8	7.5	8.5	8.5	8	25.5
Haley, School				7.5	8.5	8	7.5	8.5	
Matthew, School				8	8.5	8.5	8	9	
Amber, School				7.5	8.5	8	8	8	
Robby, School				8	8.5	7.5	9	8	

Note: This format may make recording more efficient.

Posture: Sit upright.

Body Language: Look interested

Expression: Pleasant and supportive.

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

SPARRING

II. USCDKA 5 Point Lead System Tournament

At this time, the USCDKA has decided to endorse traditional Taekwondo sparring as our official tournament sparring. Although we support Olympic style sparring, we also realize that this type of sparring is generally very specialized. We applaud those who are able to have the technical sparring abilities to adapt to both. The USCDKA does not endorse full-contact sparring.

NUMBER OF OFFICIALS – SEVEN

- Five qualified Black Belts; senior official will act as center referee. **(The “senior official” is the highest ranking/certified referee.)**
- Four corner judges who confirm points by raising respective white/blue or red flags when calling a point.
- Time keeper who operates the timepiece.
- Score keeper who keeps record of points scored and warnings by center referee.

Opening and closing of Match

Opening of a match

The Center Referee shall start the match by placing both competitors on their starting lines, doing a physical inspection of the gear, fingernails and toenails. Female students are allowed to have painted fingernails and toenails. The length of the fingernails should be no longer than the tips of the fingers. To begin the match the Center Referee shall place his or her left hand under the right elbow with the right hand extended between the competitors. To begin the competition the Center Referee will pull the right hand out from between the competitors and verbally declare “free spar” to signal the beginning of the match.

Closing of a match

After the division is complete the competitors winning the first three places will be called into the ring. The 3rd place competitor will be called out first to the right of the Center Referee. Then the 2nd place competitor will be called to a position to the left of 3rd place and the 1st place competitor to a position to the left of 2nd place. The Center Referee will then move behind the 3rd place competitor raising 3 fingers straight up with his or her arm extended over the 3rd place competitor’s head announcing “third place,” then one step over behind 2nd place raising two fingers over the 2nd place competitor’s head announcing “second place,” and finally one more step over behind 1st place raising 1 finger above the

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

1st place competitor's head announcing "first place." At this point the division will be bowed out of the ring and the appropriate competitors will be sent to the award stand. (Some tournament directors will have all competitors report to the Award Stand for a group photo.) At the discretion of the Center Referee, particularly if there are not many competitors that have not earned one of the first three places, the remaining competitors may also be called into the ring for the closing of the match to receive encouraging comments and recognition. They may be lined up behind the place finishers or on the end(s) of the place finisher line-up.

3 3 2 1

In free sparring, check with the tournament director to see if there are two (2) third places in sparring.

SCORING SYSTEM: USCDKA 5 POINT LEAD SYSTEM

- Match time: 1.5 minutes
- Time is stopped to confirm each point
- Center referee may call points.
- Each corner judge has one vote
- Contestants are identified as "red" or "white"/"blue". "Red" is on the left of the center referee. "Blue"/"White" is on the right.
- A red flag will be attached to the belt of one contestant, identifying him/her as "red"; his/her opponent will be "white"/"blue".
- Contestant must have at least three votes from the five ring officials to confirm the same point.
- Contestant who has a 5-point lead or the most points at the end of the match wins.
- A tiebreaker round will be held in the event of a tie. The first contestant to score a point wins.

SCORING TECHNIQUES:

- All traditional kicks should be recognized.
- One point when kick is placed in frontal portion of the body and flanks, between belt line and shoulders. (No points to the back area.)
- Two points for any controlled kick to the head. NOTE: Contact to headgear and face is allowed, slight touch ONLY! (For lower ranked and younger (12 and under)

2010 Tournament Competition Rules

students points will be scored for close contact as well as light contact. Higher ranked belts require more precision.

- Scoring is allowed from the ears forward, including the face. No contact is allowed to back of head.
- Light contact to headgear - No contact to back of head. Legal area for the head is from the ears forward including the face.
- Slight contact is allowed to the legal head area for anyone under 12 years of age without penalty.
- All techniques must be fully extended and controlled.
- Closed fist straight and reverse punches ONLY! Scoring area will be frontal portion of the body and flanks, between belt line and shoulders. (Back fist and chops are not scoring techniques).
- Partially blocked techniques do not qualify as a point.

NOTE: Faking with hands to the face is allowed, but contact will call for a ½ point warning or a full-point deduction.

SCORING POINTS

When a judge sees a point, he/she shouts “Point” and raises the colored flags to a neutral (horizontal) position. (Raising the individual flag will indicate to other judges whom he thinks scored may influence other, or be perceived by parents and spectators to be an influential factor). The Center Referee then stops the match. When the Center Referee says, “Judges Score”, each judges raises the flag of the appropriate color (or indicate no point) for the competitor that he or she saw that scored the point and indicate with the free hand whether the call is for a 1-point or 2 point score. The Center Referee then challenges each judge getting replies in turn of color (blue/white or red), points (one or two), and scoring technique (demonstrated and declared “round kick to the head”). With the majority rule, (3 or more including the Center Referee), the referee will then award the point(s). The scorekeeper adds the point(s) to the scoreboard and waits for the Center Referee to start the match again before continuing the time.

SPARRING MATCHES AND SET-UP:

- The competition point system for all tournaments shall consist of a single elimination. The “Bye System” shall be used at all tournaments, which guarantees four semifinalists. All byes shall be awarded during the first round of competition. (See bye sheet).
- The only exception will be in the case that only 3 competitors are in a free sparring division. If the competitor that was awarded the bye loses to the competitor that won

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

the first round, the competitor that was awarded the bye will then be required to spar the person who lost to the 1st place competitor to determine 2nd and 3rd place.

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Free Sparring Gear Requirements

No metal or glass of any kind allowed on any protective equipment (includes eye glasses and safety/sports goggles, and face shields.)

Foam dipped Head, Foam dipped *Hand, Foam dipped *Foot, mouthpiece, and chest guards are mandatory for the safety of the competitors. Competitors are also permitted to wear other protective pads such as forearm and shin guards provided they meet the requirements of having no metal or glass and are approved by the USCDKA and Center Referee as having no reasonable potential for causing injury to either of the competitors. (Exception: Due to insurance issues, the Midwest region is required to wear either padded shin/instep or foam footgear for all ranks while in the Midwest region only.)

***Black Belt competitors have the option of substituting the USCDKA required gear described above with padded shin/instep and approved padded hand gear. Sparring shoes will not be allowed.**

WARNINGS – ½ POINT DEDUCTIONS

- A contestant will receive a ½ point deduction for each warning or infraction of rules.
- If the score is tied, or no points are scored at the end of the match, a contestant can lose if he was given a warning.
- After three warnings of the same offense, the contestant is disqualified (See Section III: Warnings).

The following acts shall be classified as prohibited acts, and a warning shall be declared (½ point deduction).

1. Contact to the face area with a punch (accidental, unintentional and no injury).
2. Kicking below the waist (includes kicks to the groin, legs, knees, etc.)
3. Pushing.

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

4. Holding or grabbing.
5. Deliberately running away or turning the back to evade a hit or kick; avoiding the match.
6. Deliberately stepping out of the ring.
7. Any illegal (unintentional) contact.
8. Talking by contestant or coach during match. Uttering undesirable remarks or misconduct on the part of the contestant, coach, or gallery member.
9. Falling down (does not include a slip).
10. Pretending injury.

Note: In case of a tie, or if no points are scored at the end of the match, a contestant loses if he/she was given a warning.

VIOLATIONS: FULL POINT DEDUCTIONS
The following acts shall be classified as prohibited acts, and "Minus Point" shall be declared.

1. Attacking the opponent after "Break" is called.
2. Attacking the fallen opponent.
3. Intentional illegal contact or technique.
4. Illegal face contact.
5. Interrupting the progress of the match on the part of the contestant or the coach.
6. Severe undesirable acts on the part of the contestant or coach.
7. Conduct unbecoming of a martial artist.
8. Two (2) warnings of any kind will result in a point deduction.

***DISQUALIFICATION & FORFEITURE OF MATCH**

1. Three warnings for the same offense.
2. Failing to answer second call.

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

3. Conduct unbecoming a martial artist will cause immediate disqualification. Sarcastic comments, rude attitude, or loss of temper.

4. Injury - Center referee's discretion. (Injury that prevents continuation or that is due to malicious intent.)

5. After a second warning to a contestant or coach for disrupting the match and/or showing disrespect to an official.

6. When a contestant intentionally refuses to comply with the Competition Rules or the referee's order, the referee may declare the contestant loser by penalty after one (1) minute.

* Note:

Recommendation for disqualification on a judgment call (#3-6) requires a conference with all judges and the referee with the majority in agreement. Tournament arbitrator and/or Tournament director is to be notified before the disqualification is announced.

Disqualification on calls #1 and #2 is made at the sole discretion of the center referee.

WARNING SIGNALS— ½ POINT DEDUCTIONS

A contestant will receive a ½ point deduction for each warning or infraction of rules.

II. ONE-STEP SPARRING

Beginners have the option of competing in either one-step sparring or free sparring. They may NOT compete in both.

1. Two contestants are called to line up in the ring in the same positions as free sparring.
2. Competitors will each perform one one-step sparring routine of their choice from One-Step Sets #1-20.
3. Each competitor completes 3 One-Step Sparring routines.

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

4. Judges will score (determine the winner) after each round by raising the respective white or red flag that corresponds to the competitor.
5. Each contestant will perform 3 rounds. A round is defined as each competitor performing 1 one-step routine.
6. The scorekeeper records the winner of each round.
7. One-Step Sparring utilizes the sparring scoring sheet with the bye system.

The Center Referee should keep in mind that the competitors in one-step sparring are beginners. It is perfectly acceptable to direct them by telling them when to challenge, accept, and recover. Remember.... Encourage and motivate!

Criteria for Scoring.

Judging for one-step sparring includes:

- Proper challenge
- Proper accept
- Correct one step sparring routine
- Striking on the striking line and intended target.
- Control
- Proper stances
- Giyup
- LAJA
- Proper application of technique
 - Hand on the hip
 - Shoulders squared
 - Tight fist
 - Elbow in tight on hand techniques
 - Full extension of all techniques

Note – Application of Technique supersedes all other aspects.



2010 Tournament Competition Rules

Sparring Competitors Scoring Sheet

Ring # _____ Division: _____ Age: _____ Male Female
 Weight: Light Heavy Center Referee: _____
 1st Place: _____ School: _____
 2nd Place: _____ School: _____
 3rd Place: _____ School: _____

Each sparring division must have 4, 8 or 16 competitors. If there are more than 16 competitors, a new division will be created.



Byes are always given in the first round.

Competitors/byes	C/byes	C/byes	C/byes	C/byes
3/1	6/2	9/7	12/4	15/1
4/0	7/1	10/6	13/3	16/0
5/3	8/0	11/5	14/2	

Only 3 Competitors?

In the case of only 3 competitors in free sparring, if the person who won the bye loses to the person who won the first round, the person who was awarded the bye will then be required to spar the person who lost to the 1st place champion. This is called round robin.

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

CHUNG-DO XTREME

IV. EXTREME FORMS, EXTREME BO STAFF, EXTREME KAMA

1. **NUMBER OF OFFICIALS:** SIX (Same as Traditional Forms, See Section 1: Traditional Forms & Keibons).

2. **METHOD OF SCORING:** (Same as Traditional Forms, See Section 1: Traditional Forms & Keibons).

3. **ELEGIBILITY REQUIREMENTS:**

- 1). The competitor must be a member in good standing with the United States Chung Do Kwan Association. *For more information on membership, please visit the USCDKA website at www.uscdka.com.*
- 2). The competitor must be a member in good standing of a United States Chung Do Kwan Association chartered school.
- 3). The competitor must have the permission of his or her Instructor.
- 4). The competitor **MUST** also compete in Traditional Forms.

Clarification: *As the popularity of Xtreme Martial Arts has grown over the past years, it is important that we do not neglect the traditional martial arts skills that have been passed down from generation to generation. This helps ensure that proper technique, lines, angles, and joint adjustments are being developed and perfected.*

5). Form and Rank Eligibility:

- a. Beginner Students are only allowed to compete with Form #1
- b. Intermediate Students are allowed to compete with Form #1 or Form #2
- c. Advanced Students are allowed to compete with either Form #1, #2, or #3
- d. Black Belts are allowed to compete with any of the Extreme Forms.

* Note – Only one form from each extreme division will be allowed per competitor.

- e. Form #1 cannot contain gymnastic moves. These are entry forms for the beginner level of Chung-Do Xtreme.

4. **UNIFORM REQUIREMENTS:**

CHUNG-DO Xtreme competitors may wear any of the following approved uniforms:

- 1). An approved USCDKA traditional uniform. (White uniform with USCDKA logo on back)
- 2). A chartered school's traditional white uniform with USCDKA patch on left chest.
- 3). Official USCDKA National Champion uniform.
- 4). Official USCDKA Xtreme uniform.

Clarification: *Advantages of wearing this uniform is the lack of long sleeves, which can interfere with weapons performances and also give judges a clearer view of the hand*

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

techniques during a forms performance.

- 5). On rare occasions, belts may only be “tucked in” if the weapons competitor is concerned that there is potential interference with the belt getting in the way of weapons performances (e.g., staffs hitting the belt while spinning). The belt would be tucked in after the presentation to the judges and at the starting point of the form, with his or her back to the judges.

5. WEAPONS REQUIREMENTS:

After inspecting the weapon, Tournament Officials retain the right to refuse a weapon for competition due to safety concerns. Tournament Officials may stop the contestant if the performance becomes reckless and threatens injury to the competitor or by-standers.

The following approved weapons may be used to compete during CHUNG-DO Xtreme Competitions:

- 1). Kamas – 8”, 10”, or 12” (No sharp blades allowed).
- 2). Bo Staff – Sizes range from 3’ to 6’ 6”
(Staffs should not be more than 6” shorter or taller than a competitor).
- 3). Nunchakus – 10” or 12” (Non-Ornamental protruding elements will not be allowed).

NOTE: Xtreme Nunchucks will be added to the sanctioned events at the beginning of the 2009-2010

Tournament Season. Competition prior to this date, will not receive points, but it will be encouraged for experience.

6. COMPETITION RULES:

- 1). CHUNG-DO Xtreme Forms and Weapons Forms will be scored using the same process as the USCDKA Traditional Forms with special consideration given for modifications. The techniques should be full and locked out just as in traditional forms.
- 2). The Xtreme division allows contemporary martial arts techniques that have evolved over the years. These difficult moves may be added to the CHUNG-DO Xtreme form or the form may be performed in its original state. **No more than seven (7) modifications may be added to a CHUNG-DO Xtreme form.**
- 3). Gymnastics movements have become extremely popular in Xtreme Martial Arts. These moves are those in which **the competitor becomes inverted**. ***A gymnastics move is not one in which the competitor spins while performing a striking or kicking technique.*** These movements, not found in traditional forms, will be allowed, but no more than four (4) gymnastics moves may be added to each form. Extra consideration will be given to those gymnastics moves which include a striking technique.

Clarification: Judges must note if a modification increased or decreased the level of difficulty of the form. Many modifications are risky and should be judged accordingly. For example, a move that requires letting go of a weapon, should be considered more difficult

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

than one that does not. This is the same for any gymnastics move.

- 4). CHUNG-DO Xtreme Forms and CHUNG-DO Xtreme Weapons will be judged on the following (in no particular order):
- a. All of the judging criteria for traditional forms.
 - b. An emphasis of Precision of Technique (LAJA)
 - c. Creativity
 - d. Difficulty
 - e. Presentation
 - f. Control of the Weapon (for weapons forms)

7. DEFINITION OF A MODIFICATION:

A modification is any change or addition to the current CHUNG-DO Xtreme Form or CHUNG-DO Xtreme Weapons form. A modification can be:

- 1). A change of an individual move (e.g., removal of the drop to your knee in Chung Do Bo Level 1).
- 2). A change of a sequence (e.g., changing the left ax kick, spinning hook kick, jump front kick combination). A fluid sequence should be considered one modification as defined by the count in the form. For example move 5 in form 1 is counted as one move even though it is a sequence of low block and punch two separate techniques
- 3). The addition of a gymnastics move.

Note: The Xtreme Forms were developed by Mr. Daniel Sterling, who happens to be left handed. In the video series, he offers options for right-handed individuals to use instead of the left-legged kicks he performs. If a competitor uses one of those options, it is considered a modification.

8. DEDUCTIONS:

- 1). In addition to standard deductions for lines, angles, focus, power, and precision; the following deductions must also be accounted for:
- 2). Dropping a weapon – 1 point deduction
- 3). Falling while performing a gymnastics move – 1 point deduction
- 4). Starting a form over – 1 point deduction
- 5). Exceeding the 7 allowed modifications – disqualification (Make sure you are extremely confident that the athlete has exceeded the allowed number of modifications before taking this deduction and then confirm it with the tournament director).
- 6). Exceeding the 4 allowed gymnastics moves – 1 point deduction for each overage.

Clarification and example of grading: If a competitor drops his or her weapon and also has to start over, there is a 2- point deduction. If he or she can pick the weapon up and

2010 Tournament Competition Rules

continue without an obvious break in the fluidity of the form there is only a 1-point deduction.

A competitor may deliberately place the weapon on the floor and pick it up again as part of the form as a modification without penalty.

DISQUALIFICATION FROM A TOURNAMENT

Anyone who is disqualified from an event for disrespect will have all points removed for that event and not be allowed to enter any other competition for that tournament, including Night of Champions if at Nationals.

TOURNAMENT DIVISIONS

Divisions will vary from tournament to tournament based on size. However, combining of divisions cannot be separated or divided apart from the skill level and groupings listed below:

SKILL LEVELS

Beginner = White, Yellow, Gold and Orange

Intermediate = Green, Purple, Blue

Advances = Red, Brown, and 1st Gup

Black Belt

USCDKA Divisions for Tournament Competition

Beginner (Gups 7-10)	Intermediate (Gups 4-6)	Advanced (Gups 1-3)	Black Belts
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Mini Pee Wee (Age 5 & Under)	In this area, tournament directors can add sub-divisions or not as he or she determines is best for competition. Whatever points are earned in sub-division competition will be collected according to the competitors major division.
Pee Wee (Ages 6-9) [Pee Wee 1: 6-7, Pee Wee 2: 8-9]	
Junior (Ages 10-13) [Junior 1:10-11, Junior 2:12-13]	
Teen (Ages 14-17) [Teen 1: 14-15, Teen 2: 16-17]	
Adult (Ages (18-34) [Adult 1: 18-24, Adult 25-34]	
Executive (Ages 35-54) [Executive 1: 35-44, Executive 2: 45-54]	
Senior (Ages 55 and Above)	

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

Competitors are first separated in categories by SKILL LEVEL and DIVISION. Tournament Directors are encouraged to separate levels within each age group as soon as you reach 4 in a group if it benefits the competitors.

Divisions:

A division is a category or class containing all the teams or competitors grouped together according to standing, skill, weight, age, or the like: a team in the first division; the heavyweight division in boxing.

In most cases, there is a suggested minimum of 4 in a division, and an absolute maximum of 16.

If a division has less than 4 registered it may be combined with another division as long as it is in the same skill level. The emphasis is to provide fair and safe competition. Once divisions start to fill, the tournament director should expand the divisions down further into the posted 1 and 2 (example Pee Wee 1, Pee Wee 2), size, or gender. Regardless of how the divisions are expanded, the goal is to provide appropriate and compatible competition.

Black Belt divisions, especially for form competition should be expanded to divide the competitors by dan rank when possible. The current division breakdown for black belts at Nationals are 1&2 dans, 3&4 dans, 5&6 dans, 7 dans, &8 dans. Smaller tournament may want to divide 1-3rd Dans and 4th Dan and above. One of our goals is to encourage Sr. Instructors to compete, but not to be competing against their own students. We always teach our leaders to Lead by Example and it is important that when possible, the Sr. Instructors have the opportunity to be “showcased”.

U.S. Chung Do Kwan Association, Inc.
2010 Tournament Competition Rules

The Point System for National Standings

USCDKA Sanctioned Tournament Competitors have the opportunity of earning, state and national titles through the USCDKA system. In addition, USCDKA ratings will be posted on the website for each tournament season. Competitors will have double recognition through their involvement in sanctioned tournaments.

If a person refuses their medal, they will not be awarded any medals for any competition at that tournament. The school will also lose all points awarded for those competitors (registration, division and any place points already awarded).

- 4.0 Class D: Local Tournament Levels:** Points will be awarded in each division as follows;
- 1st = 30 points
 - 2nd = 20 points
 - 3rd = 10 points

Note: All Pre-Registered participants receive an additional 10 point.

All participants will receive 10 point for each division entered. Note, Upon approval, local tournaments in remote areas or areas with limited USCDKA Chartered Schools may apply for permission to invited selected schools to participate outside the association provided that the invited schools are on good terms with the association and will add to the well-being of the tournament. Keep in mind, this is not encouraged, since the awarding of the champions to outside schools will take away from the points for our USCDKA members.

- 3.0 Class C: State Tournament Levels:** Points will be awarded in each division as follows;
- 1st = 60 points
 - 2nd = 40 points
 - 3rd = 20 points

Note: All Pre-Registered participants will receive an additional 10 point.

All participants will receive 20 points for each division entered.

- 2.0 Class B: Regional Tournament Levels:** Points will be awarded in each division as follows;
- 1st = 90 points
 - 2nd = 60 points
 - 3rd = 30 points

NOTE: All Pre-Registered participants will receive an additional 10 points

All participants will receive 30 points for each division entered

- 1.0 Class A: National Tournament Levels:** Points will be awarded in each division as follows;
- 1st = 120 points
 - 2nd = 80 points
 - 3rd = 40 points

NOTE: All Pre-Registered participants will receive an additional 10 points

All participants will receive 40 points for each division entered.

The computation of all participants will be the responsibility of the Tournament Director for the tournament. The Tournament Director will ensure that all 1st, 2nd, and 3rd place participants points are forwarded to the National Tournament Committee within two weeks of the end of the tournament, for totaling the tournament year end results.