



# Wasatch Exhibition Tournament

## Friday

Time	Event	Information
3:00-7:00 pm	<b>Weigh-Ins</b>	Weigh-ins required for Olympic Sparring & Board Breaking Events only
4:00-8:00 pm	<b>Referee Seminar</b>	Those who ref full time on Saturday will have their seminar fee returned, on top of being paid.

## Saturday

Time	Event	Information
7:00-8:00 am	<b>Weigh-Ins</b>	If competitors fail to make weight they will be disqualified
8:00 am	<b>Competitor Check-In</b>	Pick up your badge
8:00 am	<b>Referee Check-in</b>	Pick up your badge and get your ring assignment
9:00 am	<b>Welcome &amp; Opening Ceremonies*</b>	

\*The competition will begin once Opening Ceremonies have ended. Once an event/division is completed we will immediately move on to the next event/division regardless of competitor absences. We advise all competitors to arrive by 8:30 in order to receive their badges before Opening Ceremonies so that that they don't miss their event(s).

**No reimbursements will be given for missed events—**

**NO EXCEPTIONS.**

**Contact us: 801-796-0412**

## **Tournament Information**

### **Purpose:**

The purpose of this event is to give competitors a chance to experience competition in a fun, safe environment. We ask competitors to take care of their opponents so that students can gain competition experience and learn to risk while still feeling safe. All participants, coaches, and parents are expected to come with a **positive attitude** and a desire to learn. They are also expected to promote understanding and fair play at all times. Coaches, please communicate expectations to all in attendance from your school (ie parents, coaches, and friends). Individuals using disrespectful behaviors and attitudes will be asked to leave.

### **Pre-Registration Online is MANDATORY!**

In order to provide the best program for our competitors, applications will not be accepted at the door. All registrations must be completed online. This will allow us to pre-bracket all matches in advance, which will help tournament day flow smoothly and quickly. Please remember that **registration fees are non-refundable.**

### **Location:**

#### **Friday Weigh Ins:**

Beyond Sports Taekwondo  
139 S. State #15, Lindon, UT 84042

#### **Tournament Venue:**

TBD

### **Spectator Fees:**

All spectators 5 years and older will need a spectator band to enter the tournament.

### **Events**

#### **Demonstration Team**

#### **Olympic Sparring**

#### **Flag Sparring**

#### **Sport Poomsae**

- **Solo** – single individual
- **Pairs** – 2 members, one of each biological gender
- **M/F Team** – 3 members of the same biological gender

#### **Creative Poomsae**

- **Solo** – single individual
- **Pairs** – 2 members, one of each biological gender
- **M/F Team** – 3 members of the same biological gender.
- **Mixed Team** – 5 members, with 2 males and 2 females minimum

#### **Creative Weapons**

- **Solo** – single individual
- **Pairs** – 2 members, one of each biological gender
- **M/F Team** – 3 members of the same biological gender.
- **Mixed Team** – 5 members, with 2 males and 2 females minimum

#### **Board Breaking**

- **Continuous Spin Hook Kick (Includes ¼” Demo 1 Boards)**
- **Hand Technique Down (Includes ¾” Demo 3 Boards)**
- **Traditional Breaking Routine. (Includes 5 boards)**
- **BST Breaking Routine. We’ll email you instructions to submit your routine (Includes 10 boards. We will invoice you for boards over the limit.)**

# Wasatch Exhibition

## Event Rules & Regulations

Events will be arranged to move as quickly as possible. Please refer to your card for Ring and Match Numbers. Your Ring will tell you where you will be competing. Your match tells you the order. There will be a sign in each ring with the current match number on it. **Please be at your ring 5 matches early** so they can check you in and assemble your group. If you are sparring your match will also have R or B – this tells you if you will be Red or Blue.

### Demo Team Rules

We will be following the USAT Rules for Demonstration Teams found online at <https://www.teamusa.org/USA-Taekwondo/V2-Events/Competition-Rules>. (PDF links of all the rules can be found at the bottom of the webpage)

### Olympic Sparring Rules

We will follow the updated World Taekwondo rules, with the exception that we will have light head contact for all age divisions with head kicks allowed. No knockouts will be allowed. This allows students to practice while feeling safe. We ask students to take care of their opponents. Divisions will be set according to age, rank, & weight, but we will put all competitors into a division to give them the opportunity to compete. All students will have at least one match; however we cannot guarantee that it won't be with a team member. We will make every effort to have students compete with competitors from other schools if available. We may adjust divisions in order to provide athletes with the best opportunities for competition. Please be accurate with weight during registration. Competitors should weigh in the night before the competition. If competitors choose to weigh in the morning of and do not meet their declared weight, they may be disqualified.

All competitors must wear the following **required** competition gear:

- 1) Hogu
- 2) Forearm guards
- 3) Shin guards
- 4) Instep guards
- 5) Head gear (must be **white** or match assigned hogu color—No Black)
- 6) Mouth guard
- 7) Groin protector (mandatory for male, optional for female)
- 8) Hand protectors

Athletes may have up to 2 layers of tape for injury, under equipment. All tape and equipment must meet safety inspection by the referee.

**Gear must be in good condition. We reserve the right to disallow athletes from competition if their equipment is unsafe or inappropriate.**

Duration:

Age	Rounds	Durations	Rest period
14 & under	2	60 sec	30 sec
15 and up Color/Black	2	90 sec	30 sec
15 and up Black Belt Finals	2	2 min	1 min

# Flag Sparring Rules

Perfect for younger competitors, this event is no-contact but teaches basic sparring principles. Matches are 1v1. Each competitor will be given a belt with 3 flags on it, attached to the belt with velcro. The belt will be worn so competitors have one flag on each hip and one in the middle of their back. The goal is to obtain the most flags in the given time frame while not losing your own flags.

## Objective:

1. Keep your flags from being captured through footwork, body movement, and blocks
2. Capture all of your opponent's flags for the round
3. Have captured more flags than your opponent when the match ends

**Gear:** White uniform (to ensure fairness). NO JEWELRY! Especially bracelets, watches, bands, & rings.

**Ring Size:** 3 mats by 3 mats, or 9m x 9m

**Rounds:** Two 30 second rounds with a 30 second break. Flags will be returned to competitors between rounds so that each round they start with 3, regardless of how many they lost the previous round.

## Before starting a match, the Referee should check to ensure that both competitors':

- Belts are securely tied.
- All flags are placed appropriately.
- There are no other conditions which may negatively impact the fairness or safety of the match.

## Prohibited Attacks:

- Removing a flag after the judge has paused/stopped the match.
- Removing a flag while a body part other than a foot is in contact with the ground.
- Removing a flag by or during the commission of a penalty.
- Removing a flag in a way which, in the opinion of the Referee, is dangerous or likely to cause injury to one or both competitors.

## Prohibited Defenses:

- Holding one's own flag
- Falling down
- Delaying the match (running away, refusing to engage)

## Penalties:

- Being out of bounds (no feet in the ring)
- Striking, tackling, pushing, or grappling
- Having more than 2 points of contact with the ground (ie, kneeling or diving/falling to the ground)
- Grabbing an opponent's body, uniform, or arms (particularly if not done as part of an attempt to score).
- Moving, repositioning, or otherwise handling one's own flag after the match has begun.
- Taunting an opponent or otherwise demonstrating poor sportsmanship.
- Behaving in a way which is dangerous or likely to cause injury.

The Referee will determine if competitors' behaviors are dangerous. Behaviors which may be dangerous include, but are not limited to:

- Competitors standing off from one another and then one or both charging at the other.
- Competitor raising hands and arms to an opponent's head level.
- Competitor leaning forward for an extended length of time / not part of a specific attempt to score.

Warning level should escalate only if blatantly disregarded.

- **Level 1:** Verbal warning. The Ref may choose not to stop the match unless it would be unfair.
- **Level 2:** Stop match and repeat verbal warning.
- **Level 3:** Issue a 1 point penalty
- **Level 4:** Disqualification.

**Notes:**

- You may only grab your opponent's flag or block their attempts to grab yours – no other contact is allowed.
- Time does not stop when a flag has been captured.
- Competitors must hold onto their captured flags. Flags on the ground will not be added to your score.
- Time is stopped by the judge in order to issue warnings.
- The round ends once a competitor has lost all of their flags or if time is up.

**Tie breaker round:**

If after two rounds the competitors are tied, then they will go into sudden death. They will have 30 seconds and the first one to get a flag wins. If no one gets a flag in those 30 seconds, then the judge will determine the winner based on skill, technique, and dexterity.

# Sport Poomsae Rules - Designated

Competitors will perform at least two designated Poomsae (possibly 3 for larger divisions), either Taeguk or Black Belt. All poomsae will be judged according to the Sport Poomsae Rules. For more Poomsae rules go to: <https://www.teamusa.org/USA-Taekwondo/V2-Events/Competition-Rules>. (PDF links of all the USAT rules can be found at the bottom of that page)

Events:

- **Solo** – single individual
  - **Pairs** – 2 members, one of each biological gender
  - **M/F Team** – 3 members of the same biological gender
1. **Technical (4 points total)**. You start with 4 points, and deductions are made by the judges as you perform. Minor errors are a .1 deduction and major errors are a .3 deduction. Please check with your instructor or look in your Poomsae Handbook for what qualifies as a .1 or .3 deduction.
    - Accuracy of basic movements
    - Accuracy of details of each Poomsae
    - Balance
  2. **Presentation (6 points total)**. These are awarded by judges after you perform.
    - Speed & Power (2 points)
    - Rhythm & Tempo (2 points)
    - Expression of energy (2 points)

\* Check with your instructor for the terminology & commands for entering & leaving the mat during competition.

## Designated Poomsae

### Color Belt Individual, Pair\*, & Team\* Poomsae

White: Current Rank Form

Yellow: Current Rank Form

Green: Current Rank Form

Blue: Current Rank Form

Red: Current Rank Form

Under 11 (Age 10-11): TBD

Cadet (Age 12-14): TBD

Junior (Age 15-17): TBD

Under 30 (Age 18-30): TBD

Under 40 (Age 31-40): TBD

Under 50 (Age 41-50): TBD

Under 60 (Age 51-60): TBD

Under 65 (Age 61-65): TBD

Over 65 (Age 66+): TBD

### Black Belt Individual Poomsae

Under 9 (Age 8-9): TBD

Under 11 (Age 10-11): TBD

Cadet (Age 12-14): TBD

Junior (Age 15-17): TBD

Under 30 (Age 18-30): TBD

Under 40 (Age 31-40): TBD

Under 50 (Age 41-50): TBD

Under 60 (Age 51-60): TBD

Under 65 (Age 61-65): TBD

Over 65 (Age 66+): TBD

### Black Belt Team\* Poomsae

Under 9 (Age 8-9): TBD

Under 11 (Age 10-11): TBD

Cadet (Age 12-14): TBD

Junior (Age 15-17): TBD

Under 30 (Age 18-30): TBD

Under 40 (Age 31-40): TBD

Under 50 (Age 41-50): TBD

Under 60 (Age 51-60): TBD

Under 65 (Age 61-65): TBD

Over 65 (Age 66+): TBD

### Black Belt Pair\* Poomsae

Under 9 (Age 8-9): TBD

*\*Mixed Rank Pairs & Teams: Teams and Pairs consisting of individuals with different ranks are required to perform the Designated Poomsae of the highest ranking team member. Designated Poomsae will be announced two weeks prior to the competition.*

# Creative Poomsae & Creative Weapons Rules

Duration of Poomsae: 90 to 100 seconds.

Creative Poomsae are Poomsae that competitors have created themselves and put to music. They will need to bring their music on a Bluetooth discoverable device on the day of the competition. Divisions are:

- **Solo** – single individual
- **Pairs** – 2 members, one of each biological gender
- **M/F Team** – 3 members of the same biological gender.
- **Mixed Team** – 5 members, with 2 males and 2 females minimum

Scoring Criteria	Details of Scoring Criteria		Points
<b>Technical Skills (6.0)</b>	Level of difficulty of foot techniques (5.0)	Jumping side kick	1.0
		Multiple kicks in one jump	1.0
		Gradient of spins in a spin kick	1.0
		Kyorugi style consecutive kicks	1.0
		Acrobatic Kicking Technique	1.0
	Basic Movements and Practicability	1.0	
<b>Presentation (4.0)</b>		Creativeness	1.0
		Harmony	1.0
		Expression of Energy	1.0
		Music & Choreography	1.0
<b>Maximum Points</b>			<b>10.0</b>

## Technical Skill (6.0)

Level of difficulty of foot techniques (5.0):

- **Jumping side kick:** Points shall be awarded based on the performance level of jumping side kick and the height of jump.
- **Multiple kicks in a jump:** Points shall be awarded based on the performance level of multiple kicks and the number of kicks in a jump.
- **Gradient of turn in a spin kick:** Points may be awarded based on the number or degrees of turn (i.e., more than 180 degrees, more than 360 degrees, more than 540 degrees and more than 720 degrees) in spin kicks.
- **Consecutive kicks:** Points shall be awarded based on the mastery and performance level of Kyorugi style consecutive kicks in a row. (A sparring kick combo with 3-5 kicks).
- **Acrobatic kicking technique:** Points shall be awarded based on the mastery and performance level of acrobatic kicking technique. (An Competitor is flipping, feet over the head, with kicks added to it).
- **Basic movements & practicability of movements (1.0):** Points awarded for accuracy in basic movements of Taekwondo and designated technical movements of Taekwondo. Whether the movements appear to be practicable, whether there is an appropriate connection between attacks and defenses, and whether the movements are in perfect harmony.

## Presentation (4.0)

- **Creativity:** Points awarded based on the creativity of the actions and components of the Poomsae.
- **Harmony:** Points awarded based on the harmony and balance between different components of the Poomsae (music, choreography, and attire for example). Harmony, balance, or synchronicity between or among the performers (unity, for example) shall be also evaluated in the case of team and pairs contests.
- **Expression of energy:** Presentation of confidence and power that come from mastering the expression of energy. The range of movement of techniques, concentration, courage, sharpness, confidence, and posture effect how energy is expressed according to the characteristic actions of the Poomsae. Such characteristics as the direction of sight and focus of the eyes, strength of the keyap (yelling), attitude and uniform all contribute to the overall expression of energy. (Example: Deductions shall be made if actions are not crisp

and powerful, or connecting actions are not big enough for the performer's physique, or the performance is made in the same rhythm throughout without slowing and accelerating to emphasize techniques.)

- **Music and choreography:** Points awarded based on how the music and the choreography contribute to the performance of the Poomsae.

**Deductions (-.3 per occurrence, taken from final score):**

- Poomsae is too short or too long (shorter than 90 seconds or longer than 100 seconds).
- Stepping out of bounds (contestant crosses the boundary line with two feet during the performance).

**Additional Weapons Rules:**

- All weapons subject to inspection prior to performing. If weapon is deemed unsafe, it will be prohibited.



# Board Breaking: Continuous Spin Hook Kick Rules

**Area:** Both of the participant's feet must remain in the designated area (approx. 2 meters x 2 meters) Participant may not step down in holders' territory.

**Striking Surface:** Heel/bottom of foot only. Calf, side, and top of foot breaks will not be counted.

**Board Size:** 1/4 -inch pine boards (Demo 1). Boards are included in registration and will be provided in the ring.

**Height of Break:** Boards must be held above the breaker's waist to be counted.

**Notes:** Keep in mind that touching the ground with anything besides the bottom of your foot will result in disqualification. It is better to pause for a second to regain equilibrium than to fall over or touch your hands to the ground, even briefly.

1. Participant will attempt to break as many 1/4 -inch pine boards (Demo 1s) as possible in 30 seconds.
2. Participants must break with their heel or the bottom of their foot.
3. Participants may not cover their striking appendage with any bandages, tape, or any other material. The referee must approve any injuries that may need to be covered.
4. During their attempt, if their foot touches the board but the board does NOT break, the holder CANNOT reuse that board for the next attempt. The holder must reload a NEW board. If the participant does not touch the board, then the holder can reuse that board for the next attempt.
5. The maximum number of holders allowed is four, with 2 holders in front. The front two holders must wear chest protectors and headgear.
6. Holders will be provided, but participants may use their own holders if desired. Their holders will only be allowed on the competition floor during the participant's event and should wear a TKD uniform or black slacks & a white shirt. Only Martial Arts shoes are allowed on the mat.
7. The Breaker may determine the height of the board so long as it is above their waist and may have their holders place the boards as high as they want.
8. Holders may only use one hand to hold the board the participant is attempting to break.
9. Holders and participants must remain in their respective, separate, 2 meter x 2 meter squares.
10. The participant who breaks the most boards will be declared the winner.
11. In the event of a tie for 1<sup>st</sup> place only, there will be one overtime round.

## Overtime:

1. Participants will attempt to break as many 1/4 -inch pine boards (Demo 1s) as possible in 30 seconds.
2. If there is still a tie, both participants will be awarded 1<sup>st</sup> place.

## NOT Counted - Broken boards will NOT be included in the final score for the following infractions:

1. The bottom of the board was held below the participant's waist
2. Participant stepped outside of their designated area
3. Broke with something other than the HEEL/BOTTOM of the foot, such as with the foot edge or instep.
4. The holder moved their wrist/hand to assist the breaking

## Deductions:

1. Participant disobeys the referee's instructions (1 board deduction)
2. Unsportsmanlike conduct, being disrespectful, trying to distract other participants (1 board per occurrence)

## Grounds for Disqualification (Score of 0):

3. Participant falls down or touches the ground with any part of the body besides the feet.
4. Participant or Holder crosses over any boundary line more than 3 times.
5. Participant breaks the board with foot edge or instep more than 3 times.

# Board Breaking: Hand Technique Down Rules

**Area:** Both of the participant's feet must remain in the designated area (approx. 2 meters x 2 meters)

**Striking Surface:** Hand only. Common striking surfaces include palm heel, hammer, ridge, or knuckles.

**Board Size:** ¾-inch pine boards (Demo 3) with no spacers. Boards must be prepaid with registration or purchased at the tournament venue to ensure fairness.

**Height of Break:** Approx 12-18". All Boards will be placed on a board holding stand resting on the floor.

**Notes:** The participant will be allowed 60 seconds to set up the board(s) on the stand. No spacers or tape is allowed. After the judge says "Si-Jak," they may not touch the boards except to attempt to break them.

1. Participants will break as many boards as they can with a hand technique moving down. Common techniques include palm strike down, hammerfist down, or knife hand down.
2. Each Participant will have one attempt to perform their chosen break.
3. Once the Referee declares "Si-Jak," the Participant may not touch their boards except to execute their one breaking attempt. They will have 30 seconds to execute their break.
4. Participants may not cover their striking appendage with any bandages, tape, or any other material. The referee must approve any injuries that may need to be covered.
5. The participant who breaks the most boards will be declared the winner.
6. If two or more participants break the same number of boards, the participant who attempted to break the greatest number of boards will receive a higher score. (Example: P1 attempts to break 5 boards, but only 4 break. P2 attempts 4 boards and all break. P1 will score higher in the division.)
7. In the event of a tie for 1<sup>st</sup> place only, there will be one overtime round.

## Overtime:

1. Overtime can be caused by:
  - **Participants breaking the same number of boards.** In this case participants will each attempt the same break again, but with 1 additional board each.
  - **Neither Participant breaks any boards.** In this case participants will each attempt the same break again, or with one less board each, as determined by the referee.
2. Both participants must use the same breaking machine to ensure fairness.
3. If both participants attempt the same number of boards, but neither one breaks all the boards, then the one who broke the most will be declared the winner.
4. If there is still a tie, the winner will be determined based on body weight – the lighter participant will be declared the winner. A scale will be provided at the event.

## Deductions:

1. Participant exceeds the 30-second time limit (1 board deduction)
2. Participant steps outside of the designated area (1 board deduction per occurrence)
3. Participant disobeys the referee's instructions (1 board deduction)
4. Unsportsmanlike conduct, such as being disrespectful to or trying to distract other participants (1 board deduction per occurrence)

## Grounds for Disqualification (Score of 0):

1. Participant attempts to break the boards twice
2. Participant uses any other part of their body besides the designated striking surface to break.
3. Participant falls down during the 30-second attempt, or touches the ground with any part of the body besides the feet
4. Touching the boards after the referee declares "Si-Jak". Any touch, no matter how light, is considered to be your one and only attempt. Any other touching will result in a score of zero.

# Board Breaking: Traditional Routine Rules

**Area:** 4 meters by 4 meters minimum

**Time:** 1 minute to set up, 2 minutes to break

**Notes:** Competitor weight must be accurate. Divisions are based on your weight, so if you fall outside your registered weight class you may be disqualified.

1. Competitors will receive their 5 boards in the ring on the day of the event. They may write on the boards while they wait for their turn, but boards may not leave the ring.
2. Board Sizes will be determined by the weight of the participants. All boards in a given division will be the same to ensure fairness of judging.
3. Competitor must perform at least 3 breaks but may break as many as 5 within the time limit.
4. Competitor should provide their own holders. Board Supports will be available for power breaks.
5. Students should be in their full white Taekwondo uniform.
6. Taping, socks, shoes, or other protective barriers are not allowed. If you have not conditioned enough to break a board without protection, it is best to save the break for a later time when you are properly conditioned.

Competitor Score is based on the perceived difficulty of the breaks and the creativity, originality, and entertainment value as scored by the judges.

# Board Breaking: BST Routine Rules

**Area:** 4 meters by 4 meters minimum

**Time:** 1 minute to set up, 2 minutes to break

**Notes:** Competitor weight must be accurate. Judging is based on your weight class, so if you fall outside your registered weight class it will greatly affect your technical score.

7. Competitors must use the Beyond Sports Taekwondo Board Breaking System to create their outlines.
8. Competitors must submit their Board Breaking outline by the specified due date or be disqualified.
9. Competitor must perform at least 5 breaks but may break as many as 10 within the time limit.
10. Once your outline is submitted we will contact you to pay for the boards separately. We will then mark your boards with the order and breaks you selected. If you have any questions or concerns, please call us before the board breaking outline deadline.
11. Competitor should provide their own holders. Board Supports will be available for power breaks.
12. Students should be in their full white Taekwondo uniform.
13. Taping, socks, shoes, or other protective barriers are not allowed. If you have not conditioned enough to break a board without protection, it is best to save the break for a later time when you are properly conditioned.

Competitor Score is based on the combination of technical score (the difficulty of the break in relation to the competitor's weight class) and presentation score (the creativity, originality, entertainment value, etc).

**Base Technical Difficulty:** The score they will receive for successfully performing each break in their planned routine flawlessly with no extra attempts. The score is pre-determined based on the following:

- Difficulty of the breaking technique
- Number and Size of boards used (based on the breaker's weight)
- Amount of Support on the boards (on a range from airborne to fully supported)
- If the break is Successive (Foot: the same foot w/o touching down/ Hand: in the same hip motion)
- If the break is Simultaneous (multiple breaks at the same time using different striking surfaces)
- If Spacers are used or not
- If they are Blindfolded or have Speed/Power Breaks

**Technical Deductions: A Tracker is responsible for tracking the following:**

- Multiple attempts (they will lose points for each additional attempt)
- Dropping boards (removing boards from a power break)
- Changing breaks (changing the technique they break with, or going out of order.)
- Partial breaks (breaking some of the boards in the break, like the Low in the L/H RH)
- Unbroken boards (not breaking any of the boards in the break)

**Presentation:** Presentation Judges are responsible for awarding the presentation points and should not deduct for the technical mistakes listed above except for how they naturally impact the following categories:

- **Organization & Layout:** How interesting/original was the layout? Could you see the breaks? How efficient was the set up?
- **Modifiers:** Modifiers added value & were impressive. (Blindfolds, Speed/Power Breaks, Simultaneous, Successive)
- **Height of Techniques:** Performed techniques at expected height or higher.
- **Transitions & Flow:** Transitions were planned & well executed. Routine flowed well with no wasted motions. Minimal adjustments during.
- **Epic-ness:** Performed unique, interesting, or fun breaks with energy and confidence. It looked Epic!

### Board Breaking Weight Classes

<b>Weight Class</b>	<b>Weight Range</b>	<b>Average Board Size</b>
Weight Class 1	35 lbs - 49.9 lbs	Demo 1
Weight Class 2	50 lbs - 70.5 lbs	Demo 2
Weight Class 3	70.6 lbs - 96.5 lbs	Demo 3
Weight Class 4	96.6 lbs - 127.9 lbs	8x12 solid pine
Weight Class 5	128 lbs - 164.9 lbs	10x12 solid pine
Weight Class 6	165 lbs +	12x12 solid pine