

AWARDS AND COMPETITION RULES

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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 (14 yrs old & older) black belt Grand Champion trophy
- 1 junior (13 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 - Taekwondo division, 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 Color Belt Champions and 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

2016 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

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 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 degree of difficulty, quality, and # of boards
- Rank degree of difficulty from highest to lowest in following order:
 - Jump spin kicks
 - Spin kicks
 - Jump kicks
 - Standing kicks
 - Hand technique

*Also under consideration will be the number of boards per station, as well as suspended boards vs. fixed.

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
5-13 All Ranks	2	1 min	30 sec
14-17 Color Belts	2	1 min	30 sec
14-17 Black Belts	2	2 min	30 sec
18-34 Color Belt	2	1 min	30 sec
35 & Up Color Belts	2	1 min	30 sec
18-32 Black Belts	2	2 min	30 sec
33-40 Black Belt	2	1 min	30 sec
41-49 Black Belt	2	1 min	30 sec
50 & Up Black Belt	2	1 min	30 sec

MANDATORY EQUIPMENT

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

MODIFIED RULES

- **Modified Head Contact**
 - Junior Safety Rules will apply to 5-17 yr. old COLOR BELTS
 - Junior Safety Rules will apply to ALL 5-11 yr. old BLACK BELTS
- Under Jr. Safety rules head contact resulting in minor injury can result in deduction of point or disqualification depending on discretion of judge.
- Any excessive head contact that causes 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.
- **Controlled head contact is permitted in the following divisions:**
 - 12-14 yr. old BLACK BELT
 - 15-17 yr. old BLACK BELT
 - 18 and up BLACK BELT
 - 18 and up COLOR BELT
- 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 kick or punch to body
 - 3 points spinning kick to body
 - 3 points kick to head
 - 4 points spinning kick to head

- 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 which causes serious injury can be grounds for disqualification at the discretion of the judges.
- ALL AAU Taekwondo golden point, warnings, and deductions will apply except as modified.

IV. POINT SPARRING

Match Times

Division	# of Rounds	Duration*
5-13 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

*1st player to reach 3 points is declared the winner of the match

Implements for scoring points

- Hand - forefist only
- Foot - any part of foot below the ankle

Scoring target areas

- Head area covered by the headgear ONLY (foot techniques only)
- Body area covered by chest protector

Points

- 1 point - valid hand or foot technique to body
- 1 point - valid foot technique to legal head area

Required Equipment

- Headgear
- Mouthpiece
- Fist and forearm guards (safety hands NOT required)
- Shin and instep guards (safety feet NOT required)
- Cup (required for males ONLY)
- Chest protector OPTIONAL
- 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.
- 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.
- All prohibited acts, as determined by the referees, shall result in deduction.

It is our intention that all competitors, whether they win or lose, walk away from

the Ahn Classic with a positive experience.