

2011 Washington State Governor's Cup Taekwondo Championship

Official Tournament Rules and Regulations

Rules and regulations applies to all participants, volunteers, staff, competitors, coaches, masters, instructors, guests and spectators. Failure to comply with all rules and regulations will result in removal from the event and property, loss of decision, loss of medal or awards, legal actions taken or other penalty. Tournament chairman and directors will enforce the rules and regulations of this event.

1. Participants will always show respect, sportsmanship and goodwill to themselves and all participants of the event.
2. Participants will not harass, threaten or physically or verbally assault persons.
3. Participants will not act in an illegal or inappropriate way.
4. Participants will always compete, coach and participate with fair play and present themselves in a truthful manner and will not disguise their belt rank, weight class or age. Falsifying personal information will not be tolerated.
5. Participants will use and wear the approved, required and appropriate gear and present themselves in a respectable manner which is non-offensive.
6. Participants will be of sound mind, clean hygiene and always act in a safe manner dictated by the sport and martial arts of taekwondo.
7. Participants will not use or be in the possession of illegal drugs (including performance enhancing drugs), tobacco or alcohol at the event or on site.
8. Participants will not bring in any firearms, knives or weapons into the event (except for use for approved demonstration purposes).
9. Participants will not conduct themselves in an unprofessional manner including physical or verbal abuse of themselves or those around them.
10. Participants will only compete in one division per event with maximum of four events total. No refund shall be given.
11. Participants will not defame, damage or take property belonging to event facility or organizers.
12. Participants will always show respect and follow instructions from and by the Washington State Governor's Cup directors, staff and officials while attending and participating at the event.

Taekwondo Forms (Poomse) Competitions Rules

Forms Divisions in single elimination bracket format. Forms competition competitors may perform the same or different poomse throughout the competition. Competitors will be judged on power, speed, control, flexibility, stance, focus, stepping out of bounds, expertness and kihap. Scoring will be based on majority vote from a 3 judge panel (2 out of 3 votes wins the match). Forms competitors may perform WTF, ITF, ATA style taekwondo forms. Example of forms division (but not limited to): Beginners Basic stances, Taeguk 1-2, Chunji, Palgwe 1-2, Intermediate - Taeguk 3-6, Palgwe 3-6, Advance - Taeguk 7-8, Palgwe 7-8, Black Belts - Koryo, Keumgun, Taebaek, etc.

Taekwondo Forms (Poomse) Team Rules

Teams must consist of minimum two and maximum five members in matching uniforms. Teams divisions and poomse performed will be based on the lowest belt rank in the team. Awards will be given only to the 1st, 2nd and single 3rd place teams. Teams must register individual applications but indicate team/school name correctly and match with other members of the team. Teams cannot be changed on the day of registration. Team Forms will be judged on the same criteria as individual forms but also include group presentation, rhythm, unity of team performance. Points will be deducted or teams disqualified if team members are missing from competition or if team is over the maximum limit.

Board Breaking (Kyupa) Competitions Rules

Competition will be judged on power, speed, control, flexibility, completed breaks and presentation. Scoring will be from 1-10 points with 10 being the highest a competitor can receive. Competitors have 1 minute 30 seconds to setup and complete their board break. Each competitor must supply their own boards and board holders. Completion of break will have greater score than level of difficulty. 6 to 13 year olds will break Demo Boards. 14 years and older will break 8"x12"x1" size boards. Breaking techniques can be done with foot and/or hand techniques combined. White & Yellow Belts must break minimum of 2 boards, Color Belts must break minimum of 4 boards, Red to Black Belts must break minimum of 6 boards. Boards must be purchased at the tournament site to ensure fairness. Each board is available at \$2.00 each. Competitors must provide their own board holders who must have valid coaching /floor pass at time of competition. Tournament directors have the right to change a person's board breaking technique or stop a technique from being performed for safety of competitor and spectators and limit number of board holders. For every 5 seconds a competitor is over the 1 minute 30 second time limit, a 0.5 point deduction will be assessed.

Taekwondo Sparring (Gyorooqi) Competitions Rules

Washington State Governor's Cup Taekwondo competition rules and USMAC sparring rules will govern this tournament with emphasis on fairness and sportsmanship. (Tournament director/ chairman has the right to change the duration of round, division size and official decisions of events without advanced notice and remove persons from event to ensure fairness, safety and good sportsmanship). Winner of the match will be determined by electronic judging /scoring. If a match is tied a sudden death round of 1 minute will occur with the first person to score winning the match. Referees will reserve the right to adjust scoring for head kicks and deduct points for shots that were incorrectly scored in their judgment.

Adult Black Belts: 2 rounds 2 minute each. • All other divisions: 2 rounds 1 minute each • All divisions w/ 30 second rest period

Light head contact for 1 point for the following divisions: Red/Brown 18-35 years old. Regular head contact for: **Black Belts (18-35) Only**. Head shots in the Black Belt 18-35 division will count as 2 points. If a competitor is unable to continue due to injury to head area in division that has no head contact or light contact the attacker will be disqualified. 1 point will be awarded for a clean/good kick or punch to the body/trunk area. 10 point margin gap for victory (ie: if score is 11 - 1 match is over) will be implemented. In the event electronic scoring is disabled judges will score by traditional paper method. Competitors may request to compete in older or higher belt rank division but must first request in writing 15 days prior to event and be approved by organizing committee. Warnings or deductions will be given by the referee for the following actions but not limited to: illegal head contact, hits below the belt, to the knee or other non-scoring area of the body, grabbing, holding, pushing, punching to the face/head, negative or unfair sportsmanship by competitor or coach, delay of game and running out of bounds. Medical staff will have the authority to end a match due to medical safety.

Competitors will need to arrive in the staging area to be placed into their divisions prior to their competition time. Schedule is liable to change. Please listen for announcements during the competition day. Competitors who are late may not be staged. No exhibition matches will be given. It is at the discretion of the tournament director to allow for additional matches. Tournament Chairman and Director have the right to adjust divisions, duration of rounds, over turn outcome to ensure fairness, safety and sportsmanship. If a coach or competitor requests a change in score or results due to officiating they will be required to present their case and evidence to the tournament director who will then determine the best course of action. This may include review after event date. Tournament director's decision will be final.

We are all martial artists and have a responsibility to act and display the tenants of taekwondo. By attending or participating at the 2011 Washington State Governor's Cup Taekwondo Championship you have agreed to follow all the rules and regulations of this event and its organizers. You consent that any pictures furnished by me or any pictures or images of you in connection with the event can be used for publicity, promotion or video showing, and you waive all compensation in regard, thereto. In addition, you will not print, publish, post or rebroadcast any images, video or recording at the 2011 Washington State Governor's Cup Taekwondo Championship without the permission and written consent of the organizing party and committee and will agree to any penalties in unauthorized publication. Organizing committee has the right to refuse entry or admission. These rules are not limited to the ones listed above and maybe added or altered by the tournament director and appropriate actions will be taken by the organizing committee to ensure fair play, sportsmanship and safety.

*If you have any questions contact the WA. St. Governor's Cup Committee and ask for **Master Angie Lee** at (360) 491-6088 or email wagovcup@gmail.com*