

# Ohio Taekwondo Academy Invitational

## November 12, 2016

### General Rules & Regulations

#### FORMS

- Points will be awarded based upon overall technique (focus, balance, control, power, speed, stances, and the ability to complete their form)
- Color Belts are allowed one restart
- In the event of a tie, see tie breaker rules below

#### SPARRING

- No contact to the Head for competitors ages 5 and under
- Firm contact to the Body and light contact to the Head for competitors ages 6 – 13 (**Contact is only allowed to the legal protected areas**).
- Full contact to the Body and controlled technique to the Head for competitors ages 14 and over (**Contact is only allowed to the legal protected areas**).
- One point will be awarded for a punch to the Body that causes displacement of the competitor (If the result of the punch causes the competitor to move).
- Two points will be awarded for a kick to the Body
- Three points will be awarded for a light or controlled contact kick to the legal scoring area of the head ( light or controlled depending on age)
- Four points will be awarded for a light or controlled spinning kick to the legal scoring area of the head ( light or controlled depending on age)
- One Point will be awarded for a knockdown
- In the event of a tie, see tie breaker rules below

#### Warning, Deductions & Disqualification

##### Warnings

- No Kicks or Punches are allowed to the unprotected face area.
- A Warning is to be given for the first time there is an illegal attack.

##### Deductions

- One Point deduction for un-sportsman like conduct.
  - Competitor talking back to the referee
  - Competitor throwing his/her head gear
- One Point deduction given for the second time any illegal area is attacked.
- All Fingers and Toe Nails must be trimmed before the start of a match. If in violation of this rule, your athlete will have one minute to trim his/her nails. The athlete will receive a one point deduction for this violation.

##### Disqualifications

- Disqualification for attacking an illegal area more than twice.
- Disqualification may occur for any Abrasion or Bleeding of the facial area as a direct result of an illegal or legal attack. (A legal contact with excessive force that causes an abrasion or bleeding to the facial area shall result in disqualification).

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**Sparring Rounds & Duration**

<b>Groups</b>	<b>Rounds</b>	<b>Rest Period</b>
Ages 9 and under All Belts	2	1 minute (30 seconds)
Ages 10 - 17 All Belts	2	90 seconds (30 seconds)
Ages 18 – 32 Color Belts	2	90 seconds (30 seconds)
Ages 18 – 32 Black Belts	2	2 minutes (30 seconds)
Ages 33 and up All Belts	2	1 minute (30 seconds)

**Tie Breakers:**

**Forms** – The Competitors will redo their Form  
Winner will be determined by a show of hands

**Sparring** – Golden Point Rule (1<sup>st</sup> score wins)

**Mandatory Equipment:** A mouthpiece, chest protector, head gear, forearm, shin/instep protectors are mandatory for all competitors and groin protectors for male competitors only. All competitors who wear corrective lenses are encouraged to wear sport safety glasses. No eye glasses are allowed during sparring matches.