

2020

# CAPITOL CUP

# TAEKWONDO CHAMPIONSHIP



EVENTS:  
SPARRING  
POOMSAE  
BREAKING  
DEMO TEAM



SPONSORED BY



VISION

HOSTED BY



TAEKWONDO



HOSTED BY:

GRANDMASTER JONG YI

916-939-1900

highfivetkd@gmail.com



Register @ [www.capitolcuptkd.com](http://www.capitolcuptkd.com)

**MARCH 14, 2020**

**FOLSOM LAKE COLLEGE**  
**10 COLLEGE PKWY, FOLSOM, CA 95630**  
**DOORS OPEN AT 8 AM**

## GREETINGS FROM THE TOURNAMENT DIRECTOR

TO: ALL MASTERS, INSTRUCTORS, COMPETITORS AND SPECTATORS,



With the previous Capitol Cup Taekwondo Championships a fun, successful and eventful tournament for competitors, coaches, spectators, and staff alike. I would like to personally invite and welcome all of you to the 2020 Capital Cup Taekwondo Championship on Saturday, March 14, 2020 at Folsom Lake College. Folsom Lake College has newly built gymnasiums located in Folsom, CA with 2 gymnasiums which fit the needs of competitors, spectators and referees. We will try our best to uphold the culture and tradition of Taekwondo by providing a SAFE, FAIR AND MEMORABLE

event for all the participants at our tournament.

We are also hosting a USAT Referee Seminar a day before the tournament to invite the best qualified referees and educate them to be fair, safe and up to date with rules and regulations for our competitors.

This is a great opportunity for your students to gain valuable competition experience, develop self-confidence in themselves, and most of all, foster a winning attitude that all competitors will acquire and use to flourish throughout their life.

With this,

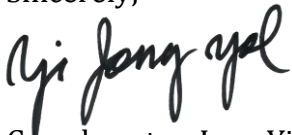
- I will promise you this tournament will provide the safest facility for all the competitors.
- I will promise you this tournament will provide the best qualified referees, nationally and internationally certified and approved by USA Taekwondo and World Taekwondo Federation.
- I will promise you at this tournament, this will be a great opportunity for you to gain valuable experience in Taekwondo competitions.

Also, we are excited to dedicate 2-3 rings for Sport Poomsae and we will be recruiting qualified poomsae referees for the most accurate results!

We look forward to welcoming you to the 2020 Capital Cup Taekwondo Championship.

Thank you and Good luck to all competitors!

Sincerely,



Grandmaster Jong Yi

Tournament Director

USATKD Event/Education Coordinator

USATKD Poomae/Kyoruki Referee Seminar Instructor

WTF Poomsae/Kyoruki International Referee

Hanwoori Poomsae Team Head Coach

High Five Taekwondo Master Instructor

Former UC Davis Coach

Former National Collegiate Taekwondo Association, Poomsae Coach

# **2020 CAPITOL CUP TAEKWONDO TAEKWONDO CHAMPIONSHIP**

Sponsored by: Vision USA

Hosted by: High Five Taekwondo

## **Tournament Information**

### **Schedule of Events:** (Approximate)

SATURDAY, March 14, 2020

7:30 - 8:30 AM Check-in, all competitors and Doors Open

8:00 - 8:45 AM Referee/Volunteer Meeting

8:30 - 9:00 AM Coach Meeting

9:00 - 9:15 AM Opening Ceremony

9:15 Reporting time begins at holding area (\*\*\*)Reporting times may be subject to change without notice.)

<b>TRADITIONAL POOMSAE (Forms) - Reporting time at Holding Area: All Color Belt and 7 &amp; under Black Belts</b>		
All Belt 7 years & Under Division	Report to Holding Area by	9:15am
All Color Belt 8 & 9 years Division	Report to Holding Area by	9:25am
All Color Belt 10 & 11 years Division	Report to Holding Area by	9:45am
All Color Belt 12 - 14 years Division	Report to Holding Area by	10:00am
All Color Belt 15 years & up Division	Report to Holding Area by	10:15am

<b>WTF Sport Poomsae - Reporting time at Holding Area: 8 years &amp; up Black Belts</b>		
8 - 9 years and 10 - 11 years Black Belts Divisions	Report to Holding Area by	9:15am
12 - 14 years Cadet Divisions	Report to Holding Area by	9:40am
15 - 17 years Junior Divisions	Report to Holding Area by	10:00am
18 - 30, 31 - 40, 41 - 50, and 60 & up	Report to Holding Area by	10:40am
Pair Poomsae	Report to Holding Area by	11:30am
Team Poomsae	Report to Holding Area by	11:35am
Freestyle Poomsae	Report to Holding Area by	12:00am

<b>Open Poomsae (Open Forms) - Reporting time at Holding Area: All Colors &amp; Black Belts</b>		
All Belt 7 years & Under Division	Report to Holding Area by	10:00am
All Belt 8 years - 14 years Division	Report to Holding Area by	10:20am
All Belt 15 - 17 years Junior Division	Report to Holding Area by	10:30am
All Belt 18 years & up Division	Report to Holding Area by	10:40am

<b>3 Direction Breaking - Reporting time at Holding Area: All Colors &amp; Black Belts</b>		
All Belt 7 years & Under Division	Report to Holding Area by	10:50am
All Belt 8 years - 14 years Division	Report to Holding Area by	11:00am
All Belt 15 - 17 years Junior Division	Report to Holding Area by	11:10am
All Belt 18 years & up Division	Report to Holding Area by	11:20am

<b>Kyorooki (Sparring) - Reporting time at Holding Area: All Color Belt and 7 &amp; under Black Belts</b>		
All Belt 7 years & Under Division	Report to Holding Area by	11:10am
All Color Belt 8 & 9 years Division	Report to Holding Area by	11:20am
All Color Belt 10 & 11 years Division	Report to Holding Area by	11:30am
All Color Belt 12 - 14 years Division	Report to Holding Area by	11:40am
All Color Belt 15 years & up Division	Report to Holding Area by	11:50am

<b>Kyorooki (Sparring) - Reporting time at Holding Area: 8 years &amp; up Black Belts</b>		
8 & 9 years and 10 & 11 years Black Belts Divisions	Report to Holding Area by	11:10am
12 - 14 years Cadet Divisions	Report to Holding Area by	1:00pm
15 - 17 years Junior Divisions	Report to Holding Area by	1:30pm
18 - 30, 31 - 40, 41 - 50, and 60 & up	Report to Holding Area by	2:00pm

\*\*\* REPORT TIMES SUBJECT TO CHANGE DUE TO NUMBER OF COMPETITORS\*\*\*

**Referees:** All referees must register online at the [www.capitolcuptkd.com](http://www.capitolcuptkd.com) by February 22, 2010 in order to be eligible for the Referee Incentives and Referee Stipend. Stipend is for ALL-DAY Participants only: WT Kyoruki IRs \$120, USAT (A, B) \$75, USAT (C, D) \$50. All referees need to assemble in the Folsom Lake College Main Gymnasium no later than 8:00am the day of the tournament, if chosen. Please contact Master Yi at email: [highfivetkd@gmail.com](mailto:highfivetkd@gmail.com) or register online at [www.capitolcuptkd.com](http://www.capitolcuptkd.com) for details or to express interest.

**VIPs, Masters, and Dojang Owners:** All Badges will be available the day of the tournament (Please register online: [ww.capitolcuptkd.com](http://ww.capitolcuptkd.com)).

**Coaches:** All Coaches must register online (Please register online: [www.capitolcuptkd.com](http://www.capitolcuptkd.com)). Passes will be available the day of the tournament for pick up and are dependent on the number of participants per school (One free pass for every 10 students). Otherwise, there will be a \$30 fee per coach. Coaches must wear their passes at all times on the gym floor. A coach's pass may be revoked at the discretion of the Tournament Director.

Early Registration Fee: \$30

Early Registration Deadline: Saturday, March 7, 2020

Final Registration Fee: \$50, (Application received after Saturday, March 7, 2020, will result in a \$20 late fee).

Final Registration Deadline: Thursday, March 12, 2020

**Spectators:** All spectators (unless a designated VIP, Masters, Referee, or Volunteer) must purchase an admission ticket and may not enter the arena floor at any time. Tickets will be available at the door the day of the tournament.

Adults (13 and Up) - \$10

Children (6 - 12) - \$7

Children 5 and under free.

**Competitors:**

1 Event \$80, 2 Events \$90, 3 Events \$100, 4 Events \$110, 5 Events \$120, 6 Events \$130, 7 Events \$140

***Events:*** Kyoroogi (Sparring), Poomsae (Form), Pair Poomsae (Co-Ed), Team Poomsae (3 Male or 3 Female), Open Poomsae (Any Poomsae), Breaking - 3 Directions, Free Style Poomsae (Individual), Free Style Poomsae (Pair), Free Style Poomsae (Team)

Early Registration Fee: \$80

Early Registration Deadline: Saturday, March 7, 2020

Final Registration Fee: \$100, (Application received after Saturday, March 7, 2020 will result in a \$20 late fee).

Final Registration Deadline: Thursday, March 12, 2020

**General Rules: WTF and modified USA Taekwondo rules will govern the competition.**

1. No contact to the head area:
  - a. Age 11 and under Color Belt Division and 6-7 Black Belt Division are not allowed to kick to the head area.
2. Light contact to the head area (USAT Jr. Safety Rules):
  - a. Black belt Divisions ages 8-9, 10-11, 12-14, Color Belt Division Age 12-17 and **33 & Over Black Belt Divisions** are allowed to kick to the facial area, however, the kick must be **light contact** with absolute control, without causing any injury or excessive force.
  - b. There is **NO technical point** for a head shot.
3. Full contact to the head area:
  - a. Age 15-17 Black Belts and all Senior Divisions will follow the WTF/USAT senior black belt rules.

**\*Single elimination for free sparring**

**MATCH DURATION:**

Age / Rank	Duration	Quantity	Rules
Age 7 & Under (All Belts) and 11 & under (Color Belt Divisions)	1 minute	2 Rounds	(No Head Contact)
Age 8 - 11 (Black Belts)	1 minute	2 Rounds	JSR
Age 12 - 14 (Black Belts)	1 minute	3 Rounds	JSR
Age 12 and Over (Color Belts), 33 and Over (Black Belts)	1 minute	2 Rounds	JSR
Age 15 & 32 (Black Belts)	90 Sec	3 Rounds	(Full Contact)

*Tournament Director reserves the right to modify the duration number of rounds, and rest period.*

**WORLD CLASS SPARRING: Only choose one division (not both Junior and senior division)**

Black Belts	12 - 14 years old	60 seconds	3 Rounds	(JSR)
Black Belts	15 - 17 years old	90 seconds	3 Rounds	(Full Contact)
Black Belts	18 - 32 years old	90 seconds	3 Rounds	(Full Contact)

\*World Class Division will go by the Matching Number System

\*World Class Division will be refereed by WT International Referees

**Weigh-ins: World class sparring divisions only. From 12:00 pm at the tournament Area (Holding Area).**

**Awards:** The official awards section will be located at the far edge of the head table.

- Awards for **Sparring, Traditional Poomsae, Open Poomsae, and 3 Direction Breaking** competition:
  - ✓ Medal will be awarded to all participants 11 and under. For 12 and up: Only 1<sup>st</sup>, 2<sup>nd</sup>, and Two 3<sup>rd</sup> place winners in each division will be awarded.
- Awards for **WTF Sports Poomsae (Individual, Pair and Team)** :
  - ✓ Medal will be awarded to Only 1<sup>st</sup>, 2<sup>nd</sup>, and Two 3<sup>rd</sup> place winners in each division.

ALL competitors 12 years old and older: 1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup> place winners in each division will be awarded medals immediately following that division's final match. ALL competitors 11 years old and under will receive medals.

**Mandatory Equipment:** - Standard white, official, V-neck White TKD uniform (Sparring) in good condition.

- Official USAT or WTF chest protector with red and blue scoring zones.
- Official WTF Taekwondo shin protectors and forearm protectors.
- Groin protector (required for males); must be worn inside uniform.
- Official USAT or WTF head protector and gloves (**mandatory for World Class**)
- Official WTF Taekwondo mouth guard
- Official WTF Taekwondo instep pads
- \*\* No writing or decorations are allowed on any sparring equipment
- \*\* No jewelry or accessories of any sort are allowed during competition

We also remind you that proper personal hygiene (e.g. clean, trimmed nails; clean body and uniform) is part of competition rules and etiquette.

**POOMSE (Form):** All WTF Sport Poomse (World class division-12 years old and older black belts) competition will adhere to USAT rules. All Poomsae, Synchronized, Open poomsae will be judged via scoring criteria.

**Coach's Dress code:** Coaches are prohibited from wearing jeans, shorts, tank-tops, hat/cap, or slippers while on the arena floor or coaching a competitor. Please follow the official USAT dress code for more details.

**Tournament Volunteer's Dress code:** Blue jeans, white shoes, and tournament "Volunteer" T-shirt

**USAT-Sanctioned Referee Seminar:**

Date: March 13, 2020 (Friday)

Place: High Five Taekwondo, 2203 Francisco Drive, #170, El Dorado Hills, CA 95762

Time: 10am to 6pm

**DIRECTIONS TO FOLSOM LAKE COLLEGE:**

10 College Parkway, Folsom, CA 95630

**From San Francisco Bay Bridge/Oakland**

Keep straight onto I-80 E Branch / US-50 E / Capital City Fwy. Keep straight onto US-50 E. At exit 27, take a rap right and follow signs for E Bidwell St / Scott Rd. Turn left onto E Bidwell St / Scott Rd. 1.4 mi, Turn right onto Scholar Way. You will arrive to your left to Folsom Lake College.

**From San Jose, Santa Clara, Walnut Creek and San Ramon areas via Highway 680 north**

Take I-680 north toward Sacramento. Keep straight onto I-80 E Branch / US-50 E / Capital City Fwy. Keep straight onto US-50 E. At exit 27, take a rap right and follow signs for E Bidwell St / Scott Rd. Turn lest onto E Bidwell St / Scott Rd. 1.4 mi, Turn right onto Scholar Way. You will arrive to you left to Folsom Lake College.

**LOCAL LODGING:**

\*\*\* It is highly recommended that you check online for more options and book your rooms accordingly. \*\*\*

***Hampton Inn & Suites Folsom***

155 Placerville Road, Folsom, California, 95630

916-235-7744

## 2018 Capitol Cup Taekwondo Championship Rules of Competition

### SPARRING COMPETITION

#### ☐ Safety Equipment

All contestants shall wear a WT approved chest protector, head protector, groin guard, forearm protector, shin-instep protector, and a white or clear mouth protector. (**Gloves are mandatory for the World Class Division; all other divisions are optional**)

Jewelry is to be removed and fingernails/toenails are to be neatly trimmed.

#### ☐ Legal Scoring Area

Body: The blue or red colored area of the body protector

Head: The area above the collar bone (i.e. whole part of the head including both ears and the back of the head).

#### ☐ The valid points are divided as follows:

- 1 point for a valid punch to trunk protector
- 2 points for a valid attack on chest protector
- 4 points for a valid turning kick to the chest protector
- 3 points for a valid kick to the head
- 5 points for a valid turning kick to the head \*
- 20 points gap rule end of 2<sup>nd</sup> round or end of 1<sup>st</sup> round if competition 2<sup>nd</sup> rounds match

\* Unlike Adult Rules, turning kicks to the head will not be awarded an extra point in divisions competing under Junior Safety Rules.

Match score shall be the sum of points of the two or three rounds depend upon divisions.

In the event of a tie, competitors will spar one more round, and whoever gets the first point will win (**Golden Point Round**). If no one scores during **the Golden Point Round**, the match will be decided with referee/judges' discretion.

#### ☐ Deduction (Gam-Jeom):

The following cases are serious misconducts by contestants or coaches

1. Crossing the Boundary Line
2. Falling down
3. Avoiding or delaying the match
4. Grabbing or pushing the opponent
5. Lifting the leg to block or/and kicking the opponent's leg to impede the opponent's kicking attack, or lefting a leg or kicking in the air for more than 3 seconds to impede the opponent's potential attacking movements, or aiming a kick below the waist.
6. Kicking below the waist
7. Attacking the opponent after "Kal-yeo"
8. Hitting the opponent's head with the hand
9. Butting or attacking with the knee
10. Attacking the fallen opponent
11. Following misconducts of contestant or coach:
  - Not complying with the referee's command or decision
  - Inappropriate protesting of officials' decisions
  - Inappropriate attempts to disturb or influence the outcome of the match
  - Provoking or insulting the opposing contestant or coach
  - Unaccredited doctor/physicians or other team officials found to be seated in the doctor's position
  - Any other severe misconduct or unsportsmanlike conduct on the part of a contestant or coach

If a contestant intentionally and repeatedly refuses to comply with the Competition Rules or the referee's orders, the referee may end the match and declare the opposing contestant the winner.

When a contestant receives ten (10) "Gam-jeom", penalties, the referee shall declare the contestant loser by Referee's Punitive Declaration (PUN)

**❑ Tournament Point system (include Junior Safety Rules):** Tournament Director reserves the right to modify the duration number of rounds, and rest period.

Age & Belt	Head		Body		Count	
	Contact	Bonus	Contact	Bonus	Body	Face
Age 7 & Under (All Belts) and 11 & under (Color Belt Divisions)	NO	NO	YES	YES	YES	NO
Age 8 - 14 (Black Belts), 33 and Over (Black Belts)	JSR	NO	YES	YES	YES	NO
Age 12 and Over (Color Belts)	JSR	NO	YES	YES	YES	NO
Age 15 - 32 (Black Belts)	WTF	WTF	WTF	YES	YES	YES

### **POOMSAE COMPETITION**

**❑ Poomsae Scoring**

Competitors are required to perform only the Poomsae (form) designated for their specific rank. Scores are based on:

- Accuracy: correct movement, correct placement of technique and balance.
- Presentation: Strength, speed, rhythm, expression of energy.

**❑ Poomsae Division:**

POOMSAE TYPE	DIVISION	REQUIRED POOMSAE (FORM)
Traditional	All Color Belts	Taeguek (Refer to chart below)
	Black Belt (7 and Under)	1 Dan - Koryo, 2 Dan - Keumgang
Open	All Belts	Palgae or other form
Pair Synchronized	Black Belt (8 years and Up)	Designated Poomsae
Team Synchronized	Black Belt (8 years and Up)	Designated Poomsae
WTF Sport Poomsae	Black Belt (8 years and Up)	Designated Poomsae

### **Traditional Poomsae**

A. Individual Division - (All color belt and black belt 7 years and under)

<i>White Belts</i> 10 - 9 Gup	<i>Yellow - Orange</i> 8 - 7 Gup	<i>Green - Purple</i> 6 - 5 Gup	<i>Blue - Brown</i> 4 - 3 Gup	<i>Red</i> 2 - 1 Gup	<i>Black Belts</i>
Kicho or Kibon Form	Tae Geuk 1 or 2	Tae Geuk 3 or 4	Tae Geuk 5 - 6	Tae Geuk 7 - 8	Koryo, Keumgang or Taebaek

B. General Rules

- **Single Elimination** - Poomsae competition will be judged by three judges. Two contestants compete at a time.
- **Score** - The judges will raise their arms to the winner side {Chung (Blue) or Hong (Red)}.
- Winner is the contestant with the majority of the votes.

**❑ Awards for Traditional Poomsae:**

- Medal will be awarded to all participants 11 and under.
- For participants 12 and up: Only 1<sup>st</sup>, 2<sup>nd</sup>, and Two 3<sup>rd</sup> place winners in each division will be awarded.

### **Open Poomsae**

A. Individual Division - The contestant can perform any type of form included the ITF, ATA, Palgae or other form.

B. General Rules

- **Single Elimination** - Poomsae competition will be judged by three judges. Two contestants compete at a time.
- **Score** - The judges will raise their arms to the winner side {Chung (Blue) or Hong (Red)}.
- Winner is the contestant with the majority of the votes.

**❑ Awards for Open Poomsae:**

- Medal will be awarded to all participants 11 and under.
- For participants 12 and up: Only 1<sup>st</sup>, 2<sup>nd</sup>, and Two 3<sup>rd</sup> place winners in each division will be awarded.

### **WTF Sport Poomsae**

**❑ Poomsae Division:**

A. Individual Division:

- 8-9 years, 10-11 years, 12-14 years, 15-17 years, 18-30 years, 31-40 years, 51-60 years, 61-65 years and 65 years & up.

B. Pair Division:

- 8-9 years, 10-11 years, 12-14 years, 15-17 years, 18-30 years, 31years & up.

C. Team Division:

- 8-9 years, 10-11 years, 12-14 years, 15-17 years, 18-30 years, 31years & up.



❑ **General Rules:** WTF/USAT Sport Poomsae Rules - Cut Off System

- **Single Elimination** - Poomsae competition will be judged by five or three judges. One contestants compete at a time.
- **Score** - Electronic Scoring System (Poomsae Pro & I-Poomsae).
- Only Black Belts aged 8 yers & Up are qualified for WTF Sports Poomsae Division.

❑ **Awards for WTF Sports Poomsae:**

- Medal will be awarded to Only 1<sup>st</sup>, 2<sup>nd</sup>, and Two 3<sup>rd</sup> place winners in each division will be awarded.

**BREAKING COMPETITION**

❑ **3 Direction Breaking Competition**

A. A three direction break consists of performing breaks in three directions (e.g., three sides of a box).

- One hand technique and two techniques must be used.

Breaking Type	Division	Minimum Number of Boards by Age
Three Direction Breaking	Beginner: White, Yellow, Orange	<ul style="list-style-type: none"> <li>• 10 years and under: minimum 1 small board in each direction.</li> <li>• 11 - 14 years: minimum 1 medium board in each direction.</li> <li>• 15 years and older: minimum 1 large board in each direction.</li> </ul>
	Intermediate: Purple, Green, Blue	
	Advanced: Brown, Red	
	Black Belt	

❑ **General Rules for Breaking:**

- Competitors may not use a head strike for breaking. Any other Taekwondo technique may be used.
- Competitors must use at least the minimum number of boards as defined by their age.
- Competitors must provide their own board holders.
- Competitors and helpers will clean up all boards, broken boards and wood fragments.
- No props such as chairs, trampolines, tables, etc... may be used.
- Any breaking performance must be confined to the competition ring including any running starts.
- Boards must be purchased at the tournament. Under no circumstance will competitors bring their own boards.
- Price of boards are: (Small: \$2, Med: \$2.50, Large: \$3)

❑ **Scoring:**

- One point will be awarded for each board broken.
- Scoring adjustments will be made as follows.
  - ✓ Plus 2 points for each turning jump kick technique.
  - ✓ Plus 1 points for each turning (not jumping) kick technique.
  - ✓ Minus 0.5 points for each time the competition ring boundary is crossed by the competitor or board holder.
  - ✓ Minus 0.5 points for each second attempt on a break.
  - ✓ Minus 1 point for each third attempt on a break.
- In the case of a tie score the referee panel will choose a winner using the following criteria.
  - ✓ Level of difficulty of the breaking technique.
  - ✓ Demonstration of Taekwondo skill and presentation.

❑ **Awards for Breaking:**

- Medal will be awarded to all participants 11 and under.
- For participants 12 and up: Only 1<sup>st</sup>, 2<sup>nd</sup>, and Two 3<sup>rd</sup> place winners in each division will be awarded.