

OPEN TAE KWON DO RULES

SANCTIONED BY NAFMA TAE KWON DO

Weapons Competition & Open Forms

Competitors will be judged on a decimal point system with a scale of 6.0 to 8.0.

* Ties will be determined by dropping the high and the low score. If there is still a tie after those two scores have been removed than competitors will perform the same form again and judges will determine the winner by a show of hands.

Criteria

Competitors will be judged on power, grace, and speed of their performance of their weapons routine. They will also be judged by their ability to handle their weapon properly and in a safe manner. Competitors must stay in the ring while performing their routine. If a competitor runs out of the ring while they are performing, than their score will automatically be deducted by a full point. Competitors may ask permission to go out of the ring before they perform their form. Failure to ask permission will result in the judges act accordingly to the running out of the ring rule.

Dropping of weapon

If at any time an underbelt (below blackbelt) competitor drops their weapon they may have one restart.

If at any time a blackbelt competitor drops a weapon they are automatically disqualified- NO EXCEPTIONS!!!!

Inspection of Weapons

At the beginning of every weapons division, judges may inspect the perspective competitors weapons in that divisions. This is a safety precaution to check for potentially dangerous/hazardous weapons. If a judges finds that a weapon is deemed dangerous/hazardous than that competitor will be given 2 minutes to locate another weapon or be subject to disqualification.

Divisions

There is only one open division for weapons.

Open Forms

Open forms will utilize the same judging criteria as the weapons competition listed previously.

Point-Sparring

Matches will consist of one two-minute round. Matches are a race to 7points or total accumulation of points at the end of two minutes.

SAFETY EQUIPMENT REGULATIONS

Point Sparring- Competitors must wear foam head/hands/ feet, mouth piece, and males must wear a groin protector. RING STAR shoe are approved for use at all NAFMA events.

ALL children should wear a face cage for protection.

Legal Points

All children and adults (all ranks) will receive (2) points for a legal kick to the head. Light contact is required for all scoring for children 12 & under no exceptions!!! All children and adults will receive (1) for hand strikes to the body or protective head gear.

Levels of Contact

12 and under- light contact only
13-17- light-medium contact only
18 and above- medium contact (not Full-Contact)

Coaching

Coaches are allowed to coach their athletes during the match but must have a coach's pass. No coaches will be allowed to coach without a valid pass. No exceptions!!!!

Disqualifications and Warnings

First Infraction of a rule will result in (1) warning
Second Infraction will result in a loss of (1) point
Third Infraction will result in automatic Disqualification!!!!

Intentional Infractions

Two of the same infraction- ex. Two illegal kicks to the groin will be an automatic disqualification. No exceptions.

Blood/Injury Time

There is no automatic disqualification for drawing of blood unless it is in the 12 and under children's division (all belts). All other divisions will give the competitor who suffers from an injury or the drawing of blood a (2) minute blood/injury time period. The competitor has (2) minutes to stop the bleeding or recover from the injury or else they will be disqualified. This is in efforts to stop those competitors who say they suffer injuries in order to move from round to round. This disqualification rule does not apply to those competitors who suffer injuries from illegal techniques.

Sweeps

No sweeps or take-downs will be allowed.

Sportsmanship

Good Sportsmanship is mandatory to be displayed at all times by competitors, parents, instructors, and coaches. A violator's first offense will be subject to a warning and subsequent violations will subject them to dismissal from the venue and possible ban from any future events.

Point Sparring Legal Target Areas

Face- Front of face (black belt adults only), side of face, and top of head

Body- Front and side of body above the belt up to the sleeve of the shoulders below the neck line.