



LIONHEART MARTIAL ARTS

Tournament Rules

Tournament Rules & Guide for Parents and Competitors

Welcome to the **Lion's Den Invitational Tournament!** Whether you are an experienced martial artist or a parent watching your child compete for the very first time, this guide outlines how our Pattern and Sparring events work.

1. Divisions

Competitors will be divided by age, gender, and belt level. If a division is large, further division by weight or height may be done.

Age Divisions

Division	Age Group
Under 5	5 years of age or less
Peewee	6, 7, 8 years of age
Youth	9, 10, 11 years of age
Junior	12, 13, 14 years of age
Intermediate	15, 16, 17 years of age
Adult	18 to 34 years of age
Senior	35 to 44 years of age
Executive	45 years of age or older

Weight Divisions

The following weights are for black belt competition. Colour belt weight divisions should be light and heavy with additional categories of middle weight or hyper weight if required. Colour belt weight divisions should be made at the ring without weigh-ins.



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Adult weight divisions

Division	Male	Female
Fly weight	Under 130 lbs	Under 120 lbs
Light weight	131 to 145 lbs	121 to 135 lbs
Middle weight	146 to 160 lbs	136 to 150 lbs
Heavy weight	161 to 175 lbs	151 to 165 lbs
Hyper weight	176 to 199 lbs	166 to 180 lbs
Super weight	200 lbs and over	181 lbs and over

Junior (13 to 17) weight divisions

Division	Male	Female
Fly weight	Under 120 lbs	Under 110 lbs
Light weight	121 to 135 lbs	111 to 125 lbs
Middle weight	136 to 150 lbs	126 to 140 lbs
Heavy weight	151 to 165 lbs	141 to 155 lbs
Hyper weight	166 to 185 lbs	156 to 170 lbs
Super weight	186 lbs and over	171 lbs and over



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2. Patterns (Tul) Competition

Patterns are structured sequences of fundamental attacks and defenses against imaginary opponents. Competitors are judged on technique, power, balance, breathing, and rhythm.

General Rules

- **Head-to-Head & Elimination:** Competitors face off directly in a 1-on-1 single elimination format. The winner of each match advances to the next round.
- **Pattern Selection:** Competitors may perform a pattern corresponding to their current belt level or the level immediately below their current rank.

Colour Belt Patterns

- **Restart Allowance:** If a colour belt competitor loses their place or hesitates during their pattern, they are permitted to restart their pattern once without automatic disqualification.
- **Winning a Match:** Corner judges vote for the competitor who demonstrates the best overall technical execution, stances, and focus.

Black Belt Patterns

- **No Restarts:** Black belt competitors must perform their pattern without stopping. Pausing or forgetting a pattern will result in a deduction or loss of the round.
- **Finals (Gold Medal Round):** When competing for 1st and 2nd place, black belt finalists perform two patterns:
 1. A pattern of their choice within their grade.
 2. A second designated pattern randomly drawn by the officials from **Chon-Ji** up to **Gae-Baek**.

3. Sparring (Matsogi) Competition

Sparring is a controlled, light-contact exchange between two competitors. No contact to the face. Safety and sportsmanship are our top priorities.

Match Duration & Format

- **Single Elimination:** All sparring divisions follow a single elimination structure.
- **Colour Belts:** Matches consist of **one 90-second round**.
- **Black Belts:** Matches consist of **two 120-second (2-minute) rounds**, with a 60-second rest period between rounds.
- **Coaching:** Only one designated coach per competitor is allowed to provide guidance, any other coaching or guidance given to a competitor may result in a warning. Colour Belt coaching will be permitted if both competitors have a coach. If a colour belt competitor does not have a coach, the opposite coach may only encourage their student.



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Required Safety Equipment

Competitors must wear approved safety gear to enter the ring:

- Foam-dipped or approved hand, foot, and head gear.
- Mouth guard mandatory age 12+.
- Groin protection mandatory for male competitors age 12+.
- Shin and chest protection are optional.

Target Areas & Point System

Points are awarded by corner judges when controlled, legal techniques land on allowed target areas: front and sides of the head, and the front torso from shoulders to waist. Points are not awarded for attacks to the back, neck, or below the waist.

- **1 Point:** Any punch or kick to the body, or a punch to the head.
- **2 Points:** Kicks to the head.
- **+1 Point:** An additional 1 point is added to the value of any legal technique if it is executed as a jumping technique.
- **Four-Punch Limit:** To prevent continuous boxing exchanges, competitors may throw a maximum of four (4) punches in a row before they must throw a kick or separate. If a 5th punch is thrown in the exchange, **zero points** will be awarded for that entire exchange, even if the first four punches landed successfully.

Penalties & Offenses

The Center Referee controls the match inside the ring to ensure safety and fair play. Penalties are categorized into three levels:

1. Warnings (*Jui*)

Warnings are given for minor infractions. They do not immediately stop the flow of the match, but **every three (3) warnings result in a 1-point deduction** at the end of the match.

Common warning offenses include:

- Stepping completely out of the ring with both feet.
- Falling down or losing balance.
- Pushing, grabbing, or holding an opponent.
- Turning their back to avoid an exchange.
- Failing to listen to the referee's commands.
- Heavy contact



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2. Minus Points (*Gam Jum*)

Minus points are directly deducted from a competitor's score for more serious infractions.

Common minus point offenses include:

- Excessive contact or uncontrolled hitting.
- Attacking illegal targets (e.g., low kicks below the belt, hitting the back of the head or spine).
- Attacking an opponent who has fallen to the ground.
- Using illegal striking techniques (e.g., elbows, knees, spinning back fist).

3. Disqualification (*Sil Kyuk*)

A competitor will be immediately disqualified from a match for any of the following:

- Receiving **three (3) minus points** in a single match.
- Intentional excessive contact or causing an injury that prevents an opponent from continuing.
- Unsportsmanlike conduct, loss of temper, or showing disrespect toward opponents, corner judges, or ring officials.

3. Breaking (Gyeokpa) Competition

Board breaking is a test of accuracy, focus, and power. Rebreakable plastic boards are used for all attempts.

General Rules & Scoring

- **Board Selection:** Competitors choose the number of boards they wish to attempt.
- **Order of Competition:** The division runs from highest to lowest difficulty—competitors attempting the most boards go first, working down to those attempting the least.
- **One Attempt:** Each competitor gets **one (1) attempt** to execute their break.
- **Scoring Points:**
 - **3 Points:** Full break (boards completely separated/released).
 - **1 Point:** Partial break (boards bent or cracked without full separation).
 - **0 Points:** Unbroken boards or disqualified attempts.
- **Determining Winners:** Medals (Gold, Silver, Bronze) are awarded to the competitors with the highest total points.

Breaking Techniques & Tie-Breakers

- **Primary Technique:** All competitors perform their break using a **Side Kick**.
- **Tie-Breaker Sequence:** If competitors tie in total points, the tie-breaker rounds will proceed using the following sequence until a winner is decided:
 1. **1st Tie-Breaker:** Turning Kick
 2. **2nd Tie-Breaker:** Back Kick



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3. **3rd Tie-Breaker:** Reverse Turning Kick

Official Ring Procedure

Competitors must strictly follow these steps during their attempt:

1. **Approach & Bow:** The competitor approaches the breaking frame and bows to the Center Referee.
2. **Height Adjustment:** The competitor indicates their desired board height to the official board holders.
3. **Distance Measurement:** The competitor is allowed **one (1) distance measurement**.
 - **STRICT RULE:** The competitor **must not touch the board** during height adjustments or distance measurement. Touching the board at any time before the strike results in an immediate **disqualification** for that attempt.
4. **Ready Stance:** The competitor assumes an L-Stance Guarding Block to signal they are ready.
5. **Execution:** The competitor executes their single breaking attempt.
 - **STRICT RULE:** The non-striking (supporting) foot must remain planted on the floor during the technique. If the supporting foot leaves the ground, the attempt is **disqualified**.
6. **Finish Stance:** The competitor must land and return to a clear L-Stance Guarding Block after the kick.
 - **Penalty:** Failing to adopt a guarding block immediately after the break results in a **0.5-point penalty**.
7. **Bow & Exit:** The competitor bows to the referee and leaves the breaking area.

A Note for Parents and Spectators

Taekwon-Do teaches courtesy, integrity, perseverance, self-control, and an indomitable spirit. We ask all spectators to maintain an encouraging and respectful environment for all athletes.. Please refrain from coaching competitors or attempting to advise referees or judges from the sidelines, as spectator interference can result in penalties for the competitor.