

Individual Traditional Forms (ITF)

1. Each participant always begins with 50 points.
2. The Correct Execution of Technique is valued 10 points. This includes the following:
 - Posture (correct stances)
 - Accuracy of Each Hand Technique. (this would include setting hands properly for blocks and attacks)
 - Accuracy of Each Kicking Technique- correct form, height, and power of kick.
 - Speed and Power of Each Individual Technique.
3. Taekwondo Spirit (10 points)
 - Kihap (confidence)
 - Attitude and Etiquette (proper respect shown as soon as the Participant's name is officially called to compete.
4. Accurate Sequence of Movements (10 points)
 - Correct poomsae based on participant's registered rank. If participant performs the wrong poomse according to their registered rank, participant will automatically receive a score of 5 for Accurate Sequence of Movements but will NOT be disqualified.
 - Correct order of techniques for each poomsae including correct stances, blocks and strikes (ex. Not scoring if the forward stance was correct, but determining if it was a forward stance when it was supposed to be a back stance.
5. Presentation (10 points)
 - Speed, Tempo, Flow
 - Eye Control (correct direction of eyes along with focus)
6. Deductions
 - Participant crosses outside of the 8x8 meter ring (1 point deduction for each occurrence)
 - Participant exceeds the 120 second time limit (1 point deduction for every 10 seconds over time limit)
 - Unsportsmanlike conduct (1 point deduction)
7. Tiebreaker
 - In the event of a tie for 1st place only, participants will perform poomsae one additional time. Judges will rescore. If there is a still a tie, there will be two 1st places awarded.

Individual Jumping High Kick (IJH)

1. Each participant has a maximum of 30 seconds to attempt to break the board with Running Jumping Front Snap Kick.
2. Each participant has only one attempt to break the board for each round.
3. Participant may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
4. The running distance is approximately 6 meters, and the starting board height will be determined by the referee.
5. The order of participants (who breaks first) will be determined by height. The shortest participant will attempt to break first.
6. Participants must break the board to advance to the next round. Board must be broken by an upward kicking technique to be considered a successful break.
7. Once the participant passes the designated halfway mark, an attempt is counted upon approach. (ex. Once the participant crosses the designated halfway mark, they may not return to the starting position to attempt to break again.)
8. After each round, the board height will be raised incrementally at the referee's discretion.
9. The participant to break the highest board will be declared the winner.
10. In the event of a tie *for first place only*, the height will be raised until a participant fails to break the board. If all participants fail to break the board, then 1st place will be awarded to the shortest participant.
11. If any part of the body touched the floor besides feet, it is considered NO BREAK.

Individual Power Breaking Knife Hand (IPKH)

1. Each participant will have one attempt to break with a Knife Hand Strike in an area approximately 2 meters x 2 meters. The floor will NOT be matted.
2. The participant will attempt to break 1-inch pine boards with no spacers. Boards may not be taped together. All boards will be placed on a board holding stand, which is 4 inches tall from the floor. The board holding stand will be placed directly on the floor.
3. The participant is allowed 60 seconds to set up and place the board(s) on the holding stand.
4. The width of the board holding stand will be at the participant's discretion.
5. Once the referee declares "Si Jak (begin)", the participant's break must be done within 30 seconds.
6. The participant must use the side of the palm (from the side of the first knuckle of the little finger to the front side of the wrist) for Knife Hand. Fingers can be bent; however, the hand cannot be closed in a fist position.
7. Participants may not cover the breaking hand with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
8. Each participant must PRIVATELY complete a form that states the number of boards he or she will attempt to break prior to the start of the division.
9. The participant who breaks the most boards will be declared the winner.
10. If two or more participants break the same number of boards, the participant who attempted to break the greatest number of boards will receive a higher score. (For example, Participant #1 attempts to break 5 boards and only 4 boards break. Participant #2 attempts to break 4 boards and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position within the division, because they attempted to break more boards)
11. In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded), there will be 1 overtime round. (Add 1 additional board)
12. If there is still a tie at the end of the overtime round, the winner will be declared by body weight. (The lightest person will be declared the winner.) A scale will be provided at the event.
13. Deductions
 - Participant crosses outside of the 2 meter x 2 meter ring (1 board deduction)
 - Participant disobeys the referee's instructions (1 board deduction)
 - Participant exceeds the 30-second time limit (1 board deduction)
 - Unsportsmanlike conduct (1 board deduction for each occurrence)
 - (For example, trying to distract the other participants, not showing respect to others, etc.)
15. No Break (Score of 0)
 - Participant attempts to break the boards twice
 - Participant uses any part of the body OTHER than the side of the palm (from the side of the first knuckle of the little finger to the front side of the wrist) for Knife Hand. (EXAMPLE: Participants breaks boards with the wrist)
 - After attempting the break, participant falls down after breaking, touching the ground with any part of the body above the knees (The hand that broke the boards IS permitted to touch the ground after the break. In addition, a knee touching the ground is allowed.)
 - Touching the boards after the referee declares "Si Jak (begin)" is considered your 1 and only attempt. Any other touching of the boards will result in disqualification.

Individual Creative Breaking Para-Taekwondo (ICBP)

1. Base Points - Each participant always begins with 50 points.
2. Participants have 60 seconds to set up and 60 seconds to execute their breaks.
3. At the participant's discretion, he or she will attempt to break a minimum of 1 board and a maximum of 6 boards. (All boards are 1/4-inch pine boards.)
Participant is allowed to do multiple boards at 1 station.
4. Participants may not cover any part of the body that will be used for breaking a board with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered.
5. Props CAN be used but boards cannot be altered. (For example, board fragments, confetti, streamers, poppers, powder, etc. cannot be considered props and CAN be used.)
6. Participants must provide their own holders. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements for board holders. (However, a taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for a family environment.) ONLY martial arts shoes are allowed on the mats.
7. The participant may attempt to break each technique a maximum of 3 times.
Broken boards may not be replaced on the 2nd or 3rd attempt. (For example, if a participant does a split kick in the air and only one board breaks, the participant CANNOT replace broken board with a new board on the 2nd or 3rd attempt.)
8. The following will complete each participant's score:
 - Creativity (10 points)
 - Creativity of Performance
 - Degree of Difficulty
 - Execution of Requirements (10 points)
 - Broke at least 1 board and not more than 6 boards
 - Not exceeding the maximum number of attempts per break, maximum of 3 attempts.
 - Presentation (10 points)
 - Speed/Tempo/Flow
 - Taekwondo Spirit (10 points)
 - Kihap – confidence
 - Attitude and Etiquette – proper respect as soon as the Participant's name is officially called to perform
9. Deductions

- Participant exceeds the 60-second time limit for setup (1 point deduction for every 10 seconds over time limit).
- Participant exceeds the 60-second time limit (1 point deduction for every 10 seconds over time limit) 0.2 deduction for each unsuccessful attempt to break a board
- Participant exceeds the maximum number of attempts allowed per break, maximum of 3 attempts (1 point deduction per infraction) EXAMPLE: Participant attempts to break 1 board 4 times = 1.6 point deduction (0.2 x 3 attempts = 0.6 plus additional 1 point deduction = 1.6 point deduction)
- Altering the board in any way (summarized in rule #5) will result in a 1 point deduction for each occurrence.
- Participant crosses outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence).
- Participant will not receive a deduction if the holder crosses outside of the ring)
- Unsportsmanlike conduct (1 point deduction for each occurrence)

10. Tiebreaker

- In the event of a tie for 1st place only (If there is a tie for 2nd or 3rd place there will be multiple 2nd and 3rd places awarded) – participants will perform breaking routine one additional time. Judges will rescore. If there is still a tie, there will be two 1st places awarded.

Sparring

1. All matches will be single elimination. For Junior competitors including Black Belts as well as Adult Black Belts, all matches will be two rounds, one minute each with a thirty second break. JUNIOR BLACK BELT FINALS (8-17 years old) will be three rounds, one minute each with a thirty second break in between rounds. For Adult Black Belt competitors (except for executives), all matches, including finals, will be three rounds, one and a half minutes per round. Additionally, for those competitors ages 12 and under Non-Black Belt, NO HEAD CONTACT rules will be enforced. Ages 15 and older as well as BLACK BELTS 8 years old and older will observe the USAT Junior Safety Rules, and will be only light contact to the head area (above collarbone.) All penalties will be based on WTF/USAT regulations, which can be found on their website;

<http://www.teamusa.org/USA-Taekwondo>