

# TOURNAMENT RULES

ALL TANGSOODO ORGANIZATION - NETHERLANDS

SHORT INFORMATION ON RULES AND COMPETITIONS



## SPARRING

Repechage (everyone; one bronze): Competitors who lose to a finalist enter a repechage bracket for one single bronze medal.

1. Traditional uniforms must be worn.
2. Proper discipline and respect must be maintained at all times. Any disrespect or improper attitudes will constitute an immediate disqualification.
3. There will be 3 judges in each ring.
4. Match duration is 2 minutes or 5 points difference.
5. When 2 minutes are past and there is no winner the match goes on in sudden death. This means the first who scores is the winner. All judges must see the scoring point!

**SPARRING GEAR:** **Adults** >> **Hand and foot protection mandatory**, head protection is recommended.  
**Youth** >> **Hand protection is mandatory** and foot protection is recommended.

**Illegal** Techniques:

- Spinning hand techniques.
- Below the belt kicks or hand techniques.
- Sweeping
- Deliberately hard Contact of any kind to the face & head.
- Grabbing

Also **Not Allowed**:

- Unsportsmanlike conduct such as "Showboating" (i.e. Jumping up and down, raising hand in air, Cheering for oneself etc. when a point is scored or thought to be scored.)
- Running out of the ring.
- Coaching from the sidelines from parents, instructors, etc.
- Arguing with judges about a call.

**All of the above can result in a warning, loss of point or disqualification!**

## NON CONTACT SYSTEM!

The condition for awarding a point is that the techniques are performed correctly and at the right distance (hand at least 5 cm from the target, feet at least 10 cm from the target).

If the technique is not blocked, it is considered a point.

**If there is a light controlled contact of the body without damage or injury, referees can still award the point. That is up to them!**

## Sparring Point/Scoring System:

### 1 point technique:

- Chung Kwon Kong Kyuk
- Kap Kwon Kong Kyuk
- Soo Do Chi Gi
- Yuk Soo Do Chi Gi
- Ahp Cha Gi
- Yup Cha Gi
- Dull Ryo Cha Gi
- Bahl Deung Cha Gi
- Peet Cha Gi
- Ahneso Pakhu Ro Cha Gi
- Pahkeso Ahnu Ro Cha Gi
- Yup Hu Ri Gi
- Ne Ryo Cha Gi

### 2 point technique

- Spinning kicking technique to head or body
- Dwi Cha Gi
- Dwi Dull Ryo Cha Gi
- Dwi Pandal Cha Gi
- Jumping kicks (non kicking leg must be off the floor).
- Blocking and immediate counter technique

## FORMS

- The use of music is not allowed.
- SCORING: lowest score 5 points, highest score 10 points.
- There are 3 judges in the ring
- In the event of a tie another form can be requested.

If the student is new and only knows one Form, he or she can repeat the same form.

Rating points for Judging: Balance – Speed – Control – Focus – Stances – Posture – Ki Hap

All Forms are allowed! No separate competition for Non-Traditional forms

## WEAPONS FORMS

- Music is not allowed.
- SCORING: lowest score 5 points, highest score 10 points.
- There are 3 judges in the ring
- In the event of a tie, the competitor can do a different form with his/her weapon or the same form.

Rating points for Judging: Balance – Speed – Control – Focus – Stances – Posture – Ki Hap

All Weapons are allowed

## TEAM FORMS

- The use of music is not allowed.
- SCORING: lowest score 5 points, highest score 10 points.
- There are 3 judges in the ring
- It is allowed to do a part of the form creative, but the start and end of the form must be simultaneously according to the tradition.
- A team consists of at least 3 people
- In the event of a tie, the team is asked to do the form again after which the judges appoint the winner.
- SCORING: Same scoring procedure as forms

Points for Judging: Balance – Speed – Control – Focus – Stances – Posture – Ki Hap - Synchronously

All Forms are allowed!

## TEAM SPARRING

- 3 Man team Sparring Category for adult (15+) DAN grades only  
The rules for this competition are the same as the sparring rules mentioned earlier in this document