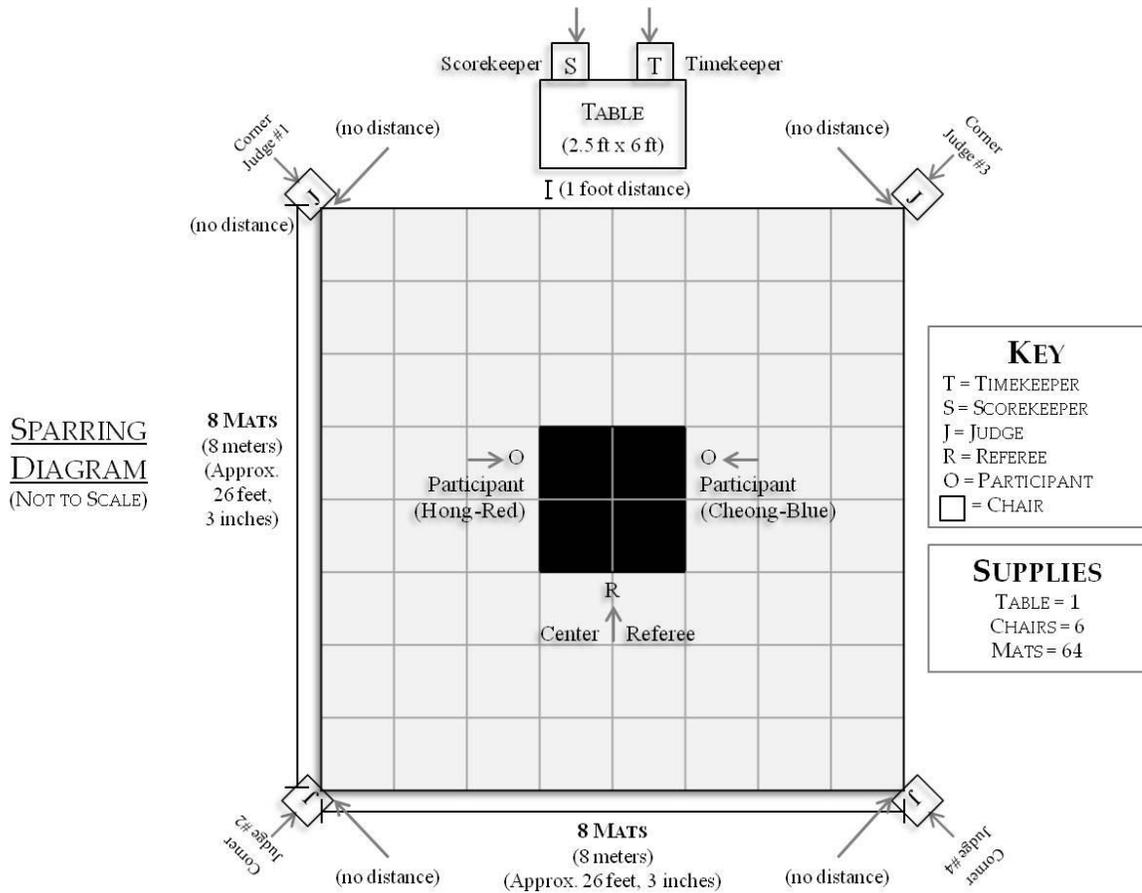


# MASTERS CHALLENGE 2012 RULES

## SPARRING

### (1 PARTICIPANT. BBC OR LEADERSHIP. NO AGE REQUIREMENTS)



1. Sparring competition will be 2 rounds, 1 minute each with a 30-second break between each round. Safety rules will be in effect:
  - a. No contact to the head, neck, or below the belt (using either kicking or punching techniques).
  - b. No contact to the spine.
  - c. Controlled kicking and punching are only allowed to the hogu (chest protector).
  - d. Participants using excessive contact will be warned for 1<sup>st</sup> offense and disqualified for any additional offense.
2. Techniques executed with correct form will be scored for 1 point.
  - a. Front Kick, Roundhouse Kick, Side Kick, Back Kick to the hogu with controlled contact will be awarded 1 point.
  - b. Excessive (too hard) contact will receive a warning.
3. Spinning techniques to the body will be award 2 points.
4. The participant with the most points at the end of the match will be the winner.
5. The following are prohibited: excessive (too hard) contact, pushing, holding, grabbing, butting (with head or knee), tripping, intentional falling, and unsportsmanlike conduct. (Each 2 warnings will cause 1 point to be added to the opponent's total score. Six warnings will cause disqualification).
6. In the event of a tie, a sudden death overtime round will take place. First point scored will win the match. Point will be determined by the Center Referee.

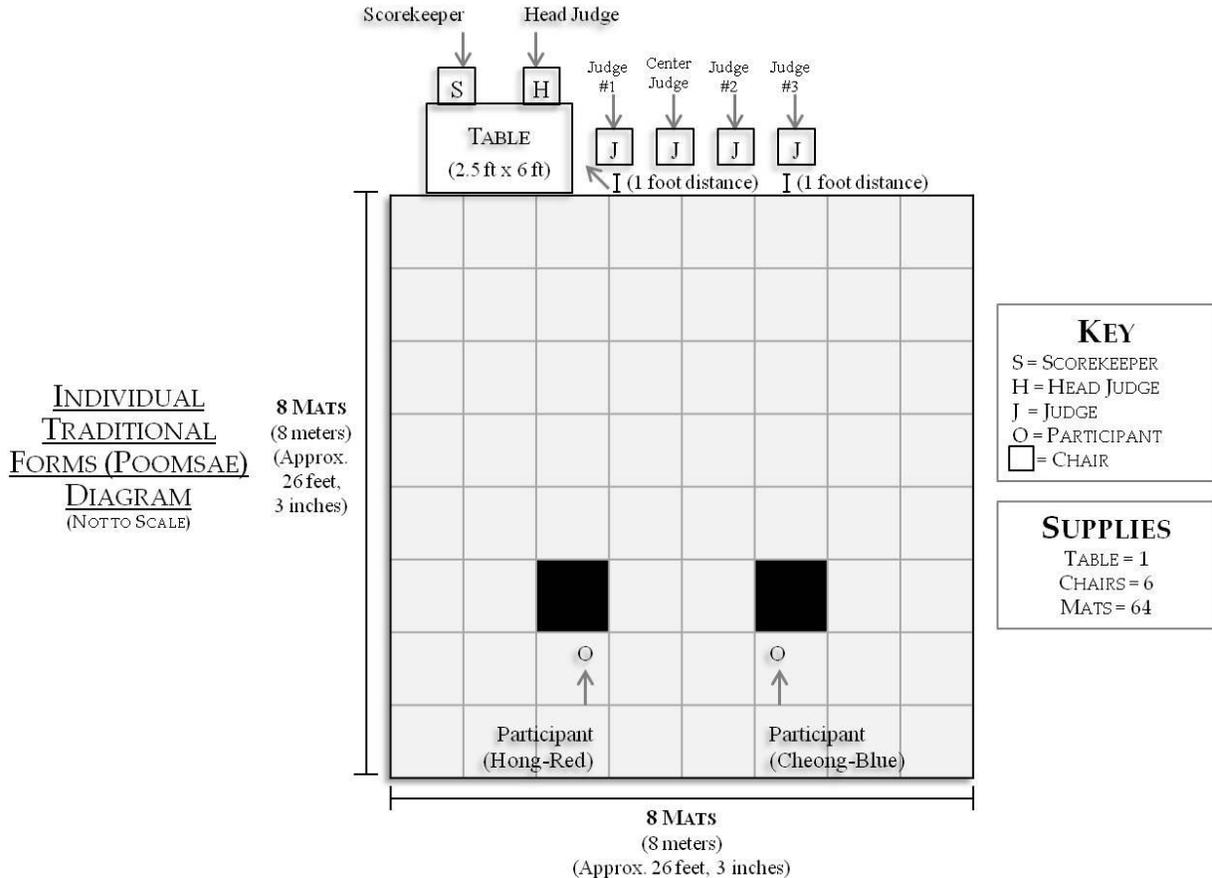


# MASTERS CHALLENGE 2012 RULES

## INDIVIDUAL TRADITIONAL FORMS (POOMSAE)

**(1 PARTICIPANT ONLY. BC, BBC, OR LEADERSHIP. NO AGE REQUIREMENT)**

**Maximum Points = 90 points**



1. Base points: Each participant always starts with 50 points.
2. The following will complete each participant's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture – correct stances (For example, making a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – setting hands properly for blocks and strikes in addition to the technique following the correct path and finishing in the correct place
    - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
    - iv. Speed and Power of Each Individual Technique
  - b. Taekwondo Spirit (10 points)
    - i. Kihap
    - ii. Attitude – confidence, assertiveness
    - iii. Etiquette – proper respect
  - c. Accurate Sequence of Movements (10 points)
    - i. Correct order of techniques for each poomsae, including correct stances, blocks and strikes (For example, was it a forward stance when it was supposed to be a back stance - NOT if the forward stance was correct.)



# MASTERS CHALLENGE 2012 RULES

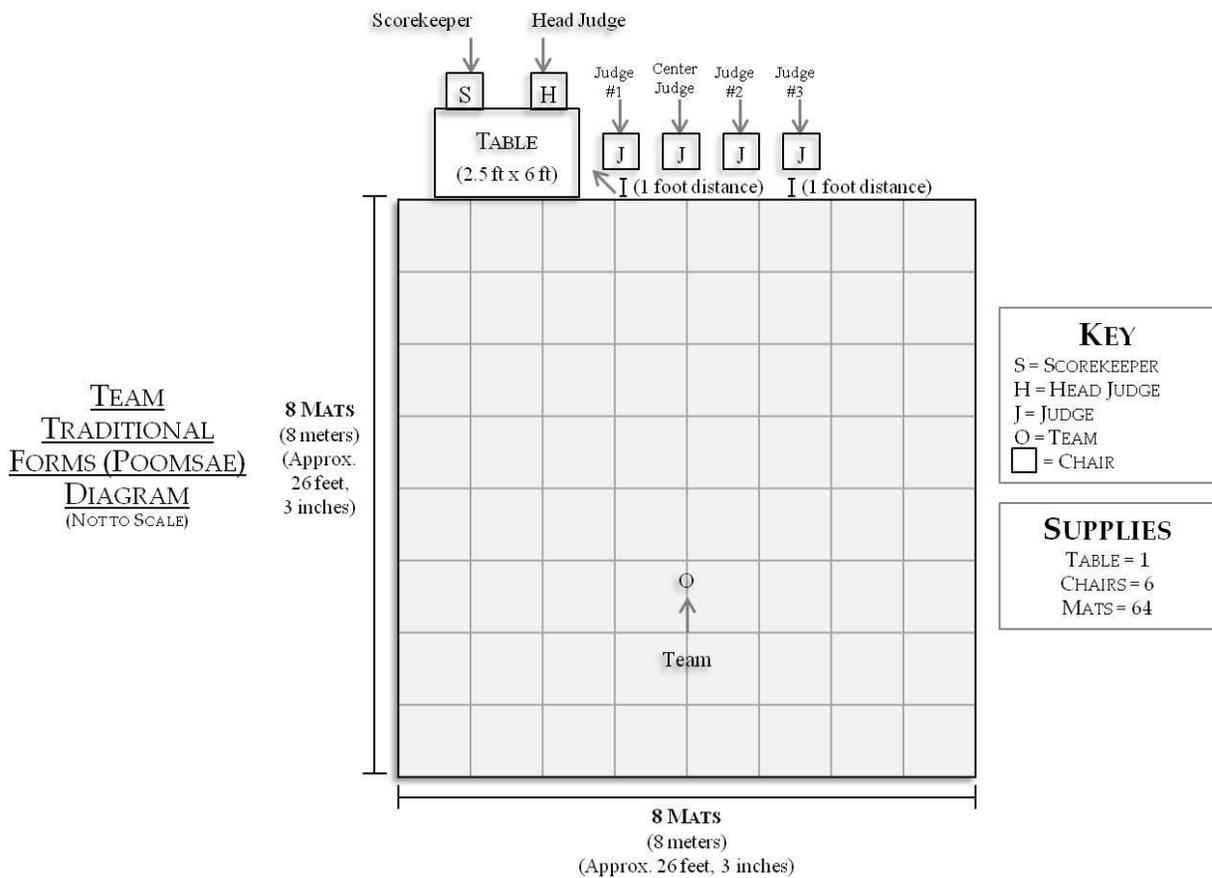
- d. Presentation (10 points)
  - i. Speed/Tempo/Flow
  - ii. Eye Control - direction to "look," eye position as well as where eyes are focused
- 3. Deductions
  - a. Crossing outside of the 8 meter x 8 meter ring (1 point deduction)
  - b. Unsportsmanlike conduct (1 point deduction)
  - c. Exceeding 90-second time limit (1 point deduction)

## TEAM TRADITIONAL FORMS (POOMSAE)

**(2-10 PARTICIPANTS. BC, BBC, OR LEADERSHIP. NO AGE REQUIREMENT**

**(Each team must select a team captain and team name.)**

**Maximum Points = 100 points**



1. Base points: Each team always starts with 50 points.
2. The following will complete each team's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture – correct stances (For example, making a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – setting hands properly for blocks and strikes in addition to the technique following the correct path and finishing in the correct place
    - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
    - iv. Speed and Power of Each Individual Technique



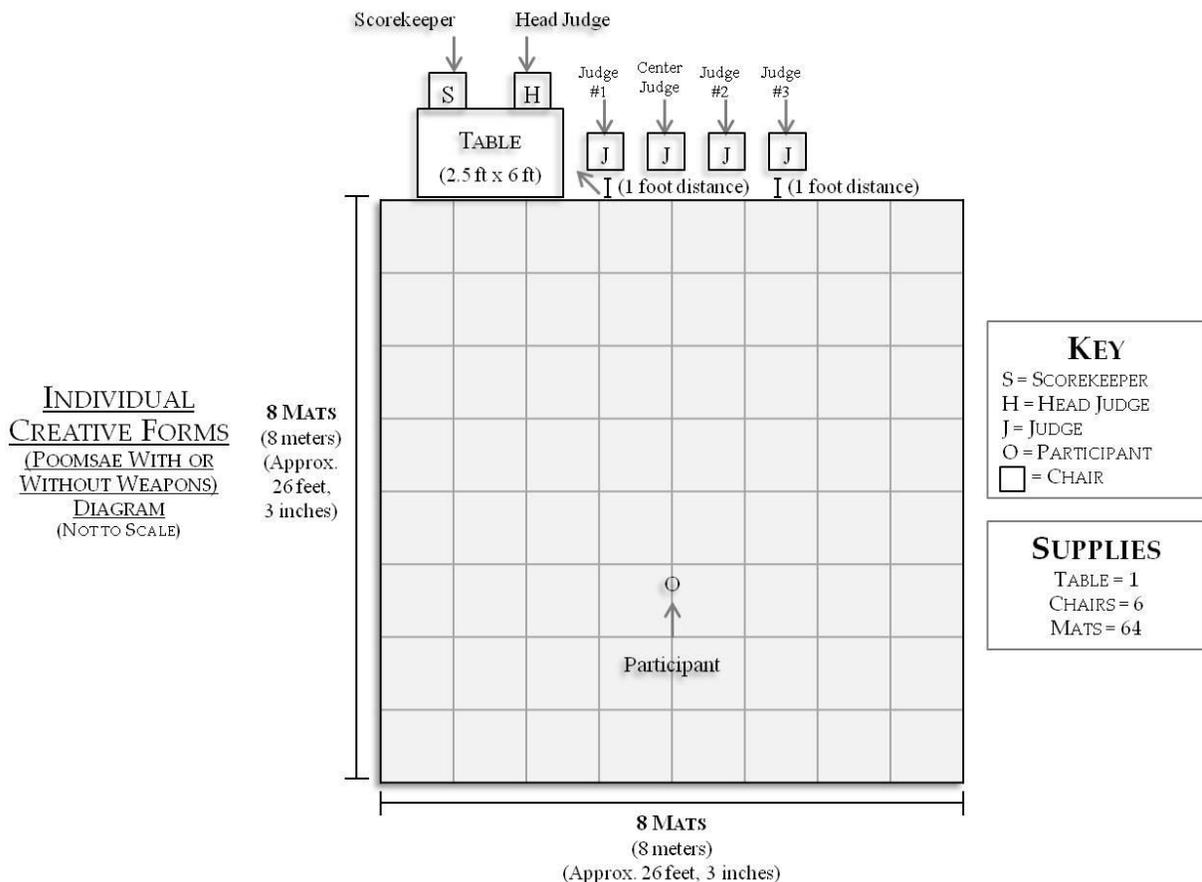
# MASTERS CHALLENGE 2012 RULES

- b. Taekwondo Spirit (10 points)
    - i. Kihap
    - ii. Attitude – confidence, assertiveness
    - iii. Etiquette – proper respect
  - c. Accurate Sequence of Movements (10 points)
    - i. Correct order of techniques for each poomsae, including correct stances, blocks and strikes (For example, was it a forward stance when it was supposed to be a back stance - NOT if the forward stance was correct.)
  - d. Presentation (10 points)
    - i. Speed/Tempo/Flow
    - ii. Eye Control - direction to “look,” eye position as well as where eyes are focused
  - b. Unity of Team Performance (10 points) – Team synchronization
3. Deductions
- a. Crossing outside of the 8 meter x 8 meter ring (1 point deduction)
  - b. Unsportsmanlike conduct (1 point deduction)
  - c. Exceeding 90-second time limit (1 point deduction)
  - d. Too many or too few team members (1 point deduction)

## INDIVIDUAL CREATIVE FORMS (POOMSAE) WITHOUT WEAPONS

**(1 PARTICIPANT ONLY. BBC OR LEADERSHIP. NO AGE REQUIREMENT)**

**Maximum Points = 90 points**





# MASTERS CHALLENGE 2012 RULES

1. Base Points: Each participant always starts with 50 points.
2. Music is HIGHLY ENCOURAGED and must be uploaded on the registration site. (Please bring a backup CD.)
3. Props are allowed and must be appropriate for family environment. (For example, a hat is allowed. No weapons are allowed.)
4. The following will complete each participant's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture – correct stances (For example, making a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – setting hands properly for blocks and strikes in addition to the technique following the correct path and finishing in the correct place
    - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
    - iv. Speed and Power of Each Individual Technique
  - b. Taekwondo Spirit (10 points)
    - i. Kihap
    - ii. Attitude – confidence, assertiveness
    - iii. Etiquette – proper respect
  - c. Execution of Compulsory Techniques (10 points)
    - i. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
    - ii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
    - iii. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
  - d. Creativity (10 points)
    - i. Originality of Composition
    - ii. Degree of Difficulty
5. Deductions
  - a. Crossing outside of the 8 meter x 8 meter ring (1 point deduction)
  - b. Unsportsmanlike conduct (1 point deduction)
  - c. Exceeding 90-second time limit (1 point deduction)
  - d. Failure to perform required techniques (1 point deduction for each kick omitted) For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction)

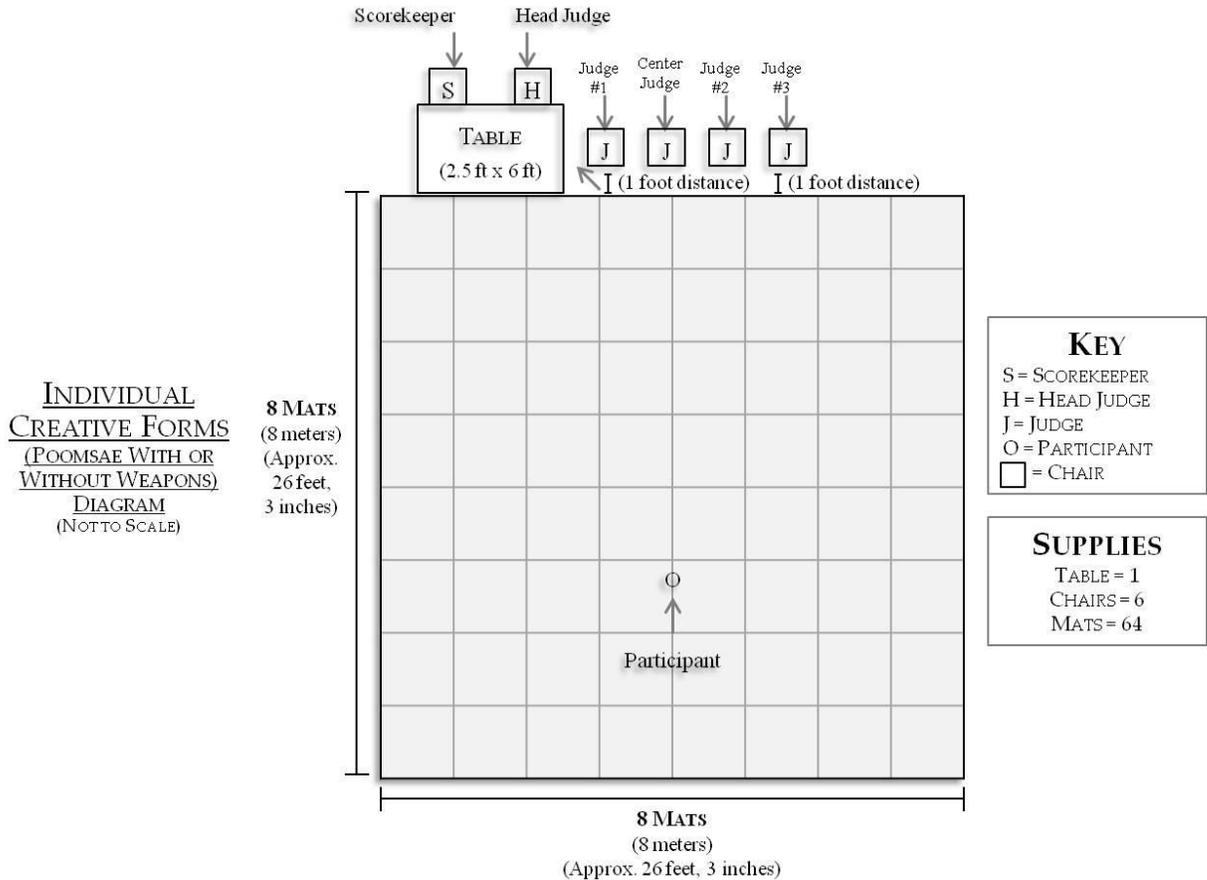


# MASTERS CHALLENGE 2012 RULES

## INDIVIDUAL CREATIVE FORMS (POOMSAE) WITH WEAPONS

(1 PARTICIPANT ONLY. LEADERSHIP. NO AGE REQUIREMENT)

**Maximum Points = 90 points**



1. Base Points: Each participant always starts with 50 points.
2. Music is HIGHLY ENCOURAGED and must be uploaded on the registration site. (Please bring a backup CD.)
3. Props are allowed and must be appropriate for family environment. (For example, a hat is allowed)
4. Only martial arts weapons are allowed
5. The following will complete each participant's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture – correct stances (For example, making a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – setting hands properly for blocks and strikes in addition to the technique following the correct path and finishing in the correct place
    - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
    - iv. Speed and Power of Each Individual Technique
  - b. Taekwondo Spirit (10 points)
    - i. Kihap
    - ii. Attitude – confidence, assertiveness
    - iii. Etiquette – proper respect



# MASTERS CHALLENGE 2012 RULES

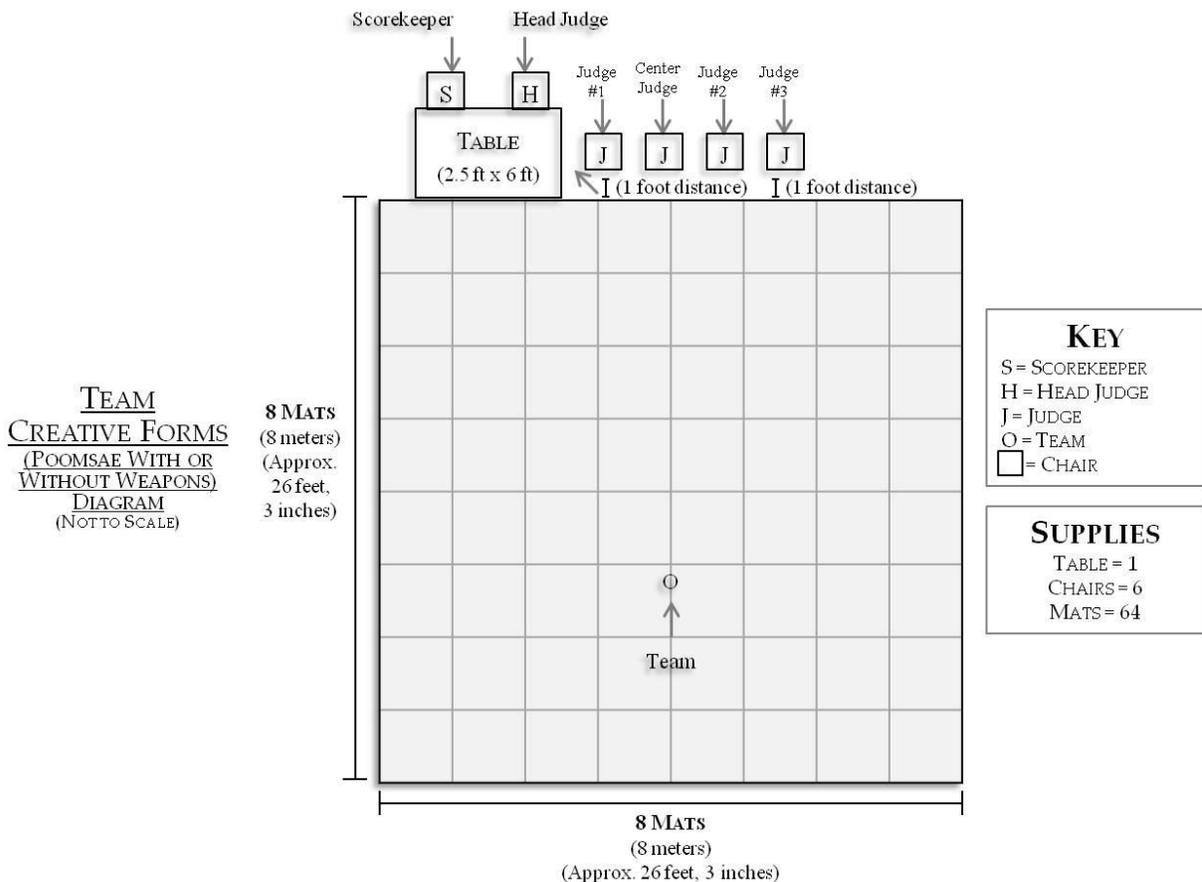
- c. Execution of Compulsory Techniques (10 points)
  - a. 2 Front Snap Kicks (Ap Chagi)
  - b. 2 Roundhouse Kicks (Ap Dollyo Chagi)
  - c. 2 Side Kicks (Yeop Chagi)
- d. Creativity (10 points)
  - a. Originality of Composition
  - b. Degree of Difficulty
- 6. Deductions
  - a. Crossing outside of the 8 meter x 8 meter ring (1 point deduction)
  - b. Unsportsmanlike conduct (1 point deduction)
  - c. Exceeding 90-second time limit (1 point deduction)
  - d. Failure to perform required techniques (1 point deduction for each kick omitted) For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction)

## TEAM CREATIVE FORMS (POOMSAE) WITHOUT WEAPONS

**(2-10 PARTICIPANTS. BBC OR LEADERSHIP. NO AGE REQUIREMENT)**

**(Each team must select a team captain and team name.)**

**Maximum Points = 100**





# MASTERS CHALLENGE 2012 RULES

1. Base Points: Each participant always starts with 50 points.
2. Music is HIGHLY ENCOURAGED and must be uploaded on the registration site. (Please bring a backup CD.)
3. Props are allowed and must be appropriate for family environment. (For example, a hat is allowed. No weapons are allowed.)
4. The following will complete each team's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture – correct stances (For example, making a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – setting hands properly for blocks and strikes in addition to the technique following the correct path and finishing in the correct place
    - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
    - iv. Speed and Power of Each Individual Technique
  - b. Taekwondo Spirit (10 points)
    - i. Kihap
    - ii. Attitude – confidence, assertiveness
    - iii. Etiquette – proper respect
  - c. Execution of Compulsory Techniques (10 points)
    - i. 2 Front Snap Kicks (any variation of Front Snap Kicks, Ap Chagi)
    - ii. 2 Roundhouse Kicks (any variation of Roundhouse Kicks, Ap Dollyo Chagi)
    - iii. 2 Side Kicks (any variation of Side Kicks, Yeop Chagi)
  - d. Creativity (10 points)
    - i. Originality of Composition
    - ii. Degree of Difficulty
  - e. Unity of Team Performance (10 points) – Team synchronization
5. Deductions
  - a. Crossing outside of the 8 meter x 8 meter ring (1 point deduction)
  - b. Unsportsmanlike conduct (1 point deduction)
  - c. Exceeding 90-second time limit (1 point deduction)
  - d. Too many or too few team members (1 point deduction)
  - e. Failure to perform required techniques (1 point deduction for each kick omitted) For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction)



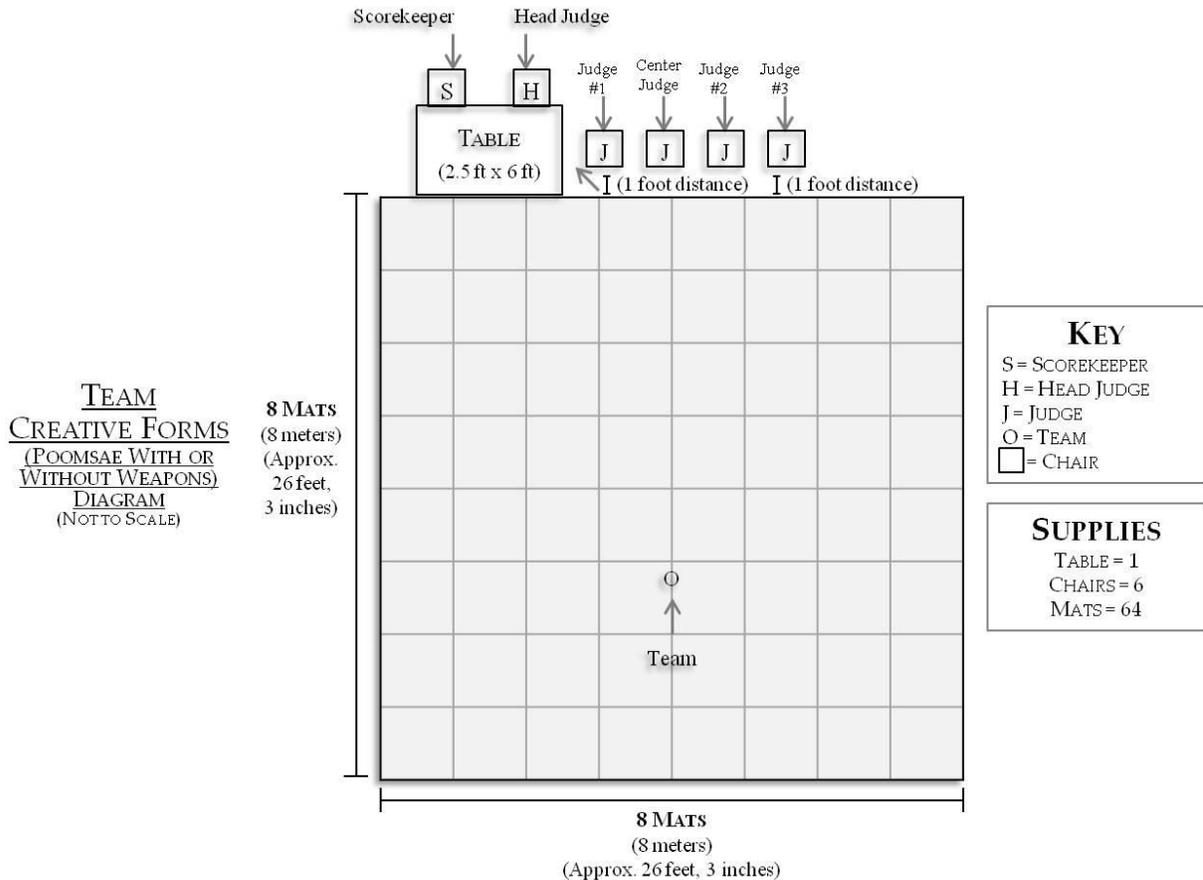
# MASTERS CHALLENGE 2012 RULES

## TEAM CREATIVE POOMSAE WITH WEAPONS

**(2-10 PARTICIPANTS. LEADERSHIP. NO AGE REQUIREMENT)**

**(Each team must select a team captain and team name.)**

**Maximum Points = 100 Points**



1. Base Points: Each team always starts with 50 points.
2. Music is HIGHLY ENCOURAGED and must be uploaded on the registration site. (Please bring a backup CD.)
3. Props are allowed and must be appropriate for family environment. (For example, a hat is allowed)
4. Only martial arts weapons are allowed.
5. The following will complete each team's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture – correct stances (For example, making a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – setting hands properly for blocks and strikes in addition to the technique following the correct path and finishing in the correct place
    - iii. Accuracy of Each Kicking Technique - correct form, height and power of kick
    - iv. Speed and Power of Each Individual Technique
  - b. Taekwondo Spirit (10 points)
    - i. Kihap
    - ii. Attitude – confidence, assertiveness
    - iii. Etiquette – proper respect

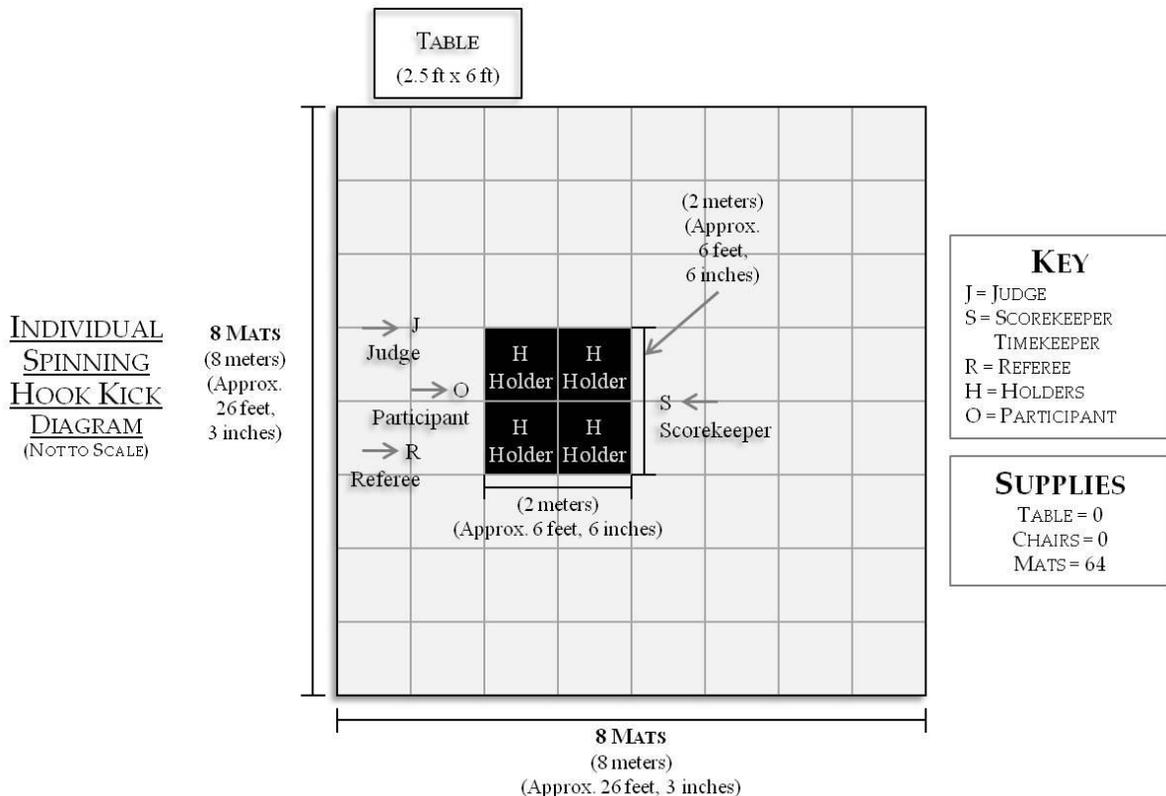


# MASTERS CHALLENGE 2012 RULES

- c. Execution of Compulsory Techniques (10 points)
    - i. 2 Front Snap Kicks (Ap Chagi)
    - ii. 2 Roundhouse Kicks (Ap Dollyo Chagi)
    - iii. 2 Side Kicks (Yeop Chagi)
  - d. Creativity (10 points)
    - i. Originality of Composition
    - ii. Degree of Difficulty
  - e. Unity of Team Performance (10 points) – Team synchronization
5. Deductions
- a. Crossing outside of the 8 meter x 8 meter ring (1 point deduction)
  - b. Unsportsmanlike conduct (1 point deduction)
  - c. Exceeding 90-second time limit (1 point deduction)
  - d. Too many or too few team members (1 point deduction)
  - e. Failure to perform required techniques (1 point deduction for each kick omitted) For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction)

## INDIVIDUAL SPINNING HOOK KICK

**(1 PARTICIPANT ONLY. BBC OR LEADERSHIP. MINIMUM AGE REQUIREMENT OF 8)**



1. Participant will attempt to break as many 1/4-inch pine boards as possible with a continuous Spinning Hook Kick.
2. The participant who breaks the most boards will be declared the winner.
3. During the 30-second attempt, if the participant touches the board with the foot but the board does NOT break, the holder CANNOT re-use that board for the next attempt. The holder must re-load a NEW board. If the participant does NOT touch the board then the holder can re-use that board for the next attempt.

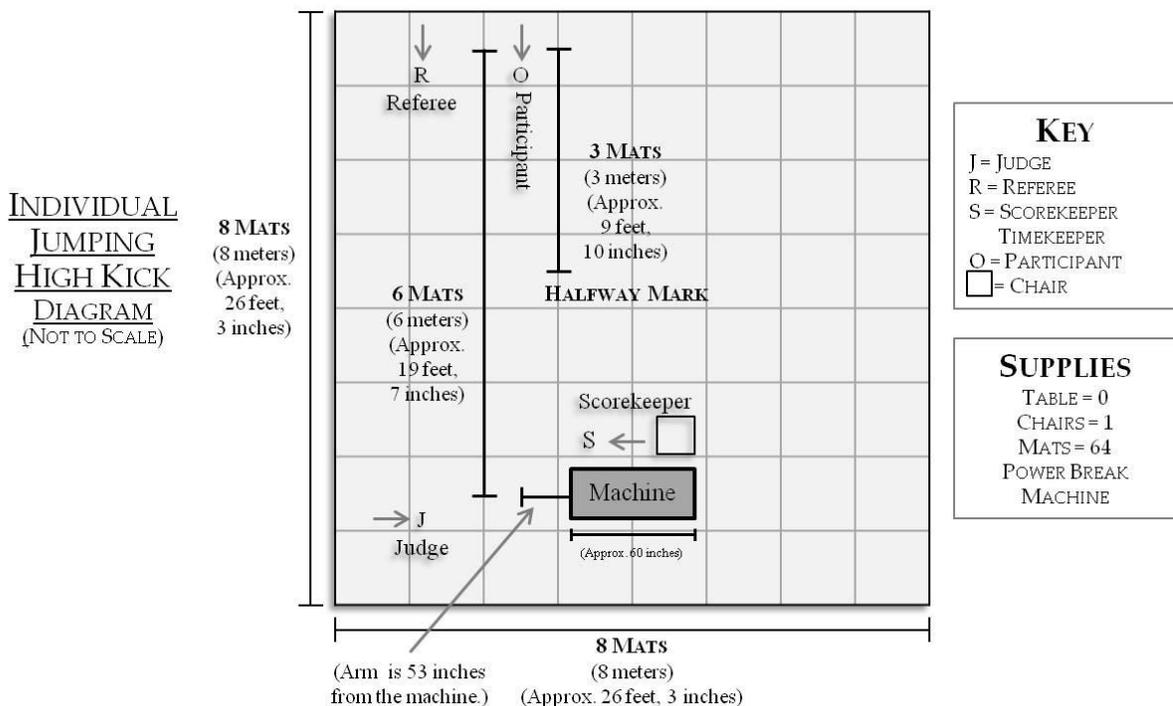


# MASTERS CHALLENGE 2012 RULES

4. The maximum number of holders is 4, 2 holders in front. Holders will be provided by Organizing Committee. If participant wants to provide his or her own holders, that is allowed. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements to hold boards. (However, Taekwondo uniform is HIGHLY encouraged.) ONLY martial arts shoes are allowed on the mats.
5. The front 2 holders must wear chest protectors and headgear.
6. Holders must remain in a 2 meter x 2 meter square. Participant is outside of the square.
7. Holders can use 1 hand only to hold the board that the participant is attempting to break.
8. In the event of a tie for 1<sup>st</sup> place, there will be 1 overtime round. If there is still a tie after the overtime round, both participants will be awarded 1<sup>st</sup> place.
9. Broken boards will not be included in the final total score for the following infractions:
  - a. The board must be held above the participant's waist. If the board is held below the participant's waist - NO BREAK for EVERY infraction.
  - b. If the participant crosses into the square of the holder and steps outside of the square - NO BREAK for EVERY infraction.
  - c. Participant must break the board with the HEEL or BOTTOM of the foot. If the participant breaks the board using the foot edge or instep - NO BREAK for EVERY infraction.
  - d. When holder moves wrist/hand to assist breaking technique - NO BREAK for EVERY infraction.
10. Disqualifications
  - a. If participant touches ground with hand during the 30 second attempt
  - b. If participant falls down during the 30 second attempt
  - c. If participant or holder crosses over the boundary line more than 3 times
  - d. If participant breaks target with foot edge or instep more than 3 times

## INDIVIDUAL JUMPING HIGH KICK

**(1 PARTICIPANT ONLY. BBC OR LEADERSHIP. MINIMUM AGE REQUIREMENT OF 8)**



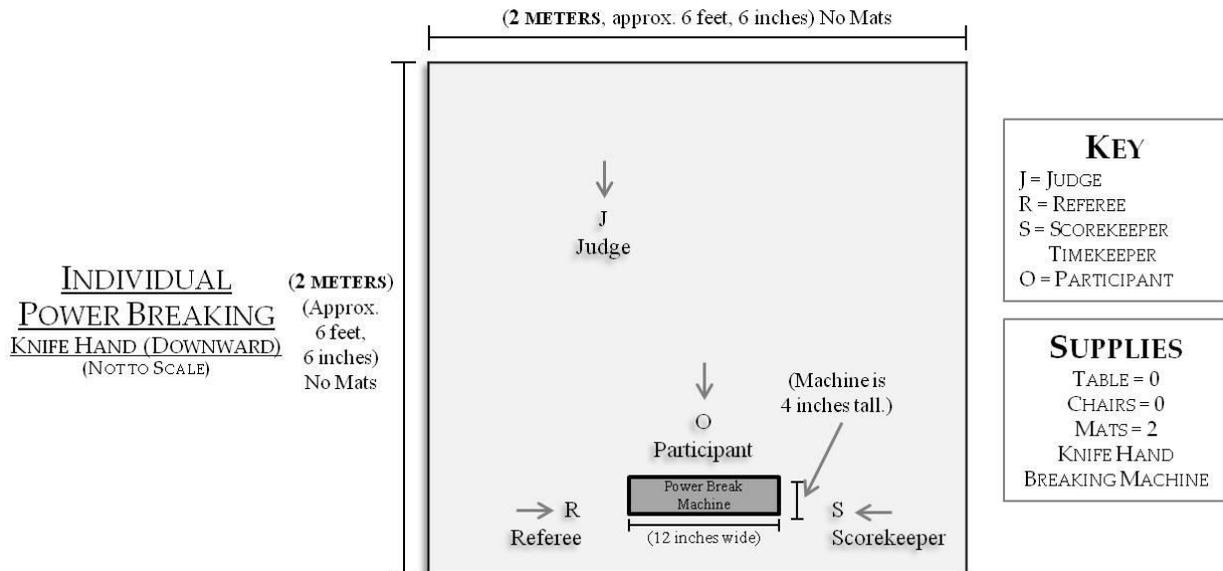


# MASTERS CHALLENGE 2012 RULES

1. Each participant has a maximum of 30 seconds to attempt to break with Running Jumping Front Snap Kick.
2. Each participant has only one attempt to break the board for each round.
3. Participants may not cover the foot used for breaking with any bandages, tape or any other material. The referee must approve any injuries that 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 breaking (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.
7. An attempt is counted once the participant passes the designated halfway mark upon approach. (For example, once the participant crosses the designated halfway mark, they may not return to the starting position to try 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 1<sup>st</sup> place, the height will be raised until a participant FAILS to break the board. (If all participants fail to break the board, then 1<sup>st</sup> place will be awarded to the SHORTEST participant.)
11. Disqualification
  - a. If any part of the body touches the floor besides the feet, it is an **automatic disqualification**.

## INDIVIDUAL POWER BREAKING KNIFE HAND (DOWNWARD)

**(1 PARTICIPANT ONLY. BBC OR LEADERSHIP. MINIMUM AGE REQUIREMENT OF 13)**



1. Each participant will have one attempt to break with Knife Hand Strike in an area approximately 2 meters x 2 meters. The floor will NOT be matted.
2. Participant will attempt to break 1-inch pine boards with no spacers. Boards may not be taped together.
3. All boards will be placed on a board holding stand. The board holding stand is 4 inches tall from the floor. The board holding stand will be placed directly on the floor.
4. Break must be done within 30 seconds. Once the referee declares "Si Jak" (begin), the participant may not touch the boards.
5. 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.



# MASTERS CHALLENGE 2012 RULES

6. The participant must always keep at least 1 foot (either leg) on the floor while breaking. (Participant cannot jump off the floor with 2 feet to break the boards.
7. Participants may not cover the hand used for breaking with any bandages, tape or any other material. The referee must approve any injuries that 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, and only 4 boards break. Participant #2 attempts to break 4 and succeeds in breaking 4. Therefore, Participant #1 receives the higher final position within the division.)
11. In the event of a tie, 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
  - a. Crossing outside of the 2 meter x 2 meter ring (1 board deduction)
  - b. Exceeding the 30-second time limit (1 board deduction)
  - c. Unsportsmanlike conduct (1 board deduction for each occurrence)  
(For example, trying to distract the other participants, not showing respect to others)
  - d. Disobeying Referee's instruction (1 board deduction)
14. Disqualifications
  - a. Attempting to break the boards twice
  - b. Participant falls down after breaking (after attempting the break, 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. Knee touching the ground is allowed.)
  - c. If participant jumps off the floor with both feet to break the boards



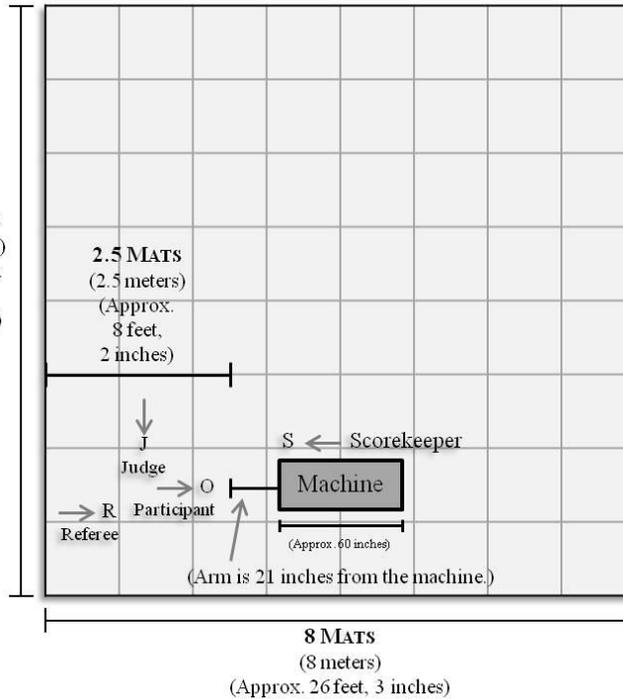
# MASTERS CHALLENGE 2012 RULES

## INDIVIDUAL POWER BREAKING SKIPPING SIDE KICK

**(1 PARTICIPANT ONLY. BBC OR LEADERSHIP. MINIMUM AGE REQUIREMENT OF 8)**

INDIVIDUAL  
POWER BREAKING  
DIAGRAM  
SKIPPING SIDE KICK  
(NOT TO SCALE)

8 MATS  
(8 meters)  
(Approx.  
26 feet,  
3 inches)



### KEY

J = JUDGE  
R = REFEREE  
S = SCOREKEEPER  
TIMEKEEPER  
O = PARTICIPANT

### SUPPLIES

TABLE = 0  
CHAIRS = 0  
MATS = 64  
POWER BREAK  
MACHINE

- Each participant will have one attempt to break with Skipping Side Kick in an area approximately 1 meter x 2.5 meters.
- Participant will attempt to break 1-inch pine boards with no spacers. Boards may not be taped together.
- Break must be done within 30 seconds. Once the referee declares "Si Jak" (begin), the participant may not touch the boards.
- Participant must use the heel of the foot/ foot blade, and the middle of the boards must be at least as high as the participant's waist for Skipping Side Kick breaking.
- Participants may not cover the foot used for breaking with any bandages, tape or any other material. The referee must approve any injuries that need to be covered.
- 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.
- The participant who breaks the most boards will be declared the winner.
- 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, and only 4 boards break. Participant #2 attempts to break 4 and succeeds in breaking 4. Therefore, Participant #1 will receive higher final position within the division.)
- In the event of a tie, there will be 1 overtime round. (Add 1 additional board.)
- 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.
- Deductions
  - Exceeding the 30-second time limit (1 board deduction)
  - Unsportsmanlike conduct (1 board deduction for each occurrence)  
(For example, trying to distract other participants, not showing respect to others)
  - Disobeying Referee's instruction (1 board deduction)



# MASTERS CHALLENGE 2012 RULES

## 12. Disqualifications

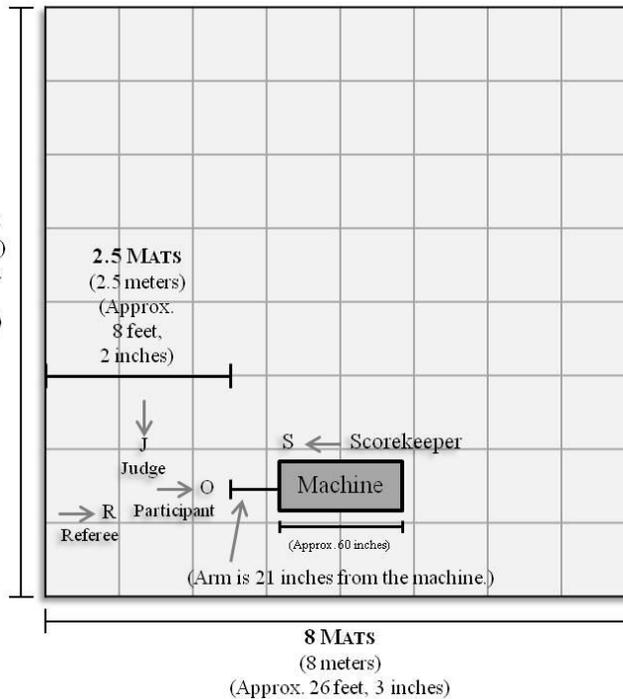
- a. Attempting to break the boards twice
- b. Participant falls down after breaking (touching the ground with any part of the body besides the feet) during the 30 second attempt

## INDIVIDUAL POWER BREAKING TURNING BACK KICK

**(1 PARTICIPANT ONLY. BBC OR LEADERSHIP. MINIMUM AGE REQUIREMENT OF 8)**

INDIVIDUAL  
POWER BREAKING  
DIAGRAM  
TURNING BACK KICK  
(NOT TO SCALE)

**8 MATS**  
(8 meters)  
(Approx.  
26 feet,  
3 inches)



KEY	
J	= JUDGE
R	= REFEREE
S	= SCOREKEEPER
	TIMEKEEPER
O	= PARTICIPANT

SUPPLIES	
TABLE	= 0
CHAIRS	= 0
MATS	= 64
POWER BREAK	MACHINE

1. Each participant will have one attempt to break with Turning Back Kick in an area approximately 1 meter x 2.5 meters. (Taking a step before turning is allowed.)
2. Participants will attempt to break 1-inch pine boards with no spacers. Boards may not be taped together.
3. Break must be done within 30 seconds. Once the referee declares "Si Jak" (begin), the participant may not touch the boards.
4. Participant must use the heel of the foot/ foot blade, and the middle of the boards must be at least as high as the participant's waist for Turning Back Kick breaking.
5. Participants may not cover the foot used for breaking with any bandages, tape or any other material. The referee must approve any injuries that need to be covered.
6. 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.
7. The participant who breaks the most boards will be declared the winner.
8. 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, and only 4 boards break. Participant #2 attempts to break 4 and succeeds in breaking 4. Therefore, Participant #1 will receive the higher final position in the division.)
9. In the event of a tie, there will be 1 overtime round. (Add 1 additional board.)



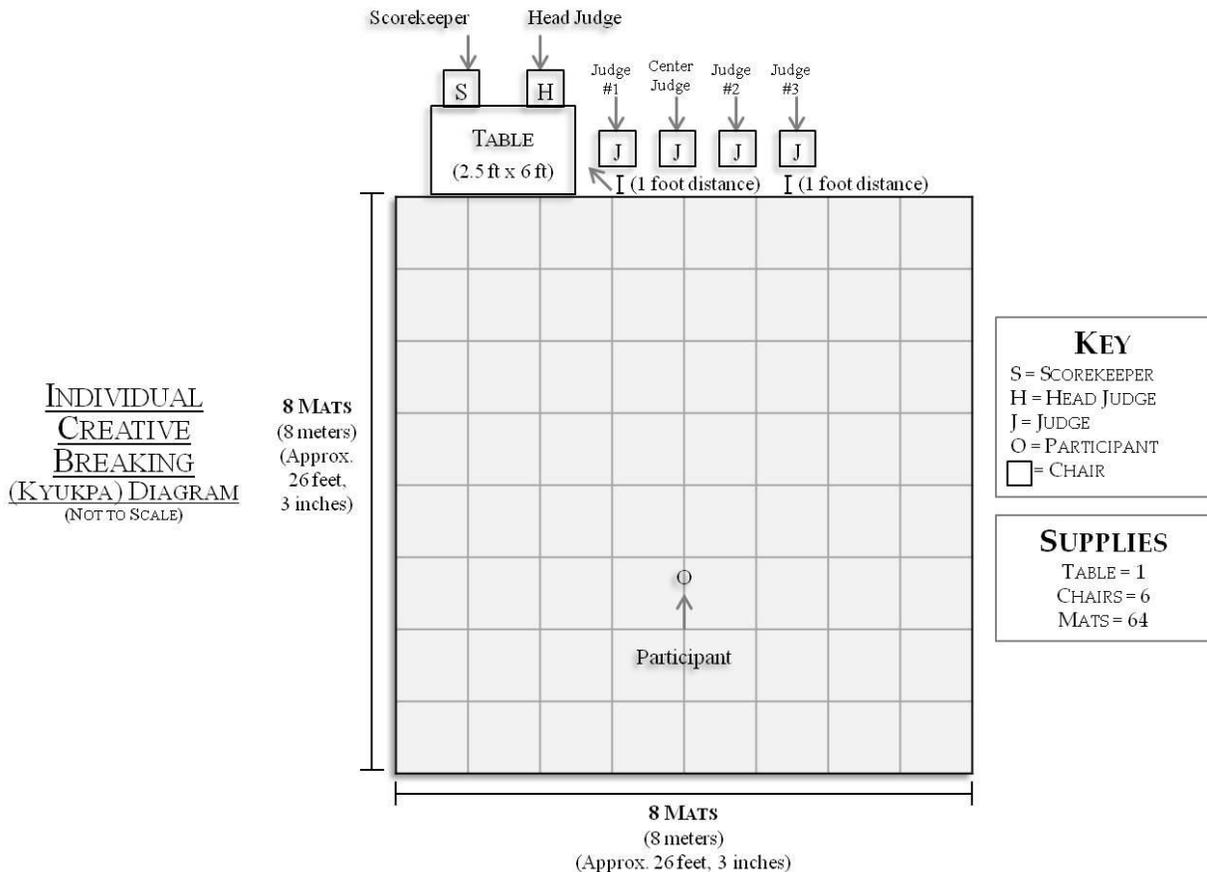
# MASTERS CHALLENGE 2012 RULES

10. 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.
11. Deductions
  - a. Exceeding the 30-second time limit (1 board deduction)
  - b. Unsportsmanlike conduct (1 board deduction for each occurrence)  
(For example, trying to distract other participants, not showing respect to others)
  - c. Disobeying Referee's instruction (1 board deduction)
12. Disqualifications
  - a. Attempting to break the boards twice
  - b. Participant falls down after breaking (touching the ground with any part of the body besides the feet) during the 30 second attempt

## INDIVIDUAL CREATIVE BREAKING (KYUKPA)

**(1 PARTICIPANT ONLY. BC, BBC or Leadership. NO AGE REQUIREMENT)**

**Maximum Points = 90 Points**



1. Base points: Each participant always starts 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 10. (All boards are 1/4-inch pine boards.)
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 need to be covered.



# MASTERS CHALLENGE 2012 RULES

5. Props CANNOT be used. Boards cannot be altered. (For example, board fragments cannot be put on the top of the board to create an unfair advantage.)
6. Holders will be provided. If participant wants to provide his or her own holders, that is allowed. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements to hold boards. (However, Taekwondo uniform is HIGHLY encouraged.) ONLY Martial arts shoes are allowed on the mats.
7. Participant may attempt to break each technique a maximum of 3 times. Broken boards may not be replaced on 2<sup>nd</sup> or 3<sup>rd</sup> attempt. (For example, split kick in the air and only one board breaks, participant CANNOT replace broken board with a new board on 2<sup>nd</sup> or 3<sup>rd</sup> attempt.)
8. The following will complete each participant's score:
  - a. Creativity (10 points)
    - i. Creativity of Performance
    - ii. Degree of Difficulty
  - b. Execution of Requirements (10 points)
    - i. Broke at least 1 board and not more than 10 boards
    - ii. Not exceeding the maximum number of attempts per break (maximum of 3 attempts)
  - c. Presentation (10 points)
    - i. Speed/Tempo/Flow
  - d. Taekwondo Spirit (10 points)
    - i. Kihap
    - ii. Attitude – confidence, assertiveness
    - iii. Etiquette – proper respect
9. Deductions
  - a. Exceeding 60-second time limit for setup ( 1 point deduction)
  - b. Exceeding 60-second time limit for execution (1 point deduction)
  - c. Exceeding the maximum number of attempts per break (maximum of 3 attempts) (1 point deduction per infraction)
  - d. Crossing outside of the 8 meter x 8 meter ring (1 point deduction for each occurrence)
  - e. Unsportsmanlike conduct (1 point deduction for each occurrence)