



# Masters Cup Championship

## Schedule of Events

**8:30 am – 11:30 am**

Doors Open & PARTICIPANT CHECK IN FOR ALL EVENTS

**9:15 am – 11:00 am**

All Belts Individual Creative Breaking /  
All Black Belt Individual Traditional Forms

**11:00 am – 12:00 am**

High Jump Kick, All Power Breaking

**12:00 pm – 12:30 pm**

Opening Ceremonies and USTC Demonstration

**ALL STUDENTS MUST BE PRESENT**

**12:30 pm – 1:15 pm**

Lunch break

**1:15 pm – 2:00 pm**

All Black Belt Sport Poomsae

**1:30 pm – 2:30 pm**

Team Traditional / Creative / Color Belt Individual Forms

**2:30 pm – Finish**

All Belts sparring

\* All spectators must keep their wristbands on for readmission

\*\*Schedule is tentative, subject to change

# MASTERS CHAMPIONSHIP COMPETITION RULES

## INDIVIDUAL TRADITIONAL FORMS AND TEAM FORMS (POOMSAE)

1. Total Points - Each participant can receive a total score of 30.
2. Score will be judged based on the following criteria. (Team forms will also be judged on synchronicity):

**Completion** Students start at a base score of 10 and .01x will be deducted per infraction.

<b>Beginner Grading Scale (10<sup>th</sup> – 7<sup>th</sup> geup)</b>	<b>Intermediate Grading Scale (6<sup>th</sup> – 4<sup>th</sup> geup)</b>	<b>Advanced (3<sup>rd</sup> geup &amp; up)</b>
- incorrect turns (only turn)	- incorrect turns	- incorrect turns
- incorrect technique: block/kick/stance	- incorrect hands	- incorrect hands
- skipping a technique: block/kick/stance	- incorrect technique: block/kick/stance	- incorrect stances
- going the wrong direction	- skipping a technique: block/kick/stance	- incorrect technique
- not finishing where you started	- going the wrong direction	- skipping a technique
	- not finishing where you started	- going the wrong direction
		- not finishing where you started
		(except Keumkang)

**Focus & Presentation** Students start at a base score of 10 and .01x will be deducted per infraction.

<b>Beginner Grading Scale (10<sup>th</sup> – 7<sup>th</sup> geup)</b>	<b>Intermediate Grading Scale (6<sup>th</sup> – 4<sup>th</sup> geup)</b>	<b>Advanced (3<sup>rd</sup> geup &amp; up)</b>
- not bowing as you enter the mat	- not bowing as you enter the mat	- not bowing as you enter
- charjut, joon-bi and barrow not focused	- charjut, joon-bi and barrow not focused	- unfocused charjut/joon-bi/barrow
- not having power/snap in each technique	- not having power/snap in each technique	- not having power/snap
- quiet/weak kihaps	- quiet/weak kihaps	- quiet/weak kihaps
- hands NOT by belt	- hands NOT by belt	- hands NOT by belt
- eyes looking at the ground instead of forward	- eyes looking at the ground instead of forward	- eyes looking in wrong direction
- long pauses (longer than 3-5 seconds)	- long pauses (longer than 3-5 seconds)	- long pauses (longer than 3-5 seconds)

**Technique** Students start at a base score of 10 and .01x will be deducted per infraction.

<b>Beginner Grading Scale (10<sup>th</sup> – 7<sup>th</sup> geup)</b>	<b>Intermediate Grading Scale (6<sup>th</sup> – 4<sup>th</sup> geup)</b>	<b>Advanced (3<sup>rd</sup> geup &amp; up)</b>
- incorrect hand technique execution	- incorrect hand technique execution (not using two hands)	- incorrect hand technique execution - low (not using two hands)
- kicks (below belt-level)	- incorrect hand technique height	- not setting up hand technique
- incorrect kick technique execution	- low kicks (below belt-level)	- incorrect hand technique height
- incorrect stance	- incorrect kick technique execution (hands not up)	- kick height
	- incorrect stance (shoulders not in right direction)	- incorrect kick technique execution
		- incorrect stance

# MASTERS CHAMPIONSHIP COMPETITION RULES

## CREATIVE FORMS (POOMSAE) – 1-2 STUDENTS

1. If using music during creative forms, students must provide their own music on CD – IT MUST BE ON A CD (NO IPODS, MP3 PLAYERS ETC.) Students should test their CD before the event.
2. Music must be appropriate for a family environment.
3. STUDENTS MUST BRING THE MUSIC CD AT CHECK-IN ON THE DAY OF THE MASTERS CUP. THE CD MUST BE LABELED CLEARLY WITH THE STUDENTS NAME AND TRACK NUMBER. LABELING SHOULD BE DONE ON THE CD WITH A SHARPIE MARKER.
4. Students will have 1 minute 30 sec. to perform creative poomsae (over limit will negatively affect their score).
5. Music is HIGHLY encouraged. Props ARE allowed, but must be appropriate for a family environment (EXAMPLE: A hat is allowed).
6. The following will complete each participant's score:
  - a. Correct Execution of Each Technique (10 points)
    - i. Posture - correct stances  
(For example, is it a correct forward stance - is it too long or too narrow?)
    - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as 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. Creativity (10 points)
    - i. Originality of Composition
    - ii. Degree of Difficulty

## WEAPONS CREATIVE FORMS (POOMSAE) – 1-2 STUDENTS

Same requirement and judging criteria as CREATIVE POOMSAE.

# MASTERS CHAMPIONSHIP COMPETITION RULES

## INDIVIDUAL CREATIVE BREAKING (KYUKPA)

1. Total Points - Each participant can receive a total score of 30.
2. Participants have 30 seconds to set up and 60 seconds to execute their breaks.
3. At participant's discretion, he or she will attempt to break a minimum of 1 board and a maximum of 5 boards.
4. Score will be judged based on the following criteria:
  - a. Completion (Students start at a base score of 10 and .01x will be deducted per infraction)
    - i. Every board not broken
    - ii. kihap before/during/after (at least 2 of the 3) before/during/after each board break segment
    - iii. after finish, face front with kihap in guarding stance
    - iv. set up boards and practice within 60 second time limit
    - v. break boards within 60 second time limit
    - vi. smooth execution of board breaks, (student should not forget the order or technique of break)
  - b. Focus & Presentation (Students start at a base score of 10 and .01x will be deducted per infraction)
    - i. not bowing as you enter the mat
    - ii. charyut, joon-bi and barrow not focused
    - iii. not having power/snap in each technique quiet/weak kihaps
    - iv. eyes looking at the ground instead of forward
  - c. Technique (Students start at a base score of 8 (10<sup>th</sup> – 7<sup>th</sup> geup), 7 (6<sup>th</sup> – 4<sup>th</sup> geup), 6 (3<sup>rd</sup> geup & up); points will be added based upon:)
    - i. Board Size:
      - 0.3 points will be added for every adult board on the mat (1.5 pts max)
      - 0.2 points will be added for every junior board on the mat (1.0 pts max)
      - 0.1 points will be added for every child board on the mat (0.5 pts max)
    - ii. Board Break:
      - 0.3 points will be added for every board broken on the 1<sup>st</sup> try (1.5 pts max)
      - 0.2 points will be added for every board broken on the 2<sup>nd</sup> try (1.0 pts max)
      - 0.1 points will be added for every board broken on the 3<sup>rd</sup> try (0.5 pts max)
      - 0 points will be added for every board broken on the 4<sup>th</sup> or more tries
    - iii. Up to 0.5 pts will be given based upon the difficulty of the routines
    - iv. Up to 0.5 pts will be given for combinations in the routines
    - v. Up to 0.5 pts will be given for multiple kicks in the air

# MASTERS CHAMPIONSHIP COMPETITION RULES

## POWER BREAKING-FOOT (Minimum age requirement of 8)

1. Each participant will have one attempt to break with a Skipping Side Kick, Side Kick or Turning Back Kick.
2. The participant will attempt to break 1-inch boards with no spacers. Boards may not be taped together.
3. The participant's break must be done within 30 seconds. Once the referee declares "Si Jak (begin)," the participant may not touch the boards.
4. The participant must use the heel of the foot/foot blade. The middle of the boards must be at least as high as the participant's waist for breaking.
5. Participants 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.
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 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.)
9. In the event of a tie, there will be 1 overtime round. (Add 1 additional board)
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. Participant exceeds the 30-second time limit (1 board deduction)
  - b. Participant disobeys the referee's instructions (1 board deduction)
  - c. Unsportsmanlike conduct (1 board deduction for each occurrence)  
(For example, trying to distract other participants, not showing respect to others, etc.)
12. Disqualifications
  - a. Participant attempts to break the boards twice
  - b. Participant falls down during the 30-second attempt, touching the ground with any part of the body besides the feet

## POWER BREAKING-HAND (Minimum age requirement of 8)

1. Each participant will have one attempt to break with knife hand downward.
2. Same rules as POWER BREAKING – FOOT
3. Only the side of the hand can be used, otherwise disqualification will occur.

# MASTERS CHAMPIONSHIP COMPETITION RULES

## INDIVIDUAL SPINNING HOOK KICK

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 20-second attempt, if the participant touches the board with their foot but the board does NOT break, the holder CANNOT reuse that board for the next attempt. The holder must reload a NEW board. If the participant does NOT touch the board, then the holder can reuse that board for the next attempt.
4. The maximum number of holders is four with two holders in front. Holders will be provided by the Organizing Committee. If a participant would prefer to provide his or her own holders, that is acceptable. 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.
5. The front two holders must wear chest protectors and headgear.
6. Holders must remain in a 2 meter x 2 meter square. Participant will be located outside of the square.
7. Holders can only use one hand to hold the board the participant is attempting to break.
8. In the event of a tie for 1st place, there will be 1 overtime round. If there is still a tie after the overtime round, both participants will be awarded 1st 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, there will be NO BREAK awarded for EVERY infraction.
  - b. If the participant crosses into the square of the holders and steps outside of the square, there will be NO BREAK awarded for EVERY infraction.
  - c. The participant must break the board with the HEEL or the BOTTOM of the foot. If the participant breaks the board using the foot edge or instep, there will be NO BREAK awarded for EVERY infraction.
  - d. When a holder moves their wrist/hand to assist the breaking technique, there will be NO BREAK awarded for EVERY infraction.
10. Disqualifications
  - a. Participant touches the ground with any part of the body other than feet during the 30 second attempt
  - b. Participant falls down during the 30 second attempt
  - c. Participant or holder crosses over the boundary line more than 3 times
  - d. Participant breaks the target with the foot edge or instep more than 3 times

# MASTERS CHAMPIONSHIP COMPETITION RULES

## INDIVIDUAL JUMPING HIGH KICK

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. Participants 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.
  7. Once the participant passes the designated halfway mark, an attempt is counted upon approach. (For example, 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 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.

## SPARRING (KYOOROGI)

Sparring competition will be 2 to 3 rounds of 1 minute to 1 minute 30 sec. each.

WTF Junior safety rules will be in effect:

1. Participant must have all gear, (arm pad, shin pad, head gear, cup) No contact to the neck, or below the belt (using either kicking or punching techniques). **Head kicks will not be allowed unless correct age, rank, experience level and consent are met. Minimum age requirement 12 yrs old.**
2. No contact to the spine.
3. Controlled kicking and punching are only allowed to the hogu (chest protector).
4. Competitors using excessive contact will be warned for 1st offense and disqualified for any additional offense
5. Techniques executed with correct form will be scored for one point. a. Roundhouse kick, Back kick to the hogu with controlled contact will be awarded one point. b. Excessive (too hard) contact will receive a warning.
6. The athlete with the most points at the end of the match will be the winner.
7. The following are prohibited: pushing, holding, grabbing, butting (with head or knee), tripping, intentional falling, and unsportsmanlike conduct. (Each 2 warnings will cause one point to be awarded to the opponent. 10 warnings will cause disqualification)
8. Point system:

Solid Kick/punch to the chest guard	=	1 point
Spinning Kick to the chest guard	=	3 points
Head Kick/Touch	=	3 points
Spinning kick/touch to the head	=	4 points