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**Changing Lives ATA Martial Arts**  
*Martial Arts in Virginia Beach and Chesapeake, Virginia*  
**Utilizes the American Taekwondo Association's**  
**TOURNAMENT RULES & REGULATIONS**  
***Songahm Taekwondo Official***  
***ATA Tournament Rules and Guidelines***

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**Changing Lives ATA Martial Arts is a proud member of the American Taekwondo Association in Virginia Beach and Chesapeake Martial Arts Training.  
www.atakick.com**

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The following are the rules and guidelines written for Judges of a sanctioned tournament sponsored by the ATA, STF, or WTTU. Any aspect of competition not covered specifically by these rules and guidelines are prohibited and should not be allowed by any judge until ruled upon by the International Tournament Director with the guidance of the Grand Master of Songahm Taekwondo, and the Master's Council.

## **TOURNAMENT OFFICIALS AND THEIR DUTIES**

As in every organization, there is a specific and detailed chain of command that must be followed in order to achieve consistent success. Any person having a question concerning an aspect of a tournament should adhere to the chain of command listed below to obtain the answer:

1. Speak to the Judge

2. Ask your instructor
3. Have one's instructor speak to the Regional Chief of Tournament in one's area
4. Have one's instructor speak to the Tournament Department at Headquarters.

Tournament officials and their duties are listed below.

#### **International Chairman of Tournaments**

The International Chairman of Tournaments is the overseer of all aspects of tournaments. He/she is part of the ATA International Headquarters staff and is appointed by the Business Council.

The Tournament Department is responsible for maintaining all tournament sanction paperwork, the oversight of tournament judging certification, the preparation for World and National tournaments, the arbitration of disputes, and rule revisions.

The International Chairman of Tournaments at this time is:

Sr. Master Jay Kohl — 7th Degree Black Belt

#### **National Tournament Director**

The National Tournament Director is appointed by the Grand Master of Songahm Taekwondo with the input of the International Chairman of Tournaments based upon their experience with the individual and any recommendations of the organization's seniors. This person is in charge of the general operations of World and National tournaments and supplies a great deal of input on operation procedures and rule revisions.

The National Tournament Director at this time is:

Master Betsy Stevens — 6th Degree Black Belt

Assistant National Directors at this time are:

Master Richard Harman — 6th Degree Black Belt

Master Izel Rivera — 6th Degree Black Belt

**ATA's Region 111 Tournament Director** is Master P. Smith- 6<sup>th</sup> Degree Black Belt from North Carolina. Regional Coordinator from **Virginia Beach, Virginia** is Senior Master T. L. Thomas-7<sup>th</sup> Degree Black Belt.

#### **Regional Chief of Tournaments**

The Regional Chief of Tournaments is appointed by the International Chairman of Tournaments based upon his experience with the individual plus the recommendation of the Regional Vice-President and the Regional Director.

The duties of this position vary according to the region in which they are involved.

These duties include, but are not limited to:

- approving the tournament sanction documents for his/her region
- verifying that tournament sites are adequate for a regional event
- overseeing the floor plan of regional tournaments
- organizing and running the regional tournaments including arbitration issues that may arise
- administering judging certification clinics and tests

One should check with one's Instructor or Regional Officers as to the name of the Regional Chief of Tournaments for your region.

#### Assistant Regional Chief of Tournaments

Many regions have elected to establish the office of Assistant Regional Chief of Tournaments. Two main reasons for this are:

1. the enormous responsibility of running regional tournaments
2. to provide a training ground for future Regional Chiefs of Tournaments

The Assistant Regional Chiefs are appointed by the International Chairman of Tournaments based upon his experience with the individual plus the recommendation of the Regional Vice-President and the Regional Director.

The responsibilities of these assistants are assigned by the Regional Chief of Tournaments.

Check with your Instructor or Regional Officers as to the name(s) of the Assistant Regional Chief of Tournaments for your region. Region 111-Master P. Smith

#### ***Tournament Arbitrators***

The position of tournament arbitrator is a temporary assignment during that tournament only; it is not a permanent position. The International Chairman of Tournaments or the Regional Chief of Tournaments is in charge of supervising the event. Arbitrators are under their guidance. At regional events, tournament arbitrators are appointed by the Regional Chief of Tournaments. During National or World Tournaments, Regional Chiefs of Tournaments may be assigned as arbitrators by the International Chairman of Tournaments. If tournament arbitrators are needed they must at least be a Level 3 judge.

An arbitrator is responsible for:

- Supervising assigned rings and for enforcement of tournament rules.
- He/she will make on-the-spot corrections and will assist in resolving problems in a diplomatic and respectful manner.
- If necessary, he/she may replace a judge for appropriate cause.

#### Tournament Secretary / ATA Records

The tournament secretary will be named by the tournament host unless there is a regional appointee. This person(s) must staff the judges' table at all times until all results and all entry cards have been returned from all the rings.

The secretary should have a check-out system to be certain that all results have been returned. If results are missing, tournament officials shall assume that the fault is that of the center judge rather than the secretary.

Overall result sheets with award winners' first and last names, ATA number, school owner/instructor, and home town must be kept, and multiple copies made.

Once the tournament is completed, a copy of all result sheets, (form, weapons, and sparring) are to be made. All packets (complete with competitor's registration cards), all result sheets (the originals), and a Tournament Recap should be sent in within 7

business days of the event. The host school should keep a copy of the result sheets for at least two years in case of association research needs.

For Region 111 judging assignments or information regarding ATA Martial Arts tournaments please feel free to contact Senior Master Thomas of Changing Lives ATA Martial Arts at [inquiry@atakick.com](mailto:inquiry@atakick.com)

## **DUTIES OF ATA SENIOR INSTRUCTORS AND JUDGES**

It is the duty of all Black Belts, regardless of rank or position, to earn appropriate Judging Levels and volunteer to judge at any ATA event they are attending. This rule applies regardless if the Black Belt is competing or not.

All Black Belts should arrive prior to the Judges meeting held at every regional event, attend the meeting, and remain at the tournament until the final "Bow-out" has been completed. It is the duty of every senior instructor to insure that their junior instructors know and understand the importance of this rule. Failure to do so MAY result in forfeiture of any points earned at that event.

During competition, judges will:

- Not show any prejudice regardless of the students' school or region.
- Recognize small differences in form technique by students from different schools and regions as natural and to be expected.
- Base their score on the general form criteria, i.e., how well the student performs his/her form.
- As a courtesy to the competitors, not talk among themselves during or between forms.

Unless a senior instructor has been appointed as a tournament arbitrator or called upon for safety reasons, he/she should not interfere in the competition.

- This includes division break-downs, pairings, point calling, etc. It is understandable that an Instructor would want to "protect" their student from what they may consider improprieties. However, that Instructor is not justified in confronting the judges assigned to that division. This type of action embarrasses the judges, competitors, other Instructors, and often time even the spectators causing causing embarrassment to the ATA as a whole.
- Junior (rank) judges are under a lot of pressure trying to do the best job they can with as few mistakes as possible. The presence of a senior rank at ringside is intimidating and seems to create more pressure for the junior rank judge. Although it is not the intention of seniors to create this type of situation, it does happen. If a Senior Instructor wishes to see his/her students compete, he/she should sit in the appropriate spectator area of that ring and refrain from influencing the outcome of a division.

If anyone (Senior, Parent, Competitor, Spectator, or Judge) feels there is a problem in a ring, that person should notify the Tournament Director or Regional Chief of Tournaments with the concern. The Tournament Director or Regional Chief of Tournaments will decide if any changes should occur.

## APPEARANCE AND DRESS

### Street Clothes

#### **A proper ATA white uniform is appropriate at all times.**

Prior to and after competition, color belts may wear normal “street” clothes, bearing in mind appropriate styles for the occasion. Black belts are held to a higher standard due to their position in the organization and in the eyes of the color belt students. Black Belts in attendance (whether competing or not) should wear “dress” clothes. Females can wear “dress” slacks, or skirts and tops, or dresses. Males should wear “dress” slacks and shirts (or sweaters) with a tie, sport coats or suits.

Certified Instructors MUST wear either their Instructor “dress suit” or their white traditional dobok. This dress code is in effect from the first appearance at the tournament site until away from the tournament site. It is understood that younger junior black belts have “trouble” keeping nice clothes clean and they will be given special consideration. Teenagers and above should be able to care for themselves and are expected to comply with the dress requirements.

### **Appearance during Competition**

The follow is a guide for proper appearance while competing at an ATA Tournament:

- During competition, competitors shall wear clean, pressed ATA white uniforms. An ATA patch is required on each uniform for competitors excluding white belts. All other lettering, striping, and patches must be in good repair and positioned according to ATA guidelines. (See Traditional Dobok)
- NO JEWELRY is allowed once one puts on their uniform or during competition. This includes watches, rings, earrings, or other piercing (male or female), necklaces, etc.
- \*\*\* (wedding rings may be worn if taped or the stone turned toward the palm as well as medical bracelets and mandated religious medals.) This is for the safety of the wearer as well as other competitors.
- Finger nails and toe nails should be trimmed for safety as well.
- For those wanting to wear shoes while in ATA white uniforms and not competing, white sport shoes are required.

## UNIFORMS AND SAFETY EQUIPMENT

### Traditional Dobok

The Traditional Dobok IS REQUIRED to be worn by all competitors during traditional forms and sparring competition and by all judges fulfilling any traditional forms or sparring tournament judging assignments at ATA sanctioned tournaments. It MAY also be worn by competitors involved in ATA-Xtreme Forms, ATA-Xtreme Weapons, or in Team Synchronized Form competition (as long as all members of the team are wearing the same uniform).

#### **An Official uniform MUST:**

- be a white cross-over style top with matching white pants
- be in good repair (no holes or frayed edges)

- have an Official ATA patch

**An Official uniform MAY include the following:**

- School patch
- Karate Kid or Tiny Tiger Victory patch
- School patch IS permitted on top of Victory patch if it is round and the same size
- Official ATA Program patches
  - Black Belt Club, Master Club, and Leadership Club
- State or World Champion patches if applicable (only to be applied by World Martial Arts)
- Undershirts ARE permitted for any member (male or female) but MUST be plain white. This is NOT a requirement for females, although a plain white garment is encouraged
- Other patches allowed are:
  - S.W.A.T., D.E.L.T.A., A-Team, President's Council on Physical Fitness, Demo Team, Competition Team

\*\*\*It is the school owner's decision as to the amount of patches allowed on a uniform for his/her school.

**Leadership Collar Stripes**

**Senior Master Thomas** urges all Changing Lives ATA **Martial Arts** students to contact their Instructors regarding the Instructor programs offered in high **quality Martial Arts Training in Virginia Beach and Chesapeake.**

The following collars may be worn by any student in the leadership program.

\*\*\* These collars may only be worn when the student has received a letter from ATA International Headquarters stating that they have been accepted into the Leadership Program.

- Red/White/Blue Collar for Jr. Students all belt ranks
- Red Collar for all Adult Students, all belt ranks
- Blue stars (round patches) used to measure accomplishments set within school or club can be used with or without collar stripe

**Instructor Collar Stripes**

The following collar stripes may be worn by instructors who have attained a Certification Level from the Instruction Department of the ATA International Headquarters:

\*\*\* These collars may only be worn when the student has received a letter from ATA International Headquarters stating that the collar may be worn)

- Black/Red (All students all belt ranks.)
- Black/Red/Black (All students, all belt ranks)
- Solid Black (Black Belts only)

**Rank Appropriate Belts**

For color belts, ONLY the following colors and these markings are permitted:

- White, orange, yellow, camo, green, purple, blue, brown, red, red/black, black
- “Knowledge Stripes” (color belts only) MUST be black and are limited to a maximum of 3 stripes
- Color belts MAY include either a black or gold stripe the length of the belt
- 1R Black Belts MAY wear full black belts that do not have embroidery
- NO other belt colors, combinations, or stripe colors are allowed

**For black belts, the follow rules for marking apply:**

- Any and all embroidery MUST be gold
- If a rank indicator is used, it MUST be the bar or star patch from World Martial Arts
- Students name and rank MUST both be on the same end of the belt (left end when worn)
- Black Belts MUST NOT have “Knowledge Stripes”

**Additional Guidelines:**

- If the Dobok is lettered, that lettering on the back of uniform top must be in compliance with ATA standards.
- All State & World Champion uniforms must be done by World Martial Arts to insure validity
- If 4th Degree or higher, a 1" black stripe on each pant leg

**An Official Uniform CANNOT have the following:**

- A pull-over V-neck top
- Manufacturer tags (all tags must be removed from uniform top, uniform bottom and belt)
- Stripes, patches, pockets, or anything else not listed above

**Shoes**

For those wanting to wear shoes while in ATA white uniforms and not competing, white sport shoes are required. Flip Flops, crocs, and/or Sandals are not acceptable.

**ATA-XTREME Uniform:**

Here at CLMA Martial Arts only the official ATA XMA (Extreme Martial Arts) Uniform is accepted in training.

The Xtreme uniform MAY be worn by ALL competitors during the ATA-Xtreme Forms and ATA-Xtreme Weapons competition at an ATA sanctioned tournament. A traditional white dobok worn in regular competition is also acceptable.

The Xtreme Uniform MUST be one of the following:

- “ATA-Xtreme” Uniform (top and pants)
- “XR1” uniform (top and pants)
- “XR2” Uniform (top and pants)

See your instructor for ordering the proper Uniform

**The following rules and guidelines apply to Xtreme uniforms:**

- At world and national events Black Belt competitors MAY wear this uniform during traditional weapons competition. ATA-Xtreme competition and Traditional weapons competition for Black Belts are held on the same day, and changing may be hindered by time. This rule does not apply to color belts.
- It MAY be worn by any judges fulfilling any ATA-Xtreme form or ATA-Xtreme weapon judging assignments at ATA sanctioned tournaments.
- It MAY be worn by competitors involved in a Team synchronized Form competition as long as all members of the team are wearing the same uniform.
- Color Belts MUST wear their traditional rank belt with their ATA-Xtreme uniform.
- Black Belts MAY wear either their traditional rank belt or the belt that comes with the uniform.
- Tang Bagee (“hakama”) pants MAY ONLY be worn when competing with the Gum Do weapon
- Undershirts MAY be worn by any competitor. If worn, the undershirt:
  - MUST be either black or white
  - MAY have sleeves or be sleeveless
- State and World Champion Xtreme patches MAY ONLY be worn on the “ATA-Xtreme” brand uniform available through World Martial Arts. It is permitted to wear those State and World Champion Patches on the Traditional Dobok as well.
- The Xtreme Uniform MUST include the ATA logo patch displayed on the top section of the back of the uniform top. No other logos or symbols can be added or changed.
- No other patches including the Official ATA patch, school patches, program patches, team patches, etc are to be worn on the ATA-Xtreme uniform.
- NO jewelry is allowed while in ATA-Xtreme Uniforms. EXCEPTION: Wedding Rings (if worn with a raised stone, the elevated stone should be turned inward)
- Shoes worn while in Xtreme uniforms MUST be predominately white sport shoes. Other colors, sandals, flip flops, crocs etc. are NOT allowed.

**SAFETY GEAR**

**Required Gear**

The following safety gear is required by all competitors in a sparring competition.

- Vinyl or leather covered foam hand pads (all finger joints must be covered when a fist is made)
- Vinyl or leather covered foam foot pads (back of heel & all toes must be covered)
- Vinyl or leather covered martial arts style foam head gear with attached plastic face shield. (full coverage)
- \*\*\*\* Dipped Foam gear is acceptable
- Attached face shield which MUST be one of these three models:

- Universal Face Shield, Dyna Rival Face Shield, or ProForce Lightning Clear Face Shield
- Martial arts style chest protector (must cover all ribs and sternum)
- Mouthpiece (even while wearing the mandatory face shield)
- Groin protector for males (NO age exceptions / MUST be worn under uniform pants)
- **All gear MUST be in good repair. (Torn, taped, or worn out gear will NOT be allowed)**

No one, including instructors or parents, has the ability to give permission to alter the rules regarding safety gear.

#### Color of Gear

The following guidelines apply to the color of safety gear:

- Color belts MUST wear red hands, boots, and head gear unless they are in the Black Belt Club, Master Club, or Leadership Program. Black gear MAY then be worn (appropriate program patch is required)
- Black gear MUST have the ATA logo on it
- Chest protectors MUST be either black or grey and worn over the uniform top
- Black belts MUST wear BLACK hands, boots, and head gear

**\*\*\*Special Note 1\*\*\*** If a competitor does not have all of his/her proper equipment, the competitor may borrow or purchase the equipment at the event if possible.

#### JUDGING LEVELS and CERTIFICATIONS

The ATA takes great pride in the training of Black Belts to be judges at Regional, National, and World tournaments. Black Belts are trained over a period of time to be qualified as a Level 1 Corner Judge, a Level 2 Center Judge, or a Level 3 Chief Judge. Each competition ring will have 3 qualified Black Belts to judge the competitors.

##### Level 1 Judge

The following rules and guidelines apply to a Level 1 Judge:

- Must be at least 12 years of age, and a 1st Degree Black Belt Decided or higher
- May corner judge color belt competitions
  - Judges aged 16 or younger may not judge any division that contains competitors older than their age.
- Must know all the following material:
  - All color belt forms
  - One-steps for all color belt ranks
  - Be familiar with the following weapons for free-style weapons competition
    - Single Bahng Mahng Ee, Single Ssahng Jeol Bong, Double Bahng Mahng Ee, Double Ssahng Jeol Bong, Jahng Bong, Ssahng Nat, Gum Do, and Oh Sung Do

- It is highly recommended that any person who desires to certify as a Level 1 Judge have prior tournament experience as a time and score keeper.

To qualify for a Level 1 judging certification, the student must receive training in ATA tournament rules and procedures and pass the Level 1 written test with a score of at least 80%.

A Level 1 Judge will receive a 1-inch wide blue chevron to be put on the right sleeve of the uniform jacket. The chevron should be centered (on a diagonal) on the crease in the middle of the top of the sleeve; left edge (as you look at the uniform) 2 inches from the bottom of the sleeve, right edge 4 inches from the sleeve bottom.

This certification is valid for 1 year and the cost of a chevron is \$7.00 (subject to change).

### Level 2 Judge

The following rules and guidelines apply to a Level 2 Judge:

- Must be at least 14 years of age, and a 1st Degree Black Belt Decided or higher
- May corner judge or center judge for color belt rings
- May corner judge for Black Belt rings up to his/her current rank.
  - Judges age 16 or younger may not judge any division that contains competitors older than their age.
- Must know all the Songahm color belt forms, one-steps for all color belt ranks, and the black belt forms up to and including his/her current rank.
- Must be familiar with the following weapons to be able to effectively judge free-style weapons competition for the color belts:
  - Single Bahng Mahng Ee, Single Ssahng Jeol Bong, Double Bahng Mahng Ee, Double Ssahng Jeol Bong, Jahng Bong, Ssahng Nat and Gum Do
- Must be knowledgeable in the weapons included in the association's black belt curriculum for the ranks they are judging.
- It is highly recommended that any person who desires to certify as a Level 2 Judge have prior tournament experience as a Level 1 Judge

To qualify for a Level 2 judging certification, the student must receive training in ATA tournament rules and procedures, take the Level 2 judging certification test, and the student must score at least 80% on the test.

This judge will receive a 1-inch wide red chevron to be placed on the right sleeve of the uniform jacket. This chevron should be placed 1/4 inch above the blue chevron.

This certification is valid for 1 year and the cost of a chevron is \$3.00 (subject to change).

### Level 3 Judge

The following rules and guidelines apply to a Level 3 Judge:

- Must be at least 16 years of age and a 2nd Degree Black Belt Decided or higher
- May corner judge or center judge for color belt rings
- May corner judge Black Belt rings up to his/her current rank
- May center judge Black Belt rings up to one rank lower than his/her current rank
  - Judges aged 16 or younger may not judge any division that contains competitors older than their age.
- The judges must know all the Songahm color belt forms and one-step sparring for all color belt ranks and the black belt forms up to and including their current rank.
- Must be familiar with the following weapons to be able to effectively judge free-style weapons competition for the color belts:
  - Single Bahng Mahng Ee, Single Ssahng Jeol Bong, Double Bahng Mahng Ee, Double Ssahng Jeol Bong, Jahng Bong, Ssahng Nat, Gum Do, and Oh Sung Do
- Must be knowledgeable in the weapons included in the association's black belt curriculum for the ranks they are judging.
- The Association highly recommends that any person who desires to certify as a Level 3 Judge have prior tournament experience as a Level 2 Judge.

To qualify for a Level 3 judging certification, the student must attend a rules clinic instructed by the Regional Chief of Tournaments (or his/her assistants), take the Level 3 test, and the student must score at least 80% on the Level 3 test.

This judge will receive a 1-inch wide black chevron to be placed on the right sleeve of the uniform jacket. This chevron should be placed 1/4 inch above the red chevron. The cost of this certification and chevron is \$3.00 (subject to change).

#### Judging Certifications

All certifications are valid for one year and can be renewed by attending one clinic and passing the written test(s) required at each level. This requirement is mandatory for all ranks 1st through 9th Degree Black Belt. Everyone must be physically present to be certified. There will be no "write offs." Attending Black Belt meetings the morning of a tournament will not be accepted for judging certification. No Black Belt or Senior should ask or imply that a Regional Chief of Tournaments should certify or recertify a judge for any level without that person actually attending a seminar and taking the test regardless of rank or experience.

Judges must participate in a rules clinic and pass a written test for each judging certification level.

These clinics may be "in club" "in school", regionally hosted, or nationally hosted as follows:

- “In club” clinics are only available for Level 1 judging certification
- “In school,” clinics are available for Level 1 and Level 2 certification
- Level 3 certification must be done at a regional or national clinic

The opportunity to hold these clinics “in club” or “in school” is contingent upon:

1. Permission of the Regional Chief of Tournaments and the Regional Director or other decision making body of the region appointed by ATA National Headquarters.
2. Club and/or School Owner hosting the clinic hold a current Level 3 Judging Level

NOTE: Any Black Belt student, Trainee Instructor, Certified Trainer, Specialty Certified or Certified Instructor who attends tournament judging certification clinics and passes the written test(s) is required to wear the appropriate chevron(s) on his/her ATA uniform. These chevrons should be ordered through the student's Instructor with the appropriate fees included. Chevrons for extra uniforms can be purchased for \$2.50 each. (subject to change)

At many tournaments there are a sufficient number of judges to help run the rings. Due to this and as a courtesy to senior instructors, 6th Degree Black Belts and higher do not judge competition as often. However, regardless of rank, senior instructors are required to know the current rules, any changes, and maintain current judging certification.

#### Responsibilities of the Judges

All judges have equal authority to call points or penalties. A center judge cannot overrule a call by a corner judge, except through his own vote on a point or warning, which has no more weight than each of the other two judges' votes. No judge is allowed to alter, add, or modify any ATA rules. The definitions of a point, penalty or disqualification are explained in the Free-Sparring / One-Step Rules.

Center Judges are responsible for:

- All competitors in his/her assigned ring
- Insuring that each competitor abides by the tournament rules
- Conducting each aspect of competition (Forms/Sparring/One-Steps/Weapons or ATA-Xtreme competition) in the proper order of competition
- Awarding the proper winners in each division his/her tournament award (trophy or medal)
- Completing the required paperwork for each completed division, and returning that signed paperwork to the Regional Chief of Tournaments or their assigns i.e. Regional Secretary.
- Informing any competitor who did not have their ATA number on their paperwork that they have 5 business days in order for their instructor to get that information to the tournament department at headquarters. Failure

- of the instructor to follow through with this will result in forfeiture of points the competitor earned in that event.
- Insuring the safety of all participants to the best of their ability
- In sparring, he/she may
  - award points
  - warn a competitor when there has been a rule infraction
  - award penalty points for the rule violations
- He/she also has the power to disqualify a competitor when there has been an infraction that would deem that necessary. If disqualification is deemed necessary, it must have the appropriate verification from the assigned corner judges.
- Ensuring that all judges remain in their assigned ring until relieved by another authorized judge or dismissed by the appropriate tournament official(s).

All judges are responsible for areas surrounding their ring. In the interest of safety, the judges should make sure that spectators allow ample room around each ring for competition to progress unimpeded. Judges should have competitors seated around the ring so spectators can have a better view. Judgment as to what determines ample room is based on the type of competition taking place. With the addition of weapons competition taking place in the same ring as the form and one/steps or free sparring, the judges need to take the space needed by each weapon in consideration when directing the spectators.

Example #1: For rings in which Tiny Tigers are performing, parents (guardians, etc.) can be close by to take care of their children.

Example #2: For rings in which 4th Degree Black Belt men are competing, spectators should be aware that sparring competition can carry outside of the ring, so adequate room is necessary.

## JUDGING ETHICS

At any ATA tournament, demonstrations of prejudice, lack of attentiveness in the ring, etc., shall be cause for warnings or reprimands from higher officials and the Chairman of Internal Affairs. Any such warnings shall become part of the judge's permanent record. Three warnings within one year's time shall bring mandatory suspension from all official activities, including judging, participating in tournaments or testing for a period of two years. The names of suspended officials may be published in the ATA official magazine, "The Way of Traditional Taekwondo."

**\*\*\*Special Note 2\*\*\*** Use of cell phones, blue tooth devises etc. used for the purpose of communication such as sending and receiving text messages, receiving calls, etc. is strictly prohibited for judges as well as scorekeepers and timekeepers during the running of their ring. Failure to follow this rule will subject the offender to immediate disciplinary action. A judge's focus should be completely on the competitors in their ring. This note should also be followed by those Seniors sitting at the Head Table during opening ceremonies.

## ADDITIONAL RULINGS

Judges who find difficulty in resolving a given problem should ask the Regional Chief of Tournaments or his/her assigns for rulings.

## COMPLAINTS

Decisions of responsible officials shall be final. Instructor or student complaints or appeals during the tournament shall not be allowed. Any complaints should be made after the tournament through the chain of command, if possible, to the attention of the Regional Chief of Tournaments or the National Chairman of Tournaments. Shows of public discord by any ranks or non-ATA members are open to official censor.

## COMPETITION RULES and GUIDELINES

### GENERAL RULES

#### Permission to Compete

In order to compete in a sanctioned Songahm Taekwondo event, a member must comply with all 3 of the following requirements:

1. Be a member in good standing of the ATA, STF or WTTU.  
► In good standing means that any member; regardless of rank belt or leadership collar, must have a current membership with the organization. A Certified Instructor must also have a current instructor's certification.
2. Be a member of and be training on a regular and consistent basis at an ATA licensed school or club.
3. Have his/her Instructor's permission to attend and compete.

Failure to comply with any of the 3 requirements listed above will result in the competitor being denied competition, or if discovered after the completion of the event, any points or place winnings will be nullified.

#### Appropriate Competition Belt

Color Belt Competitors must wear the appropriate belt and compete in the division for the rank that they currently hold regardless of how long they have held that rank. A student should take pride in what they have earned and be honored to wear the correct belt.

EXAMPLE: A new camo belt is not comfortable with free-sparring; he/she may choose to only compete in the form and/or weapons portion of the competition. He/She should not wear their yellow belt. Nor should an orange belt wear a camo belt they have not earned so that they may spar.

#### Competition Rank

Decided Black Belt competitors who are planning to test for a higher rank during the current tournament season, MAY opt to compete in the next higher rank division.

Black Belt competitors earn points throughout the tournament season to become eligible for the Tournament of Champions. (See World Champion Program

guidelines beginning on page 56) This rule is in effect since one may only compete in 1 division for the title of "World Champion".

EXAMPLE: A 1st Degree Decided Black Belt knows that they are planning to test in September for 2nd Degree Recommended Black Belt which would put them in the 2nd/3rd Degree Division. He/She may choose to compete at World Championships and any other tournament during that year with the 2nd/3rd Degrees so as to earn Top Ten Point all year long in that division. Competitors may not carry points from one division to another.

#### Competition Age

The age for competition of the competitors will be determined by their birthday as of midnight December 31st of the tournament season. The age that they are at that time will indicate the division in which they should compete in throughout the entire tournament season. (See Page 60 for examples and details)

#### NO Coaching Rule

It is the responsibility of the judges to insure that no one is allowed to receive coaching during a competition. There will be no coaching from the sidelines by anyone, including color belts, black belts, instructors, family members or friends. This no-coaching rule is in effect from the time the competitors are "bowed into their ring" through the time they are "bowed out of their ring." Cheering and offering encouragement is indeed allowed and encouraged.

A competitor may receive a verbal warning during sparring for receiving coaching from anyone during the prescribed time they are in a ring. (See Non-Contact Warnings on page 38) Two verbal warnings would then result in a penalty point being awarded the opponent.

### COMPETITION OPPORTUNITIES

#### Tournament Classifications

The ATA provides many opportunities for members to compete at a variety of levels. Currently there are 5 classifications of tournaments. The classifications are:

##### Class AAA Tournament

► World Championships hosted by the Grand Master of Songahm Taekwondo each June in Little Rock Arkansas

##### Class AA Tournament

► Fall and Spring Nationals as well as the Black Belt Only National hosted by the Grand Master of Songahm Taekwondo. The dates for these events vary slightly. See your instructor for the date of these events each year.

##### Class A Tournament

► Regional Tournaments hosted around the country by qualifying school owners.

## Class B Tournament

- Regional Tournaments hosted around the country by qualifying school owners.

## Class C Tournament

- In-School Tournaments hosted by individual school owners.

## Aspects of Competition

There are currently (5) competitive events in which a student has the opportunity to compete at every ATA sanctioned tournament. Those events are:

- Forms
- Sparring / One-Steps
- Traditional Protech Weapons
- ATA-Xtreme Forms \*\*\*certain additional guidelines required (See pages 53-55)
- ATA-Xtreme Weapons \*\*\*certain additional guidelines required (See pages 53-55)

\*\*\*Special Note 3\*\*\* Creative Traditional Forms and Creative Traditional Weapons were introduced at the 2009 World Championships in Little Rock, Arkansas. Rules and Guidelines are available separately.

Participants are not required to compete in all aspects of competition. Instructors encourage students to compete in all divisions which they have trained; however, there might be times when a student is not prepared.

to compete in every event. The student should consult his/her instructor to determine the extent of his/her participation at every event. An instructor or judge should not force or intimidate students into something in which they are not confident.

## TOURNAMENT STANDARD OPERATING PROCEDURES

### Ring Size

Ring dimensions for competition shall be square and should measure in the range of 14 - 18 feet per side, depending on the type of division (adult or junior). For "Tiny Tiger" divisions, the previously described rings can be "cut" in half and two divisions may be run side-by-side.

Each ring should:

- have clearly marked boundary lines
- have centering marks for free-sparring competition
- be numbered

### ORDER OF EVENTS

The host of each tournament will publish the tournament schedule for that particular tournament. The Host must submit their proposed tournament schedule to and receive approval from the Regional Chief of Tournaments before it is published to the general public.

Unless otherwise published, at Class "C", Class "B", and Class "A" tournaments, Protech Weapons competition will take place within normal Songahm Taekwondo competition. The order of competition at Regional events will be:

- 1) Traditional Songahm Taekwondo Form

- 2) Traditional Protech Weapons Competition
- 3) Traditional Songahm Taekwondo One-Steps / Sparring

ATA-Xtreme competitions are at separate times during the tournament.

ATA International Headquarters will publish the competition times prior to each National and World event. Black Belt Traditional Protech Weapons competition is held separately at these events. Check the website [www.ataonline.com](http://www.ataonline.com) prior to each event for the current competition schedule.

At Regional events, the tournament host is responsible for getting approval for the schedule of events from the Regional Chief of Tournaments before any schedule is published.

## TOURNAMENT REGISTRATION

### Registration for Regional Tournaments

All competitors are encouraged to pre-register for any tournament with their Instructor or School/Club owner. The following guidelines apply to all registrations and registration cards:

- It is the responsibility of the competitor to obtain a registration card from their instructor, and with his/her guidance, fill out the registration card fully. This includes but is not limited to their Name, ATA number, Date of Birth, Age, Rank, School Number, and the Name of their Instructor.
- If the student is competing at an event that their instructor cannot attend, as long as they have their instructor's permission, they may register at the event.
- If the membership number is absent or incorrect on the registration card, the competitor will forfeit any possible points earned for that competition.
- The instructor of the competitor will have 5 business days after the event to contact ATA International Headquarters with the missing or incorrect number to avoid the forfeiture of points.

### Registration for World and National Events

To better prepare in advance of the national and world events, all competitors, regardless of the color of their belt, or rank attained, must pre-register to compete. All registration cards must be filled out completely, especially the rank, age and height listed in inches. It is the responsibility of the instructor to double check all registrations and send them to ATA International Headquarters by the deadline. Deadlines are stated in the tournament information provided by ATA International Headquarters.

This will allow for pre-assigned competition assignments and a better opportunity to plan the competition day for all competitors, families, and spectators. A program booklet is prepared and given out so that all competitors will know when and where they compete as well as when and where a Black Belt will be assigned as a judge.

Black Belts are required to pre-register at National and World Tournaments.

- Black Belts that register late will be put in LATE divisions and Top Ten Points awarded to the winners shall be reduced.
- Black Belts that register late will not receive double or triple points in the late divisions, only single points.
- Those late Black Belt divisions will not be governed by the standard division criteria and probably will consist of several rank groups and age groups. Pre-registration is very important to insure proper division assignment and full points awarded.
- There is an additional charge for every competitor who does not pre-register for National or World Tournaments.

Color belts who register late for National or World events will be charged the late fee, but will be assigned to their normal ring and will receive full points where applicable.

#### ARRIVAL and COMPETITION TIMES

It is recommended that each participant arrive prior to opening ceremonies in time to be on the main floor to line up and bow-in before the competition. However, many regional and all National and World events now post the approximate competition times for each division. In those instances, each color belt competitor should arrive at the tournament site approximately 30 to 45 minutes prior to their posted competition time unless otherwise notified in the tournament information packets.

If for some unforeseen legitimate reason, a competitor is late for his/her division, the center judge will allow the competitor to enter the division if possible based on the following:

- The Regional Chief of tournaments approves the entry.
- If the next competition event has not started a late entry will be allowed to enter the competition.
  - If forms competition has ended and weapons competition has started, the forms event has ended and the competitor will not be allowed to compete in the forms event.
  - If the weapons competition has ended and the one-steps/sparring event has started, the weapons event has ended and the competitor will not be allowed to compete in the weapons event.
  - If the first round of one-steps or sparring competition has started, no late entries will be allowed as a late entry would disrupt the bye system.
- If sparring has already started, the competitor will not be admitted to the ring. At that time the Regional Chief of tournaments will determine if there is another ring available. At

National and World events, that decision will be made by the National Tournament Director or his/her assigns.

Keep in mind that all posted times are approximate. Every effort is made to keep a tournament running on time. There are circumstances however that may delay one or more rings throughout the day.

\*\*\*Special Note 4\*\*\* For the sake of competition, the Regional Chief of tournaments will make every effort to see that a junior competitor is allowed to compete. If their ring is completed the Regional Chief of Tournaments MAY create another ring of competition for the purpose of awarding trophies. These rings will not however receive points in the World or State Champion standings.

#### COMPETITION DIVISIONS and RING ASSIGNMENTS

##### Color Belt Divisions

Division breakdowns are handled by the Regional Chief of Tournaments (or his/her assigns). The one rule that is standard is that divisions will be limited to no more than 16 competitors. The final decision for competition ring assignment is solely the responsibility of the Regional Chief of Tournaments.

Regional Chiefs of Tournaments will try whenever possible to follow the Black Belt junior and adult divisions. They may at their discretion combine or alter color belt divisions to facilitate competition.

NO ONE (Competitors, Parents, ATA Seniors, or Spectators) will attempt to influence the Regional Chiefs of Tournaments (or his/her assigns) in the forming of divisions.

The following are the procedures for assigning competitors to appropriate rings:

- The Regional Chief of Tournaments will make calls throughout the day asking for students who are of a certain age and belt color to go to the "staging area". This area is usually separate from the main competition floor.
- The divisions will be made according to the number of competitors in each of the age and rank groups. Due to the vast difference from region to region in school/club numbers and number of competitors at each event, it is not feasible to issue a rule concerning how the color belt divisions will be formed.
- Regional Chiefs of Tournaments use the guides given them as well as the input from the regional officers and school/club owners in determining how color belt and Adult Black Belt divisions are formed. The Regional Chief of tournaments will make every effort to keep similar divisions for the entire tournament season.
- Junior Black Belt divisions are preset as noted below. The Regional Chief of tournaments has a

guideline that he/she uses to determine the age breakdown and ranks that are included in each color belt ring.

- Junior black belt divisions must follow the Top Ten breakdowns without exception. (See Black Belt Divisions below)

#### Black Belt Divisions for the World Championship Program

Only competitors in black belt divisions can earn points toward the World Champion Program.

- The divisions for the Top Ten are set by the International Tournament Department and are designed to give everyone an equal chance.
- Divisions are based on gender, age of the competitors, and rank.
- At the conclusion of each tournament season, the International Tournament Director will evaluate the number of competitors in each division and determine if any changes are to be made for subsequent tournament seasons.
- Divisions change as the organization grows and more students in different age and rank groups compete.

#### The current Junior Black Belt divisions are:

<b>Junior Boys</b>	<b>Junior Girls</b>
<b>7 and under 1st degrees</b>	<b>7 and under 1st degrees</b>
<b>7 and under 2nd/3rd degrees</b>	<b>7 and under 2nd/3rd degrees</b>
<b>8, 9 and 10 1st degrees</b>	<b>8, 9 and 10 1st degrees</b>
<b>8, 9 and 10 2nd/3rd degrees</b>	<b>8, 9 and 10 2nd/3rd degrees</b>
<b>11, 12, and 13 1st degrees</b>	<b>11, 12, and 13 1st degrees</b>
<b>11, 12, and 13 2nd/3rd degrees</b>	<b>11, 12, and 13 2nd/3rd degrees</b>
<b>14, 15, and 16 1st degrees</b>	<b>14, 15, and 16 1st degrees</b>
<b>14, 15, and 16 2nd/3rd degrees</b>	<b>14, 15, and 16 2nd/3rd degrees</b>
<b>Special Ability</b>	<b>Special Ability</b>
<b>12 and under/all ranks</b>	<b>12 and under/all ranks</b>
<b>13 - 16/all ranks</b>	<b>13 - 16/all ranks</b>

Junior black belt divisions will not be combined in Forms, Sparring, or Weapons at any sanctioned Regional, National or World event. However, in certain situations, they MAY be put together to earn trophies.

Some junior black belt divisions may end up with only one competitor because of the above rule stating that junior black belt divisions must follow the Top Ten breakdowns without exception. This can cause disappointment for the student not having the opportunity to actually "compete."

- In the case where there is more than one junior division that has only one competitor, the Regional Chief of Tournaments MAY combine them for the sole purpose of competing and

earning trophies.

Each “single” competitor will automatically receive Top Ten 3 points for first in form, 3 points for first in weapons, and 3 points for first in sparring if it was their original intent to compete in each category.

► This means that a competitor could receive Top Ten first place points, but may be awarded a different trophy place based on the outcome of the competition. The Regional Chief of Tournaments will use his/her best judgment in these groupings and will make every effort to make sure that everyone involved understands what is happening.

EXAMPLE: There is one 8 - 10 first degree boy, one 11 - 13 first degree boy, and one 8 – 10 second degree boy at a regional tournament. The Regional Chief of Tournaments will fill out black belt result sheets prior to combining any rings for trophy only competition. These result sheets will indicate that all three competitors should receive points accordingly (each receives up to 3 points in forms, 3 points in weapons competition, and 3 points in sparring competition if it was his/her original intent to compete in each category).

For the sake of competition and earning trophies, the three boys could be grouped together and could compete together. For this purpose alone, boys and girls could be combined if all parties (competitors, instructors, and parents) are agreeable. Large differences in age should be taken into consideration and should not be combined. As an example, it would not be wise to combine a 9 year old with a 16 year old.

As mentioned above, it is the decision of the Regional Chief of Tournaments on who will or will not be combined for the purpose of competing for trophies.

\*\*\* Special Note 5\*\*\* This is only allowable for junior black belt divisions with only one competitor in them. Junior black belt divisions with two or more competitors cannot be combined.

The current Adult Black Belt divisions are:

ADULT MEN	ADULT WOMEN
17-29 1st Degree	17-29 1st Degree
30-39 1st Degree	30-39 1st Degree
40-49 1st Degree	40-49 1st Degree
50-59 1st Degree	50-59 1st Degree
60 and Up 1st Degree	60 and Up 1st Degree
17-29 2nd and 3rd Degree	17-29 2nd and 3rd Degree
30-39 2nd and 3rd Degree	30-39 2nd and 3rd Degree
40-49 2nd and 3rd Degree	40-49 2nd and 3rd Degree
50-59 2nd and 3rd Degree	50-59 2nd and 3rd Degree
60 & Up 2nd and 3rd Degree	60 & Up 2nd and 3rd Degree
17-29 4th and 5th Degree	17-29 4th and 5th Degree

30-39 4th and 5th Degree	30-39 4th and 5th Degree
40-49 4th and 5th Degree	40-49 4th and 5th Degree
50-59 4th and 5th Degree	50-59 4th and 5th Degree
60 & Up 4th and 5th Degree	60 & Up 4th and 5th Degree
Special Ability Black Belt	Special Ability Black Belt

These divisions will be followed at National and World events. On a regional level, it is often times difficult to follow these divisions closely. The result of this is that on a regional level, Adult Black Belt Divisions MAY be combined.

The Regional Chief of Tournaments (or their assign) has the ability to combine adult divisions where necessary. They will follow the guidelines given them by the International Chairman of Tournaments.

## **TRADITIONAL ATA MARTIAL ARTS FORM COMPETITION RULES /GUIDELINES**

[www.atakick.com](http://www.atakick.com)

It is the duty of the center judge and corner judges to score each form according to the rules and guidelines outlined below:

Traditional Form – Judges Area of Concentration

Scoring of traditional forms is divided into three judging aspects. There are 3 qualified judges per ring; Corner Judge A, Corner Judge B, and Center Judge. Each judge is scoring a different aspect of the competitor's presentation. The judge's assigned areas to score are:

Corner Judge A will grade only stances and kicks.

For stances, the judge should look for:

- a strong base with correct length and width
- correct weight distribution
- a level center of gravity while moving
- good balance

For kicks, the judge should look for:

- the correct chamber position
- long, strong kicks with good extension and focus
- a complete re-chamber motion
- good power and foot speed (height of kick is not a major consideration)

Judge A will only judge the techniques that are done and will not make point deductions for moves left out, incorrect kicks, incorrect stances, or an incomplete form. Those areas are the responsibility of the center judge.

Corner Judge B will grade only hand techniques.

For hand techniques, the judge should look for:

- the correct load position
- a long, strong technique
- good reaction force (where applicable)
- proper focus
- the speed and power of the technique

Judge B will only judge the techniques that are done and will not make point deductions for moves left out, incorrect blocks, incorrect strikes, or an incomplete form. Those areas are the responsibility of the center judge.

The Center Judge will grade the overall form presentation.

His/her judging will include the following areas:

- the speed, flow and timing of the form
- completeness of the form
- competitor's attitude and enthusiasm

The quality of technique is being judged by the corner judges hence the Center Judge can focus on the showmanship of the presentation.

\*\*\* Special Note 6\*\*\* An important aspect of judging forms is not letting personal preferences concerning techniques influence scoring. It is not feasible to expect every member of the ATA to do every technique exactly the same. Differences in body styles, age, and other criteria can make a difference in how an Instructor may teach a student certain techniques. This does not mean that one way is more correct than another. Form judges must judge on the overall look of the techniques and not get caught up in "Well, my Instructor says it should be done this way and the competitor did it differently" concepts. The best "rule of thumb" is to watch the competitor as a judge and not as an Instructor. If a competitor has the best kicks of the group, but kicks with the instep on round kicks (in a form that doesn't require that), don't reduce their score for just that. Judge the techniques and the form compared to the rest of the division.

Prior to competition, the center judge will verbally explain to the corner judges who is assigned as Judge A and Judge B and when bowing in the division announce those assignments to the competitors and spectators. When seated, Judge A will be on the left hand side of the Center Judge and Judge B will be on the center judge's right hand.

### Form Competition Procedures

The following procedures are indicative of how each ring is to be run at every ATA tournament.

1. Prior to the initial bow-in and introductions, one of the judges will collect all the competitor registration cards. The center judge should re-count the number of competitors and the number of registration cards to insure these numbers match.
2. The Center Judge should "fire-up" the competitors but should not "warm-up" the competitors in any manner.
3. To officially start the division, the competitors will line up and bow in to the assigned judges.
4. The center judge will introduce the judges to the competitors and announce who is Judge A, and who is Judge B, and what area of form competition each judge is scoring.
5. While facing the competitors, Judge A will be on the left hand side of the center judge and Judge B will be on the center judge's right.

6. The center judge will turn the cards face down and shuffle them so that the competitors are called in a random manner.
7. To begin form competition, the center judge will draw one card at a time and call the competitor's name. He/she will hand the card to the scorekeeper so the scorekeeper can record the name while the person is doing his/her form.  
\*\*\* It is not necessary to fill in all of the competitor names before starting the competition. The scorekeeper will do this while the competitor is demonstrating the form to the judges.\*\*\*  
As an additional courtesy to the competitors and their families, the Center Judge should also announce the competitor "on deck" meaning the next competitor up for competition.
8. When their name is called, the competitors will answer, "Yes, Sir/Ma'am," run to the center of the ring, and stand at attention, and wait for the judges' directions. They will follow the judges' instructions, and when given the command to begin, will demonstrate their form on their own count.
9. They will hold the position of the last movement until given the command to return and will not leave the ring until dismissed.
10. The center judge will announce scores from his/her left, calling out Judge A's Score, then the Center's score, and finally Judge B's score. Judges should keep their scores visible until the scorekeeper has repeated the scores back to the Center Judge for verification.
11. After every competitor has had an opportunity to demonstrate his/her form, the center judge will check the addition of the scores, determine if there are any ties, and award appropriate places.
12. If a tie in scores should occur for first second or third place, the run-off system will occur. (See Resolution of Ties on page 28)
13. It is very important that the competitors be left with a positive impression and experience. Therefore, each judge should shake the hand of each competitor and congratulate them after the awarding of the trophies.

\*\*\*Special Note 7\*\*\* In every division, the first three competitors will complete their form and then be dismissed to the side. This will allow the judges to evaluate the ring by determining the general ability of the competitors. At the conclusion of the third competitor's form, all 3 competitors will be brought back and given scores. Every subsequent competitor will be scored immediately following the performance of their form.

## ADMISSIBLE COMPETITION FORMS

Color belts that participate in the form portion of competition will demonstrate the form selected by their instructor. This decision should be based on the form the student is currently learning or just demonstrated in a recent testing. For integrity reasons, the instructor should not have a color belt student do a form that would be considered below his/her current ability level. However, competitors will not be questioned by the judges about the appropriateness of the form they demonstrate.

Example: A green belt that has learned Songahm #1 thru Songahm #5 should not compete with Songahm #1, Songahm #2, or Songahm #3. Competing with Songahm #4 or Songahm #5 would be more in line with his/her ability.

There will not be any special consideration given in regard to the color of belt the students are wearing and the form with which that they compete (neither higher scores for a higher level form nor lower scores for a lower level form). The students will be judged according to their performance in comparison to the others in their division that day.

1st Degree Black Belt competitors must do their new form after 6 months from the date of their successful decided rank test. This is commonly referred to as the "6 month rule". The only exception to this rule is if he/she has for some legitimate reason been unable to receive instruction and has not learned the form.

Black Belts who have achieved the rank of 2nd Degree or higher may choose to do any of the Black Belt forms up to and including the form designated for their rank during the regular tournament season. The lowest form that can be performed in a Black Belt ring is "Shim Jun" Black Belts may not compete with a form designated for a rank higher than their current rank, even if they are "competing up" for the tournament season.

\*\*\* Special Note 8\*\*\* There is not a time requirement to determine which form a color belt must do for competition. The decision is left up to the individual's instructor.

\*\*\* SPECIAL NOTE 7\*\*\* The tournament department has tried to address the issue of what form a black belt should do for competition. There are several factors which have played into the decision to allow Black Belt competitors to compete with a different form than their current rank. The most prevalent ones are:

- A Black Belt competitor may want to "compete up a rank" due to a potential testing
- Black Belt forms have a higher range of difficulty. Often a black belt will decide not to compete because they are not comfortable with their new forms and we end up creating more reasons for someone not to compete than deciding to compete.

With the different teaching methods used in many of the schools, and with the recommended rank issues, creating an "all specific" rule has become impossible.

\*\*\* Special Note 9\*\*\* All the competitors that make it to the Top Ten to compete for the title of World Champion in Forms MUST perform one of the standard

forms for the division in which they are competing during that final competition. No lower rank forms will be allowed in the final competition. In a combined division of 2nd and 3rd Degrees, either "Jung Yul" or "Chung San" must be done. In a combined division of 4th and 5th Degrees, either "Sok Bong" or "Chung Hae" must be done. First Decided Black Belts may ONLY exercise the "6 month rule" which states that a competitor has 6 months from achieving their new rank to perform their new form, so they may do "Choong Jung #2 (nothing lower in a black belt ring will be allowed – even with block teaching) during the regular tournament season. If however a First Degree Decided black Belt qualifies for the Tournament of Champions he/she must perform "Shim Jun" during Top Ten Competition at World Championships for the title.

## FORM SCORES

### Scoring Range

Each judge will give a score ranging from 9.0 to 9.9.

- The score is a comparison score based on the competitors in the ring, and not based upon the excellence of the form itself.
- It is highly probable that the scores from each judge will greatly vary because each judge is scoring a different part of the ring and do not have any relationship to the other.
- This method of scoring also gives the competitors instant feedback on what part of their form may need improvement.

### Determining and Administering a Score

It is important to understand how to determine a competitor's score. Judges of an ATA event follow these procedures when determining a score.

- 1) The first three competitors will complete their form before being scored. This gives the judges a base for their scores.
- 2) Each judge will give a score ranging from 9.0 through 9.9. The meaning of the scores are as follows:

(Remember; these scores based upon a comparison of the others in the ring and do not indicate a level of excellence)

9.9 = Considered among the best of the group

9.6 thru 9.8 = Better than the average of the group

9.5 = the group average

9.2 thru 9.4 = Below the group average

9.1 = Complete, 2nd attempt

(Black Belt competitors may not have a 2nd attempt so this score is for color belts only -

must be given by all three judges)

9.0 = Incomplete

(only to be given by the center judge on the first attempt or all three judges on the second attempt)

An incomplete form is defined as a competitor leaving out at least an entire segment or stopping any time during the form and not finishing. At times, some competitors may leave out a technique or two, turn the wrong direction, or may do an incorrect technique.

This would NOT be classified as an incomplete form. Because the emphasis of the organization's teaching is on quality of technique rather than solely memorization, an incomplete form will receive a score of 9.0 from the center judge only if it is the first attempt, and from all three judges if it is the second attempt. If a competitor leaves out a technique or two, turns the wrong direction, or does an incorrect technique, he/she should receive score reductions from the center judge only.

During form competition, the center judge may assist a competitor complete their form through verbal cues and possible physical demonstrations if the competitor is unable to complete their form. This is done solely to help the self-esteem of the competitor by giving them the opportunity to finish their form in front of their peers and audience. The center judge must then score the form as if it were incomplete (with the score of 9.0) which would be the same as if the judge did not offer assistance and the competitor had not completed their form.

Example: A competitor demonstrating Songahm #3 leaves out both knifehand high blocks, or does sidekicks in place of the two round kicks, but does correct techniques during the rest of the form. The Center Judge may make score deductions for the competitor doing the wrong techniques or leaving out techniques, while Judge A and Judge B should give scores that reflect the quality of the techniques demonstrated (when compared to the other competitors).

It is important to remember that the scores given reflect the quality of technique and presentation of the form in comparison to the other competitors in the ring at that time.

The scores of all judges will be added to determine the winner.

All color belts are allowed two chances to complete their form. The highest score they may receive on the second attempt is 9.1.

Black Belts are not given the opportunity of a second try.

If any competitor fails to complete the form, he/she should receive a score of 9.0 from the center judge only if it is the first attempt, and from all three judges if it is the second attempt (for color belts).

There are no boundary restrictions during forms competition. Competitors will not be penalized for stepping beyond the ring boundaries, nor will they be penalized for adjusting their position to avoid obstacles, people, or the ring boundaries. Competitors may not realize that they will not be penalized for stepping beyond the ring boundaries and may adjust to prevent this. It is also possible that equipment bags, spectators, etc., may be in their way and they should be permitted to adjust to avoid these obstacles.

There are no specific time restrictions during forms competition. When forms are described and taught, the written material has a suggested time frame in which the form should be performed. This suggested time frame is there for the

purpose of helping the student understand the speed and flow of the form; it is not included as judging criteria to be used tournament competition.

The center judge is the sole judge that will factor in the speed and flow of the overall form in their score. That adjustment should be based on the actual performance of the form in comparison with the other competitors and not on a "stop watch."

When scores are recorded on the score sheet, the only number recorded is the number following the decimal.

Example: The scores of 9.6, 9.7, and 9.8 will be recorded as 6, 7, and 8. The total of these scores would then be recorded as 21.

### Resolving Ties

Should 2 or more competitors have the same score for first, second, or third place there is a tie in the division, and the following method for determining the winner is in place.

- Ties are to be run off rather than decided in conference.
- If there is a tie in the forms competition, the tied competitors will be asked to do their form again. The forms will be done individually, not at the same time.
- All forms competitors will be scored only on the first time that they do their form. All ties will be decided by the judges pointing to the best form.
- If there is a tie for more than one place, the judges will decide the highest place first.

Example: There is a two way tie for first place and a two way tie for third place. The center judge would have the two competitors tied for first place demonstrate their forms again and a decision would be made as to the victor. Then the two that tied for third place would perform next and a decision made.

- All the judges will now be judging the entire form overall rather than their original assignments.
- After all the tied competitors (for that place) have done their form, they will line up facing the judges.
- On the command of the center judge, all judges will point at the competitor they felt did the best.
- If at least two judges pick the same person, that person wins and will receive that place in the competition.
- If more than one more place was at stake, the judges will immediately decide the next best form, and so on, until all the positions are filled.
- If all three judges point to different competitors, those three will step forward one step.
- Next, the two competitors on the right (the judges' left) will take one more step forward.
- The center judge will now ask the judges to pick the better form from those two. This winner now steps forward with the competitor on the left; and the judges will again point to the

better form. This person is the winner.

- If more than one place was at stake, those competitors eliminated by the original vote will now be

brought back and the judges will point to the one they felt deserved the next place. This procedure will be used until all places have been determined.

Example: Sue, Mary, Jane, and Betty tied for first place. All four competitors demonstrate their form a second time. All four competitors' line up in front of the judges and at the direction of the center judge, each judge points to the competitor they felt earned first place. If each judge points to a different person, one competitor is eliminated from the first place voting (for this illustration Mary was eliminated). Once first place has been decided per the above procedures, second place needs to be determined. In order to do this, Mary would be brought back to be eligible to earn second place. This procedure would be used if there are four or more tied for first or second place; those eliminated in the deciding for one place will be brought back for the next place.

- A judge will remain consistent with his/her choice for best form when deciding ties. If a judge points for "Competitor A" in his/her initial voting, that judge must continue to vote for competitor A in all subsequent voting until a competitor places or is eliminated.

Example: There is a three-way tie for 1st place in one of the women's divisions. The top finishers are Ellen, Sally and Jane. After the competitors have completed their form a second time, they are standing in the ring waiting for the judges to point to the choice for the best form, and Mr. Brown votes for Ellen. The other judges each vote for Sally and Jane. When the center judge calls Ellen and Sally to step forward and the judges to vote, Mr. Brown must vote for Ellen again. If Ellen wins that vote and then goes against Jane, Mr. Brown must vote for Ellen again.

#### Awards for Form Competition

There will be three places awarded in form competition. They are as follows:

1st Place - Awarded to the competitor with the highest cumulative point total.

2nd Place - Awarded to the competitor with the next highest cumulative point total.

3rd Place - Awarded to the competitor with the third highest cumulative point total.

#### SCOREKEEPER/TIMEKEEPER

The scorekeeper and timekeeper at an ATA tournament play an important part in the overall running of a ring. While these persons are not considered to be judges, they have responsibilities and obligations that must be followed.

The Scorekeeper/Timekeeper should:

- make sure that his/her duties in the ring are understood, and ask the center judge for any clarifications necessary.

- write legibly (if applicable) and completely fill in any and all scores given by the center judge
- repeat the score back to the center judge in a loud clear voice.
- make every effort to get the center judges attention if he/she becomes unclear with a score or time issue at any point during competition.
- pay complete attention to the ring in which they are working.

## FREE-SPARRING / ONE-STEP COMPETITION RULES

### GENERAL RULES

#### Position of the Judges

Each judge is assigned a particular position in the ring which will allow him/her the best view for judging free-sparring or one-step competition.

The center judge must maintain his/her primary position directly facing the scorekeeper and timekeeper during any calls. This is to insure the scorekeeper and timekeeper receive, understand, and write down all instructions and scores. When the center judge has confirmed a point(s) and calls that out to the scorekeeper, the scorekeeper should repeat the point(s) to the center judge. This will confirm that the proper information was heard and recorded.

The center judge should personally check the stop watch to insure it is working properly and should also insure the proper winners of each match are recorded.

The other two judges should take a position in the opposite corners from the center judge, creating a triangle. All three judges should try to maintain this triangle, so that as the competitors move around the ring, so do the judges.

#### Same School Rule

When the center judge is pairing the competitors for sparring or one-step competition, he/she will make every effort to prevent competitors from the same school from competing against each other in the first round of competition. If a competitor receives a bye in the first round, they can face an opponent from the same school the first time they actually spar.

#### Bye system

The ATA bye system is to be set up before any one-steps or free-sparring begins. The ATA bye system is based on the concept that each division must achieve a point at which exactly four competitors are left to spar for one of two third places, a second place, and a first place. Simply having an even number of competitors will not insure that a division will reach this point. A bye would be considered an "automatic win." The competitor who receives a bye would not have to do one-steps or free-spar in the first round of the competition and would move into the next round.

#### Calculating the Number of Byes

In order to calculate the appropriate number of byes, the center judge should:

1. Verify with each competitor that they are indeed sparring.
2. Count the number of sparring competitors.

3. Refer to the back of the sparring score sheet to determine the number of byes necessary.

#### Procedure of Awarding Byes

Previous World and State Champions in Sparring (or One-Steps) will receive preference in the awarding of byes.

The procedure for administering byes will be as follows:

Step 1: The Center Judge will calculate the number of byes needed.

Step 2: To determine the number of previous World and State Champions for one-steps or sparring in the

division, the center judge will have all the competitors turn around so he/she can view the

uniform backs and determine who is wearing the appropriate uniform indicating a previous

sparring championship won. This will be determined by the uniforms being worn that day only.

Verbal or written confirmation of past or new champion status will not be allowed.

Step 3: The Center Judge will award byes to the previous champions in this order:

- First: The World Champions

1. The most current World Champion receives the first bye.

2. If any other byes are needed, then it will be by descending order of year.

3. If there are two or more of the same year for a bye, a random draw among those tied

will be used.

- Second: The most current State Champions after all the World Champions.

1. If any other byes are needed, then it will be by descending order of year.

2. If there are two or more of the same year for a bye, a random draw among those tied

will be used.

This rule does not guarantee that every World or State Champion will get a bye, they only receive preference. This will be used at all regional, national, and world tournaments. This rule will not be used in the final competition for the title of World Champion. The order of total points earned from most to least will be used to determine those byes.

\*\*\*Special Note 10\*\*\* The procedure for determining byes will take precedence over the previous rule of competitors being separated by school for the first round. The byes cannot be reassigned if this procedure leaves only members from the same school competing against each other in the first round.

#### One-step / Free-sparring Competition Awards

There will be three places (4 trophies) awarded in One-step and/or Free-sparring competition. They are as follows:

1 - First Place

1 - Second Place

2 - Third Places

The two competitors who make it to the Semi-final round, but do not advance to the finals will both be awarded third place trophies.

## ONE-STEP COMPETITION

### Basic Guidelines

The following are the basic rules and guidelines concerning One-Step Sparring:

- All white, orange, and yellow belts are eligible to compete with one-step sparring. They may not free-spar.
- If a student is wearing a camo belt at a tournament, he/she will not be allowed to compete in one-steps, even if he/she has been recently promoted. He/she has the option to free-spar or may choose not to.
- One-steps must be done with a “partner” facing each other and as if in a self-defense situation. One-step sparring matches use the same bye system as free sparring.
- After the competitors bow in, the center judge assigns one competitor to be red (using a piece of red cloth attached to the competitor’s belt in the back) and one competitor to be white.

\*\*\* Special Note 11\*\*\* Please refer to page 25 regarding the “Curriculum Rotation” or “Block Teaching” systems.

The set of one-steps a competitor may do will follow the same criteria as described for forms (except that camo belts and above must free-spar).

- A competitor cannot mix one-steps from two different ranks, but the set of one-steps which a competitor uses does not have to match the form the competitor used during form competition; i.e. a competitor may do Songahm 2 Form and Songahm 1 One-Steps.
- During one-steps, a competitor must do at least two different one-step combinations on the first two attempts to win both initial points.
- If a competitor does repeat a one-step during the first two attempts, they are prohibited from winning the second attempt. They may, however, repeat a one-step during the final round and win the tie-breaker.
- For safety reasons, a competitor is allowed to do only the #1 and #2 one-steps in any order.
- The #3 one-step will not be allowed.
- If there is a tie and a third one-step is necessary, the competitor will use his/her choice of the number 1 or number 2 one-step.
- A one-step match will last for a maximum of three one-steps.
- If a competitor accidentally makes slight contact during one-step sparring, he/she will not be

penalized. If excessive contact is made, a penalty point may be awarded or the student may be disqualified if appropriate.

#### One-Steps Competition Procedures

- ▶ The center judge will conduct the match as he/she would free-sparring.
- ▶ The competitor on his/her right will always be red and low block first.
- ▶ The center judge will start each one-step segment by telling the red competitor to "Step Back, Low Block!"
- ▶ The center judge will break the competitors between each one-step just as in free-sparring.
- ▶ To seem more like free-sparring, the judges will score the one-steps one at a time.
- ▶ Using flags, the judges will score the first one-step as soon as both competitors have finished. One point will be awarded to either red or white.
- ▶ This will continue until one competitor scores two points and is declared winner of the match.
- ▶ The winner of the match should then confirm his/her name with the scorekeeper to insure that the proper competitor is credited with the win, and advances to the next round.

#### One-Steps Judging Criteria

All one-steps will be judged by the following criteria. The judges will check each of the criteria, moving down the list until he/she sees a significant difference between the competitors. This determines the winner of the one-step. The criteria in order of importance are:

- 1) The quality of the basic techniques: stances, blocks, kicks, etc. As mentioned earlier about forms, memorization is not the organization's sole objective. A student that has "great" technique but leaves out a move (or does an incorrect move) should not lose to a student that does the one-step "correctly", but has only "fair" technique. Also, regional/Instructor variances are expected and must be allowed.
- 2) If both are even, the judges will look at power; which competitor uses the stronger techniques.
- 3) Next, look at the flow (or smoothness) of the one-step.
- 4) If the judge still can't decide, choose the competitor striking closer to the target.
- 5) If they are still tied, the competitor with the better competitive attitude should win.

### FREE-SPARRING COMPETITION

#### Basic Guidelines

- Prior to sparring competition, it is the responsibility of the Center Judge to verify that all competitors have all and are using only ATA approved safety gear

- All camo belts through Black Belts are eligible to free-spar.
- Each sparring match will last a maximum of 2 minutes unless:
  1. There is a tie at the end of regulation time.
  2. One competitor reaches 5 points before the time limit has expired.
- Unless a disqualification is declared, the competitor who scores the greater number of points at the end of regulation time will be declared the winner.
- Neither color belts or black belts are required to make body contact to score points, but may make light to moderate contact to the body or head.
- In the interest of safety, if a judge feels that the technique was close enough to score, (no attempt was made to block or evade) but contact was not made because of exceptional control by the attacker, a point may be awarded.
- Using the ATA Bye system, the Center judge will call up the competitors in pairs until a champion can be determined.

#### Free-sparring Competition Procedures

The following rules are in effect for every round of free-sparring:

- Each competitor will answer "Yes, Sir/Ma'am!" when his/her name is called, and run to the mark indicated by the center judge. From that point to the end of the match, the competitors will follow the instructions of the center judge. They will not talk unless directly addressed by the center judge or one of the corner judges. Comments, actions, facial expressions or disrespectful body language in response to a judge's call or to a lack of judge's call or ruling will not be allowed and may be punished by a verbal warning, penalty point or disqualification.

- Each round will be timed for a maximum of 2 minutes
- Time runs continuously unless the center judge or corner judge indicates that time should be stopped.
- If one competitor reaches five points before the end of the two minutes, he/she will be the winner.
- Ties will be determined by "sudden victory" -- the first competitor to score a point will win.
- There is no time limit on "sudden victory."
- Points and warnings do not carry over into "sudden victory."
- Overtime matches may be decided by penalty points.
- At the conclusion of a match, the winner should then confirm his/her name with the scorekeeper to insure that the proper competitor is credited with the win, and advances to the next round.

#### Legal Target Areas

Points in a free-sparring competition are scored by hand or foot techniques only in legal target areas.

The following guidelines apply:

Hand techniques may only strike the front of the torso.

This area is restricted to the front of the body starting at the hip line and going up to the base of the throat, and from one side seam of the uniform to the other side seam of the uniform.

\*\*\*Striking techniques going towards or making contact with areas outside of this definition will be considered illegal. (See Warnings)

Foot techniques may strike the front of the torso (see above) and the head and neck, excluding the throat.

The sides and back of the neck are legal as are all areas of the head including the face mask, the sides, back and top.

\*\*\*\*Kicking techniques going towards or making contact with areas outside of this definition will be considered illegal. (See Warnings on page 36)

#### Illegal Target Areas and/or Illegal Techniques

Illegal target areas include any part of the body not described in the above definitions. The type of technique, striking or kicking, will determine which definition to use.

Illegal target areas include:

- All areas below the belt. This includes side, front or back areas and applies to kicks or strikes.
- The back of the torso (excluding the sides or back of the neck and head for kicks) and to the back.
- The throat.

While striking the arms and/or shoulders will not score a point, they are not illegal targets.

Blind hand techniques are illegal techniques. A hand technique is considered “blind” if the attacker is not looking at the target at the time the technique is thrown. A spinning backfist would be an example of a “blind” technique.

#### POINTS

How a competitor scores a point

Scoring points will be done by performing legal hand or foot techniques on or near the legal targets, with varying criteria depending on the rank and division of the competitors.

The following techniques will score points:

- Hand and standing foot techniques to the legal torso area will score one point.

Legal hand techniques

include only punches, backfists, hammerfists, ridgehands and knifehands. Finger tip techniques as well

as spinning backfists, spinning knifehands, etc. which are defined as “blind

techniques" are not allowed.

- Standing foot techniques to the head, face, side or back of the neck, will score two points.
- Jump kicks to the body will score two points. The criteria to qualify as a jump kick is that the non-kicking foot must be off the ground at the time of the kick coming close to or touching the legal target area.
- Jump kicks to the head target areas score three points. The criteria to qualify as a jump kick is that the non-kicking foot must be off the ground at the time of the kick coming close to or touching the legal target area.
- Techniques cannot score if the competitor (the attacker) is falling during the execution of the technique.
- Kicks cannot score if anything other than the base foot is touching the ground.

EXAMPLE: Competitor A strikes the chest of Competitor B with a side kick, but in the process puts his/her hand on the floor while executing the kick. The Center Judge will call break, and re-set the competitors in the middle of the ring. No point will be scored.

#### The Signals Used for Point Calling

Corner and center judges use signals to indicate calls in a ring. The center judge will point to the proper competitor rather than raising a flag. A Corner Judge will use the flags as an indicator. The calls are:

- Point - raise the correct flag color (pointing the flag toward the competitor who scored) and number of fingers corresponding to the number of points scored.  
This means the judge saw a technique come close to or touch a legal target area.
- No Point - cross both forearms downward.  
This means the judge saw a technique, but did not feel that it qualified as a point due to reasons such as, but not limited to:
  - a) The technique was not close enough for the ranks of the competitors.
  - b) The technique was blocked by the other competitor.
  - c) The technique was not a proper technique (weak or poorly thrown).
  - d) The technique was thrown when the competitor was out-of-bounds.
- No See - one hand covers the eyes.  
This means the judge either did not see a technique thrown or was not in a position to judge whether the technique came close to or touched a legal target area.

- Warning - wave the correct flag color down low.  
This means the judge saw the competitor do something that was illegal. This includes, but is not limited to:

- a) The technique was going in the direction of an illegal target area (this would include fakes or feints).
- b) The technique came close to or touched an illegal target area.
- c) The technique used was illegal.
- d) The competitor didn't exercise sufficient control of the technique.
- e) The competitor was running out of the ring to avoid being scored upon.
- f) The competitor was purposely falling to avoid being scored upon.
- g) The competitor's attitude/conduct was not of ATA standards.
- h) The competitor is delaying the match (slow return to mark, slow getting up, etc.).
- i) The competitor is receiving coaching.

#### Making a Call – Point

If a point or warning is seen, the following actions will occur:

- One or more of the three assigned judges should clearly call out "Break!" to stop the action.
- On direction of the center judge, each judge will indicate one of the four calls; "point," "no point", "no see," or "warning." The center judge and the corner judges are required to show their vote at the same time.
- Each judge has one vote with all the votes carrying equal weight.
- When indicating a point for either color, the corner judge should raise AND point the appropriate flag and number of points awarded in the direction of the competitor they are calling for. This way if an error is made in the color of flag raised, the judge may change the flag for the correct call. If a corner judge calls a point for red, but raises the white flag, red is possibly being deprived of an earned point. Honest mistakes do happen. If the judge points in the direction of the proper competitor, but raises the wrong color flag, it is evident to everyone for whom he/she meant. It would be permissible in this event to change the flag color.
- Points or penalties will be awarded according to the majority of judges who saw the techniques. If a warning is called, it must be verified. See the next section on Warnings

Example 1: Two judges call "no see," and one judge calls "point." In this case, the competitor who scored will be awarded the appropriate point(s). If a judge calls "no see," he/she has eliminated himself/herself from that particular scoring vote. In this situation, only one judge saw the scoring technique, so this would make him the majority.

Example 2: One judge calls "no see", one judge calls "1 point Red" and one judge calls "no point". In this case, there is no majority, and no points would be awarded.

- If two or three judges score different points for the same competitor, the highest common score called by the majority of judges will be awarded.

Example 1: First judge scores Red 1, second judge scores Red 1, and third judge scores Red 2. The highest common score is 1 and Red is awarded 1 point.

Example 2: First judge scores Red 1, second judge scores Red 2 and third judge scores Red 3. At least two judges scored 2 points or higher and Red is awarded 2 points.

\*\*\* SPECIAL NOTE 11\*\*\* A judge must actually SEE (not just hear contact, etc.), any technique he/she calls. If a judge is not sure that a technique scored, he/she will call "no see." If he/she calls "no point," he/she could prevent a competitor from receiving a legitimate point.

## WARNINGS

### Procedures for Calling a Warning

The following procedures and guidelines are used in the calling of a warning:

- If a judge sees an illegal technique or illegal action, that judge will call "Break" to stop the action.
- The center judge will say "Judges...Score". At this time the judge that called for the break will then wave the matching colored flag of the offender towards the ground.
- The center judge will look at the time-keeper and say "Stop Time!"
- A discussion will then take place about what that judge saw and whether any of the other judges saw that illegal action. Once it has been discussed what the offending action was, the center judge should then call for verification similar to calling for verification of points. (Judges should make every effort to make sure the competitor and spectators understand any discussions that occur.)
- Each judge will then use the same calls as they would for verifying points.
- A competitor can not be issued a warning and be awarded a point at the same time.

EXAMPLE: During the action, one judge saw "Red" punch towards "White's" face and two judges saw "Red" kick towards "White's" head. The Center judge calls for the judges to score. At this time the judge that saw the punch waves his/her red flag towards the ground and the other two judges raise their red flags and two fingers indicating an award of two points for "Red." The center judge sees the call for a warning and stops time so the judges can discuss what was witnessed. After the discussion, the Center judge asks for official verification. It is verified that "Red" punched toward an illegal target area (the face) and a warning is issued to "Red". Since "Red" received a warning for the punch to the face, "Red" cannot also receive two points for the kick.

- If a judge sees a point and a warning at the same time during a sparring match, he/she will notify the

center referee when instructed to score after a break (a corner judge can call time if necessary).

EXAMPLE: Center referee calls “no see,” one corner judge calls “White 2,” and the other corner judge calls “White 2” but also saw Red make contact to an illegal target area. The center judge would seek verification on the Red warning first then proceed to the point call for White.

- In a situation that requires calls for both competitors, time must be stopped and not continued until the final warning and/or scoring decisions have been completed.

EXAMPLE 1: One judge calls “White 1,” second judge calls “White 1,” and the third judge calls “Red warning.” The center judge should stop time, discuss the warning first and seek verification, then move on to the point calls.

EXAMPLE 2: One judge calls “White warning,” second judge calls “Red 2,” and the third judge calls “no see.” Judges would first verify the warning for “White” and then the points for “Red.”

#### The Signals Used to Verify a Warning

The safety of all competitors is the main concern of every judges involved in a division. It is because of this safety concern that the calling of warnings is a very important aspect of the judge’s responsibility. The call of warnings always requires special attention whether it is the only call or not.

The following signals will be used to indicate calls concerning warning:

- Verify the warning - Wave the matching colored flag of the offender towards the ground

This indicates the judge saw the action and agrees that it was illegal.

- Disagree with the warning - Cross the arms low

This indicates the judge saw the action, but did not agree that it was illegal. This could be because of a

different visual position to the action and did not see the action as illegal.

- No See - One hand covers the eyes

This indicates that the judge did not see the action, and cannot agree or disagree with the call.

The results of this call are handled similar to calling for points; the majority indicates the final call.

It is important to remember that two calls of “No See” do not negate a warning or a point. The “No See”

calls are treated as if the judge wasn’t there at the time and the majority of what is remaining indicates

the final call, even if the majority is only one judge.

Example 1: If one judge calls “no see,” one judge calls “point” for white, and one judge calls “warning” for white, the appropriate warning or point (warnings are always verified first) will be called following the verification process.

Example 2: If one judge calls “warning” for red, one judge calls “no point,” and one judge calls “point” for red, the competitor will receive the appropriate warning or point (warnings are always verified first) following the verification process.

Example 3: If one judge calls “point” for white, another judge calls “point” for white, and another judge calls “warning” for the white, the competitor will receive the appropriate warning or point (warnings are always verified first) following the verification process.

#### Contact /Non-Contact Penalties

Contact penalty rules are for the safety of competitors in their different divisions. The safety equipment is only effective in stopping cuts and bruises from accidental contact made with controlled technique. It will not protect against full-power attacks.

The following rules apply to contact during a sparring competition:

- All contact penalties will result in a point awarded the defender. This includes non-intentional contact that does not fall under the “NO FAULT” rule.
- All competitors are encouraged to score head kicks without contact.
- If light contact is made, points may still be awarded.
- If the judges’ vote determines excessive contact was made, the center judge will award a penalty point, or he/she may disqualify the attacker if excessive contact was due to malice or a negligent lack of control.
- Neither color belts nor black belts are required to make body contact to score points, but may make light to moderate body contact.
- Black Belt students are not required to make head contact with kicking techniques, but are allowed to make light to moderate contact.
- No contact will be allowed, or any points awarded, for any hand techniques to the head.
- Hand contact to the head or contact to any illegal target area the first time will result in a penalty point; the second time will be automatic disqualification.
- In all calls relating to contact to illegal target areas, the judges should take into consideration the amount of contact as well as the perception of control of the technique. (Please refer to the next page on “No-Fault Rule.”)

EXAMPLE: “Red” has already made contact to an illegal target area and “White” was awarded a penalty point for the infraction. Later in the match, “Red” throws a punch that goes towards the face of “White.” The judges may decide that “Red” did make contact with a punch to the face of “White,” but that “Red,” seeing where the punch was going, did try to control the technique and the amount of contact was very, very minor. A technique like this would not be grounds for disqualification, but would indicate another penalty point awarded to “White.”

- Contact to certain areas that are not defined as legal, may not warrant a warning.

Examples would include, but not limited to: punches that hit the shoulder or kicks that make

contact to the other competitor's leg while that leg is in a kicking motion and would be considered above the hip line. The judges will use their experience and knowledge to determine if the competitor needs to be warned.

A competitor may also be issued a non-contact penalty.

Non-contact penalties include, but are not limited to the following:

- running out of bounds to avoid the fight
- falling down to avoid attack
- low fakes
- delaying a match (getting up slow, returning slowly when break is called, etc.)
- grabbing an opponent
- striking (no contact) to an illegal target area
- coaching

Non-contact infractions will receive a warning for the first instance and a penalty point for each subsequent infraction.

- Excessive or Illegal Contact or Unsportsmanlike Conduct will result in a penalty point awarded to the opponent on the first offense. It may result in disqualification if the judges deem it was done through negligence or malice.
  - The second instance will result in disqualification of the offender.
  - Remember that the purpose of this rule is to protect the competitors physically and mentally, even if it may seem harsh to disqualify a competitor with poor control.
- If a competitor is disqualified during sparring, he/she is eliminated from competition during that tournament only, not from future tournaments.
- If a competitor is disqualified for unsportsmanlike conduct after places are awarded, that competitor will forfeit his/her place. Other competitors will not move up in place if this occurs.

- It is possible for a competitor to be disqualified for unsportsmanlike conduct by his/her parent or fan in attendance.

#### No-Fault Rule

If a competitor throws a technique that is intended for a legal target area, but due to actions outside of his/her control, strikes (or comes close to) the opponent in an illegal target area, the competitor will not be penalized.

Example 1: A competitor throws a reverse punch towards his opponent's chest. The opponent ducks down and is hit in the face, or blocks the punch up into his/her face. This would result in a no-fault call.

Example 2: A competitor throws a sidekick towards his opponent's ribs. The opponent does a spinning hook kick at the same time and is kicked in the back. This would result in a no-fault call.

An important factor in determining if the no-fault rule should be exercised is if the competitor recognized what was about to happen and tried to further control the technique. This is not always possible, but would support the concept that the competitor is concerned about the safety of his/her opponent. It is also important to remember that this is a judgment call by the judges in the ring. Those judges will use their experience and the attitudes of the competitors as guidelines when using the no-fault rule.

#### Out of Bounds

A competitor is considered completely out of bounds when any part of the foot (or more) is touching the floor beyond the ring boundary. Judges should tap the floor if they see a competitor is out of bounds to help him/her realize his/her ring position. The following rules apply:

- A competitor out of bounds cannot score.
- A competitor out of bounds can still be scored upon.
- A competitor is not required to "let" the person out of bounds return in bounds. If in the judgment of the officials, there is no danger to the competitors, or spectators, they may allow the ring to continue even if one competitor is out of bounds.
- If a competitor has one foot in bounds and one foot out of bounds, the competitor can only score with the foot that was out of bounds. By picking up this foot, he/she is now back in the ring.
- A competitor cannot score with a jump kick if initiated with both feet out of bounds. However, a #3 style kick can score if the out of bounds foot is the one that initiates the elevation for the kick (and the other foot was in bounds). Once the out of bounds foot lifts off the floor, the base foot is in bounds and the competitor would be considered in bounds.
- A competitor can score on an out of bounds competitor with a jump kick if initiated inside the ring and the scoring occurs while both feet are still in the air.
- Out of bounds penalties depend on whether the competitor was forced out of the ring or ran out to avoid an attack. If it becomes apparent that a competitor is running out of the ring to avoid attack or is not making adjustments to avoid being forced out of bounds, he/she should be given a warning the first time (provided he/she does not have a warning for some other infraction or be given a penalty point if he/she already has had a warning for some other infraction) and a penalty point for each following instance.

#### Competitor's Attitude

One of the most important tenants of Songahm Taekwondo is the concept of DISCIPLINE. While it is important to show the discipline of being a good loser, it is equally important to exhibit the discipline of being a good winner. Songahm Taekwondo students are known for their discipline, courtesy and respect.

Any kind of exhibition of disgust, frustration or dissatisfaction with the outcome of competition will not be tolerated. Neither will over-exuberance with winning be allowed. All sparring gear should be left on until the competitor is dismissed and has left the ring. Poor sportsmanship of any kind may result in warnings, penalty points, disqualification, reverse decisions or being barred from future tournaments.

Reverse decisions can only be executed by the Regional Chief of Tournaments, National Tournament Director or the International Chairman of Tournaments. Being barred from future tournaments can be recommended by the Regional Chief of Tournaments or the National Tournament Director, but must be approved by the International Chairman of Tournaments with official written notification to the offender coming from the International Chairman.

### Injuries

Every effort has been made to make competing in a Songahm Taekwondo tournament as safe as possible.

However, injuries do occur. The following guidelines will be applied to all injuries during competition:

- If a competitor is injured the judge will have him/her lie down (or remain where he/she has fallen) and remain still and DO NOT remove the headgear.
- The medical team on site will be called to the ring.
- If there was no blow to the head or face, the competitor may be asked to remove his/her mouth piece.
- Until the medic arrives at the ring, every effort will be made to help the competitor stay calm, making sure he/she does not move around.

The injured competitor will only be allowed to continue only when a certain criteria is met. The criteria is as follows:

1. It is the opinion of the medical team that he/she will not be further injured by continuing.
2. If the competitor is under 18 years old, he/she MUST receive permission from his/her parents (if present), instructor (if present), and medical staff.
3. If the parents and instructor are not present, the recommendation of the medical staff will stand.

### TINY TIGER TOURNAMENT PARTICIPATION FORMAT

#### Establishing Our Goal

The overall goal of encouraging “Tiny Tigers” to participate in the Songahm Taekwondo tournament process is to provide them with an “INTRODUCTION TO COMPETITION.”

Children in the age group of our “Tiny Tigers” may not be mature enough to understand “winning” and “losing” as in traditional competition. They do, however, recognize the difference between not getting a “prize” when someone else does and “how come his prize is bigger than mine?” Trying to answer these questions can be a real hardship on parents and instructors. By handling “Tiny Tiger” divisions as an “INTRODUCTION TO COMPETITION,” we insure that there will not be any “losers,” only “winners.” All children will be rewarded for what is important, their participation and effort.

A key element to this “INTRODUCTION TO COMPETITION” is that it should be FUN!

We all know how difficult it can be to perform in front of large crowds, in strange places, performing material with which we are not confident. This is even more frightening for “Tiny Tigers.” We want them to learn that they do not have to be afraid and that participating can be fun and rewarding. Trying their best is what is most important. Our goal is to give them that opportunity and reward them for trying.

#### TIGER Age and Rank Guidelines

The recommended ages for Tigers are from 3 to 6 years old. Some schools offer Tiger lessons to 2 year olds and continue them as Tigers even after the age of 7. If a Student trains as a Tiny Tiger in their school, then they will be allowed to participate in the Tiger Division of an ATA tournament. Likewise, if a child is within this age range and is training as a “Karate Kid” rather than a “Tiny Tiger,” then they should participate in the “Karate Kid” divisions. The student’s Instructor will determine in which division the child should participate. Every case needs to be handled on an individual basis. Special consideration needs to be given to children that have learning disabilities. However, due to potential size problems, 6 years old is the recommended maximum age in a “Tiny Tiger division. The Instructor needs to indicate on the tournament registration card the appropriate group the child will participate in.

The rank groups for “Tiny Tiger” participation are limited to white belts through 1st Recommended Black Belts.

#### Tiger Division Breakdowns

The following are guidelines for Tiny Tiger divisions:

- It is required that a “Tiny Tiger” division be limited to no more than 8 participants. Tiger participants have a limited amount of patience. Having a division larger than eight may cause a problem in keeping the kids attentive. Also, trying to control more than eight “Tiny Tigers” in such a strange atmosphere (for them) can be difficult.
- It is permissible to have divisions smaller than eight, but do not have more than eight.
- The RCT or his/her assign will make every effort to keep Tiger white belts in a separate division from orange and yellow belts. This is sometimes not possible.

- It is recommended, but not required that no more than two rank groups be combined (except in the case of the brown, red, and red/black ranks).

### Ring Staff

Due to the fact that “Tiny Tigers” do not actually compete, the ring staff can be different from the normal \ tournament guidelines. Only one judge and one helper are required in each ring.

- Every effort will be made to ensure that the judge be someone who loves working with “Tiny Tigers” and has experience doing so.
- The helper will be a leader through forms and one-steps. These leaders will be available if the child needs help with any of the material they are performing. These helpers know the material for which they are providing help.
- The helper may be a Junior Leaders or younger Trainee Instructor or specially trained color belt that knows the material.
- The helper will “keep an eye” on the child they are helping so they don’t go too fast or too slow.
- Leaders will only be used for those “Tiny Tigers” that have indicated they need help on their registration card or if a Tiger gets stuck during the demonstration of their form.
- Leaders will perform each form and/ or one-step in such a manner that the Tiger will able to follow along with the helper.
- The leader may also verbally lead the student. They should use the proper names for each technique and include a descriptive term that will remind the child how to do the technique.

Examples and recommendations for this include the following:

- “Strong High Block” (using the word “Strong” for all blocks)
- “Fast Knife-Hand Strike” (using the word “Fast” for all strikes)
- “High Round Kick” (using the word “High” for all kicks)

### Tiny Tiger Form / One-Step Knowledge

The decision of what material the “Tiny Tigers” will participate with will be left up to their Instructor and should be indicated on their registration card. The registration card will indicate which form, and which one-step will be performed.

Here are the form breakdowns:

		1st half	2nd half
White Belt	Songahm #1	1 - 9	10 - 18
Orange Belt	Songahm #2	1 - 12	13 - 23
Yellow Belt	Songahm #3	1 - 14	15 - 28
Camo Belt	Songahm #4	1 - 16	17 - 31

Green Belt	Songahm #5	1 - 17	18 - 34
Purple Belt	In Wha #1	1 - 25	26 - 44
Blue Belt	In Wha #2	1 - 22	23 - 42
Brown Belt	Choong Jung #1	1 - 22	23 - 44
Red Belt	Choong Jung #2	1 - 23	24 - 46

Many of the white, orange and yellow belts only learn one one-step, so the existing rule of having to do two different one-steps will be adjusted for the "Tiny Tigers." Depending on what rank the "Tiny Tigers" are, they may have learned #1 one-step only or both #1 and #2 one-steps. The one-steps the "Tiny Tigers" will compete with is decided by their Instructor.

\*\*\* Special Note 12\*\*\* Remember that this is an "INTRODUCTION TO COMPETITION", not actual competition, so the amount of knowledge is not used as a measuring stick as much for these kids as it is for older divisions.

While performing one-steps, two (2) tigers will be called up at a time, but the "Tiny Tigers" will NOT face each other, they will face the front of the ring and the judge. The judge will direct each "Tiny Tiger" to do his/her one-step. Judges will not award points, but will comment positively about the effort and techniques demonstrated. The leaders will be available to help any "Tiny Tiger" as mentioned earlier.

#### TIGER Judging Criteria/Scoring Format

Since this is considered an "INTRODUCTION TO COMPETITION," scoring for forms, one-steps, and sparring will be totally different from other divisions. In Tiger rings, male and female competitors may be in the same ring. This includes sparring. Judging of Tigers will be as follows:

- A "Tiny Tiger" will not receive a numerical score. Instead the judge will make a positive comment about the performance of the student. The "Tiger" judge may use such comments as, "Super Power Billy" or "Awesome Side Kicks Suzie." The important aspect is that the "Tiny Tiger" performed in a new and different surrounding. The object is to make the Tiger feel very positive about the experience.
- The same type of procedure will be used for one-steps. Each "Tiny Tiger" will do his/her one-step(s) per the usual format, but rather than awarding a point, the "Tiger" judge will make a positive comment to each tiger when a break is called.
- Each "Tiny Tiger" will do 2 rounds of one-steps or free-sparring.
- When having an odd number of "Tiny Tigers," one of them will do three rounds (the "Tiger" judge will pick a good positive reason for having that "Tiny Tiger" perform an additional time).
- For free-sparring, each "Tiny Tiger" will get to spar twice for one minutes each time.
- Points will not be issued in the usual manner. Instead, when the "Tiger" judge sees something special to comment one, he/she should stop the action as if they had seen a point and make a positive comment about the

move. Examples of such comments are; “Excellent block on that round kick, Tommy” or “Lightning fast punch, Joey.”

- In Free-sparring, if there is an odd number of “Tiny Tigers,” one of them will do three rounds (the “Tiger” judge should pick a good positive reason for having that “Tiny Tiger” perform an additional time).
- Free-sparring rounds for tigers will be 1 minute each.
- The “Tiger” judge will always be looking for something positive to comment on.

#### Categories of Tiger Awards

Once the forms and one-steps (or free-sparring) have been completed, the “Tiger” judge will decide on which “Tiny Tiger” will receive an award in each of the following suggested categories:

- GREAT KICKS
- SHARP HANDS
- SUPER SPORTSMANSHIP
- LOUD YELLS
- BOARD BREAKING POWER
- AWESOME BLACK BELT ATTITUDE
- PAYING ATTENTION
- FOLLOWING DIRECTIONS

A separate set of awards are given to those Tigers who compete in Weapons, ATA-Xtreme Forms, or ATA-Xtreme Weapons competitions. The categories will be very similar to the categories for forms and sparring. The following are suggested categories:

- GREAT WEAPONS CONTROL
- AWESOME ANGLE STRIKES
- BLACK BELT WEAPON DEMONSTRATION
- POWERFUL WEAPON HANDLING
- BEST PROTECH ATTITUDE
- MOST CREATIVE
- BEST ATA SPIRIT
- AWESOME TIMING
- BEST ATA-XTREME ATTITUDE
- MOST CREATIVE ATA-Xtreme FORM

Regions may decide to change these categories at their discretion, but it should be done with the input of those Instructors that work with “Tiny Tigers.” Each

“Tiny Tiger” will receive one award. This procedure will reinforce the concept “Every Kid Is a Winner”; and “Every Kid Is Special.”

### Final Remarks Regarding Tiger Competitions

As one may have noticed, the term competitor was not used in this section, but rather participant. Remember that the overall goal of this program is to offer “Tiny Tigers” an “INTRODUCTION TO COMPETITION.”

There are many benefits to be gained from “Tiny Tigers” being part of our schools/clubs. Children can learn many valuable lessons at this very early age. Discipline, respect, courtesy, self-confidence, values and better grades are just a few.

## SPECIAL ABILITY COMPETITION GUIDELINES

### Introduction

Since the time when Eternal Grandmaster Lee formed the Special Ability divisions for tournament competition and afforded them the opportunity to earn the title of World Champion, the intent has always been to offer safe and fair competition for those who were unable to compete with others of their age, gender, and rank.

The tournament Department has faced the dilemma of determining who can fairly compete in the Special Ability divisions at regional, national, and world tournaments and accumulate points for the Special Ability State and World Champion divisions. The following information should answer many questions or lead one to the person (or people) who can.

The last few years of competition has seen a significant growth not only in the number of Special Abilities competitors, but also in the involvement of Instructors, parents, and interested members. We are very pleased to have so many involved with actual participation, support, and input. This facet of the ATA membership cannot grow and succeed through the efforts of just a few; it takes everyone.

### Special Abilities Competitor Eligibility

Those eligible to compete in the Special Ability divisions must have either a (an):

- ► PERMANENT PHYSICAL LIMITATION, or
- ► IMPAIRED MENTAL ACUITY

## DEFINITIONS

### - PERMANENT PHYSICAL LIMITATION

This permanent physical limitation would put the competitor at an extreme disadvantage against non-physically challenged peers.

Examples of a permanent physical limitation would be (but not limited to) if the competitor:

- Has a bone, muscle, or nerve disorder that severely limits the physical mobility of the competitor
  - (i.e., no arms, no leg(s)

- has an artificial leg(s),
- is forced to use a wheelchair or other device to maintain mobility
- is blind.

Examples of physical limitations not eligible would be (but not limited to) if the competitor:

- muscle pulls, strains, or tears, recovering from a surgery or procedure that temporarily limits the physical mobility
- has an artificial arm or absence of an arm
- is hearing impaired
- has a seizure disorder
- minor arthritic conditions, or joint replacement.

#### **- IMPAIRED MENTAL ACUITY**

By impaired mental acuity, the intent is that the competitor is at an extreme disadvantage against non-challenged peers due to the inability to comprehend all aspects of the competition.

Examples of impaired mental acuity would include (but not be limited to):

- Cognitively disabled (impaired ability to function independently)
- Autism
- Down syndrome.

Examples of conditions not eligible would include learning disabilities.

These disabilities include but are not limited to:

- Dyslexia
- Attention Deficit Disorder (ADD)
- Attention Deficit/Hyperactive Disorder (ADHD)

#### **Special Abilities Eligibility Procedures**

To help with the “checks and balances” of this arena, the following is required to be done yearly for any competitor to enter into a Special Abilities division:

- The student’s instructor must give permission based on the guidelines listed and on their integrity
- The student’s instructor must verbally apply to the Regional Chief of Tournaments.
- Following the guidelines listed above and their own integrity, the RCT will determine if the student
- would be appropriately assigned to the Special Abilities division;
- If the RCT determines the student would be appropriately assigned to the Special Abilities division, written notice must be sent to the International Chairman of Tournaments by the RCT for record keeping and verification.

If in the opinion of the RCT there is a question as to the eligibility of a student seeking to be placed in special abilities competition, the RCT MAY send the application to headquarters UNSIGNED. The International Chairman of Tournaments or his/her assigns then determines the eligibility of said student.

- Any dispute of the RCT's decision must be taken to the International Chairman of Tournaments. The decision of the International Chairman of Tournaments is final.
- A copy of the approved or disapproved eligibility form will be returned to the RCT for their records.

Any Top Ten points awarded to someone who is inappropriately in the Special Abilities division will be forfeited.

Please remember, the intent of these divisions is to afford those who have a significant and understandable reason to compete in them and the ability to earn the self-respect and self-esteem they could not have previously earned. The goal is that the competition be fair and safe.

#### Special Ability Divisions

There are separate divisions for those with cognitive challenges and for those with physical challenges. These divisions are for each gender and age group.

To determine which division a member should compete in, the competitor's diagnosis that requires the most adaptation for daily life will be considered.

EXAMPLE: A competitor has been diagnosed as autistic, but because of that autism, the competitor has become physically challenged, the competitor will be included in the cognitive division. The assignment of proper division will be done by the ATA on a case-by-case basis with the necessary input from each competitor, parent or guardian, Instructor, and doctor where needed.

In the Special Abilities divisions, the Junior and Adult divisions are divided by age. These age divisions are different from the regular ATA competitor divisions because of the limited number of participants.

The following Special Abilities divisions will be at all ATA sanctioned events:

Cognitively Challenged	Physically Challenged
Boys - 12 and Under	Boys - 12 and Under
Boys - 13 to 16	Boys - 13 to 16
Girls - 12 and Under	Girls - 12 and Under
Girls - 13 to 16	Girls - 13 to 16
Men - 17 to 29	Men - 17 to 29
Men - 30 and Over	Men - 30 and Over
Women - 17 to 29	Women - 17 to 29
Women - 30 and Over	Women - 30 and Over

#### SPECIAL ABILITY RULE ADJUSTMENTS

Form and Weapons

Form and weapons competition for the Special Ability Divisions will be run the same as other divisions with one exception; all the judges will watch the entire form quality and the intent of the technique rather than the original assignments. The logic behind this rule is as follows:

- There are competitors that cannot perform kicks and stances; therefore it is not reasonable to expect a judge that is assigned to judge kicks and stances to give a fair score.
- There are competitors that cannot perform hand techniques; therefore it is not reasonable to expect a judge that is assigned to judge kicks and stances to give a fair score.
- By allowing the judges to evaluate all aspects of the form and weapon performance the judges, while taking into consideration the intent of the technique shown and what they are capable of doing, can fairly judge and score the competition.

### Sparring Competition

Sparring competition for the Special Ability Divisions will run the same as other divisions with one exception; all scoring techniques will be awarded one point.

The logic behind this rule is as follows:

- A person confined to a wheel chair would never have the opportunity to score a two or three point technique.
- It would give an unfair advantage for a standing competitor to be able to score a two or three point technique to a seated opponent.
- The variety of the competitors' individual mobility to evade a two or three point technique could also put a competitor at an unfair disadvantage.

This is not meant to discourage competitors that are capable from using any kind of head level or jumping type kicks. They are still allowed and encouraged. They simply will only be awarded one point.

All legal techniques and legal target areas remain the same.

### TRADITIONAL PROTECH WEAPONS

### GENERAL RULES AND GUIDELINES

#### Permission to Compete

**\*\*\*THIS APPLIES TO ALL STUDENTS, REGARDLESS OF BELT, RANK, OR COLLAR**

In order to compete in a Protech Weapons event, a member must:

- Be a member in good standing of the ATA, STF or WTTU.
  - In good standing means that the member; regardless of rank, belt or leadership collar, must have a current membership with the organization. A Certified Instructor must also have a current instructor's certification.

- Be a member of and be training WITH A WEAPON on a regular and consistent basis at an ATA licensed school or club.
- Have his/her Instructor's permission to attend and compete.

#### Order of Competition

Unless otherwise published, at Class "C", Class "B", and Class "A" tournaments, Protech weapons competition will take place within normal Songahm Taekwondo competition. The order of competition will be:

1. Traditional Songahm Taekwondo Form
2. Weapons Competition
3. Traditional Songahm Taekwondo One-Steps / Sparring

#### Approved Weapons

Prior to competition, it is the responsibility of the Center Judge to inspect and approve all weapons intended for competition.

The following guidelines apply to all Traditional Weapons used in competition:

- All weapons used in competition MUST be the "Protech" version or "Protech" approved.
- Jahng Bong is an exception – any style is allowed, but it MUST be in good condition. This applies to Black Belt as well as Color Belt competitors.
- Jee Pahng Ee is an exception and may only be used by Black Belt competitors. Any style is allowed, but it MUST be in good condition.
- NO other weapons are permitted
- Competition weapons MUST not be decorated or altered in any fashion
- "Knowledge" stripes may be used on "In Class" weapons ONLY
- The weapons may not be altered from their original size, shape, or form by any means. Decorations or adornments not included in the manufacturing of the weapon are not permitted.

#### Weapons Competition - Awards

There will be three places awarded in every weapons form competition; a first place, a second place, and a third place.

- First place will be awarded to the competitor with the highest cumulative point total from the three judges.
- Second place will be awarded to the competitor with the next highest total.
- Third place will be awarded to the competitor with the third highest total.

In all junior divisions, the competitors will be given an additional competitor award if they do not officially place in weapons competition. In the "Tiny Tiger" divisions, each "Tiny Tiger" that participates in Free-Style Weapons will be awarded a trophy.

#### COLOR BELT "FREE STYLE" WEAPONS COMPETITION

## Color Belt Approved Weapons - Size & Specifications

The color belt student must confer with their Instructor concerning the weapon they will use in competition. As in traditional forms competition, the student must have his/her instructor's permission to compete. Color Belts must only use ATA Protech safety weapons. Colors Belts may NOT use the ATA-Xtreme weapons. The only exception to this rule is the ATA-Xtreme Jahng Bong.

If competing in weapons, a color belt MAY ONLY compete with one of the following:

- Single or Double Bahng Mahng Ee
  - If competitor is under 60" tall, they MAY use either 21" or 25" weapon
  - If competitor is 60" or over, they MUST use 25" weapon
- Single or Double Ssahng Jeol Bong
  - If competitor is under 60" tall, they MAY use either 9" or 12" weapon
  - If competitor is 60" or over, they MUST use 12" weapon
- Jahng Bong
  - Length of weapon MUST be at least shoulder height
- Ssahng Nat
  - If competitor is under 60" tall, they MAY use either 9" or 12" weapon
  - If competitor is 60" or over, they MUST use 12" weapon
- Gum Do
- Oh Sung Do

## Form Competition Procedures

- The center judge will introduce the judges to the competitors and explain what each judge is scoring.
  - He/she does this to insure that everyone understands the rules and procedures.
- When a competitor's name is called, the competitors will answer, "Yes, Sir/Ma'am," run to the center of the ring, and stand in the proper attention stance for that weapon to wait for the judges' directions.
- They will follow the judges' instructions, and when given the command to begin, will demonstrate their form at their own count.
- They will hold the position of the last movement until given the command to return and will not leave the ring until dismissed.

## Content of Free-Style Demonstration

The following rules apply to color belt "free style" competition:

- The color belt student will demonstrate a free-style routine of his/her own creation that has a maximum duration of 30 seconds.
- There will not be a penalty for a performance that is less than 30 seconds.
- The time-keeper of the ring will start the clock running at the command of the Center Judge and will call out “Time” when 30 seconds has expired (at which time the student must stop performing within a second or two).
- They will not demonstrate the form created as part of the Black Belt mid-term requirements.

#### Judging Criteria for “Free Style” Scores

Color belt weapons competitors present a “free style” presentation for the judges. Color Belts do not have a specific “form” to do. The routine must be approved by the competitors’ instructor prior to competition; therefore it is vital that the color belt student consult his/her instructor as to the presentation. Every student will present his/her own unique “free style” form.

This presentation will be judged on the following criteria:

- Overall Control of the Weapon (deductions for drops, mishandling, etc.)
- Difficulty (more difficult maneuvers deserve more recognition)
- Originality (is the competitor being creative)
- Presentation (was the display exciting and fun)

This is not intended to be a specific order but rather a guide for the judge to compare one presentation against another

#### Free-Style Weapons - Judges Area of Responsibility

One difference from the traditional forms scoring system is that all three judges will score the entire performance rather than one specified aspect. The same scoring system will be used as the Traditional Songahm Taekwondo Form competition. Scores will range from 9.0 to 9.9 (please refer to page 26 of these rules) with two additional items:

1. There is an automatic one tenth point deduction from each judge’s score for dropping the weapon(s).
2. There is an automatic one tenth point deduction from each judge’s score for picking up the weapon(s) incorrectly.

#### Resolving Ties

Ties are to be run off rather than decided in conference. If there is a tie in the color belt weapons form competition the following procedure will take place:

- The tied competitors will again perform their free-style form for the weapon they are demonstrating one competitor at a time until all the tied competitors have had an opportunity to perform again.
- After all of the tied competitors have performed for the second time, the judges will point to the winner rather than giving numerical score again.

- If there is a tie for more than one place, the judges will decide the highest place first.

## PROTECH WEAPONS - BLACK BELT RULES & PROCEDURES

### Approved Weapons – Rank & Size Specifications

If competing in weapons, black belts MUST compete with a Protech Approved weapon(s) assigned to their rank or lower. Black Belt students must confer with their instructor concerning the weapon they will use in competition.

Black Belts MUST perform the required Black Belt form assigned to the weapon. Black Belts do not use “free style” forms unless when breaking a tie.

The following weapons as well as which Black Belt Rank may use them are listed below:

- Single Bahng Mahng Ee for 1st Degrees or above
  - If competitor is under 60" tall, they MAY use either 21" or 25" weapon
  - If competitor is 60" or over, they MUST use 25" weapon
- Double Bahng Mahng Ee for 2nd Degrees or above (same size as for Single)
- Single Ssahng Jeol Bong for 1st Degrees or above
  - If competitor is under 60" tall, they MAY use either 9" or 12" weapon
  - If competitor is 60" or over, they MUST use 12" weapon
- Double Ssahng Jeol Bong for 2nd Degrees or above (same size as for Single)
- Ssahng Nat for 2nd Degrees or above
  - If competitor is under 60" tall, they MAY use either 9" or 12" weapon
  - If competitor is 60" or over, they MUST use 12" weapon
- Jahng Bong for 3rd Degrees or above
  - If doing Mid-Range, weapon MUST be at least shoulder height or longer
  - If doing Long Range, weapon MUST be at least 4" taller than competitor
- Sam Dan Bong for 4th Degrees or above
- Jee Pahng Ee for 4th Degrees or above
  - Any wooden model is permitted (rubber cap on end must be removed)
- Gum Do
- Oh Sung Do

## Judges Areas of Responsibilities

Weapons competition procedures are very similar to Traditional competition, but they do each have their own unique rules. As in Traditional competition, there are 3 qualified judges per ring; Corner Judge A, Corner Judge B, and Center Judge.

All three judges must judge the overall form, as well as the following:

Corner Judge A will grade:

- Proper stances and accurate strikes (as they relate to the nine angles of strike).
  - ■ For stances, the judge should look for proper weight distribution and foot placement.
  - ■ For accurate strikes, the judge should use the nine angles of strike as the guideline.

Corner Judge B will grade:

- Timing
  - ■ The judge will look for the coordination of hand and foot movements.
- Fluid handling of the weapon
  - ■ The judge will look for smooth exchanges and transitions from one move into the next.
- Equal precision of the left and right sides of the body
  - ■ The judge will look for a balance of technique quality from one side to the other.
- Consistency between the first half of the form and the second half
  - ■ The judge will look for equal speed and direction of the weapon during both halves.

The Center Judge will grade:

- memory
- transition between segments
- appearance of the form
- the attitude of the competitor

\*\*\*In grading these areas, the judge should consider which competitor gave the best performance and who put on the best show.

## Black Belt Weapons - Form Scoring

The same scoring system will be used as the Traditional Songahm Taekwondo Form competition. Scores will range from 9.0 to 9.9 (please refer to page 26 of these rules) with two additional items:

1. There is an automatic one tenth point deduction from each judge's score for dropping the weapon(s).

2. There is an automatic one tenth point deduction from each judge's score for picking up the weapon(s) incorrectly.

### Resolving Ties - BLACK BELTS

Ties are to be run off rather than decided in conference. If there is a tie in the weapons form competition the following procedure will be followed:

- The tied competitors will again perform the proper form for the weapon they are demonstrating.
- At the conclusion of the form, the center judge will give the command for the competitor to return to the proper ready position and then indicate for them to start a 30 second free-style demonstration.
- This procedure will be done one competitor at a time until all the tied competitors have had an opportunity to perform again.
- After all of the tied competitors have performed for the second time, the judges will point to the winner rather than giving numerical score again.
- If there is a tie for more than one place, the judges will decide the highest place first.

In resolving ties for black belt weapons form competition:

- The key element a judge will focus on is still the performance of the original form.
- The free-style demonstration is not the first criteria for resolving ties in weapons competition.
  - The free-style demonstration is included only to help the judges make a decision if the tied competitors perform comparable original forms and they are unable to decide between the competitors.
  - If a judge cannot decide between the tied competitors based on the original form being repeated and needs to depend on the free-style demonstration to make a choice, the judge should determine the winner based on the difficulty, originality, and fluidity of the presentation in regards to the use of the weapon.
  - The key element of the free-style demonstration must be the use of the weapon. Advanced kicking techniques and the use of gymnastic moves should not receive higher consideration unless the weapon is actually used within the movements.

### ATA-XTREME

### COMPETITION RULES AND GUIDELINES

#### ATA-XTREME COMPETITION RULES and GUIDELINES:

ATA-Xtreme Form and ATA- Xtreme Weapons competitions are a "Free Style" performance that allows the mix of traditional and contemporary martial arts techniques that have evolved over the last 30 years. These may be added to a traditional form, or the form may be devised in its entirety by the competitor.

The following guidelines are in place for ATA-Xtreme competition (Forms & Weapons):

- The form must be no longer than 3 minutes in length.
- The time starts once the competitor has been given the command to begin AFTER being formally called to perform and bowed in by the center judges.
- The score keeper will use a stop watch to time the performances and inform the center judge when 3 minutes has expired.
- Evaluation of a performance will stop at the 3 minute mark and the competitor will be stopped at the 3 ½ minute mark.
- The forms or weapons performance will be scored using the same process and point range as the ATA Traditional Forms and Traditional Weapons competition except that all three judges will judge the overall presentation rather than specific parts.
- The Extreme Forms and Extreme Weapons will be compared to the other competitors in that ring at that time and judged on the following (not in any particular order):
  - Creativity
  - Difficulty
  - Presentation
  - Attitude
  - Precision of Technique
  - If music is used, is the form choreographed to the music (not just background music)
  - Control of the Weapon
- Gymnastic type movements or other movements not found in martial arts disciplines will be allowed, but will not be given any more credit towards scoring than traditional martial arts movements.
- Music is allowed for both the ATA-Xtreme Form and ATA-Xtreme Weapons competition but both the equipment to play the music and the music itself must be supplied by the competitor along with someone at ringside to start and stop the music as well as control the volume.
- A competitor may not remove any part of the uniform worn during ATA-Xtreme competition.

#### Eligibility Requirements:

In order to compete in any ATA-Xtreme competition, the competitor must:

1. Be a member in good standing of the ATA.
2. Be a member in good standing of a licensed ATA / STF / WTTU school or club that has the ATA-Xtreme Program license (or the XMA program prior to the availability of the ATA-Xtreme Program).

3. Have their Instructor's permission.
4. The competitor MUST also compete in the traditional event that correlates to the ATA-Xtreme event in which they wish to compete.

EXAMPLE: If a competitor wishes to compete in ATA-Xtreme Forms, the competitor must also compete in Traditional Forms that day. The same would apply for ATA-Xtreme Weapons competition.

Approved Weapons:

The following rules apply to Xtreme Weapons:

Color Belts

- The same weapons rules apply as in Traditional Weapons Competition.
  - The same selection of weapons applies - NO others are added.
  - The same style of weapons applies – NO exceptions, modifications or additions.
- Xtreme Competition Weapons MAY be decorated.
- Xtreme Competition Weapons MUST NOT be altered in shape or size.

Black Belts

- MUST use a weapon from within the entire "Protech" curriculum (see page 48 of Protech Rules) NO other weapons are added for ATA-Xtreme competition.
- Black belts of all ages MAY use the ATA-Xtreme competition weapons or XMA "branded" weapons.

Note: "XMA" Xtreme competition sword has the logo on the scabbard and an "X" shaped hand guard

- Black belts may perform with any "Protech" version or "Protech" approved weapon
- Xtreme Competition Weapons MAY be decorated. If in the opinion of the Regional Chief of Tournaments (or his/her assigns) the decorations alter the weapon, the weapon will not be allowed to be used in competition. The RCT decision is final.
- Xtreme Competition Weapons MUST NOT be altered in shape or size

SPECIAL NOTE: School owners and Instructors should listen to and approve all music including the appropriateness of the lyrics prior to the competitor using it during competition. Special attention should also be paid to the attitude of the competitor during ATA-Xtreme competition. Rudeness or inappropriate behavior during any competition will not be tolerated.

ATA-Xtreme Divisions

Divisions are based on gender, age of the competitors, and rank. At the conclusion of each tournament season, the International Tournament Director will evaluate the number of competitors in each division and determine if any changes are to be made for subsequent tournament seasons. Divisions change

as the organization grows and more students in different age and rank groups compete.

Effective Saturday, June 28, 2008, the ATA-Xtreme divisions are:

Color Belt Divisions (all ranks are together)

BOYS	GIRLS
8 years old and under 8 years old and under	
9 to 12 years old	9 to 12 years old
13 to 16 years old	13 to 16 years old
MEN	WOMEN
17 to 29 years old	17 to 29 years old
30 to 45 years old	30 to 45 years old
46 years old and over 46 years old and over	

Black Belt Divisions (all ranks are together)

BOYS	GIRLS
8 years old and under 8 years old and under	
9 to 12 years old	9 to 12 years old
13 to 16 years old	13 to 16 years old
MEN	WOMEN
17 to 29 years old	17 to 29 years old
30 to 45 years old	30 to 45 years old
46 years old and over 46 years old and over	

Divisions at National and World events will reflect these age groups.

Regional events may combine divisions (color belts or black belt divisions) to provide competition opportunities. In ATA-Xtreme Divisions at Regional Events, the RCT will combine Male and Female Divisions of the same age group to create a full division. A combined division will not be separated for points at the conclusion of the event.

#### ATA-Xtreme Awards

As in traditional competition, 1st, 2nd, and 3rd Places will be awarded in both the ATA-Xtreme Form competition and the ATA-Xtreme Weapons competition. Competitor awards will be offered in the junior divisions.

#### WORLD CHAMPION PROGRAM

##### General Information

The World Champion Program tournament season runs from World Championships (usually in June) through April 30 of the next calendar year. Due to the time needed to finalize the Top Ten standings, tournaments are not sanctioned for the time period between April 30 and the World Championships (some exceptions have been made). Only tournaments that are sanctioned by the ATA International Headquarters qualify to have black belts earn Top Ten points. Only Black Belt students who are members in good standing may earn points in the Top Ten (please refer to page 16 for definition and other requirements).

During the tournament season, the ATA Tournament Department will collect the results of all Black Belt divisions at sanctioned tournaments. The students who placed in black belt divisions will receive Top Ten points according to their placing. These points are awarded in all Form, Free-sparring, Weapons and ATA-Xtreme Form, and ATA-Xtreme Weapons competitions. These points are totaled at the end of the year and those ten competitors in each division with the most points will earn a spot in the Top Ten.

Tournaments are identified by different class distinctions. Each class has different criteria that must be met and offers a different point structure.

Below is a listing of the different tournament classes, the necessary criteria, and the points awarded:

#### Place Point Value by Tournament Classification

##### “Class C” Tournaments

“Class C” tournaments are to be “inner-school” events. That means that only members of schools or clubs owned by the same owner (meaning their name is included on the license of the school or club on record with the School Operations Department of the ATA International Headquarters) can participate. If members of other schools or clubs compete in these events, the results may become null and void and any possible points earned may not be awarded.

The “Class C” event must be sanctioned with the Tournament Department of the ATA International Headquarters at least 30 days in advance of the event. Only 1 Class “C” tournament may be hosted by a school owner during any 30 day period. These events must not conflict with other regional (in the school owner’s region), national, or international events and will not be officially sanctioned if the dates do conflict.

The points awarded for a “Class C” tournament for the purpose of State or World Champion placement are as follows:

For all divisions of 5 competitors or more:

1st place	3 points
2nd place	2 points
3rd place	1 points

If the division has fewer than 5 competitors:

	4 competitors	3 competitors	2 competitors	1 competitor
1st place	2 points	0 points	0 points	0 points
2nd place	1 points	0 points	0 points	0 points
3rd place	0 points	0 points	0 points	0 point

There will be NO points awarded for divisions with fewer than 4 competitors.

The creation of divisions is solely in the hands of the school/club owner. They are not bound by any of the same rules governing the other classes of tournaments.

Color belts and black belts may be combined to achieve a full division.

To prevent abuse of the system (this limit applies only to "Class C" tournaments), there is a four event limit per tournament year that an owner can host and that a student can earn points in towards World or State Champion standings.

These four "Class C" tournaments will count in addition to the current number of events allowed towards either "Champion" group.

To provide another safeguard against a competitor winning a title with only "Class C" tournament points, a limit of 50% of a competitor's point total can come from "Class C" events.

The School Owner has 10 business days from the completion of the tournament to submit the results to Headquarters. Failure to do so will result in fines and possible forfeiture of points for the students who participated.

**EXAMPLE:** The most points a competitor can earn from "Class C" tournaments are 12 (4 tournaments times 3 points for first place). To be able to apply all 12 points to their total, they would need to have at least 12 points come from higher class level tournaments.

\*\*\*As a point to remember, if a competitor places at "Class C" tournaments first, their points will not be reflected in the standings until they place at a higher class level tournament and meet the 50% rule.

#### "Class B" Tournaments

"Class B" Tournaments are to be Regional events that have been approved by the school/club owner's region and sanctioned by the Tournament Department of the ATA International Headquarters.

The points awarded for a "Class B" tournament are as follows:

For all divisions of 5 competitors or more --

1st place	5 points
2nd place	3 points
3rd place	1 points

For all divisions that have fewer than 5 competitors --

	4 competitors	3 competitors	2 competitors	1 competitor
1st place	4 points	3 points	3 points	3 points
2nd place	3 points	2 points	2 points	0 points
3rd place	1 points	1 points	0 points	0 point

#### "Class A" Tournaments

"Class A" tournaments are regional events that have been approved by the school/club owner's region and sanctioned by the Tournament Department of the ATA International Headquarters.

In order for a tournament to be eligible for the "Class A" ranking, the history of the previous events hosted by the same school/club owner is reviewed.

Because of the larger size of the event and the potential for more competitors in each division, the points awarded are increased from that of a "Class B" event.

The points awarded for a "Class A" tournament are as follows:

For all divisions of 5 competitors or more --

1st place	8 points
2nd place	5 points
3rd place	2 points

For all divisions that have fewer than 5 competitors --

	4 competitors	3 competitors	2 competitors	1 competitor
1st place	6 points	3 points	3 points	3 points
2nd place	3 points	2 points	2 points	0 points
3rd place	2 points	1 points	0 points	0 point

#### “Class AA” Tournaments

“Class AA” tournaments are the two National events for all students, and the Black Belt Only National hosted by the Grand Master of Songahm Taekwondo and the ATA International Headquarters. At the time of this writing these events include the Spring Nationals held in Las Vegas, Nevada and the Fall Nationals held in Orlando, Florida, and the Black Belt Only National held in Los Angeles, California. The number of these events may change in the future as may the locations. Due to the size of these events, the points awarded are double that of a “Class B” event.

The points awarded for a “Class AA” tournament are as follows:

For all divisions of 5 competitors or more --

1st place	10 points
2nd place	6 points
3rd place	2 points

For all divisions that have fewer than 5 competitors --

	4 competitors	3 competitors	2 competitors	1 competitor
1st place	8 points	6 points	6 points	6 points
2nd place	6 points	4 points	4 points	0 points
3rd place	2 points	2 points	0 points	0 point

#### “Class AAA” Tournaments

There is only one “Class AAA” tournament each year. This is hosted by the Grand Master of Songahm Taekwondo and the ATA International Headquarters. It is typically called the Songahm Taekwondo World Championships and usually has competitors from all over the world from the ATA, STF, WTTU, and KTC.

Due to the size of this event, the points awarded to those who register on time are triple that of a “Class B” event.

The points awarded for a “Class AAA” tournament are as follows:

For all divisions of 5 competitors or more --

1st place	15 points
2nd place	9 points
3rd place	3 points

For all divisions that have fewer than 5 competitors --

	4 competitors	3 competitors	2 competitors	1 competitor
1st place	12 points	9 points	9 points	9 points
2nd place	9 points	6 points	6 points	0 points
3rd place	3 points	3 points	0 points	0 point

#### WORLD CHAMPION STANDINGS – MAXIMUM POINTS

To create the standings, points for the World Champion Program will only be taken from World Championships, Two national tournament (the best two of the three national events will be used if all three were attended), five regional tournaments (the best five will be used if more were attended) and up to four “Class C” events.

The best score available for the tournament season for “Top Ten” World Champion would be 87 points in either form or free-sparring or (15 from World Championships (first place finish - triple “Class B” points), 20 from two national tournament (first place finish in both events- double “Class B” points), 40 from five regional tournaments (first place finishes in all five tournaments if they are all “Class A” events], and 12 from four “Class C” events).

Starting with the 1999 Songahm Taekwondo World Millennium Expo, competitors from the STF (Songahm Taekwondo Federation) and the WTTU (World Traditional Taekwondo Union) were included in the finals to determine the World Champions for each division. Those competitor’s names are provided to the Tournament Department at the end of the tournament year, and will not be posted with the Top Ten standings.

To determine the World Champions in the form category, we have set an order of performance.

- If all the competitors are ATA students, the order of performance will be in reverse order of their point standings at the end of the tournament year (10th place will go first, etc., 1st place will go last).
- If the division includes members of the STF and/or the WTTU, the order of performance will be by a random draw number to place the competitor for his/her competition. The number drawn will indicate the person’s spot in competition, and everyone else will move down in the order.

To determine the World Champions in the free-sparring category, we will use our current bye system.

- If all the competitors are ATA students, the byes will be awarded to the top point finishers at the end of the tournament year.
- If the division includes members of the STF and/or the WTTU, byes will be determined by a random draw.
- Previous World or State Champions in sparring will not have any bearing on the determining of byes for this event.

#### Age / Rank and World Championship Program Divisions

It is very, very important to understand the following information. The proper division in which a competitor should compete is based on age and rank.

## AGE

The age for competition of the competitors will be determined by their birthday as of midnight December 31st of the tournament season. The age that they are at that time will indicate the division in which they should compete in throughout the entire tournament season.

Example #1: Billy's birthday is September 10 at which time he will be 11 years old. He should compete in the 11, 12, and 13 year old division starting at the World Championships and continue throughout the entire tournament season (he will be 11 as of midnight December 31st).

Example #2: Susan's birthday is February 14 when she will be 14 years old. She should compete in the 11, 12, and 13 year old division starting at the World Championships and continue throughout the entire tournament season (she will be 13 as of midnight December 31st).

Example #3: Dale is a 1st Degree Black Belt and his birthday is December 29 when he will be 17 years old. He should compete in the Men 17-29 1st Degree division starting at the World Championships and continue throughout the entire tournament season (he will be 17 as of midnight December 31st).

Example #4: Betty is a 4th Degree Black Belt and her birthday is January 3 when she will be 40 years old. She should compete in the Women 30-39 4th & 5th Degree division starting at the World Championships and continue throughout the entire tournament season (she will be 39 as of midnight December 31st).

## RANK

Rank changes can make a difference as to where a competitor's points will be applied. The following guidelines apply to rank changes during a tournament season:

- If a person changes rank during the tournament season and that rank change places them in a different division, that competitor can not gain any further points in the previous rank division.
- All subsequent points will be awarded to the new rank division.
- If a competitor is serious about trying for the title of World Champion, they should plan their rank changes accordingly.
- The one exception to points being carried over to another division after a rank change is if the competitor tests and competes at World Championships.

If a student knows that they are going to test during the current tournament season, they can compete in the higher rank division before they achieve that rank. It is permissible to enter what may be considered a more "difficult" division. It is not permissible to enter a lower rank or "easier" division.

Example 1: Mary (an adult) is a 1st degree and after consulting with her instructor, plans to test for 2nd degree in November. Mary can compete in the

2nd & 3rd degree division at the June World Championships. This would allow her to have all her points awarded in the same division throughout the year. If she competed in the 1st degree division at the June World Championships and changed ranks in November, all points she earned from June to November would be in the 1st degree division and all points she earned after November would be in the 2nd & 3rd degree division. This could have a major impact on her World Champion chances. The one exception to points being carried over to another division after a rank change is if the competitor tests and competes at World Championships.

Example 2: Alice is a 33 year old 3rd degree testing for 4th degree at the World Championships. Alice may compete in either the Women 30-39 2nd & 3rd degree division or the Women 30-39 4th & 5th degree division at the World Championships. If she does choose to compete in the 2nd & 3rd degree division, regardless of the outcome of her testing, her points will be awarded in the appropriate division. If she advances in rank, the points will be awarded in the 4th & 5th degree division. If she is unsuccessful, the points will be awarded in the 2nd & 3rd degree division. If Alice competes in the 4th & 5th degree division and is not successful with her testing, points cannot be awarded in the 2nd & 3rd degree division.

\*\*\* Special Note 13\*\*\* Please consult page 16 and 60 concerning black belts competing in a higher rank division and the proper form they should do for competition.

It is possible to earn sufficient points to be in the World Champion rankings in two age/rank divisions, but a competitor can only compete for the title in one. When the time to compete for the title of World Champion arrives, the competitor will have to compete in the higher rank division.

## TOURNAMENT OF CHAMPIONS

### World Champion Program Finals

At the end of the tournament season and after all the black belt results have been collected and the points tabulated, the World Champion rankings in every division for Forms, Weapons, ATA-Xtreme Forms, ATA-Xtreme Weapons and Free-Sparring will be announced. All ten finishers will have the opportunity to compete for the title of World Champion in their division.

This competition is called "The Tournament of Champions" and will take place at the World Championships after the tournament season ends (if the tournament season runs from the June 2008 World Championships through April 30, 2009, the competition will be at the June 2009 World Championships). Points toward the next year's Top Ten are not awarded for results of this final competition.

After the Top Ten are announced, if one or more of the competitors are unable to compete in the final competition (for whatever reason), those empty slots will not be filled.

Example: James earns the number ten position in the Men 17-29 2nd & 3rd degree division. Due to his work obligations, he cannot attend the World Championships and is unable to compete for the title of World Champion. Sam, who is the number eleven finisher, will not move up to the number ten position

because of James's inability to participate. Sam did not earn the number ten position. James will remain in the number ten position and receive the credit for such. Whomever James would have fought in the final competition will receive a bye.

#### Awards

All competitors in the Top Ten will be able to participate in the "Parade of Champions" that takes place at the World Championships. Certificates and jacket pins are given to all the Top Ten finishers and medals are given to the Top Three finishers in Forms, Weapons, ATA-Xtreme Forms, and ATA-Xtreme Weapons, as well as the Top Four finishers in Free- Sparring. There will be one gold medal winner, one silver medal winner, and one bronze medal winner in each division for Forms, Weapons, ATA-Xtreme Forms, and ATA-Xtreme Weapons competition. There will be two bronze medal winners, one silver medal winner and one gold medal winner in each division for the Free-sparring competition.

The competitor who wins the Top Ten will gain the title of World Champion in his/her division and can wear a special lettered uniform making this distinction. This uniform is ordered through the student's instructor from World Martial Arts and is done so at the student's own expense.

### STATE CHAMPIONSHIP PROGRAM

#### Introduction

Our tournament process has gone through many incarnations through the years with Grand Champions, National Champions, and World Champions. These programs have always been solely for black belts with the color belts watching and waiting for their chance to earn a title.

In 2001 Songahm Taekwondo World Championships the ATA introduced the State Champion Tournament Program for color belts and black belts. Each existing division of the current World Champion Program will be used in the State Champion Program as well as for color belts (refer to divisions on pages 21 and 22).

#### Rules and Guidelines of the State Champion Program

#### Eligibility Requirements

All color belts and black belts who are enrolled in an official Leadership Program with ATA International Headquarters are eligible to earn points towards the title of State Champion. These programs include the Junior Trainee Instructor Program for those under 13 years of age and the Trainee Instructor, Certified Trainee Instructor, Specialty Certified Instructor, and Certified Instructor Programs for those 13 years and older.

\*\*\* Special Note 14\*\*\* The ability to start earning points towards the State Champion Program begins once the student has received his/her "welcome" letter from the ATA International Headquarters. It does not start once the student completes the paperwork within his/her school.

#### State Champion Program Procedures

- Competition will be handled as usual per Songahm Taekwondo Tournament Rules.
- Divisions for junior and adult color belts and junior and adult black belts will be handled the same as they have been previously on all tournament levels.
- No changes to existing guidelines in separating or combining ages and ranks will be issued.
- Everyone who competes will be given the standard awards per the rules.
- Once the official results are received by the Tournament Department of ATA International Headquarters, those competitors who are enrolled in a Leadership Program will be researched and State Championship points will be awarded to them.
- No one at the Regional, National, or World tournaments will have to confirm a competitor's enrollment in a Leadership Program. That is a duty that will be fulfilled by the Tournament Department.

#### Divisions for the State Championship Program

##### Color Belt

Because color belts change rank frequently during a year, divisions cannot be based on rank. Divisions for color belts will be based on age and gender. Boys and girls will be separate from each other; men and women will be separate from each other.

The age breakdowns for Junior and Adult color belts will be the same as it is for the World Champion Program.

Due to the structure of "Tiny Tiger" involvement at tournaments (they do not receive scores for doing their form or free-style weapons nor are points awarded for one-steps or free-sparring, so awarding trophies for "places" is not done), they will not be eligible to earn points towards the title of State Champion.

The 7 & Under division is strictly for those that compete in the regular (non-Tiny Tiger) divisions.

##### Black Belt

The black belt divisions will mirror the existing ones available in the World Champion Program.

##### Competition Age

The age used to determine the proper division in which points are awarded will be the age of the competitor as of midnight on December 31 during the tournament year, just like the World Champion Program. (Please refer to page 60 for examples.)

##### Awarding the Title of State Champion

The title of "State Champion" is earned solely through the accumulation of points throughout the tournament season.

The following guidelines apply:

- The same point structure for the awarding of points currently being used for the World Champion Program will be used for the State Champion Program.
- There will not be a limit to how many regional, national, or world tournaments in which a member can compete in order to earn points.
- Points will be awarded separately for Form, One-steps/Sparring, and Weapons, ATA-Xtreme forms, and ATA-Xtreme Weapons. This means that there will be a State Champion for each area.
- The competitors with the highest point total at the end of the competition year will win the title of State Champion for their state and their age group (and rank group for black belts).
- There will not be any kind of final competition to determine a winner.
- In the case of a tie in point totals, all members tied will be declared the State Champion.
- Official notification from the ATA International Headquarters will be sent to each winner and that competitor will be able to purchase a special uniform indicating State Champion for his/her state and division (form, sparring, or weapons) through the Instructor
- If a competitor moves from one state to another during the tournament season, his/her State Champ points move with the competitor

#### \*\*\*SPECIAL NOTE\*\*\* "PHANTOM COMPETITORS"

It has come to the attention of the tournament department at International Headquarters that members of the ATA have been "bowing in" to a ring in order to allow the ring to get "full points". This practice is strictly prohibited. It not only does not follow the letter of the law, but violates the spirit as well. Only competitors who have paid for, and fully intend to compete to the best of their abilities should be allowed to participate in a ring.

#### MISCELLANEOUS INFORMATION

#### OPENING CEREMONY AGENDA

The ATA Tournament Department has a proper agenda for the opening ceremonies of a regional tournament. It is very important to follow this agenda and not deviate from it without prior authorization from the ATA Tournament Department or Grandmaster Soon Ho Lee.

Here is that agenda:

1. M.C. - Introduction of the Seniors (lowest to highest rank) and Guests  
Announce position, city/state, rank, and then name (if applicable, other achievements such as World Champion, etc. may be included)
2. M.C. - announces "Ladies and gentlemen, please face the flags"
3. Korean National Anthem (either via tape, CD, or singer)
4. American National Anthem (either via tape, CD, or singer)
5. Bow to flags

6. M.C. - announces "Seniors, face the Juniors"
  - (Please make sure Seniors have had the opportunity to face the juniors before the M.C. or leading student starts the Songahm Spirit of Taekwondo.)
7. Bow to Seniors
8. Songahm Spirit of Taekwondo
9. Bow to Seniors
10. M.C. - announces "Everyone please be seated"
11. M.C. - welcomes host of tournament
12. If applicable, have special guests give speeches
13. If applicable, give out awards
14. Highest ranking senior recognizes previous and/or current world and state champions present
15. If applicable, announce sponsors
16. If applicable, begin demonstration
17. Regional Chief of Tournaments - swears in judges
18. Regional Chief of Tournaments - administers competitor's oath
19. Regional Chief of Tournaments - gives instructions and explains which divisions are in which rings
20. Regional Chief of Tournaments - asks senior rank for permission to start the competition
21. Dismissed

\*\*\*It is very important that the opening ceremonies for regional tournaments not exceed a 45 minute time frame (including demonstration). The demonstration should be held to 10 minutes or less.

In case of an unexpected appearance of a high ranking ATA official, (an individual at least one rank higher than the highest official already in attendance), the chairman or chief will call all participants to attention to bow to and welcome the honored guest.

At the conclusion of the tournament, there should be a bowing out ceremony. This would be conducted the same as the ending of a class including the reciting of the Songahm Spirit.

**NOTE: ALL BLACK BELTS MUST STAY UNTIL THE OFFICIAL BOW OUT  
JUDGES' OATH**

The judges' oath will be administered by the International Tournament Chairman, the National Tournament Director or the Regional Chief of Tournaments to all personnel who will be judging. Although the association holds respect for certified judges' integrity, the oath is a reminder of the great responsibility held by a judge who is seen by all others as representatives of the ATA. It is vital for judges to

project a feeling of ATA unity and that all judges are interested in the growth and continued enjoyment of our martial art.

The administering official shall have all judges raise their right hands with the left hand in the support position, as he/she reads the oath:

“Do you swear that your judging of the Taekwondo students here present shall be without prejudice of school, region or other variant, and that your judging will be to the best of your ability in keeping with American Taekwondo Association policy and standards for the best interests of all competitors here involved?”

All judges shall answer:

“I DO.”

#### COMPETITOR'S OATH

In an effort to maintain the proper mental attitude of the competitors present, the proper official shall administer the following oath to all competitors.

The administering official shall have all competitors stand and raise their right hands with the left hand in the support position, as he/she reads the oath:

“Do you promise as a competitor in this ATA Regional Tournament, to compete in the spirit of Songahm Taekwondo, demonstrating safety, courtesy, and respect towards your fellow competitors, the judges, and the spectators? And will you always remember that “to compete is to win.”

All competitors shall answer:

“I DO.”

### ***Combat Weapons Point System***

Guidelines

#### **Approved Combat Weapons are now available through WMA.**

(Combat Weapons differ from the Protech BME's currently used)

#### **Full Sparring Gear is required!**

(Including: Head Gear, Face Shield, Chest Guard, Hand Guard, Cup @ Support, Mouth piece) Optional:  
forearm, knee pads

For Third Degrees and above. 17 years and older.

Two minute round, 10 points win or most at two minutes.

Legal targets include the entire body with following exceptions:

Groin

Eyes

Back of neck

*(Strikes with contact to these areas will result in a warning, then on second offence, one point being awarded to the person being struck.)*

#### Scoring Points

**1** Point - Single strike or stab to legal target.

**2** Points - Jump strike or stab to legal target.

**2** Points - Striking to head, striking weapon arm (forearm only.)

Stab front leg (Front and inner thigh only.)

**3** points - Jump strike to head, weapon arm

4 Points - Jump strike to weapon arm causing disarm

**(ALL strikes must be solid strikes for points to be awarded. Flicking and tapping techniques will not be awarded points.)**

### Penalty Points

#### **1 point awarded to opponent for loss of weapon**

A verbal warning will be given the first time a competitor performs any of the following illegal techniques or actions.

The second offence will result in one point being awarded to the non-offending competitor.

Illegal Techniques:

Strike to neck

Butt strike

Stab to face

1<sup>st</sup> offense, verbal warning; 2<sup>nd</sup> offense, point awarded; 3<sup>rd</sup> offense, disqualification.

Excessive Techniques:

Take downs

Kicking or punching

Throwing

Grabbing

1<sup>st</sup> offense, point awarded; second offense, disqualification.

**Changing Lives ATA Martial Arts located in Virginia Beach and Chesapeake, Virginia utilize the following guidelines while teaching martial arts.**

**To become a Team Member on one of our local Demo Team in Edinburgh Commons Martial Arts, Greenbrier Martial Arts, Red Mill Commons Martial Arts or Great Neck Martial Arts Team Martial Arts Training, please contact CLMA at 757-471-9002**

## **Team Demonstration Competition Rules**

### **TEAM DEMO COMPETITION**

Required Number of Team Members: 4 or more (no limit to maximum number - no gender requirements or restrictions)

Required Rank of Members: All team members must be at least 1<sup>st</sup> Decided Black Belts or higher and listed as

such in the ATA Membership files

Required Age of Members: All ages are allowed

Uniform Requirements: Songahm Taekwondo Traditional Dobok or Xtreme approved uniforms only

All team members must wear same style of uniform

Weapons Requirements (if used): Weapons used must be from within the ProTech curriculum

Only weapons that comply with Traditional Weapons or ATA-Xtreme/Creative Competition can be used

Other Requirements: One team per school/club number allowed

All members of team must come from only one school/club

Even for multi-school owners, team members cannot come from multiple schools

A list of team members will be required along with ATA numbers to verify school affiliation

*Special note: Members of a team for the Team Demonstration Competition must come from only one*

*school/club. If it is found that a student(s) is moved from one school to another for the purpose of this*

*competition, the entire team will be disqualified and that owner will not be able to enter any teams in future competitions.*

Required Time of Presentation: No minimum time – Maximum time of 3 minutes (going longer results in DQ)

Goal of Presentation: To entertain the audience using multiple methods of demonstrating martial arts skills

Presentation should be fast paced, high energy, exciting, dramatic, and fun to watch

This IS NOT meant to be an informative presentation so an “MC” is not warranted

Methods Allowed (any or all can be included):

Any Songahm forms, segments, combinations of martial arts techniques

Any creative forms, segments, combinations of martial arts techniques

Any ATA-Xtreme forms, segments, combinations of martial arts techniques

Empty hand self-defense, Weapons, Weapons self-defense

Weapons used must be from the ProTech curriculum

Only weapons that comply with Traditional Weapons or ATA-Xtreme Competition can be used

Board Breaking

Boards provided by team

Only plastic or wood allowed (no other materials permitted – bricks, concrete, etc)

Because this is a “demo”, boards can be prepped (shaved, poppers, etc)

Clean up to be done by team immediately after dismissal of team

Props

Humor

Martial Arts “tricks” and/or Gymnastics movements

Synchronization IS NOT required, but is allowed

Judging Criteria: Scoring will be based on overall team performance rather than individual performances. The

primary criteria being showmanship, presentation, and quality of execution.

There will be 5 judges. Each of the judges will be judging the overall presentation based on the criteria listed

above. None of the judges can have a team involved in the competition (cannot be an Instructor of the

competitors or the owner of the school or club that the competitors train at or belong to) or have a team that has

won an event during that tournament season. There may be alternative methods used during the World

Championships competition.

Scores will run from 9.0 to 9.9

Unlike traditional forms and weapons competition where competitors are scored in direct relation to each other,

this team competition will have set criteria that the judges will be watching for (see above). The judges will

award their scores based on the overall performance and how each of the criteria are performed.

The team with

the highest total score will be the winner.

Ties: In the event of a tie, the team with the most members involved in the tie will win (more members offers

more opportunities for mistakes). If the teams involved in the tie have the same number of members, the judges

will vote for the outcome. The teams will not perform again.

Music: The use of music is optional. The audio devices and medium used must be supplied by the competing

team and they must have someone to operate the device. No electrical outlets or electrical cords will be

supplied or allowed. For the finals at the World Championships, the sound system of the arena will be used and

the music must be supplied on CD in advance of the event (complete info will be provided to the teams). The

music used must be all ages appropriate – any music/lyrics found inappropriate by ATA International

Headquarters will result in DQ.

Registration fee for competition: \$150.00 per team.

Registration: Handled through e-mail only with the following information

Event name (Fall Nationals, Black Belt Nationals, Spring Nationals)

Competition event (Team Demo or Team Synchronized Form)

Team name, number of team members, members' names, and member's ATA numbers

Method of payment (credit card, credit on school account, check)

There will not be a registration fee for the final competition at the World Championships.

The ATA International Tournament Department will be using the date and time stamps of the e-mails to create

the order of competition. The team with the earliest registration will compete last and so on through all

registrations. The registration fee must accompany registration (permission given to charge credit card

associated with school number or phone call with credit card number made within 24 hours of registration or

next business day or the team's placement in the competition order will be adjusted based on the date and time

the payment was received). Teams will be notified of acceptance by return e-mail (please make sure a valid email

address is included with registration).

The winning team will earn the opportunity to compete at the upcoming Songahm Taekwondo World

Championships Opening Ceremonies against the winners from the other national events (Fall Nationals, Black

Belt Nationals and Spring Nationals for Top Honors.

*Special note: For clarification, a school/club may have a Demo Team AND a Synchronized Team entered into*

*competition and they may share members. Teams that compete at one event and don't win are eligible to*

*compete at other events during that tournament season. Teams that do win cannot compete at other events*

*during that tournament season. The same school may register another team, but that team must contain all*

*different members than the winning team. Winning teams may change the number of members on the team and/or the actual team members in preparation for the final competition at World Championships as long as all other requirements are met (proper rank, same school, etc.). Winning teams are responsible for all of their own expenses incurred to participate at the World Championships including, but not limited to, airfare, lodging, meals, etc.*

## **Team Synchronized Competition Rules**

### **TEAM SYNCHRONIZED FORM COMPETITION**

Required Number of Team Members: 2 or 3 members (no gender requirements or restrictions)

Required Rank of Members: All team members must be at least 1<sup>st</sup> Decided Black Belts or higher and listed as

such in the ATA Membership files

Required Age of Members: All ages are allowed

Uniform Requirements: Songahm Taekwondo Traditional Dobok or Xtreme approved uniforms only

All team members must wear same style of uniform

Weapons Requirements (if used): Weapons used must be from within the ProTech curriculum

Only weapons that comply with Traditional Weapons or ATA-Xtreme/Creative Competition can be used

Other Requirements: One team per school/club number allowed

All members of team must come from only one school/club

Even for multi-school owners, team members cannot come from multiple schools

A list of team members will be required along with ATA numbers to verify school affiliation

*Special note: Members of a team for the Team Synchronized Form Competition must come from only one school/club. If it is found that a student(s) is moved from one school to another for the purpose of this*

*competition, the entire team will be disqualified and that owner will not be able to enter any*

*teams in future*

*competitions.*

Required Time of Presentation: No minimum time – Maximum time of 2 minutes (going longer results in DQ)

Judging Criteria (in no particular order):

Special emphasis in this division is placed on how the form is synchronized. Members should be doing the

same moves at the same time or in domino fashion for at least 75% of the form time.

Degree of Difficulty

Movements coincide with Music (if used, see below)

Weapons Usage (if used)

Kicks (judged on proper foot position, height, focus, balance, power, etc.)

Hand Techniques (judged on proper hand position, speed, power, focus, tension, etc.)

Balance (during stances, landing from jump kicks, any gymnastic moves)

ATA Attitude, Confidence, Eye Contact, Intensity

There will be 5 judges. Each of the judges will be judging the overall presentation based on the criteria listed

above. None of the judges can have a team involved in the competition (cannot be an Instructor of the competitors or the owner of the school or club that the competitors train at or belong to) or have a team that has won an event during that tournament season. There may be alternative methods used during the World Championships competition.

Scores will run from 9.0 to 9.9

Unlike traditional forms and weapons competition where competitors are scored in direct relation to each other,

this team competition will have set criteria that the judges will be watching for (see above). The judges will

award their scores based on the overall performance and how each of the criteria are performed.

The team with

the highest total score will be the winner.

Ties: In the event of a tie, the team with the most members involved in the tie will win (more members are

more difficult to synchronize). If the teams involved in the tie have the same number of members, the judges

will vote for the outcome. The teams will not perform again.

Music: The use of music is optional. The audio devices and medium used must be supplied by the competing

team and they must have someone to operate the device. No electrical outlets or electrical cords will be

supplied or allowed. For the finals at the World Championships, the sound system of the arena will be used and

the music must be supplied on CD in advance of the event (complete info will be provided to the teams). The

music used must be all ages appropriate – any music/lyrics found inappropriate by ATA International

Headquarters will result in DQ.

Registration fee for competition: \$150.00 per team.

Registration: Handled through e-mail only with the following information

Event name (Fall Nationals, Black Belt Nationals, Spring Nationals)

Competition event (Team Demo or Team Synchronized Form)

Team name, number of team members, members' names, and member's ATA numbers

Method of payment (credit card, credit on school account, check)

There will not be a registration fee for the final competition at the World Championships.

The ATA International Tournament Department will be using the date and time stamps of the e-mails to create

the order of competition. The team with the earliest registration will compete last and so on through all

registrations. The registration fee must accompany registration (permission given to charge credit card

associated with school number or phone call with credit card number made within 24 hours of registration or

next business day or the team's placement in the competition order will be adjusted based on the date and time

the payment was received). Teams will be notified of acceptance by return e-mail (please make sure a valid email address is included with registration).

The winning team will earn the opportunity to compete at the upcoming Songahm Taekwondo World

Championships Opening Ceremonies against the winners from the other national events (Fall Nationals, Black

Belt Nationals and Spring Nationals for Top Honors.

*Special note: For clarification, a school/club may have a Demo Team **AND** a Synchronized Team entered into competition and they may share members. Teams that compete at one event and don't win are eligible to compete at other events during that tournament season. Teams that do win cannot compete at other events during that tournament season. The same school may register another team, but that team must contain all different members than the winning team. Winning teams may change the number of members on the team and/or the actual team members in preparation for the final competition at World Championships as long as all other requirements are met (proper rank, same school, etc.). Winning teams are responsible for all of their own expenses incurred to participate at the World Championships including, but not limited to, airfare, lodging, meals, etc.*

## **ATA CREATIVE COMPETITION RULES AND GUIDELINES**

### **ATA CREATIVE COMPETITION RULES and GUIDELINES:**

ATA Creative Form and ATA Creative Weapons competitions are a “Free Style” performance that allows the mix of traditional and contemporary martial arts techniques that have evolved to present day. These may be added to a traditional form (but at least 50% of the performance **MUST** be original), or the form may be devised in its entirety by the competitor.

The following rules and guidelines are in place for ATA Creative Forms and ATA Creative Weapons competition:

- The form must be no longer than 2 minutes in length.
- The time starts **IMMEDIATELY AFTER** the competitor has been called to the ring to perform and formally bowed in by the center judge. The center judge should complete the formal bow in and then state for the competitor and the score keeper/time keeper to hear “Your Time Begins...Now!” There will not be any extra time given to “prepare” for the performance. If the competitor wants to reposition themselves, include an “introduction”, etc., this must take place within the 2 minutes allowed. The competitor will still need to signal their “helper” to begin their music. It would be advisable to create the entire performance to last no longer than 1 minute 30 seconds to 1 minute and 45 seconds to prevent going past the 2 minute timeframe. If there is a music malfunction, the center judge is allowed to use their best judgment as to whether time should be temporarily stopped for the malfunction to be corrected, or the competitor is allowed to start over with the bow in, or the competitor needs to perform without music.

- The score keeper will use a stop watch to time the performances and inform the center judge when 2 minutes has expired.
- Any performance that exceeds 2 minutes will result in a disqualification. If the performance does exceed 2 minutes, the center judge should allow the competitor to finish. At the time that scores would be given, the center judge will tell the competitor that their performance exceeded the 2 minute limit and the judges will not be giving scores. An example of what could be said would be; “I am sorry to say that your performance has exceeded the 2 minute time limit. Because of that, per the rules of this competition, we will not be able to give scores for your performance.”
- The forms or weapons performance will be scored using the same process and point range as the ATA Traditional Forms and Traditional Weapons competition **except that all three judges will judge the overall presentation rather than specific parts.**
- The Creative Forms and Creative Weapons will be compared to the other competitors in that ring at that time. Because scores are given based on a **COMPARISON** of the performances, scores for a single competitor (using the same routine) may fluctuate from group to group or event to event. The criteria used to compare performances will be the following (not in any particular order):
  - Creativity
  - Difficulty

*These rules take effect beginning at the 2009 Songahm Taekwondo Fall Nationals and apply to each and every ATA sanctioned event after.*

- Presentation
- Attitude
- Precision of Technique
- Music is allowed, but not mandatory. If music is used and the form is choreographed to the music (not just used as background music) it can improve the score. If music is not used, there will be no score deduction.
- Control of the Weapon
- One of each of the following techniques will be permitted within a performance; kip-up, shoulder or forward roll, and center or side split.
- **NO AERIAL** movements that involve more than a 360 degree spin or twist or require the body to be inverted more than parallel to the floor (or the head lower than the waist or body) will be allowed. Doing multiple “standing” spinning kicks or techniques do not fall into this category; they are legal. Traditional Butterfly Kicks (referencing the one in Jung Yuhl) are legal. Executing “standing” kicks where the head is lower than the waist simply because of leaning are legal
- “Chinese Wushu” type butterfly kicks and other butterfly kicks with twists will **NOT** be allowed.
- For ATA Creative Weapons competition, the body movement restrictions mentioned above will be the same. Weapon “releases” will **NOT** be allowed. The weapon (or weapons) must maintain contact with the body (or a part of) continuously throughout the presentation. Techniques such as wrist rolls, neck rolls, and similar moves are allowed as long as a part of the weapon is still in contact with the body.
- For ATA Creative Weapons competition, dropping the weapon one time during a single presentation will result in an automatic **2 TENTH (0.2)** of a point deduction from each judge (a score of 9.9 would be reduced to 9.7). The retrieval of the weapon must be done in a controlled fashion (example: in the case of the Bahng Mahng Ee, the competitor would kneel on one knee near the weapon, one hand would grip one end of the weapon

while the other hand controls the tip of the weapon, and the competitor stands). Failure to do so will result automatically in an **ADDITIONAL 1 TENTH (0.1)** of a point deduction from each judge (a score of 9.7 would be reduced to 9.6). No extra or special moves (forward rolls, cartwheels, etc) are allowed while retrieving the weapon.

Dropping the weapon a second time during a single presentation will result in an automatic disqualification. A fumble or mishandle of a weapon that does not hit the ground will not fall under this category and it will be up to each judge to determine the impact of this on the score they are going to give. The center judge will announce out loud for the judges and competitor to hear, before scores are given, when there are to be point deductions made and how many. If a disqualification is warranted, the center judge will tell the competitor that the judges will not be giving scores based on the reason for the disqualification.

- The use of any of the movements mentioned above that are not allowed or weapon “releases” **WILL** result in a disqualification and loss of potential points. If a disqualification is warranted, the center judge will tell the competitor that the judges will not be giving scores based on the reason for the disqualification.

- Music is allowed for both the ATA Creative Form and ATA Creative Weapons competition but both the equipment to play the music and the music itself must be supplied by the competitor along with someone at ringside to start and stop the music as *These rules take effect beginning at the 2009 Songahm Taekwondo Fall Nationals and apply to each and every ATA sanctioned event after.*

well as control the volume. The equipment must have its own power source. Electrical power will not be provided.

- A competitor may not remove any part of the uniform worn during either ATA Creative competition.

**SPECIAL NOTE:** School owners and Instructors **MUST** listen to and approve all music including the appropriateness of the lyrics and the subject matter of the song prior to the competitor using it for competition. If it isn’t appropriate for our junior students to listen to, it isn’t appropriate in our competition. Inappropriate lyrics or subject matter, which would be determined by ATA International Headquarters, may cause the disqualification and loss of potential points of the competitor.

#### **Eligibility Requirements:**

In order to compete in any ATA Creative competition, the competitor must:

1. Be a member in good standing of the ATA.
2. Be a member in good standing of a licensed ATA / STF / WTTU school or club that has the ATA-Xtreme Program license (or the XMA program prior to the availability of the ATA-Xtreme Program).
3. Have their Instructor’s permission.
4. The competitor **MUST** also compete in the traditional event that correlates to the ATA Creative event in which they wish to compete.

**EXAMPLE:** If a competitor wishes to compete in ATA Creative Forms, the competitor must also compete in Traditional Forms at that same event. The same would apply for ATA Creative Weapons competition.

#### **Approved Uniforms:**

The uniform approved for the ATA Creative Forms and ATA Creative Weapons events is the Traditional ATA Dobok (described on pages 8 – 10). The use of any other type or style of uniform **WILL** result in a disqualification and loss of potential points. Any changes to this, or any of the rules, will come in writing from the ATA International Headquarters.

#### **Approved Weapons:**

The following rules apply to weapons used in the ATA Creative Weapons competition. The use of any other type, style, or incorrect size of weapon **WILL** result in a disqualification and loss of potential points.

**Color Belts:**

The color belt student must confer with their Instructor concerning the weapon they will use in competition. As in traditional forms competition, the student must have his/her instructor's permission to compete. Color Belts **MUST** only use ATA Protech safety weapons. Colors Belts  
*These rules take effect beginning at the 2009 Songahm Taekwondo Fall Nationals and apply to each and every ATA sanctioned event after.*

**MUST NOT** use the ATA-Xtreme weapons or XMA branded weapons. The only exception to this rule is the ATA-Xtreme Jahng Bong.

If competing in ATA Creative Weapons, a color belt **MAY ONLY** compete with one of the following:

- Single or Double Bahng Mahng Ee

If competitor is under 60" tall, they **MAY** use either 21" or 25" weapon

If competitor is 60" or over, they **MUST** use 25" weapon

- Single or Double Ssahng Jeol Bong

If competitor is under 60" tall, they **MAY** use either 9" or 12" weapon

If competitor is 60" or over, they **MUST** use 12" weapon

- Jahng Bong

Length of weapon **MUST** be at least shoulder height

- Ssahng Nat

If competitor is under 60" tall, they **MAY** use either 9" or 12" weapon

If competitor is 60" or over, they **MUST** use 12" weapon

- Gum Do

- Oh Sung Do

• Weapons used for ATA Creative Competition **MAY** be decorated. If in the opinion of the Regional Chief of Tournaments (or his/her assigns) the decorations alter the weapon, the weapon will not be allowed to be used in competition. The RCT decision is final.

• Weapons used for ATA Creative Competition **MUST NOT** be altered in shape or size.

**Black Belts:**

- **MUST** use a weapon that exists within the "Protech" curriculum.

• **NO** other weapons or variations of existing weapons are added for ATA Creative competition (as example, using two swords or a single Ssahng Nat is not allowed).

• Black belts of all ages **MAY** use the ATA-Xtreme competition weapons or XMA branded weapons.

• Black belts may perform with any "Protech" version or "Protech" approved weapon

• Weapons used for ATA Creative Competition **MAY** be decorated. If in the opinion of the Regional Chief of Tournaments (or his/her assigns) the decorations alter the weapon, the weapon will not be allowed to be used in competition. The RCT decision is final.

• Weapons used for ATA Creative Competition **MUST NOT** be altered in shape or size.

**SPECIAL NOTE:** Special attention should also be paid to the attitude of the competitor during ATA Creative competition. Rudeness or inappropriate behavior during any competition will not be tolerated and may cause disqualification.

*These rules take effect beginning at the 2009 Songahm Taekwondo Fall Nationals and apply to each and every ATA sanctioned event after.*

**ATA Creative Competition Divisions**

Divisions are based on gender, age of the competitors, and rank. At the conclusion of each

tournament season, the International Tournament Director will evaluate the number of competitors in each division and determine if any changes are to be made for subsequent tournament seasons. Divisions change as the organization grows and more students in different age and rank groups compete.

Effective June 1, 2009, the ATA Creative divisions are:

**Color Belt Divisions** (all color belt ranks are together)

BOYS GIRLS

- 8 years old & under 8 years old & under
- 9 to 12 years old 9 to 12 years old
- 13 to 16 years old 13 to 16 years old

MEN WOMEN

- 17 to 29 years old 17 to 29 years old
- 30 to 45 years old 30 to 45 years old
- 46 years old & over 46 years old & over

**Black Belt Divisions** (all black belt ranks are together)

BOYS GIRLS

- 8 years old & under 8 years old & under
- 9 to 12 years old 9 to 12 years old
- 13 to 16 years old 13 to 16 years old

MEN WOMEN

- 17 to 29 years old 17 to 29 years old
- 30 to 45 years old 30 to 45 years old
- 46 years old & over 46 years old & over

Divisions at National and World events will reflect these age groups.

Regional events may combine divisions (color belts or black belt divisions) to provide competition opportunities. In ATA Creative Divisions at Regional Events, the RCT may combine Male and Female Divisions of the same age group to create a full division. A combined division will not be separated for points at the conclusion of the event.

*These rules take effect beginning at the 2009 Songahm Taekwondo Fall Nationals and apply to each and every ATA sanctioned event after.*

**ATA Creative Competition Awards**

As in traditional competition, 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Places will be awarded in both the ATA Creative Form competition and the ATA Creative Weapons competition. Competitor awards **WILL BE GIVEN** in the junior divisions.

For more information you can visit the official ATA tournament rules at [www.ataonline.com](http://www.ataonline.com)

All of the Changing Lives ATA Martial Arts in the **Virginia Beach Martial Arts** training facilities and **Chesapeake Martial Arts Training facilities** are affiliated schools of the American Taekwondo Association. [www.ataonline.com](http://www.ataonline.com)

Senior Master Thomas holds a title of Senior Master and 7<sup>th</sup> degree Black Belt in the ATA and is a Master Instructor in the **Martial Arts community**.

**Virginia Beach Martial Arts Training Facility: Princess Anne Shoppes**  
**(next to Fitness One) 757-471-9002**

**Virginia Beach Martial Arts Training Facility:** Red Mill Commons Shopping Center (next to Pier One Imports) 757-563-9022

**Chesapeake Martial Arts Training Facility:** Edinburgh Commons Shopping Center (off route 168) 757-432-9022

**Chesapeake Martial Arts Training Facility:** Greenbrier Shoppes Shopping Center (corner of Kempsville Road and Greenbrier Parkway) 757-382-9022

**CLMA Martial Arts**

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23471

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