



Taekwon-do International  
2017 Spring Invitational Championship  
Saturday, April 29, 2017



Mount Saint Dominic Academy- 3 Ryerson Avenue - Caldwell, NJ

<b>Location</b>	<b>Mount Saint Dominic Academy Ryerson Avenue Caldwell, NJ</b>
<b>Entry Fee for 1 to 3 Events</b>	<b>\$90 for all competitors registering on or before 4/22/2017 \$110 after 4/22/2017</b>
<b>Spectators</b>	Adults \$10 Children 7 & up \$5

Registration forms are available online at [www.GlenRidgeTKD.com](http://www.GlenRidgeTKD.com).

Payment can be sent by check to Glen Ridge Taekwon-do  
133b Glenridge Avenue  
Montclair, NJ 07042  
Or by calling 973-744-1666 to arrange for credit card payment

**Divisions**  
Juniors (ages 15 and under)  
Adults (16-35)  
Seniors 36 and above

**Registration questions** [info@GlenRidgeTKD.com](mailto:info@GlenRidgeTKD.com) or 973-744-1666

The registration fee is \$90 for all competitors before April 22, 2017 regardless of the number of events they will be competing in. **School owners please note: a competitor is not registered if he or she is not registered online or if Glen Ridge Taekwon-do has not received a copy of the registration paperwork including release of liability waiver.**

By filling out the registration form you are committing to attend and compete in the tournament. You must cancel your registration at least 24 hours prior to the tournament start time to not be responsible for the registration fee.

All competitors must review and follow the rules of competition for the Taekwon-do International 2017 Spring Invitational Championship. In order to compete Competitors must complete a registration form and waiver, and all fees must be paid in a timely fashion.

Any pictures or video taken in connection with this tournament can be used for publicity or promotion without compensation. These images are the property of Glen Ridge Taekwon-do and Taekwon-do International.

Each competitor must present himself to the referee wearing a complete uniform in a good state of repair, with the appropriate belt and equipment, and physically prepared to compete. If he is not prepared to compete as deemed by the center referee, the competitor may be penalized for delay of time.



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If the competitor is not at his ring ready to compete when competition for his division begins, he may be disqualified from competing at the discretion of the Head Judge, Head of Court, or Center Referee. Further, if a competitor leaves the ring after the competition begins and is not present when his or her name is called to compete, he or she may be disqualified from competing at the discretion of the Head Judge, Head of Court, or Center Referee.

### **Board breaking**

Board breaking competitors may supply their own boards for breaking or boards will be available for purchase. Competitors must break wooden boards only, no plastic boards, tiles, concrete, or other non-wood items will be allowed. No glass or fire is allowed in the breaking competition.

Because of time and space limitations all board breaking competitors will be allowed a maximum of three stations. A station can consist of more than one break.

Competitors will be allowed two minutes to set up their breaks. Competitors taking longer can be awarded a minus half point at the Judges' discretion. If the delay is not a result of the competitor's fault, no deduction will take place.

Adults and Black Belts will have a maximum of three attempts on each breaking station.

In the event of a tie each competitor will simultaneously break a board with a technique of his or her choosing so the judges can make a decision.

### **Open Forms**

Forms must be rank-appropriate. Students who have recently received new ranks and are not yet proficient in the new form are allowed to do the lower rank form.

Competitors may perform the ITF Chang Han (Chun-Ji, Dan-Gun) or WTF Poomsae forms, or Karate forms.

Juniors and Color belt competitors who are unable to complete a form will be allowed to restart. Adult Black Belt competitors who are unable to complete the form will be excused from competition and will be scored accordingly. Competitors who restart a form will receive an automatic minus half-point for each restart.

In the event of a tie each competitor simultaneously do a form of his or her choosing and the judges will make a decision.



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### **Sparring**

Please note that full protective gear is required for the sparring competition. Competitors must bring their own protective gear and protective gear must include:

- Chest guard (optional); if worn chest guard must wrap around to the back
- Shin and instep protectors
- Forearm protectors
- Head gear
- Mouth guard
- Male competitors are required to wear groin protector

Equipment must be in a good state of repair and must be free of heavy taping, tears or any other repairs that may cause injury. The Center Referee or Championship Director will ultimately determine the approval or denial of any equipment. A properly fitted mouthpiece is required.

Sparring for Juniors, all belt levels, will be two 90-second rounds, adult competitors regardless of rank will consist of two 2-minute rounds.

If a match is tied at the end of two rounds, there will be an additional sudden death round and the first person to score a point will be declared winner. If competitors are still tied at the end of the third round the winner will be determined by the Center Referee and Head of Court based on the following criteria:

- Competitor who threw the highest number of techniques.
- If competitors are still equal then the winner is the competitor who executed techniques of greater difficulty.
- If competitors are still equal then the winner is the competitor who exhibited the greatest fighting spirit

Points will be awarded as follows:

- All legal kicks and punches that score will be awarded one (1) point.
- Hand techniques are only straight punch with the lead hand or reverse. No open hand techniques are allowed, and no reverse turning (blind) hand techniques.

A point is a technique that is scored by a competitor in-bounds and up-right (not considered down) without time being called that strikes a competitor with the allowable amount of contact and control to a legal target area.

Legal target areas are:

- Front and sides of the torso
- Front and sides of the head (Black Belt and Adult divisions only)
- For All Adult divisions (Color and Black Belts) only: the back of the body that is covered by the chest guard (hogu) is a legal target
- Adult divisions (age 16 and up) and Black Belt divisions only: Hand techniques (closed fist) are allowed to any part of the head covered by head gear. No hand contact to the face is allowed.



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Illegal target areas are:

- The face, throat, back or sides of the neck, back of the head
- Groin, legs, knees or any target below the belt
- The spine and back not covered by the hogu
- Juniors and Color Belts Divisions: the back of the body

Illegal techniques include:

- Intentional attacks to any illegal target area
- Any technique to a downed competitor
- Any technique performed after the Center Referee calls "stop"
- Head butts, hair pulls, bites, scratches, slapping
- Strikes with elbows or knees
- Attacks to the eye(s)
- Grabbing, take downs, throws or sweeps
- Uncontrolled blind techniques
- Any other uncontrolled dangerous techniques that are deemed unsafe

Warnings include, but are not limited to:

- Grabbing, pushing or holding
- Intentionally falling down, turning the back or moving out of the ring to avoid an attack
- Pretending injury
- Intentionally attacking with the knee or elbow or other illegal attack
- Intentionally attacking an illegal target
- Unsportsmanlike conduct on the part of the competitor or coach

A competitor who receives two warnings, whether for the same infraction or not, will receive a minus point.

Minus points include but are not limited to:

- Attacking a fallen opponent
- Intentionally attacking after the Center Referee stops the match
- Intentionally attacking an illegal target with excessive force
- Intentionally attacking with the knee or elbow or other illegal attack with excessive force
- Throwing an opponent
- Violent or extreme remarks or behavior on the part of the competitor or coach