

Competition & Demo Team 101

Poomsae Requirements

- **Poomsae Uniform:**
 - Yellow to Red belts: White V-neck Uniform
 - Red belts thru black: Poomsae Poom Uniform
- Women should wear an undershirt, males should wear only dobok
- **USAT Poomsae Divisions**

Division	Dragon	Ninja	Youth	Cadet	Junior	Under 30	Under 40	Under 50	Under 60	Under 65	Over 65
Age (Years)	6 – 7	8 – 9	10 – 11	12 – 14	15 – 17	18 – 30	31 – 40	41 – 50	51 – 60	61 – 65	66+
Individual	Male	1	1	1	1	1	1	1	1	1	1
	Female	1	1	1	1	1	1	1	1	1	1
Division	Dragon / Ninja		Youth	Cadet	Junior	Under 30		Over 30			
Age (Years)	6 – 9		10 – 11	12 – 14	15 – 17	18 – 30		31+			
Pair	2		2	2	2	2		2			
Team	Male	3	3	3	3	3		3			
	Female	3	3	3	3	3		3			

- **Shaded cells = official WTF divisions**
- **Unshaded cells = USAT divisions**

Division	Compulsory Poomsae
Yellow (7th & 8th Geup) All ages	Taegeuk 1, 2 Jang
Green (5th & 6th Geup) All ages	Taegeuk 1, 2, 3, 4 Jang
Blue (3rd & 4th Geup) All ages	Taegeuk 3, 4, 5, 6 Jang
Red (1st & 2nd Geup) All ages	Taegeuk 4, 5, 6, 7, 8 Jang

* The 'Red Belt Rank' cannot be use the 'POOM' Belt *

Sparring Requirements

• Sparring Uniform:

- Yellow to Red belts: White V-neck Uniform
- Red belts thru black: Black V-Neck Uniform
- Poomsae uniforms will only be allowed only for poomsae competition, not sparring or breaking

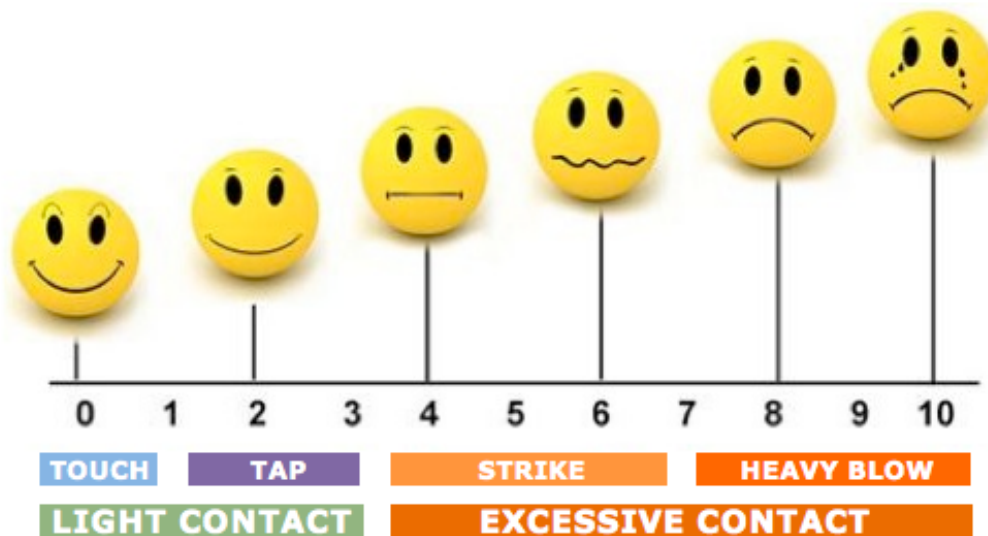
Valid Points

- One point for a valid punch to the trunk protector
- Two points for a valid kick to the trunk protector
- Four points for a valid turning kick to the trunk protector
- Three points for a valid kick to the head
- Five points for a valid turning kick to the head
- One point awarded for every Gam-jeom given to the opponent
(Turning kick to head is allowed under Junior Safety Rules, but no additional points will be given)

• Reminder: “Light contact” means **light contact!**

- From a **touch** to a **tap** — anything more is excessive
- Excessive contact may result in Gam-jeom or disqualification

Age	Belt Color	Applicable Rules
Dragon 6 – 7	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	
Tiger 8 – 9	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	Light Head Contact
Youth 10 – 11	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	Light Head Contact
Cadet (12 – 14)	Yellow	Light Head Contact
	Green	
	Blue	
	Red	
	Black (Grass Roots)	
	Black (World Class)	Adult Rules
Junior (15 – 17)	Yellow	Light Head Contact
	Green	
	Blue	
	Red	
	Black	Adult Rules
Senior	Yellow	Adult Rules
	Green	
	Blue	
	Red	
	Black	



Breaking Requirements

- **Sparring Uniform:**

- Yellow to Red belts: White V-neck Uniform
- Red belts thru black: Black V-Neck Uniform
- Poomsae uniforms will only be allowed only for poomsae competition, not sparring or breaking.

Creative Breaking Competition Overview

1. Competitors may choose the kind of techniques and number of boards to break, up to a maximum of 30 boards. Any Taekwondo striking or kicking technique may be used, with the exception of head strikes.
2. Competitors must provide their own board holder assistants. (Please note that board holder credentials are not a pass into the event; persons receiving this credential will need to pick it up in the designated holding area and return it to the holding area after competition).
3. Competitors and helpers will have three minutes to set up, perform the breaking routine and clean up all boards, broken boards and wood fragments. Exceeding the time limit will result in 0.5 point deduction in the final score for each 10 seconds, or fraction thereof, over the time. (Example: 12 seconds over = 1.0 deduction.) If computer scoring is not used, a timer will be provided for each ring.
4. In the interest of safety, competitors may not use props such as chairs, trampolines, tables, etc. for aerial techniques. However, board holders may be used as "human launch pads." No glitter, confetti, explosives or sound makers may be used. Blindfolds are permitted.
5. There will be a maximum of two attempts allowed for each break. Failure to break all of the boards in a single attempt will result in 0.1 deduction for each missed board. Failure to complete the break after two attempts will result in a 0.5 point deduction in the final score, in addition to the penalties for missed boards. (See Article 2.2.2 below.)
A "Broken Board" is defined as one that is a) completely separated; or b) held together only by wood strands, such that if one side is held horizontal, the other side naturally drops perpendicular to the floor.
6. The performance must be confined to the 8m x 8m competition area. A competitor who crosses the boundary line will receive a 0.5 point deduction for each violation. Holders may cross the boundary line or stand outside the boundary line with no penalty. Competitors will be cautioned to stage the performance so that flying boards do not endanger officials, spectators or other competitors.
7. Competitors may perform as many breaking techniques as they wish, as long as they do not exceed the three minute time limit.
8. Boards must be purchased from USAT or a USAT-designated vendor at the competition venue. Board security procedures for each event will be published by USAT on or before the

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first day of registration. Under no circumstance will competitors provide their own boards.

9. Standard board sizes:

6-9 years: 12 inches by 8 inches and 3/8 inches thick (1/2 inch nominal) **10-17 years:** 12

inches by 10 inches and 1/2 inches thick (5/8 inch nominal) **18+ years:** 12 inches by 10 inches and 3/4 inch thick (1 inch nominal)

10. No spacers may be used, including fingers. Boards may be taped together for ease of holding in multiple board breaks.
Holders may not attempt to “help” the competitor by bending, moving, or pushing the boards; any attempt to do so will result in a 0.5 point deduction for each instance.
Boards may not be treated, manipulated or altered to increase the likelihood of breaking; any attempt to physically alter the boards will result in disqualification of the competitor.
11. No bricks, cinder blocks, or tiles may be brought into the Contest Area. Any mechanical holders used for multiple board breaks must not have sharp edges, and must be approved for safety by a designated official at the ring prior to competing.
12. Competitors are expected to display self-control and good competition manner. A display of poor sportsmanship (profanity, etc.) may be penalized by either 0.1 or 0.5 in the Technical Execution score, depending upon severity.



Protective Equipment

Contestants shall wear an approved:

1. **Trunk protector**
2. **Head protector**
3. **Groin guard** (mandatory for both male and female competitors)
4. **Gloves** (see below)
5. **Forearm protector**
6. **Shin-instep protectors**
7. **Sensing socks** (if using an electronic Protector and Scoring System)
8. **Mouth guard**

Gear must be on before entering the Contest Area. The head protector must be firmly tucked under the left arm when entering the Contest Area, and shall be put on the head after bowing to the opponent before the start of the contest.

The groin, forearm, and shin-instep protectors must be worn inside the Taekwondo uniform. Wearing of any other items on the head other than head protector shall not be permitted, except for religious reasons. A previously approved religious item shall be worn beneath the head protector and inside the dobok and shall not cause harm or obstruct the opposing contestant.