2021
BODYARMOR State Games of North Carolina
Sport & Traditional Taekwondo Championships

Competition Management Handbook

Athletes * Coaches * Referees * Judges * Timekeepers
Scorekeepers * Key Coordinators * General Volunteers

* Spectators *

June 19, 2021
BODYARMOR State Games of North Carolina
Sport & Traditional Taekwondo Championships
Raleigh Convention Center
500 S. Salisbury Street, Raleigh, NC 27601
June 19, 2021

Greetings to all Athletes, Coaches, Referees, Judges, Volunteers, Spectators and VIPs:

Welcome to the 2021 BODYARMOR State Games of North Carolina Sport & Traditional Taekwondo Championships!

Medal winners of the 2021 BODYARMOR State Games of North Carolina Taekwondo Championships event become eligible to advance to the 2022 National State Games of America. Ames, Iowa: Please visit: (www.stategamesofamerica.org)

This year, we will feature the following competition events:

- World Class Black Belt Sparring (12-14, 15-17, 18-32) (Adult Full Contact)
- World Taekwondo (WT) Sport Poomsae: Individual Male & Female; Co-ed Pairs – 1 Male & 1 Female; Team: Female Team (3), and Male Team (3); WT Freestyle Poomsae; (Individual, Pairs, Mixed Team (5 members composed of at least 2 men and 2 women)
- Creative Poomsae, Creative Kyukpa (Breaking) and Creative Weapons
- Self Defense Team (No music or fanfare)
- Demonstration Team (Complete fanfare)
- Traditional Poomsae Open (Forms) WT, ITF, ATA, GTA, other;
- Grassroots Olympic-style Sparring (JSR, & Adult Light Head Contact –LHC)
- Para Taekwondo (Breaking, Poomsae & Sparring) (K41, K42, K43, K44)
- All youth, age 11 and under in all divisions will compete first, followed by age 12-14, 15-17, 18-32 and 33 and over.

Nominate your Taekwondo School, Competition Team and/or Individual Competitor, Volunteer or Tournament Official for the Top School Support Award, Top Competitive School Award, Top Male and Female Competitor Award, BODYARMOR State Games Featured Athlete/Team, Male and Female Sportsmanship Award, Coach, Referee and Volunteer of the Year Award.

Please note that all participants (Competitors, Referees, Coaches, Masters, Volunteers and Spectators) are expected to abide by the State Games of North Carolina Code of Conduct.

The BODYARMOR State Games of North Carolina Sport and Traditional Taekwondo Championships are sponsored by North Carolina Amateur Sports (NCAS) www.ncsports.org and organized and promoted by the State Games Sport & Traditional Taekwondo Competition Management Team.

The mission of the State Games of North Carolina Sport & Traditional Taekwondo Competition Management Team is to enable North Carolina Taekwondo athletes to achieve sustained competitive excellence, and to promote and grow the sport of Sport and Traditional Taekwondo.

A special thanks to all of the volunteers and officials for your dedicated hard work.

Good luck to all of the competitors and coaches and have a great BODYARMOR State Games!

Sincerely,

Ron Whitted
Competition Manager
910-709-8287
wtkdcte@intrstar.net

Chip Hofler, Vice President
North Carolina Amateur Sports
800-277-8763
chip@ncsports.org
June 18, 2021
BODYARMOR State Games of North Carolina
Traditional and Olympic-style Sport Taekwondo Competitions
Credential Pickup & Weigh-ins / Late Registrations
3:00pm-5:00pm @ Raleigh Convention Center
500 S. Salisbury Street, Raleigh, NC 27601
6:00pm-9:00pm – Hilton Garden Inn
6412 Capital Blvd, Raleigh, NC 27616
Taekwondo website – [https://ncsports.org/event/sg/_taekwondo](https://ncsports.org/event/sg/_taekwondo)
www.ncsports.org
All times are approximate and are subject to changes

June 19, 2021 – Sport & Traditional Taekwondo Competitions
Raleigh Convention Center, 500 S. Salisbury Street, Raleigh, NC 27601
8:00am – Doors Open for Competitors and Coaches
8:00am – Onsite Registration for Competitors and Coaches
8:00am – Pre-registered Competitors and Coaches Credentials Pickup
  8:00am – Sparring Competitors weigh-ins
  9:00am – Coaches and Officials Meeting
  9:45am – Taekwondo Parade of Athletes
10:00am – Taekwondo Opening Ceremonies
10:15am – Taekwondo Self Defense Team Competition
  • Taekwondo Demonstration Team Competition
  • Youth age 11 & under – Creative Poomsae
  • Youth age 11 & under – Creative Weapons
  • Youth age 11 & under – Creative Breaking
  • Youth age 11 & under – Traditional Poomsae Open (WT, ATA, ITF, Other)
  • Youth age 11 & under – WT Sport Poomsae (Individual, Pairs, Team, Freestyle)
  • Youth age 11 & under – Para Taekwondo (Poomsae, Breaking & Sparring)
    • Youth age 11 & under – Grassroots Olympic-style Sparring (JSR)
      • Cadet age 12-14 – Creative Poomsae
      • Cadet age 12-14 – Creative Weapons
      • Cadet age 12-14 – Creative Breaking
    • Cadet age 12-14 – Traditional Poomsae Open (WT, ATA, ITF, Other)
    • Cadet age 12-14 – WT Sport Poomsae (Individual, Pairs, Team, Freestyle)
      • Cadet age 12-14 – Grassroots Olympic-style Sparring (JSR)
      • Cadet age 12-14 – World Class Sparring (Full Contact)
    • Cadet age 12-14 – Para Taekwondo (Poomsae, Breaking & Sparring)
      • Juniors age 15-17 – Creative Poomsae
      • Juniors age 15-17 – Creative Weapons
- Juniors age 15-17 – Creative Breaking
- Juniors age 15-17 – Traditional Poomsae Open (WT, ATA, ITF, Other)
- Juniors age 15-17 – WT Sport Poomsae (Individual, Pairs, Team, Freestyle)
  - Juniors age 15-17 – Grassroots Olympic-style Sparring (JSR)
  - Juniors age 15-17 – World Class Sparring (Full Contact)
- Juniors age 15-17 – Para Taekwondo (Poomsae, Breaking & Sparring)
  - Seniors age 18-32 – Creative Poomsae
  - Seniors age 18-32 – Creative Weapons
  - Seniors age 18-32 – Creative Breaking
- Seniors age 18-32 – Traditional Poomsae Open (WT, ATA, ITF, Other)
- Seniors age 18-32 – WT Sport Poomsae (Individual, Pairs, Team, Freestyle)
  - Seniors 18-32 – Grassroots Olympic-style Sparring (LHC)
  - Seniors age 18-32 – World Class Sparring (Full Contact)
- Seniors age 18-32 – Para Taekwondo (Poomsae, Breaking & Sparring)
  - Ultra-seniors age 33-40 – Creative Poomsae
  - Ultra-seniors age 33-40 – Creative Weapons
  - Ultra-seniors age 33-40 – Creative Breaking
  - Ultra-seniors age 33-40 – Traditional Poomsae (WT, ATA, ITF, Other)
- Ultra-seniors age 33-40 – WT Sport Poomsae (Individual, Pairs, Team, Freestyle)
  - Ultra-seniors age 33-40 – Grassroots Olympic-style Sparring
  - Ultra-seniors age 33-40 – World Class Olympic-style Sparring
- Ultra-seniors age 33-40 – Para Taekwondo (Poomsae, Breaking & Sparring)
  - Ultra-seniors age 41 & over – Creative Poomsae
  - Ultra-seniors age 41 & over – Creative Weapons
  - Ultra-seniors age 41 & over – Creative Breaking
- Ultra-seniors age 41-50 – Traditional Poomsae (WT, ATA, ITF, Other)
- Ultra-seniors age 41-50 – WT Sport Poomsae (Individual, Pairs, Team, Freestyle)
  - Ultra-seniors age 41-50 – Grassroots Olympic-style Sparring
  - Ultra-seniors age 41-50 – World Class Olympic-style Sparring
- Ultra-seniors age 41-50 – Para Taekwondo (Poomsae, Breaking & Sparring)
  - Ultra-seniors age 51 & over – Creative Poomsae
  - Ultra-seniors age 51 & over – Creative Weapons
  - Ultra-seniors age 51 & over – Creative Breaking
- Ultra-seniors age 51 & over – Traditional Poomsae Open (WT, ATA, ITF, Other)
- Ultra-seniors-51 & over – WT Sport Poomsae (Individual, Pairs, Team, Freestyle)
- Ultra-seniors age 51 & over – Grassroots & World Class Olympic-style Sparring
- Ultra-seniors age 51 & over – Para Taekwondo (Poomsae, Breaking & Sparring)

  Taekwondo Closing Ceremonies
General Information

**Registration & Eligibility:** Pre-registration is highly suggested. **On-Site Registration** is available. The official entry form must be filled out completely and accompanied by cash, check, money order, personal or DoJang check. Be sure to complete all entry instructions. This tournament is open to all styles and systems. However, all athletes must abide and follow the modified USATKD / State Games rules governing this tournament.

**Equipment:** Protective equipment is mandatory for all competitors. All competitors must wear a clean white Dobok. Black collar Doboks may be worn only by black belts. All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Contestants are not allowed to wear any kind of metallic articles or hard objects, such as rings, eyeglasses (including prescribed safety eyeglasses or eye goggles), necklaces, watches, bracelets, earrings, etc. When sparring, all competitors must wear a reversible blue or red chest protector, shin & instep guard, forearm guard, headgear (red, blue or white and must correspond with chest protector) and mouthpiece. Males must also wear a groin cup & supporter (on the inside please). **Groin guard is optional for females.** WT Taekwondo white gloves are optional. However, red or blue is allowed, and must correspond with the head and chest protector.

**Competition Rules:** This is an Olympic-style Taekwondo tournament. The current USA Taekwondo and State Games modified rules and regulations will govern this tournament.

**Matches:** Eliminations and finals for all adult Black Belt divisions will consist of (3) - two-minute rounds. All adult color belts and seniors (33 & up) will consist of (3) – 1 ½ - minute rounds. All junior competitor divisions will consist of (3) - one-minute rounds. All divisions for junior Black Belts age (15-17) will consist of (3) - two-minute rounds. **20 Point Gap rule after second round in effect.**

**Divisions:** WT Sport Poomsae: Individual, Pairs (1 male, 1 female), Team Poomsae, (3 males or 3 females), & WT Freestyle Poomsae: Individual, Pairs (1 male, 1 female) Mixed Team (5 members including 2 male & 2 female); Traditional Poomsae Open (WT, ITF, ATA, Other), Creative Poomsae, Creative Kyukpa (Breaking) and Creative Weapons, World Class Sparring, Grassroots Olympic-style Sparring (JSR & Adult Light Head Contact-LHC), Self Defense and Demonstration Team Competition.

**Juniors** and **Adults** will be divided into light, middle and heavy weights; ages 4-5, 6-7, 8-9, 10-11, 12-14, 15-17, 18-32, 33-40, 41-50, & 51 & over. All sparring competitors must weigh-in. World Class divisions will compete under WT/USA TKD modified rules.

**Belt Ranks:** white-gup 10 & 9, yellow-gup 8 & 7, green -gup 6 & 5, blue -gup 4 & 3, red-gup 2 & 1, and black = Poom/Dan, 1st, 2nd, 3rd Poom/Dan and 4th Poom/Dan.

**Awards:** Beautiful quality Olympic-style medals for 1st, 2nd, and 2 -3rd place finish in Poomsae competition and 1st, 2nd, and 2-3rd place finish in Kyorugi competition. Taekwondo Teams will receive an award based on the most entries and/or medals won.
Special Programs and Awards:

**Featured Athletes:** One of the most unique things about the BODYARMOR State Games is the multitude of sports offered and the variety of athletes that participate. Each month we would like to highlight some of our youth, high school & adult participants that have a story to tell. There are many reasons that make for a good story. Did you or your team have a great experience at the BODYARMOR State Games and earn a medal? Maybe your athletic talents have earned you a college scholarship which you’d never thought possible. Or perhaps you’ve made friendships through your participation in sports that will last a life time. Think you have a good story to tell? Please visit Taekwondo website – [https://ncsports.org/event/sg/_taekwondo](https://ncsports.org/event/sg/_taekwondo) to tell us about how the BODYARMOR State Games have impacted your life.

**Endowment Fund Grants and Educational Scholarships:** The NCAS Endowment Fund was established within the Triangle Community Foundation in February 1988 with a contribution from North Carolina Amateur Sports (NCAS), host of the US Olympic Festival in 1987. Fifty percent of the proceeds from the Festival were given to the United States Olympic Committee to advance the Olympic movement in the United States. The North Carolina Amateur Sports Board of Directors voted to place the remaining profits in a permanent endowment that would promote amateur athletics in North Carolina. To date, more than $ million has been distributed to individuals and organizations in North Carolina including $35,000 in 2019 to various grant and scholarship recipients. Please visit: Taekwondo website – [https://ncsports.org/event/sg/_taekwondo](https://ncsports.org/event/sg/_taekwondo) to access the 2021 Grant and Educational Scholarship applications. You may also contact the State Games office (919) 361-1133 for an application form. Scholarship application forms must be returned by July 16, 2021.

The NCAS Endowment Fund provides funds to 501©(3) tax exempt organizations that promote amateur athletics, individuals training for elite level competitions, physical fitness programs and other programs pursuing the Olympic ideal as approved by a committee made up of members from the NCAS Board of Directors. Applications must be received on or before July 16, 2021.

**Sportsmanship Program:** This program promotes, recognizes and rewards good sportsmanship exhibited during the BODYARMOR State Games of North Carolina. Poor sportsmanship will not be tolerated. The Competition Manager will select one male and one female athlete to receive a Sportsmanship plaque or certificate. Feel free to submit your selection to the Competition Manager by the end of the competition events.

**Top School Support Award:** Taekwondo Teams will receive a 1st, 2nd, or 3rd place award based on the number of entries documented by the early registration deadline date of June 8, 2021.

**Top Competitive Team and Top Competitive Athlete Awards:** Presented at the conclusion of competition events to the Taekwondo Team and Athlete who wins the most medals. Teams
and Athletes will receive 1 point per entry, 3 points for each Bronze, 5 points for each Silver and 7 points for each Gold medal won.

Please nominate an Athlete, Coach, Referee and Volunteer of the Year Awards.

## Junior Safety Sparring Competition Rules

The USATKD Kyorugi Junior Competition Rules (“Junior Safety Rules”) are a subset of the USATKD Kyorugi Competition Rules. These rules are primarily for the safety of our younger sparring competitors. They regulate all matters pertaining to USA Taekwondo competition that are not governed by adult full-contact sparring rules, and are intended to standardize safety guidelines for all non-adult Taekwondo competition in the United States.

### 1. Purpose of Junior Safety Rules

1.1 Ensure that young persons participating in competitive Taekwondo sparring are protected, insofar as possible, from concussive head injuries

1.2 Allow developing Taekwondo athletes to compete with the reasonable assurance that they will not be subjected to forceful head contact

3. Junior Safety Rules are divided into two classes, depending on belt level and age group:

1.1 **No head contact:** Contact to the head is not permitted

1.2 **Light head contact:** Only light contact to the head is permitted

#### 1. No Head Contact divisions:

- **Ages 7 & Under (All Belts)**
- **Ages 8–11 (Color Belts)**

2. Head area definition

2.1 In accordance with USA TKD Kyorugi Competition Rules, the “head” is defined as “the area of the body above the collar bone,” including the neck.

3. No Head Contact procedure

3.1 Under “No Head Contact” rules, any kick that touches the head area will result in a “Gam-jeom” penalty to the kicker.

3.2 In the event of a hard kick to the head—anything more than a light touch—the referee will immediately declare, “Kye-shii” and call the tournament medical staff to inspect the injured contestant.

3.3 If, in the opinion of tournament medical staff, a competitor cannot continue because of a kick to the head, the attacker will be disqualified.

3.4 The decision whether a competitor is able to continue is made solely by the referee in consultation with the tournament medical staff.

3.5 Any decision not to continue made by the player or coach, in spite of the tournament medical staff’s decision that it would be safe for the competitor to continue, will constitute withdrawal by the player, who shall lose the match by WDR.
Guidelines for officiating:

Inability to continue: Inability to continue because of fright, crying or loss of will following a kick to the head does not constitute grounds for disqualification of the attacker.

Careless attacks to the head: If a technique is directed at the head and does not make contact, the referee may give a verbal warning. Multiple instances of the same action may result in “Gam-jeom” penalty, or even disqualification, if the player continues to ignore the referee’s directives.

Verbal reminders: Before and during the match, referees should remind players and coaches that No Head Contact rules are in effect.

1. Light Head Contact divisions:
   • Ages 8–11 Black Belts
   • Ages 12–14 (Cadet) Grass Roots Black Belts and Color Belts
   • Ages 15–17 (Junior) Color Belts

2. Head area and legal scoring area
   2.1 In accordance with USA TKD Kyorugi Competition Rules, the “head” is defined as “the area of the body above the collar bone,” including the neck.
   2.2 In accordance with USA TKD Kyorugi Competition Rules, the legal scoring area is “the entire head above the bottom line of the head protector.”

3. Light Head Contact procedure
   3.1 Under “Light Head Contact” rules, competitors are allowed to kick to the head using light contact only.
   3.2 A competitor who executes a successful, light contact kick to the head shall be awarded three (3) points. Under Junior Safety Rules, there is no extra point for a turning kick to the head.
   3.3 If a competitor executes a kick to the head that is deemed by the referee to be more than light contact, he/she will be given a “Gam-jeom” penalty.
   3.3.1 The referee will immediately call “Kal-yeo,” and then “Kye-shi,” and summon the tournament medical staff to inspect the contestant.
   3.4 The referee will invalidate any points that have been awarded for the technique, and then declare a “Gam-jeom” penalty.
   3.4.3 If, in the opinion of the tournament medical staff, the competitor cannot continue because of excessive contact to the head, the attacker will be disqualified.
   3.4.4 The decision whether a competitor is able to continue is made solely by the referee in consultation with the tournament medical staff.
   3.5 Any decision not to continue made by the player or coach, in spite of the tournament medical staff’s decision that it would be safe for the competitor to continue, will constitute withdrawal by the player, who shall lose the match by WDR.

Guidelines for officiating:

Inability to continue: Inability to continue because of fright, crying or loss of will following a kick to the head does not constitute grounds for disqualification of the attacker.

Careless or excessively forceful attacks to the head: If the referee sees that a player is directing excessively forceful techniques to the head area, even if the foot does not make contact, the referee may give a verbal warning. Multiple instances of the same offense may result in “Gam-jeom” penalty, or even disqualification, if the player continues to ignore the referee’s directives to observe light contact rules.

Verbal reminders: Before and during the match, referees are encouraged to remind players and coaches that Light Head Contact rules are in effect.

4. What is meant by “light contact”? 
4.1 “Light contact” is defined as anything from a touch to a tap.
PROHIBITED ACTS – (All penalties will receive a Gam-jam)

1. Penalties shall be declared by the referee for any prohibited acts.

2. Penalties are declared by “Gam-jeom” (full point penalty).

3. Gam-jeom penalties shall be counted as an additional point for the opposing contestant. However, the contest is over when one contestant receives a total of 10 Gam-jeoms.

4. A “Gam-jeom” shall be counted as an additional point for the opposing contestant.

Prohibited acts.
4.1 The following acts shall be classified as prohibited acts, and “Gam-jeom” shall be declared.
   1. Crossing the Boundary Line
   2. Falling down
   3. Avoiding or delaying the match
   4. Grabbing or pushing the opponent out of bounds
   5. Lifting the leg to block, or/and kicking the opponent’s leg to impede the opponent’s kicking attack, or lifting a leg or kicking in the air for more than 3 seconds to impede opponent’s potential attacking movements, or kick was aiming to below the waist
   6. Kicking below the waist
   7. Attacking the opponent after “Kal-yeo”
   8. Hitting the opponent’s head with the hand
   9. Butting or attacking with the knee
  10. Attacking the fallen opponent
  11. Attacking trunk PSS with the side or bottom of the foot having the knee pointed out in clinch position
  12. Following Misconducts of contestant or coach
      a) Not complying with the referee’s command or decision
      b) Inappropriate protesting behavior to officials’ decisions
      c) Inappropriate attempts to disturb or influence the outcome of the match
      d) Provoking or insulting the opposing contestant or coach
      e) Unaccredited doctor/physicians or other team officials found to be seated in the doctor’s position
      f) Any other severe misconduct or unsportsmanlike conduct from a contestant or coach

4.2 When a coach or contestant commits excessive misconduct and does not follow the referee’s command the referee may declare a sanction request by raising a yellow card. In this case the Competition Supervisory Board shall investigate the coach’s behavior and determine whether a sanction is appropriate

5. If a contestant intentionally and repeatedly refuses to comply with the Competition Rules or the referee’s orders, the referee may end the match and declare the opposing contestant the winner.

6. If the referee at the Inspection desk or officials in the Field of Play determines, in consultation with the PSS technician, if necessary, that a contestant or coach has attempted to manipulate the sensitivity of PSS sensor(s) and/or inappropriately alter the PSS so as to affect its performance, the contestant shall be disqualified.

7. When a contestant receives ten (10) “Gam-jeom”, the referee shall declare the contestant loser by referee’s punitive declaration (PUN)

WT Sport Poomsae Competition Divisions
- Male Individual, Female Individual, Pair (1 male, 1 female)
  Team: 3 Males or 3 Females

WT Sport Poomsae Freestyle Competition Divisions
- Male Individual, Female Individual, Pair (1 male, 1 female)
  Mixed Team: (Composed of 5 members including 2 males & 2 females)
The 2021 Designated Sport Poomsae Chart will be posted by June 13, 2021
www.poweradestategames.org

**Sport Poomsae Contest Rules**

Competitors of Sport Poomsae will be judged based on the WT/USAT Poomsae Scoring Guidelines. Competitors will be judged on a 4.0 scale for Poomsae Accuracy and a 6.0 scale for Presentation. Total Accuracy and Presentation equals 10.0.

**Scoring Criteria**

**Accuracy (4.0)**
1. Accuracy of basic movements
2. Balance
3. Accuracy of details of each Poomsae

**Presentation (6.0)**
1. Speed and Power
2. Strength/Speed/Rhythm
3. Expression of energy

**Color Belts Recognized Sport Poomsae**

<table>
<thead>
<tr>
<th>Gup</th>
<th>Rank</th>
<th>Competition Poomsae</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Yellow</td>
<td>Taegeuk 1, 2 Jang</td>
</tr>
<tr>
<td>7</td>
<td>High Yellow</td>
<td>Taegeuk 1, 2 Jang</td>
</tr>
<tr>
<td>6</td>
<td>Green</td>
<td>Taegeuk 1, 2, 3, 4 Jang</td>
</tr>
<tr>
<td>5</td>
<td>High Green</td>
<td>Taegeuk 1, 2, 3, 4 Jang</td>
</tr>
<tr>
<td>4</td>
<td>Blue</td>
<td>Taegeuk 3, 4, 5, 6 Jang</td>
</tr>
<tr>
<td>3</td>
<td>High Blue</td>
<td>Taegeuk 3, 4, 5, 6 Jang</td>
</tr>
<tr>
<td>2</td>
<td>Red</td>
<td>Taegeuk 4, 5, 6, 7, 8 Jang</td>
</tr>
<tr>
<td>1</td>
<td>High Red</td>
<td>Taegeuk 4, 5, 6, 7, 8 Jang</td>
</tr>
</tbody>
</table>

**Black Belts Recognized Sport Poomsae**

<table>
<thead>
<tr>
<th>Age Division</th>
<th>Competition Poomsae</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 – 7</td>
<td>Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo</td>
</tr>
<tr>
<td>8 - 9</td>
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<tr>
<td>10 - 11</td>
<td></td>
</tr>
<tr>
<td>Cadet (12 – 14)</td>
<td>Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang</td>
</tr>
</tbody>
</table>
### Traditional Poomsae (Forms) Contest Rules

#### Scoring
1. **Score**
   1. The referee and judges shall award a score, on a scale of five to ten, ten being the highest.
   2. Any tenth of one point may be awarded. (0.1, 0.9, etc.).
   3. The highest and lowest scores will be dropped from total computation. In case of a tie, however, all scores will be computed to break the tie.
   4. If a three-judge system is used, all scores will be computed. In case of a tie, however, the closest to the mean number is the winner. (e.g., 8.4, 8.5, 8.6 is the winner vs 8.1, 8.5, 8.9).

#### Merits
Judges and referees will award scores on the basis of the following merits:
1. Correct and orderly execution of each movement, Degree of proficiency which will be judged on the basis of: Beginning and ending the Poomsae at the same spot, executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment, Mental concentration, focused eye and head movements, accurate targets, Balance, Rhythm, Inhaling and exhaling at the proper moment, Taekwondoistic attitude * Synchronization of entire body movements, competition manner:

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<table>
<thead>
<tr>
<th>Group</th>
<th>Sets</th>
</tr>
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<tbody>
<tr>
<td>Junior (15 – 17)</td>
<td>Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek</td>
</tr>
<tr>
<td>Under 30</td>
<td>Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin</td>
</tr>
<tr>
<td>Under 40</td>
<td></td>
</tr>
<tr>
<td>Under 50</td>
<td>Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae,</td>
</tr>
<tr>
<td></td>
<td>Chonkwon</td>
</tr>
<tr>
<td>Under 60</td>
<td>Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu</td>
</tr>
<tr>
<td>Under 65</td>
<td>Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu</td>
</tr>
<tr>
<td>Over 65</td>
<td>Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu</td>
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<table>
<thead>
<tr>
<th>Group</th>
<th>Sets</th>
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</thead>
<tbody>
<tr>
<td>Pair 9 and Under</td>
<td>Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo</td>
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<tr>
<td>10 – 11</td>
<td></td>
</tr>
<tr>
<td>Cadet (12 – 14)</td>
<td>Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang</td>
</tr>
<tr>
<td>Junior (15 – 17)</td>
<td>Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek</td>
</tr>
<tr>
<td>Under 30</td>
<td>Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin</td>
</tr>
<tr>
<td>Over 30</td>
<td>Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae,</td>
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<tr>
<td></td>
<td>Chonkwon</td>
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<thead>
<tr>
<th>Group</th>
<th>Sets</th>
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</thead>
<tbody>
<tr>
<td>Team 9 and Under</td>
<td>Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo</td>
</tr>
<tr>
<td>10 – 11</td>
<td></td>
</tr>
<tr>
<td>Cadet (12-14)</td>
<td>Taegeuk, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang</td>
</tr>
<tr>
<td>Junior (15 – 17)</td>
<td>Taegek 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek</td>
</tr>
<tr>
<td>Under 30</td>
<td>Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin</td>
</tr>
<tr>
<td>Over 30</td>
<td>Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, ShipJin, Jitae,</td>
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<td></td>
<td>Chonkwon</td>
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General Guidelines For Creative Poomsae & Weapons (Modified)

A. Competitor must be a 2021 BODYARMOR State Games of North Carolina Taekwondo Championship competitor.
B. No Taekwondo, Karate, Kung Fu, or any other established style of martial arts forms will be allowed.
C. Competitor may wear non-standard Dobok.
D. Maximum performance time is two minutes.
E. Performance will be solo only.
F. Choreography of the Creative Poomsae must include the following:
   - The Poomsae should end in the same position as it starts.
   - At least 12 or more kicks must be performed.
G. Performance will be done within the regulated Tournament ring size.

Judging Criteria for Creative Poomsae & Weapons Poomsae

A. Practicability, Applicability and Focus: Practical, applicable techniques with focus are superior to non-applicable techniques without focus.
B. Balance, Rhythm and Flexibility: Techniques with balance, rhythm and flexibility are superior to techniques without balance, rhythm and flexibility.
C. Accuracy, Speed and Power: Techniques with speed, power, impact and without mistakes or hesitations are superior to techniques without speed, power, and impact and with mistakes or hesitations.
D. Beauty, Grace and Artistic Performance: Techniques with beauty, grace and artistic movements are superior to techniques without beauty, grace, and artistic movements.
E. Technical Superiority: Flying is superior to jumping. Jumping is superior to skipping. Skipping is superior to sliding. Sliding is superior to standing. Spinning is superior to non-spinning. Kicking is superior to any hand techniques. Techniques with more combinations are superior to techniques with less or single techniques.
F. Concentration and Breath Control: Performance with concentration and proper breath control is superior to the performance without concentration or proper breath control.
G. Etiquette and Manners: Courtesy and attitude of competitors from entrance, performance and up to the finish will be counted.

JUDGING METHOD FOR CHNG JAHK POOMSAE (Creative Form)

Indication and Calculation of Scores:

1) Use score card number 0-9
2) Highest score and lowest score will be adjusted to the next highest or lowest score and all scores will be added. All deduction points will be subtracted.

Creative Poomsae Point Award Priority:

1) Techniques, Superiority and Creativity 30%
2) Applicability and Practicability 30%
3) Accuracy, Speed, and Power 25%
4) Balance, Rhythm and Endurance 10%
5) Spirit and Manner 5%

Total 100%

Deduction Point and Disqualification Guidelines:

1) Time violation: 0.5 deductions every 10 seconds over performance time – Maximum up to 2 minutes.
2) Technical violation: 0.5 deduction each violation.
3) Boundary violation: 0.5 deduction each violation. Running out of boundary.
4) Spirit and Manner violation: 0.5 deduction each violation.
General Guidelines For Self Defense & Demonstration Team Competition

A. Participant must be a 2021 BODYARMOR State Games of North Carolina Taekwondo Championship competitor. **No music or breaking material allowed for the Self Defense Team Competition.**

B. There is no limit to the number of players who may enter as Self Defense or Demonstration Team.

C. Teams are required to have their own board holders and support.

D. Performance may be synchronized or unsynchronized.

E. Be creative: Forms, Breaking, Music, Self-Defense techniques, etc.

F. Non-standard WT Doboks are allowed.

G. 10-minute time limit includes setup and cleanup.

H. Judging based on successful completion of breaking attempts, creativity, originality, plus audience appeal. **Self Defense Team will also be judged on practicality.**

I. Must provide own materials (i.e. bricks, music (CD or cassette tape), boards).

J. Eligibility is open to all ages and belt colors.

Creative Kyukpa (Breaking) Guidelines: (Modified)

A. Competitor must be a 2021 BODYARMOR State Games of NC Taekwondo Championships athlete.

B. Competitor can choose the kind of techniques and unlimited amount of boards.

C. The Tournament Committee will provide 5 boards. **Additional boards available for purchase.**

D. The maximum set-up time to include the maximum performance time is 2 minutes.

E. The maximum number of tries is 2 times.

F. The performance must be done within the official Tournament ring size.

G. All boards for breaking must be 12 inch by 10 inch, ½ inch thick pine or 12 inch by 10 inch, 1-inch-thick pine. The thicker boards will carry more difficulty and greater point value.

H. Competitors must provide their own holders. Referees and Judges **are not** allowed to hold boards.

**Judging Criteria for Creative Kyukpa (Breaking):**

A. **Difficulty:** Difficulty of technique will be based on the following order of superiority (in ascending order)

   1. Hand technique
   2. Standing kick technique
   3. Kicking technique with spinning motion
   4. Jump kick technique
   5. Jump kick with spinning motion
   6. Multiple breaking jump kick
   7. Multiple spinning jump kick
   8. Flying kick technique
   9. Flying kick with spinning motion

B. **Difficulty of Breaking** will be based on the number and thickness of Boards.

   1. Number of boards held at one time.
   2. Total number of boards in the performance, (Unlimited within 1-minute time limit)
   3. The thicker boards carry more difficulty and higher point value.

C. **Technique will be judged based on Accuracy, Speed and Power**

   1. Accuracy: breaking at the first attempt is superior to breaking at the second attempt, and breaking at the center is superior to chipping the board.
   2. Speed: suspended holding is superior to the fixed holding, and the competitor who executes more techniques with less time is superior to a competitor who executes fewer techniques in longer time.

   Power: higher number of boards broken is superior to the lower number of boards broken.

D. **Presentation is based on Balance, Rhythm and Manner.**
Competitor balance, rhythm and good manner from entrance to the competition of the performance is superior to the competitor without balance, rhythm and good manner.

Para Taekwondo

All athletes in Taekwondo compete standing with full use of their legs. Athletes have varying impairments in their arms ranging from the most impaired (K41) to the least impaired (K44). The same equipment is used in Paralympic and Olympic Taekwondo. The rules differ slightly as there are no head kicks in Paralympic Taekwondo and no points are awarded for punches.

Sport Class Profiles (K40)

K41

Athletes competing in this sport class are unable to block their Hogu (trunk protector). K41 athletes have a loss of upper limbs resulting in decreased kicking power due to the impairment's impact on balance and torsion. As the athletes are not able to block, focus is put on foot work and avoidance strategies while trying to score points.

K42

Athletes competing in this sport class will be able to block one side of their Hogu (trunk protector). You will see these athletes with a shortening or loss of one arm above the elbow. Other athletes may be able to cover only the upper half of the Hogu on both sides due to two shortened arms. All K42 athletes may have a slight reduction in kicking power due to the impairment's impact on balance and torsion. Athletes in this sport class will tend to maneuvers so that they lead with their unaffected side towards their opponent while trying to score.

K43

Athletes competing in this sport class will be able to block most of their Hogu (trunk protector), with limited blocking of the lower parts due to loss or shortening of both arms below the elbow. These athletes will move and kick similarly to Olympic Taekwondo athletes.

K44

Athletes competing in this sport class will be able to block their entire Hogu (trunk protector). The K44 athletes will have at minimum a loss of one hand through the wrist, or an equivalently shortened arm. This sport class also includes athlete with coordination impairments in one arm. The K44 athletes will move, kick and strategize similarly to Olympics Taekwondo athletes.