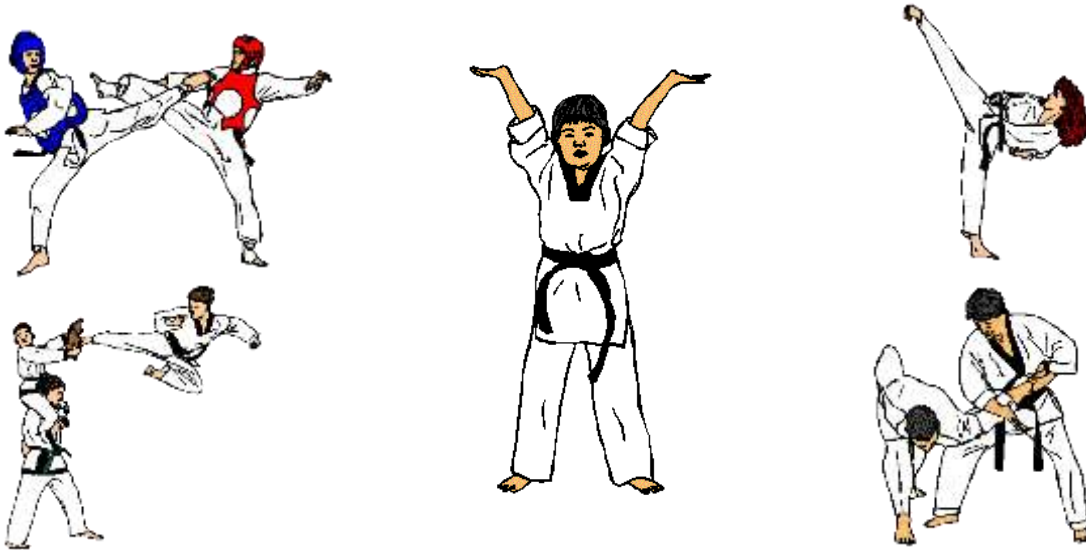


2025

## 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 21, 2025**

BODYARMOR State Games of North Carolina  
Sport & Traditional Taekwondo Championships

Novant Health Fieldhouse @ Greensboro Complex  
1921 W. Gate City Blvd, Greensboro, NC 27403



**June 21, 2025**

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

Welcome to the 2025 BODYARMOR State Games of North Carolina Sport & Traditional Taekwondo Championships!

Medal winners of the 2025 BODYARMOR State Games of North Carolina Taekwondo Championships event become eligible to advance to the 2026 National State Games of America to be held in State College, PA: Please visit: ([www.stategamesofamerica.org](http://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)**  
**Competitors must have Daedo Gen 2 E-Socks. Tournament Committee will provide the E-Hogu and E-Head Gear. Junior Safety Rules (JSR) and Adult Light Head Contact (ALHC) rules are applied to all Grassroots Sparring Divisions.**
- 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 Kyukpa (Breaking)
- Demonstration Team (Complete fanfare)
- Traditional Poomsae Open (Forms) WT, ITF, ATA, GTA, other;
- Grassroots Olympic-style Sparring (JSR, & Adult Light Head Contact –ALHC)
- 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](http://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 USA and North Carolina Taekwondo athletes to achieve sustained competitive excellence, and to promote and grow the sport of 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](mailto:wtkdcte@intrstar.net)

Roxanne Neumann, Director of Events  
North Carolina Amateur Sports  
919-361-1133  
[roxanne@ncsports.org](mailto:roxanne@ncsports.org)

**June 20, 2025**

**BODYARMOR State Games of North Carolina**  
**Traditional and Olympic-style Sport Taekwondo Competitions**  
**All Credential Pickups & Sparring Weigh-ins**  
**6:00pm-8:45pm @ Novant Health Fieldhouse @ Greensboro Complex**  
**1921 W. Gate City Blvd, Greensboro, NC 27403**  
**Taekwondo websites – [www.ncsports.org](http://www.ncsports.org)**  
**[www.bodyarmorstategames.org](http://www.bodyarmorstategames.org) or [www.tkdconnect.com](http://www.tkdconnect.com)**  
**All times are approximate and are subject to changes**

**June 21, 2025 – Sport & Traditional Taekwondo Competitions**

**Novant Health Fieldhouse @ Greensboro Complex**

- 8:00am – Doors Open for Competitors, Coaches and Spectators  
8:00am – Onsite Registration for Coaches (**Late Fee**)  
8:00am – Pre-registered Competitors and Coaches Credentials Pickup  
**8:00am – Sparring Competitors can weigh-in throughout the day.**  
9:00am – Coaches and Officials Meeting  
9:45am – Taekwondo Parade of Athletes  
10:00am – Taekwondo Opening Ceremonies  
**10:15am – Taekwondo Demonstration Team Competition**
- 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 – Grassroots Olympic-style Sparring (JSR)
  - 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)
  - 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)
  - 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 (ALHC)
  - Seniors age 18-32 – World Class Sparring (Full Contact)
  - 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 (ALHC)
- Ultra-seniors age 33-40 – World Class Olympic-style Sparring
- 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 (ALHC)
- Ultra-seniors age 41-50 – World Class Olympic-style Sparring
- 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
- **Taekwondo Closing Ceremonies**

## General Information

**Registration & Eligibility:** Pre-registration only. **On-Site Registration is not available.** The registration fees and the official online entry form must be filled out completely. Creative Breaking Boards must be purchased online with registration. Additional Creative Breaking Boards may be purchased onsite. 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. All participants must abide by the State Games Code of Conduct.

**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 but highly recommended.** WT Taekwondo white gloves are optional. However, red or blue is allowed, and must correspond with the head and chest protector. **All Sparring competitors must wear an approved mouthpiece.**

**World Class competitors age 12-32 must provide their own Gen 2 E – Socks. The Tournament Committee will provide E-Hogu and E- Head Gear.**

**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.** **This tournament will use the new 3 rounds majority win Sparring Rules.**



**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 males & 2 females); Traditional Poomsae Open (WT, ITF, ATA, Other), Creative Kyukpa (Breaking), World Class Sparring, Grassroots Olympic-style Sparring (JSR & Adult Light Head Contact-ALHC), and Demonstration Team Competition (Full Fanfare). **All Para Taekwondo competitors must contact: 919-361-1133**

**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, 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Poom/Dan and 4<sup>th</sup> Poom/Dan.

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

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## **Special Programs and Awards:**

**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 \$1 million has been distributed to individuals and organizations in North Carolina through grants and scholarships. Please visit: <https://ncsports.org/funding/> for more information and to access the 2025 Grant and Educational Scholarship applications.

**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 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place award based on the number of entries documented by the early registration deadline date of June 14, 2025.

**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.

<b>Please nominate an Athlete, Coach, Referee and Volunteer of the Year Awards.</b>
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## 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.

### Purpose of Junior Safety Rules

- Ensure that young persons participating in competitive Taekwondo sparring are protected, insofar as possible, from concussive head injuries
- Allow developing Taekwondo athletes to compete with the reasonable assurance that they will not be subjected to forceful head contact

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

1. **No head contact:** Contact to the head is not permitted
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))

- Head area definition: 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.
- No Head Contact procedure: Under “No Head Contact” rules, any kick that touches the head area will result in a “Gam-jeom” penalty to the kicker.
  - In the event of a hard kick to the head—anything more than a light touch—the referee will immediately declare, “Kye-shi” and call the tournament medical staff to inspect the injured contestant.
  - If, in the opinion of tournament medical staff, a competitor cannot continue because of a kick to the head, the attacker will be disqualified.
  - The decision whether a competitor is able to continue is made solely by the referee in consultation with the tournament medical staff.
  - 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.



## 2. 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)

- Head area and legal scoring area: 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. In accordance with USA TKD Kyorugi Competition Rules, the legal scoring area is “the entire head above the bottom line of the head protector.”
- Light Head Contact procedure: Under “Light Head Contact” rules, competitors are allowed to kick to the head using light contact only. 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.
  - 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.
  - The referee will immediately call “Kal-yeo,” and then “Kye-shi,” and summon the tournament medical staff to inspect the contestant.
  - The referee will invalidate any points that have been awarded for the technique, and then declare a “Gam-jeom” penalty.
  - 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.
  - The decision whether a competitor is able to continue is made solely by the referee in consultation with the tournament medical staff.
  - 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. “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 round is over when one contestant receives a total of 5 Gam-jeoms.
4. A “Gam-jeom” shall be counted as an additional point for the opposing contestant.

#### **Prohibited acts:**

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

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



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.

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.

When a contestant receives ten (10) "Gam-jeom", (5 Gam-jeoms per round), the referee shall declare the contestant loser by referee's punitive declaration (PUN).

### **WT Sport Poomsae Competition Divisions**

- Male Individual, Female Individual, Pairs (1 male, 1 female)  
Team: 3 Males or 3 Females

### **WT Sport Poomsae Freestyle Competition Divisions**

- Male Individual, Female Individual, Pairs (1 male, 1 female)  
Mixed Team: (Composed of 5 members including 2 males & 2 females)

**The 2025 Designated Sport Poomsae Chart will be posted by June 14, 2025**

**<https://ncsports.org/event/sg/taekwondo>**

### **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

Gup	Rank	Competition Poomsae
8	Yellow	Taegeuk 1, 2 Jang
7	High Yellow	Taegeuk 1, 2 Jang
6	Green	Taegeuk 1, 2, 3, 4 Jang
5	High Green	Taegeuk 1, 2, 3, 4 Jang
4	Blue	Taegeuk 3, 4, 5, 6 Jang
3	High Blue	Taegeuk 3, 4, 5, 6 Jang
2	Red	Taegeuk 4, 5, 6, 7, 8 Jang
1	High Red	Taegeuk 4, 5, 6, 7, 8 Jang

## Black Belts Recognized Sport Poomsae

Age Division		Competition Poomsae
6 - 7		Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
8 - 9		
10 - 11		
Cadet (12 - 14)		Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Junior (15 – 17)		Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30		Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
Under 40		
Under 50		Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
Under 60		Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Under 65		
Over 65		
Pair	9 and Under	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	10 – 11	
	Cadet (12 – 14)	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior (15 – 17)	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Under 30	Taegeuk 6, 7, 8, Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Team	9 and Under	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
	10 - 11	
	Cade (12 – 14)	Taegeuk, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior (15 – 17)	Taegek 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, ShipJin, Jitae, Chonkwon

## **Traditional Poomsae (Forms) Contest Rules**

### **Scoring**

#### **1. Score**

- a. The referee and judges shall award a score, on a scale of five to ten, ten being the highest.
- b. Any tenth of one point may be awarded. (0.1, 0.9, etc.).
- c. 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.
- d. 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).

#### **2. Merits**

Judges and referees will award scores on the basis of the following merits:

- Correct and orderly execution of each movement
- Degree of proficiency which will be judged on the basis of:
  - o Beginning and ending the Poomsae at the same spot
  - o Executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment
  - o Mental concentration (Focused eye and head movements)
  - o Accurate targets,
  - o Balance, Rhythm, Inhaling and exhaling at the proper moment,
  - o Taekwondoistic attitude (Synchronization of entire body movements, competition manner)
- Beauty, Grace and Artistic Performance: Techniques with beauty, grace and artistic movements are superior to techniques without beauty, grace, and artistic movements.
- 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.
- Concentration and Breath Control: Performance with concentration and proper breath control is superior to the performance without concentration or proper breath control.
- Etiquette and Manners: Courtesy and attitude of competitors from entrance, performance and up to the finish will be counted.

### **General Guidelines for Demonstration Team Competition**

1. Participant must be a 2025 BODYARMOR State Games of North Carolina Taekwondo Championship competitor.
2. There is no limit to the number of players who may enter as a Demonstration Team.
3. Teams are required to have their own board holders and support.
4. Performance may be synchronized or unsynchronized.
5. Be creative: Forms, Breaking, Music, Self-Defense techniques, etc.
6. Non-standard WT Doboks are allowed.
7. 10-minute time limit includes setup and cleanup.
8. Judging based on successful completion of breaking attempts, creativity, originality, plus audience appeal.
9. Must provide own materials (i.e. bricks, music (CD or cassette tape), boards).
10. J. Eligibility is open to all ages and belt colors.

### **Creative Kyukpa (Breaking) Guidelines: (Modified)**

- A. Competitor must be a 2025 BODYARMOR State Games of NC Taekwondo Championships athlete.
- B. Competitor can choose the kind of techniques and unlimited amount of boards.
- C. **All Creative Breaking competitors must pre-order and purchase their boards through BODYARMOR STATE GAMES. There will be a limited amount of boards to purchase onsite. The cost of each board is \$3.00 and there is no limit. No outside boards are allowed.**
- 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.**
  - 1. 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.