



In-House Tournament
Information Packet
January Tournament

Pil Seung Tae Kwon Do Academy
915 Hethwood Boulevard
Blacksburg, VA 24060

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Schedule

This schedule is not final and subject to change.

Time	Sparring Ring	Poomsae Ring
9:00 AM -9:30 AM	Judges Meeting	
9:30 AM - 10:00 AM	Registration and Check-in	
10:00 AM - 1:00 PM	Black Belts	Color Belts
1:00 PM - 2:00 PM	Lunch Break	
2:00 PM - 5:00 PM	Color Belts	Black Belts

General Rules

Competitor Expectations:

1. Arrive at the appropriate time, if you arrive late you may miss the event.
2. Respect other competitors, judges, and referees
3. Follow what the referee or judge says and abide by their decisions
4. Must show up with a clean white Pil Seung dobak(uniform). Black Belts should wear their black collared uniforms.
5. Follow all rules related to each competition
6. Keep up a good attitude win-or-lose
7. Violation of these rules can and will result in disqualification.

Audience Expectations:

1. Some parts will require competitors to concentrate we ask you to respect them by staying quiet during these parts
2. Please do not step on the mat with shoes on
3. Respect the referees and judges decisions
4. Audience should arrive early due to limited space

Sparring Rules

ALL COLOR BELT AND BLACK BELT COMPETITORS MUST HAVE THEIR OWN MOUTH GUARD. MALE COMPETITORS WILL BE EXPECTED TO HAVE A CUP.

1. Equipment Rules

- a. All competitors must wear the required safety gear.
- b. Any competitor will not be allowed to compete without all required gear.
- c. Pil Seung will provide arm, leg, head, and body gear, supplies are limited. Each contestant must have a mouth guard. Male competitors are required to have a cup
- d. All sparring gear is subject to inspection at any time. If any gear is found to be unsafe for any reason, the competitor must fix said problem.

2. Personal Rules

- a. All competitors shall keep their nails cut short.
- b. Competitors with long hair will be required to tie it back securely
- c. Competitors are not allowed to wear jewelry, watches, glasses, rings, etc. The referee will have the final say on what is allowed.
- d. Any competitors found to have violate the these rules will be given 1 minute to correct the violation. If not corrected they will not be allowed to compete.

3. Permitted Techniques

- a. Punches - A straight punch using knuckles directed toward the trunk is allowed.
- b. Kicks - Any technique using a part of the foot below the ankle is allowed.

4. Permitted Striking Areas

- a. Trunk - Any portion of the body covered by the chest guard. Laces do not count as part of the chest guard unless there is padding beneath the laces. Both punches and kicks allowed.
- b. Head - Any area above the neck. Only kicks are allowed.

5. Points

- a. Points will be scored if a permitted technique is delivered to a permitted striking area.
- b. Points will count only if two or more judges award the point.

- c. Judges have the final say on what qualifies as a point scored.

6. Point Values

- a. Punches to the chest protector = 1 point
- b. Kicks to the chest protector = 2 points
- c. Kicks to the head = 3 points
- d. Turning kick to the trunk protector = 4 points
- e. Turning kick to the head = 5 points
- f. Gam-jeom given to the opposing contestant = 1 point

7. Match Score

- a. Sum of points of the three rounds

8. Penalties (Gam-jeom)

- a. Penalties will be declared by referee
- b. Each penalty will count as one point awarded to the opponent
- c. All acts listed are considered a penalty and a Gam-jeom will be declared. (Rules apply to contestants)
 - i. Leaving the ring at any point during match
 - ii. Falling down
 - iii. Delaying match
 - iv. Grabbing/pushing opponent
 - v. Attempting to block or hit opponents leg by picking up leg.
 - vi. Lifting leg longer than 3 seconds
 - vii. Kicking below the chest protector
 - viii. Attacking opponent after time has been called (referee will call out "Kal-yeo")
 - ix. Striking opponents head with hand
 - x. Kicking opponents head if not permitted
 - xi. Attacking opponent with intent to hurt opponent
 - xii. Kicking head without control (Referees discretion)
 - xiii. Butting or attacking with the knee or elbow
 - xiv. Attacking fallen opponent
- d. The following rules applies to coaches, referees, or audience members.
 - i. Not complying with referee's command or decision
 - ii. Inappropriate protesting of any staff or volunteers decisions
 - iii. Inappropriate attempts to influence the outcome
 - iv. Insulting or provoking opponent or opponents coach
 - v. Any unsportsmanlike conduct
- e. If the contestant, coach, or audience member refuses to comply with rules or excessively violates the rules the referee can call "Gam-jeom" and hold up a yellow card. The match will be ended the opposing contestant will be declared the winner and Pil Seung staff will decide further action.

- f. If a contestant receives 10 penalties the referee will declare the contestant the loser.
- g. If any clarification is needed we will reference the USAT 2018 Kyorugi Competition Rules

9. Safety Rules

- a. If a contestant has incurred an injury the referee will suspend the match by declaring “Kal-yeo”. Match time will stop. The referee will declare “Kye-she” to call an injury time-out.
 - i. A contestant will be given two minutes to receive first aid.
 - ii. Staff can request extra time if necessary.
 - iii. If the contestant is not able to return the opponent will be declared the winner.
 - iv. If the injury is caused by a prohibited act the offending contestant will be declared the loser.
- b. If a contestant is injured we ask that the audience remain off the matt unless the staff directly asks for help. This is for the safety of the contestants.
- c. The referee can declare and end to head contact at anytime during a sparring match.
- d. Excessive force or contact is not permitted.
 - i. The referee will give two warnings to each contestant.
 - ii. If any contestant continues to strike or kick with excessive force the referee can either award a penalty or disqualify the offending contestant.
 - iii. The referee is the final decider of what is considered excessive contact or force.
- e. The match can be stopped at anytime if conditions are deemed to be unsafe by the referee.
- f. If blood is drawn the match is immediately stopped.

Tentative Divisions:

Bracket	Time	Head Contact
Tiny Tigers	2-30 Second Rounds	none
Lightweight Color Belts	3-1 Minute Rounds	Depends On Age
Midweight Color Belts	3-1:30 Rounds	Depends On Age
Heavyweight Color Belts	3-2 Minute Rounds	Depends On Age
Lightweight Black Belts	3-1:30 Minute Rounds	allowed
Heavyweight Black Belts	3-2 Minute Rounds	allowed
No Head Contact Black Belts	3-2 Minute Rounds	none

Poomsae Rules

- Poomsae will be judged by three judges. Judging will be on a 1-10 point scale.
- Four points will be based of correctness and six will be based off of skill, presentation, difficult, and strength.
- Each competitor will be expected to select two forms of appropriate difficulty.
- You may select Kibon Hana, the Taeguks, or black belt forms. It will be done in the traditional Kukkiwon style.
- The Poomsae Competition will not be done in bracket style. We are simply going by the highest score in the division.
- We ask that all competitors have selected two forms that they wish to compete with. White belts will be asked to do Kibon Hana or 10 Basic Movements

Tentative Divisions

(these will be subject to change based off participation)

Division	Belt Levels	Age
Tiny Tigers	White - Green	4 - 7
Low Belts Kids Division	White - Green	8 - 13
Intermediate Belts Kids Division	Purple - High Blue	8 - 13
High Belts Kids Division	Brown - Bodan	8 - 13
Low Belts Teens/Adults Division	White - Blue	14+
High Belts Teens/Adults Division	High Blue - Bodan	14+
Black Belts Adult Division	All Black Belts	13+
Black Belt Kids Division	All Black Belts	12 and Under

Check-In

Check-in will begin at 9:30am. Events will begin at 10am, however the desk will remain open.

- Upon arrival please find the check-in table. If you have not registered you can do so at this table
- You will be assigned times for each event you will be competing in.
- You will also be assigned a coach that will help you throughout the day. The coach will:
 - Help you find where you need to go
 - Help you with any questions
 - Coach you during sparring

- After checking in you are free to leave as you need. We only ask that you show up to your event at least 15 minutes ahead of time.

From the Pil Seung family...

Have Fun!