

Tournament Rules

Traditional Forms

Competitors must perform a Taeguk or Palgwe Form. The event will be bracketed with up to 4 competitors. Two competitors will be called into the ring at the same time. Judges will vote for the best performance. The competitor with the most votes will win the match. Forms will be judge on Confidence, Accuracy of technique, Power, and Focus. Award to be given are will one – 1st place, one – 2nd place, and two – 3rd place.

Weapons Forms

Competitors will perform any weapons form not to exceed 2 minutes.. The event will be bracketed with up to 4 competitors. Two competitors will be called into the ring. The first competitor will perform followed by the second competitor. Then both will be called into the ring and judges will vote for the best performance. The competitor with the most votes will win the match. Forms will be judge on Confidence, Focus, Control of the Weapon, and variety and difficulty of techniques. Loss of the control, dropping, or putting down the weapon will have an negative impact on the score. Award to be given are will one – 1st place, one – 2nd place, and two – 3rd place.

Creative Forms

Competitors will perform a form of their own design not to exceed 2 minutes. The event will be bracketed with up to 4 competitors. Two competitors will be called into the ring. The first competitor will perform followed by the second competitor. Then both will be called into the ring and judges will vote for the best performance. The competitor with the most votes will win the match. Forms will be judge on Confidence, Focus, and variety and difficulty of techniques. Tumbling/Gymnastics and difficult techniques are encouraged. Award to be given are will one – 1st place, one – 2nd place, and two – 3rd place.

Team Forms

Teams will consist of 2 – 4 competitors. Each team may perform a traditional or creative form. The forms may be in unison or choregraphed (ex. Fight Scene). The team will compete with the group of the oldest student on the team. The event will be bracketed with up to 4 teams. Two teams will be called into the ring. The first team will perform followed by the second team. Then both will be called into the ring and judges will vote for the best performance. The team with the most votes will win the match. Forms will be judge on Confidence, Focus, and coordination of techniques. Award to be given are will one – 1st place, one – 2nd place, and two – 3rd place.

Sumo (Ages 11 and under only)

The event will be bracketed with up to 4 competitors. Two competitors will be called into the ring. Each competitor will be given a rectangular target. Competitors will touch the targets together. When the referee says go they will attempt to make their opponent step out of the ring or fall/touch their target to the floor.

How to get points:

1. Opponent removes a hand from their target.
2. Opponent's target touches the floor.
3. Opponent falls to the floor.
4. Opponent steps outside the ring.

First to 5 points or whoever has the most points after 2 minutes.

Equipment required – headgear & mouthguard or headgear with face shield. (These can be provided if you do not have them.)

Award to be given are will one – 1st place, one – 2nd place, and two – 3rd place.

Weapons Sparring

The event will be bracketed with up to 4 competitors. Two competitors will be called into the ring. Each competitor will be given a padded sword. Competitors will cross their swords. When the referee says go they will attempt to strike their opponent to score points. One point will be given for each strike to the body or head. Strikes to the legs will give a point to your opponent.

First to 5 points or whoever has the most points after 2 minutes.

Equipment required – headgear & mouthguard or headgear with face shield.

Award to be given are will one – 1st place, one – 2nd place, and two – 3rd place.

Speed Punch (30 seconds)

The event will consist of up to 4 competitors. The competitor will be in a riding horse stance and will begin punching alternating hand when the referee starts the time and says go. Each competitor's punches will be counted individually. When the timer reaches zero the referee will call stop. Each competitor's punch count will be written down by their counter. Award to be given are will one – 1st place, one – 2nd place, and two – 3rd place based on who has the most punches.

Speed Kick (30 seconds x 2)

The event will consist of up to 4 competitors. The competitor will be in a fighting/kick stance and will kicking with their first leg when the referee starts the time and says go. Each competitor's kicks will be counted individually. When the timer reaches zero the referee will call stop. Each competitor's kick count will be written down by their counter. Then the competitor will switch legs. They will begin kicking with their second leg when the referee starts the time and says go. Each competitor's kicks will be counted individually. When the timer reaches zero the referee will call stop. Each competitor's kick count will be written down by their counter. The counts for both legs will be added together to get a total kick count. Kicks must be at belt level or above. Low kicks will not be counted.

Award to be given are will one – 1st place, one – 2nd place, and two – 3rd place based on who has the most kicks.

Creative Breaking

The event will consist of up to 4 competitors. Each competitor will have 3 boards, all board for the group will be the same size. Competitors will compete one at a time. They must do one hand break, one foot break, and one break of their choice. They will get two tries per board. If they are unsuccessful on their 2nd try the board will count as not broken. Scoring will be based on number of boards broken. If there is a tie then the judges will vote based on the level of difficulty of the techniques.

AWPBA Power Breaking

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Grand Champion

This award is given to the most successful all-around athlete per age group. The Grand Champion title is one of the most challenging awards to earn as it requires the athlete to perform at a high level in multiple events across the board. Grand Champion winners will receive a grand t-shirt.

Grand Champion Age Groups		
Ages 3-7	Ages 8-11	Ages 12 & Up
Male & Female	Male & Female	Male & Female
Point System		
Gold (with competitors)		7 Points
Uncontested Gold		5 Points
Silver		3 Points
Bronze		1 Point
Tie Breaker		
Who faced more competitors in total.	If still tied: Who registered for more events.	If still tied: Who broke higher # of boards.