



General Rules and Conduct

- Traditional Dobalk must be worn - No T-shirts, warm-up suits or jackets. **Proper discipline and protocol must be shown** at all times. Any disrespect or improper attitude will constitute an immediate disqualification
- **Forms and Sparring Rules** are in accordance with the **Official Tang Soo Do Martial Way Association Tournament Rules**. A review of the rules will be held prior to the start of competition

Forms and Weapons Forms

- Only traditional forms are allowed (open handed forms)
- No musical forms
- **In the event of a tie the competitors must select another hyung to perform**

Breaking

- **Only wood breaking is allowed. Traditional wood boards will be available for sale the day of the tournament. Boards are \$2.00 / board**
- Three station break maximum. Adult divisions will use 10" x 12" boards Children divisions will use 6" x 12" boards

Sparring

- Sparring rounds are continuous **2 minutes**. The Head Referee may call time-out when necessary to control the match. Winner is determined by the total number of points at the end of the round **or** the first competitor to 5 points. Ties are broken by a "sudden win" match. The first point scored determines the winner
- **Required Equipment:**
 - Foam or vinyl hand, foot and head gear that is in good repair. No leather gear
 - Mouthpiece, soft chest protectors are permitted but not required, groin cup - men, no jewelry
- **Legal Target Areas**
 - The face and area of the head covered by headgear **except** the back of the head
 - The front of the body and the side of the body from the armpit to the belt
 - **Adult Dan Level Only** – grabbing your opponent for no more than a second is permitted before the execution of a legal technique. Sweeping techniques to the lower part of the opponent are allowed to break balance followed by a technique to a legal target area. Trapping the kicking leg is permitted followed by a technique to a legal target area
- **Illegal Target Areas**
 - Contact to any part of the body below the belt
 - Striking all parts of the back including the head, spine and kidneys
 - Striking to the throat and neck
 - Grabbing or sweeping the opponent (Gup Level) is not permitted
- **Legal Scoring Techniques**
 - To be awarded a point to the face or head, a legal, controlled technique must be delivered within two inches of a legal target area. Light body contact is allowed to score on a legal target area. **Excessive contact will not be tolerated**
 - **One point techniques** - hand techniques or standing forward techniques (round kick, side kick, crescent kick, etc.)
 - **Two point techniques** - standing back or spinning kick applied to a legal target area. Jump kick where the kicker's trailing leg are below the belt level of the opponent. A combination of a counter-attacking technique to a legal target area. Example: low block/reverse punch or middle block/round kick counter
 - **Three point techniques** - jumping or flying kicks where both feet are above the belt of the opponent
- **Contact Fouls / Warning System**
 - Two judges are necessary to confirm a foul. Two fouls committed during a two minute round will result in an automatic disqualification. Contact to the face is not permitted. Any contact which causes redness, swelling or bleeding will result in disqualification.
 - A foul will be called for the following reason: a technique delivered after stop is called. A technique to an illegal target area. Uncontrolled techniques. Using the knee, elbow, shin or head as a striking implement. Running out of the ring.
 - **Head Referee Official Warnings** - the Head Referee may issue an "official warning" to keep the match safe. Two official warnings will result in a disqualification.

