



2025 - 2026

UNITED STATES
USCDKA
CHUNG DO KWAN ASSOCIATION

TOURNAMENT RULE BOOK

COMPLETE RULES FOR USCDKA SANCTIONED
TAEKWONDO TOURNAMENT COMPETITION

WWW.USCDKA.COM



2025-2026

RULE BOOK

Updated: August 2025

Complete Rules for USCDKA Sanctioned Taekwondo Tournaments



2025-2026

RULE BOOK UPDATES

Updated: August 2025

- **Update on Coaches.** **pg.7**
For the 2025–2026 tournament season, there will be no coaches at ringside. This policy is currently under review. The USCDKA recognizes the importance of support for athletes and will continue to evaluate the role of coaching in future tournaments.
- **Update on Keibon forms** **pg.16**
Keibon divisions have been updated for the 2025–2026 season to better explain the age and rank limitations and to ensure fair and challenging competition.
- **Update on Creative/Xtreme** **pg.17-18**
All Xtreme and Creative Forms, including Weapons divisions, have a maximum time limit of 1.5 minutes.
- **Update on Creative/Xtreme Point Deduction** **pg.18**
A transfer is any change of grip while at least one hand remains on the bo; this is legal and continuous. If the tip touches the mat during a transfer, it is not a release. A release only occurs when neither hand is in contact with the bo.

All Xtreme and Creative forms have a time limit of 1.5 minutes.
- **Update on Team Sync Forms** **pg.20**
Mixed Teams are now permitted in all Sync Events, including Traditional Forms, Xtreme Forms, and Weapons. However, each athlete may only compete in one Mixed Sync division; if they choose to participate in additional sync events, they must do so in their rank-appropriate division (Gup or Black Belt). This ensures fair participation while still allowing flexibility for mixed team competition.
- **Update on Sanctioned Tournament Levels** **pg.21**
Competitors will no longer be awarded points for tournaments held outside of their region.

USCDKA TOURNAMENT RULES

The Tournaments hold a very special place in the heart of the USCDKA Founders, Great Grandmaster Edward B. Sell (1942-2014) and Sr. Grandmaster Brenda J. Sell. During the pioneer days of Taekwondo in the United States, it was tournaments that challenged the skill and character of the competitor. Over the years, politics and inconsistent rules caused many schools to eliminate tournaments from their required curriculum.

Consequently, many of our students would miss the benefits of challenging themselves under pressure that only competition can provide. We're determined to provide our USCDKA family with a safe, secure, family friendly environment to recapture the benefits of tournaments. Your priority of participation in sanctioned events as a competitor and/or official are greatly appreciated and help us achieve those goals.

The tournament philosophy is each person comes to compete, testing their skills not only against one another but against yourself. Some of the major benefits are to develop sportsmanship, teamwork, relationships, respect, servant leadership through volunteering and leading by example, and a structured personal training program to coincide with upcoming sanctioned tournaments. One of the greatest lessons is to learn how to both win and lose gracefully, therefore encouraging the true spirit of competition.

These rules are the guidelines that will be followed during the 2025-2026 tournament season. The tournament season starts after Nationals each year and ends with the 2026 USCDKA National Championships.

USCDKA Tournament's goal is to provide a fun, safe, secure family environment for our USCDKA members.

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I. BASIC USCDKA RULES

1.01 MEMBERSHIP

All competitors, judges, referees, and coaches must be current U.S. Chung Do Kwan members in good standing.

1.02 COMPETITOR

All competitors will also be held to the Highest Standard of Excellence. There will be Zero Tolerance for Unsafe or Unsportsmanlike Behavior. This includes any disrespectful gestures or behavior while performing or attending at any USCDKA Event.

1.03 FAMILY MEMBERS

Parents, spouses, and family members are very important to the competition. Their role is to be supportive and reinforce good sportsmanship. Sr. Instructors and Coaches have the responsibility of preparing them for competition to model good sportsmanship.

1.04 SPORTSMANSHIP

We cannot guarantee that the judges and referees are perfect or score the way that those not in the ring would perceive a score to be. There will always be times when a person feels that he or she should have won but didn't, and times when maybe he or she should have, but the human factor in judging was faulty. But tournaments will always have this factor present. Knowing this, each of us competes with the mind-set that doing MY best is the most important reward in competition. Competition is NOT just about technique, but also about self-control and respect. Derogatory remarks about the referees, coaches, and even opponent(s) is not appropriate.

However, what we can guarantee is that every tournament official is doing his or her best to provide fairness in scoring. At all times, appreciation of the judges, referees, and tournament officials are to be acknowledged. Sr. Instructors are encouraged to serve as referees and judges and to train other staff members to coach and get experience in the ring as officials prior to the events so that our "best eyes" are in the ring scoring the competition rather than on the sidelines.

Members, parents, and guests attending these tournaments are expected to be supportive in actions and words. Derogatory remarks will be considered disrespectful and will be dealt with appropriately. This behavior could result in a warning or deduction of points to the competitor. As always, the customs and courtesies taught in class are expected to be practiced at all times. Be a finder of GOOD things.

1.05 UNIFORM REQUIREMENT

All competitors must wear a complete (top and bottom) USCDKA traditional uniform (white uniform with USCDKA logo or school logo on back. Instructors may wear black pants). All uniforms must have a USCDKA patch on left chest. Uniform must be clean and in good condition.

Note: A clean uniform that is pressed demonstrates respect and honor.

Sports Goggles WILL BE ALLOWED for medical reasons only. Example: Vision is limited and prescription sport goggles are now a safety factor.



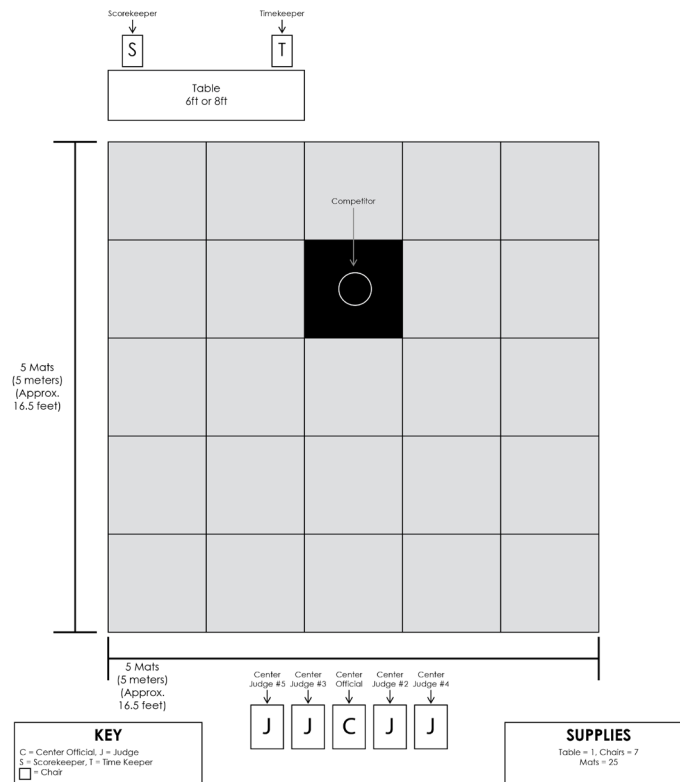
1.06 DIVISIONS

Age	Divisions
5 and Under years old	Mini Pee Wee
6-9 years old	Pee Wee
10-13 years old	Junior
14-17 years old	Teen
18-29 years old	Adult
30-39 years old	Adult
40-49 years old	Senior
50-59 years old	Executive
60 + years old	Platinum

Skill Level	Color/Rank
Beginner	White, Yellow, Gold, Orange
Intermediate	Green, Purple, Blue
Advanced	Red, Brown, 1st Gup
Black Belt	1st Dan - 3rd Dan
Master	4th Dan - 9th Dan

1.07 TYPICAL RING LAYOUT

Forms (Poomsae) Diagram (Not To Scale)



1.08 DISQUALIFICATION FROM A TOURNAMENT

Anyone who is disqualified from an event for disrespect will have all points removed for that event and not be allowed to enter any other competition for that tournament, including Night of Champions if at Nationals.

1.09 SPONSORS

The local, state and regional tournaments are the pathway to the prestigious National Championships in honor of our founder, Great Grandmaster Edward B. Sell. An event of this caliber and prestige cannot exist without volunteers and sponsors. There will be several opportunities and ways to sponsor Nationals this year as we are back at the DoubleTree by Hilton Hotel Orlando at SeaWorld. Check the website for details.



II. OFFICIALS

2.01 ROLES AND RESPONSIBILITIES

The role of every tournament official is to encourage and motivate, NOT to teach. Every competitor, spectator, and official should always feel welcome and at home. Be friendly! We are a family that is working together for a common goal: to provide a safe, secure family environment for our USCDKA members. Treat all students as if they are your own. Look after the best interest of all competitors. The best judges and referees are the ones who state their honest opinion and do not hold back. You may make mistakes but learn from them. Keep in mind the criteria for Judging. Don't be swayed by your emotions or sympathy for a competitor. Be fair and objective. These are some of the keys that will provide quality competition for our USCDKA family.

2.02 OFFICIALS DRESS CODE

Officials must wear approved tournament officials shirt (color indicated below) with uniform pants and belt. Full uniform is also accepted at this time.

2.03 TOURNAMENT OFFICIAL CLASSIFICATION

The USCDKA shall recognize the following as Certified Tournament Judging requirements:

TOURNAMENT DIRECTOR (RED SHIRT)

A USCDKA Sr. Instructor or Master who has been approved to host the sanctioned tournament or is appointed as a director at that event.

DIVISION I REFEREE / CENTER OFFICIAL (GOLD SHIRT)

Must be a certified 4th Dan or higher in good standing with the Kwan' Jang. Eligible to center referee for all divisions. Must have held Division II Referee certification for at least one year and served in a minimum of two USCDKA-sanctioned tournaments in order to be eligible to upgrade. Minimum age: 18 yrs. old.

DIVISION II REFEREE / CENTER OFFICIAL (GOLD SHIRT)

Must be a certified 4th Dan or higher in good standing with the Kwan' Jang. Eligible to center referee for all gup rank competitions. Must have held Division I Judge certification for at least one year and served in a minimum of two USCDKA-sanctioned tournaments in order to be eligible to upgrade. Minimum age: 18 yrs. old.

DIVISION I JUDGE (BLACK SHIRT)

Must be a certified 2nd Dan or higher in good standing with his or her Senior Instructor. Eligible to corner for all divisions. Must have held Division II Judge certification for at least one year and served in a minimum of two USCDKA-sanctioned tournaments in order to be eligible to upgrade. Minimum age: 13 yrs. old.

DIVISION II JUDGE (BLACK SHIRT)

Must be a certified 1st Dan or higher in good standing with his or her Senior Instructor. Eligible to corner for all gup rank competition. Minimum age: 13 yrs. old.

TIMEKEEPER AND SCOREKEEPER (GREEN SHIRT)

This position is not limited to students. Volunteers who are not training are encouraged to serve in this capacity.



2.04 NUMBER OF OFFICIALS

- a) Five USCDKA-certified Black Belts will serve as judges and referee
- b) One Scorekeeper

For scorekeeping purposes:

The seating order of the officials is shown on the diagram on page 5

The highest-ranking certified official is #1(center judge), lowest ranking is #5

Once assigned to a ring, the judges cannot leave that ring until the division is complete and approval is given by the Head of Referees.

Note: Smaller regions or tournaments may adjust the number of judges per ring based on black belt availability; however, the ideal number of judges is five (5), and the minimum required is three (3).

2.05 COACHES AND COACHING (BLUE SHIRT)

For the 2025–2026 tournament season, there will be no coaches at ringside. This policy is currently under review. The USCDKA recognizes the importance of support for athletes and will continue to evaluate the role of coaching in future tournaments.

Since our tournaments are closed to outsiders we are trained to care for all students, not just our own. We are open to positive feedback regarding the role, training, and qualification suggestions for coaches.

ARTICLE III. SCORING RULES – FORMS AND WEAPONS

3.01 DIVISIONS

Athletes will be divided into groups based on the age and rank divisions shown in the chart on page 3.

Note: Divisions may be split or combined with another with final approval from the tournament director.

3.02 SCORING RANGES FOR FORMS

Judges shall simultaneously lift the appropriate/official scorecard at the command of the center judge so that the audience can see that each score was determined independently. The scorekeeper shall read the scores from left to the right, allowing each official to verify his/her score.

Scores range between 5 to 10 points with decimal increments from .0-.9. The median score for those under black belt (gup) should be 7.0 points, and black belt competition median score is 8.0 points. The competitor's score is the sum of the middle three scores. The highest and lowest scores of the five judges are eliminated.

3.03 CRITERIA OF SCORING

When judging this event, be sure you know the approved way of performing the form. Some of the traditional black belt forms have exaggerated stances; therefore, if you judged the form based on the basic stance, your score would be wrong. Wrong moves or techniques need to be judged for consistency to determine if the competitor was taught wrong or if he or she actually forgot the correct move. **Special consideration should be given to young children (6 and under) where judging should be influenced by the amount of power and enthusiasm and not primarily memorization of any form in particular.**

While judging, all officials should be watchful of lines, angles, focus, power, enthusiasm, and precision applied by each contestant. As the Kwan'Jang has stated many times, "Poomsae is a language of movements that should tell an exciting story!" What story are you hearing?

a) Lines = 6-point check

b) Angles = bend in the major joints, body posture.

c) Focus = striking line, point of contact, eye contact

d) Power = timing, shifting body weight, push/pull, giyup.

e) Precision = theory of movement, stances, direction of force, and detailed application of technique.

f) Enthusiasm = Show excitement and some emotion and perhaps some charisma.

g) Customs, courtesies, respect, and confidence are also factors in the final score.

The role of an official is not only to judge but also to encourage and motivate.

Note: that it is not the responsibility of the official to "break ties." The ties are broken by the scores. Score what you see. All competitors are scored equally.

The U.S. Chung Do Kwan scoring system for tournaments was designed to correspond to the testing scoring system. Officials should NEVER score a competitor lower because they are the first to compete. Since we all are from the same association, we know what an average score looks like.

There are times when several competitors will receive the same score from an official. However, with the decimal system, this should not be common. The sum total of the officials declares the champion; it is not the responsibility of individual judges.



3.04 OPENING/RUNNING DIVISION

Center referee should communicate with the Time/Scorekeeper to verify they have the correct division and competitors. When ready, the time/scorekeeper will announce the division name and number of competitors, followed by the name of the first competitor. After competitor enters the ring and does their intro, center referee should direct them to starting position and have them begin when ready. (Younger competitors may need extra guidance with this) After completion of form, center referee calls "Pa'doe, shult" and asks competitor to "Turn Around" for scoring. Center referee calls for "Judges Score!" and scores are held up until they are all recorded properly.

3.05 STARTING A FORM OVER

Point Deduction: In the event that a competitor totally forgets his or her form, have him or her start the form over. Each judge must then deduct one full point from the score that would have been awarded to the second attempt if there had not been a restart. Each restart receives a full point deduction; however, in no case can a competitor receive less than a "5."

Example: the competitor forgets the form and must start over. After completing the form on the second attempt, the judge feels the form scored an 8. He or she would then score the form a seven because of the re-start.

Note: that the judge deducts the point from his or her score, not the scorekeeper. (Remember, a full point is deducted from the final score only if they must start over.)

Judges Note: After the completion of the form, the center referee stands at attention facing the judges. In a loud voice so that the audience can hear, the official says, "Judges, 1-point deduction for starting over. Please allow the 1-point deduction to reflect in the score you display. Thank you."

3.06 TIE-BREAKER PROCESS

In the case of a tie, the center referee re-checks the scorekeeper's calculations, adds back in the two scores that were eliminated, and compares the new totals to break the tie. This is done only for those competitors that have tied. The relative finishing place of the other competitors shall not be changed. If the tie is still not broken, the contestants that are tied repeat their forms side by side. The judges do not award a new score but indicate the winner by simultaneously lifting right or left hands toward that competitor. In the case of a three-way or more tie, if the above attempts to break the tie do not resolve the tie, a conference of the judges is called, and the order of finish is determined by majority rule.

Note: the probability of having multiple ties that cannot be resolved prior to a judge's conference is Xtremely small.

3.07 CLOSING A DIVISION

After scores are finalized the center referee should call all competitors to line up in the ring. Bring forward the 1st, 2nd, and 3rd place winners and stand behind each announcing their place while holding the respective number over their head. (Give medals if awarding at the ring) Bow out all competitors and have them shake hands with all judges.

ARTICLE IV. SCORING RULES – SPEED KICKING

4.01 WHAT IS SPEED KICKING

Speed Kicking is a Fun and Challenging competition for all ages and ranks. The straightforward scoring makes it easy to compare your scores from previous competitions in order to continue to push yourself to reach new personal records.

4.02 JUDGING SPEED KICKING

General Guidelines:

- a) Each athlete will have **30 seconds** to execute as many **ROUND KICKS** as possible.
- b) Athletes may use either leg but **MUST** use the **SAME LEG** throughout the time.
- c) Each kick must make contact with the kicking paddle, kicking shield or bag.
- d) Kicking targets must be held vertically to ensure proper direction of the force of the round kick
- e) Kicks must have **PROPER ROUND KICK TECHNIQUE** (top of the foot) to be counted.
- f) The foot of the kicking leg must touch the ground after each kick.
- g) Kicks must be executed at the athlete's belt level or above.

Note: Kicking shields are recommended for the athletes advantage.

Scoring:

- a) Each of the judges will count acceptable kicks (as outlined in the rules above).
- b) The **HIGH** and **LOW** scores will be dropped, and the remaining scores will be totaled (similar to forms competition).
- c) The winner will be the athlete with the highest **TOTAL SCORE**.
- d) In the event of a tie, the high and low are added back in to break the tie. If there is still a tie after adding in these scores the kickers will compete again.

ARTICLE V. SCORING RULES - USCDKA POINT SPARRING

5.01 WHAT IS POINT SPARRING

Point Sparring is defined as an event involving (2) individuals engaged in a simulated sparring match. The object of which is to score a specified number of points on your opponent first to win the match. Athletes are to wear specified gear (see below) and are to kick or punch toward specified areas of their opponent. Points are scored when contact is made to a legal target area.

The **USCDKA** emphasizes **CONTROLLED CONTACT**. We do not endorse full-contact sparring.

5.02 SPARRING MATCHES AND SETUP

The competition point system for all tournaments shall consist of single elimination. The "Bye System" shall be used at all tournaments, which guarantees four semifinalists. All byes shall be awarded during the first round of competition. (See bye sheet).

The only exception will be in the case that only three competitors are in a free sparring division. If the competitor that was awarded the bye loses to the competitor that won the first round, the competitor that was awarded the bye will then be required to spar the person who lost to the 1st place competitor to determine 2nd and 3rd place.

5.03 DIVISIONS

Divisions will vary from tournament to tournament based on size. **Competitors are first separated into categories by SKILL LEVEL and DIVISION.**

In most cases, there is a suggested minimum of 4 in a division and an absolute maximum of 16.

If a division has less than four registered, it may be combined with another division as long as it is in the same skill level. The emphasis is to provide fair and safe competition. Regardless of how the divisions are expanded, the goal is to provide appropriate and compatible competition.

One of our goals is to encourage Sr. Instructors to compete, but not to be competing against their own students. We always teach our leaders to Lead by Example, and it is important that when possible, the Sr. Instructors have the opportunity to be "showcased".

5.04 SPARRING GEAR REQUIREMENTS

a) No metal or glass of any kind is allowed on any protective equipment.

b) Sports Goggles **WILL BE ALLOWED** for medical reasons only.

Example: Vision is limited and prescription sports goggles are needed for safety.

c) Sparring shoes will not be allowed.

d) World Taekwondo (WT) approved gear and/or safety punch and kicks will be allowed. A chest protector (hogu) is **REQUIRED**! A mouthpiece must be worn by **ALL** competitors. Groin protection is **REQUIRED** for male competitors.



Gloves: Olympic Style, cloth, or Foam Dipped Gloves are required.



Feet: Olympic Style, cloth, or Foam Dipped Foot are required.



Chest Guard: Must be reversible Red/blue Taekwondo Hogu.



Head: can be any color. either dipped foam, or the Century C-Gear Washable headgear.



Other: Competitors may wear vinyl, cloth or foam dipped Shin guards. Competitors may wear vinyl or cloth forearm guards.



Groin Guard: All male athletes are required to wear a groin guard, which must be inside the pants during competition.



Mouth Guard: All athletes are required to use a mouth guard. Mouth guards may be any color. Athletes with dental braces must wear special mouthguards for braces that cover both upper and lower teeth.

5.05 POSITION OF THE JUDGES

The center referee is in the center of the ring. The four judges should take a position in one of the four corners. If there are fewer than four judges (in the event of smaller regions), judges should be in opposite corners for the best ability to maneuver along the sides of the ring for better visibility and coverage.

5.06 OPENING OF THE MATCH

Calling The Competitors:

- a) The referee calls the competitors into the ring, declaring red and blue according to chest protector colors or a red flag placed on the chest protector. Competitor's Entry into the Ring: Competitors will enter the ring holding their headgear under their left arm.

Bowing In The Competitors:

- a) The Referee shall raise both arms, triceps parallel to the floor and at eye level), hands open (palms facing inward) and forearms bent vertically at the elbows and say chadeyet (attention), to indicate that the competitors should face one another and come to attention. Next the Referee shall extend the palms downward and parallel to the floor at chest level while saying kyung yet (bow to indicate that the competitors should bow to one another.

Inspection Of The Competitors

- a) The Referee will instruct the competitors to put on their headgear. The Referee shall then physically examine the two competitors: proper and safe gear (hand, foot, head, mouthpiece, chest protector, and cup for males), fingernails, and toenails. Female students are allowed to have painted fingernails and toenails. The length of the fingernails should be no longer than the tips of the fingers.
- b) The inspection also includes the removal of jewelry. Note: Only wedding rings are allowed if covered.

Starting the Match

- a) To begin the match, the Center Referee shall place his or her left hand under the right elbow with the right hand extended between the competitors. To begin the competition, the Center Referee will pull the right hand out from between the competitors and verbally declare "free spar" to signal the beginning of the match.

5.07 SCORING SYSTEM

5 Point Lead System

- a) Match time: 1.5 minutes
- b) Time is stopped to confirm each point
- c) The Center referee will call points.
- d) Each corner judge has one vote.
- e) Contestants are identified as "red" or "blue." "Red" is on the left of the center referee. "Blue" is on the right.
- f) A Red chest protector will identify a red competitor. A Blue chest protector will identify a blue competitor.
- g) The contestant must have at least three votes from the five ring officials to confirm the same point.
- h) The contestant who has a 5-point lead or the most points at the end of the match wins.
- i) A tiebreaker round will be held in the event of a tie. The first contestant to score a point wins.

5.08 SCORING TECHNIQUES

- a) All traditional kicks should be recognized.
- b) One point when kick is placed in frontal portion of the body and flanks, between belt line and shoulders. (No points to the back area.)
- c) Two points for any controlled kick to the head. Controlled contact to headgear

i) No contact to back of head. Legal area for the head is from the ears forward including the face.

Note: Contact to headgear and face is allowed; controlled contact ONLY! (For lower ranked and younger (12 and under) students' points will be scored for close contact as well as light contact. Higher-ranked belts require more precision.

- d) All techniques must be fully extended and controlled.
- e) Closed fist straight and reverse punches ONLY! Scoring area will be frontal portion of the body and flanks, between belt line and shoulders. (Back fist and chops are not scoring techniques).
- f) Partially blocked techniques do not qualify as a point.

Note: Faking with hands to the face is allowed, but contact will call for a ½ point warning or a full-point deduction.

5.09 SCORING POINTS

When a judge sees a point, he/she shouts "Point" and raises the colored flags to a neutral (horizontal) position. (Raising the individual flag will indicate to other judges whom he thinks scored may influence others or be perceived by parents and spectators to be an influential factor). The Center Referee then stops the match. When the Center Referee says, "Judges Score," each judge, including Center Referee, raises the flag of the appropriate color (or indicates no point) for the competitor that he or she saw that scored the point and indicates with the free hand whether the call is for a 1-point or 2 point score. The Center Referee then challenges each judge getting replies in turn of color (blue/white or red), points (one or two), and scoring technique (demonstrated and declared "round kick to the head"). With the majority rule (3 or more including the Center Referee), the referee will then award the point(s). The scorekeeper adds the point(s) to the scoreboard and waits for the Center Referee to start the match again before continuing the time.

5.10 WARNINGS

½ Point Deductions

- a) A contestant will receive a ½ point deduction for each warning or infraction of rules below.
- b) If the score is tied, or no points are scored at the end of the match, a contestant can lose if he was given a warning.
- c) After three warnings of the same offense, the contestant is disqualified.

The following acts shall be classified as prohibited acts, and a warning shall be declared (½ point deduction).

- a) Contact to the face area with a punch (accidental, unintentional and no injury).
- b) Kicking below the waist (includes kicks to the groin, legs, knees, etc.)
- c) Pushing.
- d) Holding or grabbing.
- e) Deliberately running away or turning the back to evade a hit or kick; avoiding the match.
- f) Deliberately stepping out of the ring.
- g) Any illegal (unintentional) contact.
- h) Talking by contestant or coach during match. Uttering undesirable remarks or misconduct on the part of the contestant, coach, or gallery member.

- i) Falling down (does not include a slip).
- j) Faking injury.

Note: In case of a tie, or if no points are scored at the end of the match, a contestant loses if he/she was given a warning.

5.11 CHALLENGE MATCH

A challenge match (previously referred to as an exhibition match) is when a division only has one registered competitor and is challenged to spar with another student outside of their division to compete. If the challenge is with a much higher rank, the ranking belt will spar one level above the rank of the competitor.

Note: Only the competitor who did not have a partner to spar in their division receives a first-place medal in the instance of a Challenge Match.

If a Challenge Match ends in less than 45 seconds due to a 5-point lead, the competitor may request an additional match for experience. This will be granted at the discretion of the officials (referee, director, or Sr. Instructor) and the competitor. Competitors who participate in two Challenge Matches will only receive one medal.

5.12 AWARDING THE WINNER

End of Match:

- a) The Referee shall say com-malt (stop) and command the competitors to return to the starting position. The athletes should remove their headgear and place it under his/her left arm.
- b) Still standing between the two competitors and facing the Time/Score. The Referee will drop both hands to his/her side, raise the arm with an open hand and palm facing upward above the winner's head, and declare "winner".

5.13 CLOSING OF DIVISION

- a) After the division is complete ALL competitors will be called out to the ring in one straight line. If it is a large division line the competitors up in two lines.
- b) The 3rd place competitor will be called out first to the right of the Center Referee. Then the 2nd place competitor will be called to a position to the left of 3rd place and the 1st place competitor to a position to the left of 2nd place.
- c) The Center Referee will then move behind the 3rd place competitor raising 3 fingers straight up with his or her arm extended over the 3rd place competitor's head announcing, "third place," then one step over behind 2nd place raising two fingers over the 2nd place competitor's head announcing, "second place," and finally one more step over behind 1st place raising 1 finger above the 1st place competitor's head announcing, "first place."

Closing of the Division:

- a) The Center Referee will bow ALL competitors out by bowing to the officials. Then, all competitors, starting with the 1st, 2nd, and 3rd, place winners will form a line starting from the right side facing the competitors and shake the hand of each official. Officials should utilize this time to recognize and encourage each competitor.
- b) If there is an Awards Stand, the division will be bowed out of the ring and the appropriate competitors will be sent to the award stand. It is Highly Recommended (required at Nationals) that ALL competitors be sent into the winners stand for the closing division photo to foster teamwork and sportsmanship.

Note: In sparring/one step divisions with 4 or more competitors there will be two 3rd place awards given.



ARTICLE VI. USCDKA FORMS AND WEAPONS DIVISIONS

ALL COMPETITORS MUST COMPETE IN TRADITIONAL FORMS IN ORDER TO BE ELIGIBLE FOR ANY OTHER DIVISIONS. THIS INCLUDES TEAM SYNC DIVISIONS AS WELL AS SPEED KICKING AND FREE SPARRING.

6.01 TRADITIONAL / KEIBON TRADITIONAL

These forms must capture the essence of classic martial arts movements, displaying the traditional techniques, stances, and footwork. Emphasis is placed on lines, angles, focus, power, enthusiasm, and precision applied by each contestant. All forms must be a traditional form recognized by the USCDKA.

a) UNDER BLACK BELT (Gup Students) - athletes may compete with their required form according to the Forces of Taekwondo curriculum and one form below.

b) BLACK BELTS - athletes may compete with any form from Koryeo up to their required testing form.

EXAMPLE 1: A Orange Belt will be allowed to compete with Taeguek Ee Chong or Taeguek Som Chong.

EXAMPLE 2: A 4th Dan will be allowed to compete with any black belt form from Koryeo up to Sipjin.

Athletes competing with a form outside the allowed range either higher or lower will be asked to do an eligible form or be disqualified.

Note: Keep in mind that the Chung-Do Kids and some of the children's curriculum varies from the textbook. **(Children's curriculum is in the current edition of the Forces of Taekwondo textbook.)** If in doubt about the legality of the form, the center referee should question the student or Sr. Instructor regarding their required curriculum.

6.02 KEIBON

The USCDKA provides opportunity for competitors to further develop their creativity through three additional expressions of Forms Keibon Traditional, Keibon Open Hand and Keibon Weapon forms:

1. **Keibon Traditional Forms**
 - a) Athletes may only compete with Star Block Set and Keibon 1–3.
 - b) Belt Rank: Limited to White – Orange Belts (Beginners only)
 - c) Age: All Ages
2. **Keibon Xtreme Open Hand & Weapons**
 - a) Athletes may only compete with Keibon Sets 1–3.
 - b) Belt Rank: Limited to Blue Belt and under.
 - c) Age: 13 and under

Prerequisite: All competitors **MUST** compete in traditional forms to qualify for Creative or Xtreme competitions. Traditional forms are the foundation and therefore are required.

Competition format will be the same as for Traditional Forms

Keibon Open Hand Forms are defined as an event involving an individual performing a pre-arranged series of empty-handed movements. Keibon Xtreme's were created by Master Happy Kierstead to give a student a foundation in techniques as an introduction and transition into the Chung Do Xtreme Forms. Keibon Xtreme must be done according to the USCDKA curriculum videos.



6.03 CREATIVE

The Chung Do Xtreme Forms Series are the baseline for developing your Creative Open Hand Forms. The Chung Do Xtreme Levels 1 & 2 are encouraged and allowed to be performed exactly as taught on the USCDKA videos with the freedom to do as many modifications as deemed necessary to maximize your form's presentation. Those new to creative forms should start here.

The Creative Division allows forms to include contemporary martial arts techniques that have evolved over the last 30 years. These may be added to a traditional form, or the form may be devised in its entirety by the competitor. A form in the Creative Division must ONLY include techniques which originate from martial arts. **Emphasis will be placed on execution of the techniques, application of the techniques, balance, speed, power, solid stances, and focus. Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits, weapon twirls, weapon body rolls, and other creative martial arts techniques are permitted.**

Performance of the following movements will result in a disqualification by the judges as a form inappropriate for the division:

- a) Movements that involve more than a 360-degree spin;
- b) Require the body to be inverted more than parallel to the floor; (No butterfly kicks, aerials, etc..)
- c) Similar movements found in gymnastics and/or non-martial arts disciplines;
- d) Weapon tosses/releases

Although one creative move qualifies a competitor for the creative divisions, it should be expected that a creative form or weapon routine with multiple creative moves of good quality would prevail as the winner, assuming all other criteria are met. **The following techniques are legal in the Creative Divisions and will be score as any other techniques (power, speed, balance, and proper execution):**

- a) Jump Kicks;
- b) Flying kicks;
- c) Spin kicks;
- d) Weapon Body, neck, and finger rolls are allowed as long as the weapon stays in contact with the body.
- e) Weapons twirls/spins.

Commentary:

The Creative Division is intended for those competitors who do not wish to compete with a strictly traditional form, and/or do not wish to compete against other participants who execute Xtreme gymnastic-type movements. Over the past several years, it was often observed that judging these "creative" forms in the same division with forms including Xtreme martial arts "tricks" was essentially comparing apples and oranges, and to be more fair to the participants these divisions should be separated. USCDKA has therefore created a separate "Xtreme Division", as detailed below, separate and distinct from the Creative Division, thus allowing the Creative Division to include only those forms with movements that originate more inherently from the classic martial arts systems.

The entire presentation must be no longer than 1.5 minutes, and performance length may influence judges' scoring.

When creating a creative form the form should be equivalent in length of a traditional form with 4-6 sections (bars). If they are lower in movements, deductions could be given. This also applies for sync creative and xtreme divisions.

6.04 XTREME

The Chung Do Xtreme Forms Series are the baseline for developing your Xtreme Forms. The Chung Do Xtreme Levels 3 & 4 are encouraged and allowed. They can be done exactly as taught on the USCDKA videos with the freedom to do as many modifications as deemed necessary to maximize your forms presentation.

The Xtreme Divisions allow the competitor to perform any movements whether they originate from traditional or contemporary martial arts systems or otherwise. However, (1) at least half of the form must originate from martial arts techniques, and (2) the competitor must execute at least one technique that involves an inverted move or greater than 360-degree spin. Emphasis is placed on:

the quality of execution of techniques and movements;

- a) martial arts skills,
- b) balance, speed, and power;
- c) degree of difficulty;
- e) and showmanship.

The entire presentation must be no longer than 1.5 minutes, and performance length may influence judges' scoring.

In addition, only those movements that portray a definite offensive or defensive martial arts purpose, or are included to illustrate Xtreme flexibility or agility, are allowed. Inclusion of other movements, or the performance of a form or weapon from meeting the criteria above for a Traditional or Creative form, will result in a downgrade by the judges, or upon a unanimous vote of the judges, a "no score" as a form inappropriate for the division.

Note: Although one Xtreme move qualifies a competitor for the Xtreme divisions, it should be expected that an Xtreme form or weapon routine with multiple Xtreme moves of good quality would prevail as the winner, assuming all other criteria are met.

Commentary: As martial arts evolves from the Traditional to Creative to Xtreme, this category allows for the integration of techniques and movements from all martial art styles, gymnastics, acrobatics, dance, and athletic disciplines. If a competitor wishes to participate in a division with moves not permitted in the Traditional and Creative Divisions but meeting the guidelines described here, the competitor should compete in the Xtreme Division.

When creating a Xtreme form the form should be equivalent in length of a traditional form with 4-6 sections (bars). If they are lower in movements, deductions could be given. This also applies for sync creative and xtreme divisions.

6.05 DEDUCTION OF POINTS

a) Stumbles or Fall with an Inversion

- i) A fall from an inversion = mandatory 0.5 point deduction (announced by the Center Referee).
- ii) A stumble from an inversion = judges may deduct at their own discretion.

Note: Competitors are encouraged to finish their form to demonstrate perseverance and self-control. Since forms are not sequential, mistakes are only obvious if made clear.

a) Dropping a Weapon

- i) Each weapon drop = mandatory 0.5 point deduction (announced by the Center Referee).

Commentary: A transfer occurs when the athlete changes grip on the bo staff—either moving it from one hand to the other or adjusting hand placement—while maintaining control of the weapon. This includes situations where the tip of the bo touches the mat during the transfer or when the bo rolls across the body; in both cases, control is maintained through continuous contact. A release is only defined as the moment when the bo is not in contact with either hand or body, whether the weapon is moving or stationary.

C) TIME LIMIT

- i) The entire presentation must be no longer than 1.5 minutes, measured from the judge's command to start until the competitor finishes.
- ii) Exceeding the time limit will result in a mandatory 0.5 point deduction.

Note: The length of the performance may also influence judges' scoring.

6.06 ACCEPTED WEAPONS

The weapons defined below are shown based on the allowed usage at USCDKA events:

Color Belts May choose the following types of competition weapons:

- a) Single Bo
- b) Fans
- c) Single & Double Nunchaku
- d) Kamas
- e) Kali Sticks
- f) Sais
- g) The use of safety weapons are allowed (foam weapons)
- h) **NO HOMEMADE WEAPONS ARE ALLOWED.**

Black Belts May choose the following types of competition weapons:

- a) Any weapon from within the entire "Chung Do Xtreme" curriculum.
- b) Single & Double swords
- c) Single & Double Bo Staff
- d) Single & Double Nunchaku
- e) Fans
- f) Kali Sticks
- g) Sais
- h) **NO HOMEMADE WEAPONS ARE ALLOWED.**

Note: ALL WEAPONS ARE SUBJECT TO INSPECTION BEFORE COMPETITION. Allowed use is up to the Tournament Director.

ARTICLE VII. TEAM SYNCHRONIZED (SYNC) FORMS

7.01 TEAM SYNC TRADITIONAL FORMS

Synchronized Traditional Forms are defined as an event involving 2–5 athletes working in a cooperative joint effort with the majority of techniques being executed together, at the same time, in unison.

- Must be either a Traditional Taeguk or Black Belt form.
- No domino sequences or mirroring are allowed in Traditional Forms.

Eligible Forms for Synchronized Competition: The highest form allowed is the top two forms (according to Forces of Taekwondo and our Black Belt Curriculum) of the lowest-ranked student on the team. Athletes competing with a form outside the range either higher or lower will be asked to do an eligible form or be disqualified.

7.02 TEAM SYNC XTREME FORMS

Synchronized Xtreme Forms are defined as an event involving 2-3 athletes working in a cooperative joint effort with the majority of techniques being executed together, at the same time, in unison, in a domino sequence effect, and/ or mirroring.

7.03 TEAM SYNC WEAPONS

Synchronized Weapons are defined as an event involving 2-3 athletes working in a cooperative joint effort with the majority of techniques being executed together, at the same time, in unison, in a domino sequence effect, and/or mirroring.

Black Belt team weapons athletes may transfer weapons to each other as part of the team sync form. After the transfer of the weapon athletes may continue in sync even though one athlete does not have a weapon in their hand.

7.04 TEAM SYNCHRONIZED FORMS JUDGING

Synchronized Team Forms will be judged on how well the team performs as a cooperative unit, with the majority of techniques executed together, at the same time, in unison and/or in a domino sequence effect.

- Traditional Forms: Domino sequences and mirroring are not allowed.

7.05 TEAM SYNC GENERAL RULES

There are three (3) Sync Form Events:

1. Sync Traditional Forms,
2. Sync Xtreme Forms
3. Sync Weapons.

There are three (3) Sync Form Divisions:

1. Gup
2. Black belt
3. Mixed

Participation Rules

1. Each athlete may compete and receive points in only one division per event.
2. Mixed Teams are allowed in all events (Traditional, Xtreme, and Weapons).
3. However, if an athlete chooses to compete in a Mixed Sync division, they may only do so in one (1) event.
4. If an athlete wishes to compete in additional sync events, they must compete in their rank-appropriate division (Gup or Black Belt) for those events.



ARTICLE VIII. USCDKA POINT RATINGS RULES

The U.S. Chung Do Kwan Point System is designed to engage our members in a steady development of skills, personal development, and the opportunity to serve. Points begin after Nationals each year and are segmented by USCDKA Regions. Prior to Nationals, the Top 10 in each Region will be established based on points earned.

Competitors will no longer be awarded points for tournaments held outside of their region.

100 Competitors will Pre-qualify for Nationals based on the points they have earned and the number of competitors who qualify from their respective regions. This number will be determined based on the participation of each region.

Regions and 100 National Qualifying Numbers

Southeast: Florida = 50 competitors

Midwest: Kentucky, Missouri, Alabama, Tennessee, Indiana, Georgia = 25 competitors

Great Lakes: Michigan, Ohio = 10 competitors

Eastern: North Carolina, Virginia, Pennsylvania, New Hampshire, Maine = 15 competitors

In the case of qualifying competitors not attending Nationals, their qualification will be handed down to the next person in their region. If there is nobody else in the region who is attending who has accumulated points, the position will be transferred to another region by the Tournament Coordinators.

8.01 NATIONAL POINT SYSTEM

USCDKA Sanctioned Tournament athletes have the opportunity of earning state and national titles through the USCDKA system. In addition, USCDKA ratings will be posted for competitors to see where they stand. Competitors will have double recognition through their involvement in sanctioned tournaments.

Note: One-Step sparring is NOT eligible for points; in its place is Speed Kicking.

District Levels:

Points:

Participants receive 50 flat points for competing. (No extra points for placing)

Note: A sanctioned interclub tournament consisting of a specific group of pre-approved schools. These tournaments are designed to gain experience in a smaller setting with 2-5 USCDKA schools.

Local Tournament Levels:

Points will be awarded in each division as follows;

1st = 30 points

2nd = 20 points

3rd = 10 points

All participants will receive 10 points for each division entered.

Note: Upon approval, District & local tournaments in remote areas or areas with limited USCDKA Chartered Schools may apply for permission to invite selected schools to participate outside the association provided that the invited schools are on good terms with the association and will add to the well-being of the tournament. Keep in mind, that this is not encouraged since the awarding of the champions to outside schools will take away from the points for our USCDKA members.



State Tournament Levels:

Points will be awarded in each division as follows:

1st = 60 points

2nd = 40 points

3rd = 20 points

All participants will receive 10 points for each division entered.

Regional Tournament Levels:

Points will be awarded in each division as follows;

1st = 90 points

2nd = 60 points

3rd = 30 points

All participants will receive 10 points for each division entered.

National Tournament Levels:

Points will be awarded in each division as follows:

1st = 120 points

2nd = 80 points

3rd = 40 points

All participants will receive 10 points for each division entered.

The computation of all participants will be the responsibility of the Tournament Director for the tournament. The Tournament Director will ensure that all 1st, 2nd, and 3rd place participant's points are accurately in MatAction within two weeks of the end of the tournament for accurate standings in each region.

National Conference:

One National Conference (Fall Taekondo Conference, KY, or National Taekwondo Conference, FL) will be an additional 100 points. The purpose is to encourage the development of each member as a well-rounded martial artist.



ARTICLE IX HAND SIGNALS

9.01 WARNINGS

½ Point Deductions

1) Contact to the face area with a punch (accidental, unintentional, and no injury).



2) Kicking below the waist (includes kicks to the groin, legs, knees, etc.)



3) Pushing



4) Holding or Grabbing



5. Deliberately running away or turning the back to evade a hit or kick; avoiding the match.



6. Deliberately stepping out of ring.



7. Any illegal (unintentional) contact



8. Talking by contestant or coach during match. (Uttering undesirable remarks or misconduct on the part of the contestant, coach, or gallery member.)



9. Falling down (does not include a slip).



10. Pretending injury



Note: In case of a tie, or if no points are scored at the end of the match, a contestant loses if he/she was given a warning.