



## RULES AND REGULATIONS

Must wear White Taekwondo V-Neck Uniform

Must wear all Safety Equipment Listed:

- 1-WTF Approved Arm Pads
- 2-WTF Approved Shin & In-Step
- 3-WTF Approved Chest Guard
- 4-WTF Approved Groin Cup
- 5-WTF Approved Head Gear
- 6-Approved Mouth Piece



(Head Guard must Match Chest Guard or White Head Guard may be used.)

### \* RULES GOVERNING THE TOURNAMENT \*

The event will be governed by USAT and WTF Sparring Competition Rules  
Please review the times and rules below.

Coaches must obey all Rules of Tournament and Respect all Judges or their coach pass will revoked with NO REFUND.

RULES MAY BE CHANGED BY THE TOURNAMENT DIRECTOR AT ANY TIME IN ORDER TO ASSURE THE BEST TOURNAMENT RESULTS

BLACK BELT COMPETITORS WILL BE USING DAEDO ELECTRONIC CHEST GUARDS PROVIDED BY THE TOURNAMENT (COMPETITORS MUST BRING THEIR OWN DAEDO SOCKS)

AGE	BELT	HEAD SHOTS	ROUND DURATION	REST DURATION
<b>3 YEARS OLD TO 11 YEARS OLD</b>	<b>COLOR BELTS</b>	<b>NO</b>	<b>1 MINUTE (2 ROUNDS)</b>	<b>20 SEC. REST</b>
3 YEARS OLD TO 11 YEARS OLD	BLACK BELTS	CONTROLLED	1 MINUTE (2 ROUNDS)	20 SEC. REST
12 YEARS OLD TO 17 YEARS OLD	COLOR BELTS	CONTROLLED	1 MINUTE (2 ROUNDS)	30 SEC. REST
<b>CADET DIVISIONS</b>	<b>BLACK BELTS</b>	<b>JSR's</b>	<b>1 MINUTE (2 ROUNDS)</b>	<b>20 SEC. REST</b>
<b>JUNIOR DIVISIONS</b>	<b>BLACK BELTS</b>	<b>FULL CONTACT</b>	<b>1 MIN. 30 SECS. (2ROUNDS)</b>	<b>30 SEC. REST</b>
<b>SENIOR DIVISIONS</b>	<b>BLACK BELTS</b>	<b>FULL CONTACT</b>	<b>1 MIN. 30 SECS. (2ROUNDS)</b>	<b>30 SEC. REST</b>
<b>ULTRA DIVISIONS</b>	<b>ALL BELTS</b>	<b>FULL CONTACT</b>	<b>1 MINUTE (2 ROUNDS)</b>	<b>20 SEC. REST</b>

\*ALL REQUIREMENTS MUST BE APPROVED BY YOUR MASTER IN ORDER TO COMPETE AND THERE WILL BE A FINAL INSPECTION ON THE DAY OF COMPETITION.\*