

Competition Rules and Requirements

Montana Taekwondo Association and USA Taekwondo competition rules will be utilized for all aspects of this tournament. Slight modifications will be made to ensure all competitors experience a safe and educational learning experience.

Gyroogi / Sparring:

1. The competition will conform to a standard single elimination format with 2: 60 second rounds for 5, 6 and 7 years olds. All older junior colored belts will be 2: 90 minute rounds. Adult colored belts will have 2: 90 rounds. All senior black belts will have 3: 2 minute rounds excluding those who are over thirty-five years old which will have 2: 2 minute rounds. These rounds may be subject to change.
2. Contact will be controlled and points will be awarded only for legal, controlled, and accurate punching and kicking techniques to the legal target areas.
3. Kicking to the head will be permitted for **16 and older blue belts** and above. Head kicks must be controlled and only minimal contact will be allowed. **Minimal contact, without force and demonstrating control technique is sufficient to score a point to the head and body areas. Excessive, willful, or careless contact, whether or not results in injury, will be penalized in accordance to the USA Taekwondo junior competition rules. This may include disqualification.**
4. Kicks and punches with proper technique, foot or fist placement, and proper amount of force will be awarded one **(1) point**. Kicks used with a spinning technique will be two **(2) points** and for those blue belts to **16 and older kicks the head** using light contact will be awarded two **(2) points**.
5. All competitors must have the following WTF-approved safety equipment: clean uniform, preferably white in color, headgear, mouth piece, chest protector, forearm guards, shin-instep guards and groin protection for males. Lone Wolf Taekwondo will have a very limited supply of head and body gear available, so instructors please double check your student's equipment bags prior to departure.

Poomse / Forms:

Divisions for forms will be based on gender, age and rank. Division assignments will be at the tournament Director's discretion, as divisions may be rearranged prior to competing to allow for a fair tournament for everyone. Open forms should be appropriate for their rank. Participants should not do a form that is too easy or too difficult for their rank or level.

- **For further clarity, please attend the red, brown, black belt meeting prior to the tournament at 0900 hours.**